

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.

Employment and Training Working Group

Horticulture Course QQI Level 4

IRD Duhallow in conjunction with Cork ETB are offering a full time **Local Training Initiative in Horticulture starting in April 2020**. It is a free 44-week full time programme where participants will gain the skills necessary to grow their own produce, learn landscaping techniques and perhaps go onto further training, set up a business or gain employment.

This training will take place in the grounds of the James O' Keffe Institute, Newmarket which offers outstanding facilities to students, including a 60ft training polytunnel, a well-established kitchen garden and individual allotment plots. On full completion of the course, participants will receive QQI level 4 Major award in Horticulture. This programme is aimed at individuals in receipt of a social welfare payment.

For more information, please contact Rachel or Brigid Ide at 029-60633.

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

Discover the talent of the youth of Duhallow

IRD Duhallow is delighted to host an expo of the Young Scientists of Duhallow

A total of 39 students will showcase 19 local projects that qualified for the BT Young Scientists in the RDS recently. Taking place in the James O'Keeffe Institute, Newmarket, Co. Cork on March 20th, from 11am 'til 3pm and IRD Duhallow would like to invite members of the public and other schools to attend to see the amazing diversity of projects

that will be on display. This worthwhile opportunity allows the students to bring the wealth of knowledge generated from their projects to their own area. Please support them.

Our **Egg-stra Fun Easter Camp** will take place during the Easter holidays from **Monday 6th to Thursday 9th April and Tuesday 14th to Friday 17th April**. The camp will run for Primary school children of all ages.

Join us for fun activities such as Easter Egg Hunt, Teddy Bears Picnic, Arts & Crafts, Baking and much more. Booking is essential as places are limited. **For further details, please contact Brigid-Ide on 029-60633 or email newmarketafterschools@irdduhallow.com**

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 low income families and those 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

TRAINING COURSES

HORTICULTURE LTI QQI

EXPO OF THE YOUNG SCIENTISTS OF DUHALLOW

INSIDE THIS ISSUE

Community Development Working Group

1.

Enterprise Working Group

2.

Equality Working Group

3.

Employment and Training Working Group

4.

Youth & Education Working Group

4.

Community Working Group

Bealtaine 2020 - IRD Duhallow is currently taking expressions of interest from community groups interested in holding an event for Bealtaine 2020 held during May. **For further details please contact louise.bourke@irdduhallow.com / 029-60633.** **Jack's Mystery Tour** on **Tuesday 26th of May**. Join us for a fun filled day - destination is unknown (All meals etc. included). Cost: €70. **Book with Louise on 029-60633.**

Duhallow Bee Keepers will hold Meetings on **Monday 2nd, 9th and 23rd March** from 7.30pm - 9.30pm at the James O'Keeffe Institute, Newmarket. Existing members, new members & beginners are welcome. For further details contact **Geraldine at 029-60633.**

Operation Transformation - A guided walk is being organised as part of IRD Duhallow's Operation Transformation initiative. This walk **will take place on the Mullaghareirks on Saturday 7th March departing at 11.00am**. For further information and booking please contact **Nuala or Sheila on 029-60633.**

Newmarket Pitch and Putt

Membership rates for the year: Juvenile: €50, Adult: €120, Family: €220, a discount is available on these rates if you register through our website. Should you wish to join up as a member with us for the year or wish to get involved please contact us on **087- 3733181** or info@pitchandputt.ie or visit our website: www.pitchandputtnewmarket.ie.

Duhallow Arenas are currently accepting membership applications (situated adjacent to the James O'Keeffe in Newmarket). Become a key holder for €150 (March – December), which will allow full access to the arenas. For details please contact **Louise at 029-60633.**

Duhallow Furniture REVAMP - We have great deals on sofas, 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 show-room at IRD Duhallow, open 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, chest of drawers, mirrors, wardrobes, shelving, curtains, fabric, etc.

Discover Duhallow: Local Community News fortnightly magazine

Keep an eye out for the latest edition of the Discover Duhallow magazine for community news and further updates available in communities around Duhallow. Please get in touch with us on info@discoverduhallow.com or call us on 029 60633 should you wish to: Share local community news, Post job listings, contribute to features (such as Health Articles, Down Memory Lane, Gardening, Environment, Sports, etc. etc.), Avail of low-cost Business Advertising. You can also read us online, simply google search "Duhallow Community News"



Rialtas na hÉireann
Government of Ireland

ciste na gcuntas díomhaol
the dormant
accounts fund



"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 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.**

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

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
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
Lámh One	15th & 23rd April	6.30pm - 9.30pm	€100
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	23rd April	7.00pm-10.00pm	€35
Sales and the Art of Selling	28th April	9.30am-5.30pm	€120

Social Media for Business Training - On **Wednes. 11th March 2020** 10:00am - 2:00pm at **Teach Iosagain, Rathmore, Co. Kerry.** Twitter, Facebook, Instagram - Creating and Posting Content, Videos, Graphics, Measuring Analytics, Hashtags, Creating Accounts, Create a social media business plan for your business. Register at www.irdduhallow.com/events/social-media-for-business-2/

Training for Physical Activity Leaders

IRD Duhallow, the HSE and Cork Sports Partnership are delivering Physical Activity Leader training commencing on **Tuesday 24th of March in Castlemagner Hall.** This is for anyone working with older people who wishes to become a PAL in their community. Further details contact louise.bourke@irdduhallow.com / 029-60633.

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 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 or email duhallowskillnet@irdduhallow.com**

Equality Working Group

Ability Programme 2018-2021

We are now recruiting for Year 3 of IRD Duhallow's Ability Programme which 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.

Participants must be engaging with a disability service or in receipt of a Disability Allowance for more than 3 months to participate in the programme. Participation is free and will not impact on your social welfare payment.

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
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.

Coderdojo Volunteers Required

IRD Duhallow is currently seeking volunteers to run a weekly Coderdojo Club for young people aged 7-13 years. Coderdojo is a global movement helping children to learn how to code, develop apps, games, websites and much more. Through Coderdojo children learn important skills that will benefit them in the future specifically within the software development industry. Volunteers must have a background in IT and be available to assist with weekly coding sessions. **If you are interested in volunteering, please contact Jacinta on 029-60633 or e-mail jacinta.carroll@irdduhallow.com.**

SICAP- Personal Development Programme

This eight-week Personal Development training programme funded through the SICAP Programme will include modules on some of the following topics: Developing Self-Esteem, Saying No, Managing Feelings, dealing with anger and anger management, developing communication skills with the aim of building self-confidence and self-esteem and to discover inner strengths and resources. These workshops will commence on **Monday 20th of April from 10.00 am-12.00pm.** and will continue once a week for eight weeks in the James O' Keeffe Institute, Newmarket. **For further information and registration please contact Jacinta on 029-60633.**

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.**

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.

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