

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**

IRD Duhallow Literacy Support Programme - IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia and Dyspraxia, consisting of two strands: **Literacy Workshops and TTRS.** Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further information and registration please contact Louise at 029-60633 / email louise.bourke@irdduhallow.com**

Ability Programme 2018-2021

IRD Duhallow's Ability Programme supports Young People with a disability (aged 15-29) to access training, work placement and to participate in community life. **If you are a young person with a disability who would like to be in a paying job we can help you to achieve your goals.** Workshops take place twice a week on a Tuesday and Thursday from 9.30am-4.30pm in the James O'Keeffe Institute, Newmarket. Modules include: Social & Personal Development, Career Preparation (including Work Placement, CV and Interview Skills, Role Play etc), Practical Life Skills such as Money Management, Laundry and Cookery, Art & Craft Therapy, Computer Essentials and Sports Workshops.

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."

Seminar on Financial Supports for Third Level Education

IRD Duhallow is hosting an information seminar on financial supports available for students considering Third Level Education. Topics covered on the night will include information on SUSI, Ireland's single national awarding authority for all higher and further education grants. Student grants are divided into maintenance grants, fee grants and the postgraduate contribution. The grant is available for eligible students in approved full-time Third Level education in Ireland. SUSI offers support to all types of students, from Undergraduate to Postgraduate Students and PLC Students. Maeve Minihane from UCC will also be in attendance to speak on the HEAR grant scheme. Deirdre Madden of UCC Disability Support Services will be speaking on the DARE Support Scheme. Deirdre will also make a presentation on Assistive Technology Supports for students in Third Level Education. This seminar will take place on **Wednesday 22nd of January at 7.30pm** in the James O'Keeffe Institute. **Spaces are limited so booking is essential. For further information and booking please 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



RaptorLIFE - IRD Duhallow's second LIFE Project which addressed the conservation of Raptors such as Hen Harrier and Merlin as well as Salmon and Brook Lamrey, ended on 31st December. The positive impact of its achievement will be felt long into the future. Over 900 stands of Japanese Knotweed on 25km of river channel and over 300km of roads were managed. Eradication of Himalayan balsam took place on over 80km of river banks. Restoration of riparian habitat through the installation of fencing and planting of trees on 30km of river bank has allowed for the regeneration of riparian vegetation stabilising the soils and preventing further erosion.

Our LIFE Schools Programme was proud to support many students gain a better, more in-depth knowledge of the uniqueness of the Duhallow Region. Colaiste Treasa students winning the BT Young Scientist Award in 2017 along with students from Convent of Mercy N.S. in Kanturk for winning a Global Award for their Water Air Food Project were two key achievements of this programme.

A very well attended 'end of project' conference took place on November 8th and has proven that the people of Duhallow do care about their local environment. Chaired by Paddy Woodworth, of the Irish Times and addressed by Niall O'Donochu, National Monuments Service and the National Parks and Wildlife Service and Dr Brendan Dunford of BurrenLIFE Project. The conference brought together speakers from the statutory agencies NPWS, Dept. of Com. Climate Action & Environ., Co. Councils, Academics, Environmental NGOs, Farmers & IRD Duhallow's RaptorLIFE team to discuss the projects results and the challenges faced by both farmers and wildlife in a fast changing world.

We wish to thank all attendees, landowners and our staff for the continuous support over the last five years. Major achievements of the LIFE project include writing management plans for the Stacks to Mullaghareirks SPA and for the control of invasive species in the Blackwater River SAC, working with local farmers to improve farm habitats for the threatened hen harrier, eradicating or controlling invasive knotweed and balsam along the road and river network throughout Duhallow, removing forest cover along the upper Blackwater to provide a foraging corridor for harriers and removing reseeded conifers in hen harrier nesting and foraging areas in collaboration with Coillte, monitoring fish populations in relation to changes in river quality and greatly encouraging and enhancing local community engagement in the appreciation and protection of their environment. A spin off from the LIFE project has been the publication of a book, 'Duhallow: A Living Landscape for Farming & Wildlife', which was launched at the end of project conference. Copies are available at IRD Duhallow for €10 per copy. We are proud of our achievements and hope that the communities in Duhallow will benefit from the work done to restore the local environment and improve our quality of life in the years to come. Despite the end of RaptorLIFE, IRD Duhallow will continue to monitor and control invasive species along the road and river networks as part of its AfterLIFE commitment. Be assured that IRD Duhallow staff are working tirelessly to secure another nature and biodiversity project for our region. Stay tuned for more green news in IRD Duhallow monthly newsletter & in Discover Duhallow magazine.

SPECIAL POINTS OF INTEREST

TRAINING SCHEDULE

OPERATION TRANSFORMATION

SEMINAR FOR FINANCIAL SUPPORT FOR 3RD LEVEL STUDENTS

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

IRD Duhallow began marking 30 years in Business in November 2019 serving the Duhallow Region and bringing development to every community and sector in the region. Our values, which have evolved over the past three decades are IRD Duhallow's hallmark and are widely recognised as being courageous, innovative, responsive, flexible, caring, driven and trusted by the people we serve, our stakeholders in local and national government as well as European level. A strong legacy from the founding members of IRD Duhallow including; Jerry Sheehan Chairman, Tim Lucey Solr. Michael Twohig, Derry Fitzpatrick, Michael Doyle, John Ronan (RIP), Conor O'Flynn (RIP), Frank Healy, Ducon (RIP) and Vincent Mc Sweeney (RIP), who had the foresight to establish the Company in 1989. We now have the opportunity to look back over the past three decades and take the time to reflect on the impact the company has had on the Duhallow area and the people that live, work and visit here. We also have the opportunity to identify new opportunities to enhance the quality of life for all communities in the Duhallow region which, we were established to serve.

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

Duhallow REVAMP ...New Year Specials

We would like to wish all our customers and friends a very HAPPY NEW YEAR . We have fantastic value on sofas and suites of furniture this month, quantity is limited so don't miss out! We have great deals this month on tables and chairs, lockers and more. Our collection and delivery service is available for your convenience and a discount is 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 details contact Colm at 029-60633 or visit us on Facebook: Duhallow Furniture Revamp or email us at revamp@irdduhallow.com . We gratefully accept donations of unwanted, reusable furniture & household items including chairs, sofas, tables, lockers, chest of drawers, mirrors, wardrobes, shelving, curtains and fabric, etc.



"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 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 Arenas is currently accepting membership applications situated adjacent to the James O’Keeffe Institute, Newmarket. Become a key holder for €180 (Jan.—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**

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 |
|---|---|------------------|----------|
| Boom Sprayer | 14 th & 21 st January | 9.30am – 5.30pm | €120 |
| Instagram | 29 th January | 9.30am – 1.00pm | €50 |
| FAR First Aid | 3-5 th February | 9.30am – 5.30pm | €190 |
| Sugar Craft | 3 rd February (6 Mondays) | 7.00pm – 9.00pm | €100 |
| Start Your Own Business | 3 rd Feb (6 Mondays) | 6.30pm – 9.30pm | €25 |
| Lámh (Add On) | 4 th Feb | 6.30pm – 9.30pm | €70 |
| Reception Skills | 10 th Feb – 19 th March | 9.30am – 2.30pm | FREE*** |
| Gerontology | 12 th February (10 Wks) | 6.30pm – 9.30pm | €200 |
| First Aid Refresher | 17 th – 19 th February | 9.30am – 5.30pm | €120 |
| ECDL Start | 20 th February (12 Weeks) | 6.30pm – 9.30pm | TBC |
| Social Media for those working in Hair & Beauty | 24 th February | 9.30am – 1.00pm | €50 |
| Customer Service for Health Care Providers | 25 th February | 10.00am – 4.30pm | €120 |
| Payroll Manual & Computerised | 26 th Feb (12 Weeks) | 6.30pm – 9.30pm | €300 |
| Infection Prevention & Control | 4 th – 25 th March | 9.30am – 2.30pm | FREE *** |
| Training Delivery & Evaluation | 5 th March (5 Thursdays) | 9.30am – 5.30pm | €400 |
| Lámh | 9 th & 18 th March | 6.30pm – 9.30pm | €100 |
| Intermediate Excel | 25 th March | 9.30am – 5.30pm | €100 |
| Advanced Facebook | 25 th March | 9.30am – 1.00pm | €50 |
| Care Support | 25 th March – 23 rd April | 9.30am – 2.30pm | FREE *** |
| Using Canva | 23 rd April | 9.30am – 1.00pm | €50 |
| Palliative Care | 27 th April – 14 th May | 9.30am – 2.30pm | FREE *** |
| Sales & the Art of Selling | 28 th April | 9.30am – 5.30pm | €120 |
| Introduction to Play Therapy | TBC | 7.00pm – 9.00pm | €35 |
| Creative Mindfulness | TBC | 7.00pm – 10.00pm | €35 |

Level 8 in Childcare

IRD Duhallow and IT Carlow are taking expressions of interest in a Bachelor of Arts Honours in Early Childhood Education & Care (Level 8) in the James O’Keeffe Institute, Newmarket. This one year add on programme provides an opportunity for students who hold an NFQ Level 7 major award in Early Years to study for their Bachelor of Arts Honours in Early Childhood Education & Care. Register your interest on 029-60633 / duhallowskillnet@irdduhallow.com

Equality Working Group

Operation Transformation- Marching into Fitness

The RTE I Series Operation Transformation Series is now in its 13th year and it has been a fantastic success from the outset. The show is not only about the Leaders selected and featured each year, but for the thousands of people and communities that get involved in the process along the way. In support of this initiative IRD Duhallow is organising a 6 week ‘March into Fitness Programme’. This will help to improve attendee’s physical health & wellbeing in the area of mobility & walking/jogging. All fitness levels are welcome and weekly weigh in is optional.

The 6 week programme will take place every Tuesday morning at 10.00am beginning on Tuesday 4th of February. Each class costs €5.00 to participate. **Spaces on this programme are limited so booking is essential. Please contact Jacinta on 029-60633 for further information and keep an eye on IRD Duhallow’s Facebook page for information on further events being organised as part of this initiative.**

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 contact Jacinta on 029-60633.**

| Course Name | Commencement Date | Time | Duration |
|---|-----------------------------------|------------------|-------------------------|
| CV Preparation & Interview Skills Workshops | Friday 10 th January | 10.00am-4.00pm | 3 Full Days |
| LinkedIn Workshop for Women Returning to Work | Thursday 30 th January | 10.30am-12.30pm | 1 Morning Workshop |
| Work Experience QQI Level 5 | Wednes. 12 th February | 6.30p.m-9.30p.m. | 10 Nights |
| Patient Moving & Handling | Friday 28 th February | 9.30am-5.30pm | 1 Full Day |
| FAR First Aid Responder | Monday 2 nd March | 9.30am-5.30pm | 3 Full Days (3 Mondays) |

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.

PEIL Health & Wellbeing Seminar- ‘Mind Your Mind’

All of us need help at some point in our lifetime to achieve a meaningful goal or overcome a personal struggle such as stress, anxiety, a lack of self-belief or having to come to terms with a loss. Minding our minds is the key to overcoming these challenges. IRD Duhallow is organising a seminar entitled ‘*Mind Your Mind*’. This motivational seminar, delivered by Dessie Fitzgerald, Life Coach, will raise awareness, give hope, provide techniques to increase self-belief and positive, inspiring attendees to make the most out of their lives. Dessie Fitzgerald has a MSc in Personal and Management Coaching in UCC and works as a Life Coach, helping individuals to overcome challenges. Dessie was interviewed on the Late Late Show in April 2019 and has delivered numerous inspirational talks to organisations across the country and in the UK. **The seminar takes place on Wednesday 28th of February at 7.30pm in the James O’Keeffe Institute. Booking is essential as spaces are limited, please contact Jacinta on 029-60633 for booking.**

Under the Dormant Accounts **Training Programme for Carers**, IRD Duhallow will be running the following courses; **Mindfulness Course** - Specifically for family Carers giving them the opportunity to take time out for themselves, **commencing on 4th Feb.** 7pm-8.30pm. **Helping Children Deal with Loss** - 4 week programme for adults designed to teach them what to say & do and what not to say & do around children who have experienced emotional loss through death, divorce separation etc., commencing on **26th Feb.** from 10am to 12 noon for 4 consecutive weeks. **Understanding Dementia Information Seminar on 4th March** at 6.30pm. **Places are limited so early booking is essential. To book a place, contact Helena at 029-60633.**

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