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Kilshannig Church / Graveyard Video
 Following the Historic Graves project the local committee have produced an hour long video of a guided tour of above which is on sale in retail outlets in the parish or from Donie O'Sullivan at 086-2579106. The video costs €10 and the proceeds will go towards the erection of an information board and family grave finder in the graveyard. The video features connections to Princess Diana, Nano Nagle, Sarah Curran, Daniel O Connell, the Nadd Ambush, John Curtin (former prime minister of Australia) and other influential people buried in the site. Much local history and heritage also features including St. Seannach after whom the parish was named, who founded a monastic settlement nearby in 550A.D. and who is reputed to be buried under a large boulder locally.

ALCOHOLICS ANONYMOUS - Closed meeting of Alcoholics Anonymous is held in the James O'Keeffe Institute, Newmarket every Sunday at 11.30am and Thurs. at 8.30pm & in the Pearse Memorial Hall, Boherbue on Wednes. 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 service 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

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

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 years monitoring. **To apply, contact 029-60633 or email whs@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.

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 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 on 029-60633 / email louise.bourke@irdduhallow.com**

SPECIAL POINTS OF INTEREST

OPERATION TRANSFORMATION

TRAINING COURSES

MIND YOUR MIND SEMINAR ON WEDNESDAY 26TH FEBRUARY

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Huge success for ecological projects at the BT Young Scientist Awards!

IRD Duhallow would like to congratulate all of the Duhallow secondary schools on their success at the 2020 BT Young Scientist held in the RDS from 7th-11th of January.

In particular, we would like to congratulate the phenomenal success of the students that undertook three projects under the mentorship of scientists from our RaptorLIFE and EIP teams. All three projects were finalists in the Biological & Ecological Sciences category and focussed the biodiversity of Duhallow. All three projects have important implications for the conservation of wildlife and management of habitats in Ireland.

Fionn O'Hanlon (Boherbue Comprehensive School) won **first prize** in the intermediate category for his project entitled "Not Just Any Owl Place!". Fionn investigated how habitat conditions and diet influence barn owl breeding success. By analysing the remains of food pellets he showed that barn owls in Duhallow preferentially feed non-native species such as greater white toothed shrew and bank vole to their young. Fionn also picked up the Rev. Dr. Tom Burke Bursary award for his skills as the **best scientific communicator** at the show!

Hannah Walsh and **Johanna Piggott** (Coláiste Treasa, Kanturk) won **first prize** in the Junior Group category for their project entitled "Banking on the Willow". Their project investigated the added biodiversity benefits of the riparian restoration efforts undertaken by IRD Duhallow through the LIFE and EIP programmes. The students showed that when erosion is prevented by planting willows and excluding livestock the native wildflower communities recover with time. This positive relationship then extends to pollinators such as butterflies and bees.

Nojus Perminas, Noah Walsh and **Patrick Buckley** (Coláiste Treasa, Kanturk) won third prize in the Intermediate Group category by "Investigating the ecological conditions controlling Brook and River lamprey populations in the Blackwater SAC". The boys showed that in the Upper Blackwater and Owentaragin rivers elevation, sediment depth and pH of the river were important in determining the distribution, abundance and size of lamprey.

Operation Transformation - Marching into Fitness

The RTE 1 Series Operation Transformation Series is now in its 13th year and 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 & well-being 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.**

A guided walk is also being organised as part of this initiative. This walk will take place in Shrone on **Saturday 15th February departing at 11.00am. For further information on this guided walk and booking please contact Nuala / Sheila 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"

² **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 and Functions.

For further details contact Orlaith at 029-76375.

Duhallow REVAMP ...Spring 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 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.

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

See our Spring Training Brochure which is in businesses & community centres for full details of all our courses.

Course	Date	Time	Cost
FAR First Aid	26th—28th 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
Gerontology	12 th February (10 Wks)	6.30pm – 9.30pm	€200
Introduction to Play Therapy	17th Feb.	7.00pm-9.00pm	€35
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 ***
Tractor Safety for Teenagers	15th April (in Kanturk Mart)	9.30am—5pm	€45
Using Canva	23 rd April	9.30am – 1.00pm	€50
Palliative Care	27 th April – 14 th May	9.30am – 2.30pm	FREE ***
Creative Mindfulness	23 rd April	7.00pm-10.00pm	€35
Sales and the Art of Selling	28th April	9.30am-5.30pm	€120

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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) for Autumn 2020 in the James O’Keeffe Institute, Newmarket. This one year add on programme provides an opportunity for students who hold an NMQ 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 /or email duhallowskillnet@irdduhallow.com

Equality Working Group

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 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.”

PEIL—Duhallow Work Opportunities for Women Duhallow

This programme supports women in order to assist their return to the labour market. It 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
Work Experience QQI Level 5	Wednesday 12th 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 26th 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 funded **Training Programme for Carers**, IRD Duhallow will be running the following courses in the James O’Keeffe Inst. Newmarket over the coming months. As these are very popular courses places **are limited so early booking is essential. To book a place, contact Helena at 029-60633.**

Mindfulness Course - Specifically for family Carers giving them the opportunity to take time out for themselves, commencing on **Tuesday 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 **Wednes.day26th February** from 10am to 12 noon for 4 consecutive weeks.

Understanding Dementia Information Seminar on Wednesday 4th March at 6.30pm.

SIBS Support & Behaviour Seminar on Saturday 28th March: Seminar 1 Communication and General Behavioural Strategies; **Seminar 2** Sibling Support & What siblings want parents to know; **SIBS Workshop Sibshops are fun workshops for siblings** of children with special needs - The Workshops are aimed at children aged 8-12 years. **Circle of Security;** An 8 Week balanced parenting approach based on being Bigger, Stronger, Wiser and Kind. This programme helps Parents understand their children’s needs and then supporting them (the child) in finding their own way to meet those needs in both respectful and a strong competency message - **Date to be confirmed but taking expressions of interest now.**

Grief Recovery Method Programme; An 8 week step by step course in how to complete the actions necessary to recover from grief. It is a powerful, dynamic, sensible and accessible program that is genuinely for anyone willing to take the necessary actions to help themselves. The programme is task based with weekly homework assignments using the Grief Recovery Handbook as the reference book - **Commencing on 22nd April from 10am –12 noon** for 8 consecutive Wednesdays.