

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' Keeffe 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

Our **Egg-stra Fun Easter Camp** will take place during the Easter holidays **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

BEALTAINE EVENTS

HORTICULTURE LTI QQI

TRAINING COURSES

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Community Working Group

Bealtaine 2020 - The Saoi Network wants to facilitate a more active life for older people living in Duhallow who want to broaden their horizons, become more active and get involved in their communities. Active Retirement groups throughout Duhallow are hosting a variety of events including:

Dawn Mass - On **Friday 1st of May** the Saoi network will open Bealtaine with a Mass at 6am at the Source of the Blackwater. People are encouraged to wrap up well in warm clothing for this special spiritual ceremony. To register please ring 029 60633.

Alzheimer's Tea Morning - Tureenahill ARA are organising a Tea Morning on the 1st of May in aid of Alzheimers Ireland. Pop into Tureenahill Community Centre between 11am - 1pm and support a very worthy cause.

Art Exhibition - The Opening of Millstreet Art Exhibition will take place on Friday 1st May at 7.00pm in Millstreet Library.

Dawn Mass - On Saturday 2nd May Kilbrin Tír na nÓg Active Retired will hold a Mass at 6.00am at Kilbrin Graveyard. People are encouraged to wrap up well in warm clothing for this special spiritual ceremony. To register please ring 029-60633.

Donoughmore Social Dance - On Sunday 3rd May Donoughmore Active Retired are hosting their annual tea dance with the Dermot Lyons Band. Venue: Donoughmore Community Centre; Time: 8.30pm - 12.30pm; Admission Charge: €10

All other events will be included in the May edition the above are just a preview of the events taking place at the beginning of May.

Bealtaine Walks:

Wednes 29th April 6.30pm Island Woods. Meeting at the trail head, following the river, before entering Shreelawn Woods and walking back to Newmarket church car park along the Kerry road. Walkers will be ferried back to trail head.

Wednes 6th May 6.30pm Mullagherieiks. Meeting at the church car park in Meelin. Car pooling to the start of the forestry. This walk offers a variety of loops through the forestry, all flat level walking.

Wednes 13th May 6.30pm Shrone. Meeting at Shrone Church - Car pooling to the start of the pass. Enjoy this scenic walk through a pass in the mountains from Shrone to the Clydagh valley, passing by Shrone lake. This walk includes some ascents.

Wednes 20 May 6.30pm Mt. Hillary. Meeting at the trail head. This walk involves a number of choices of looped forestry trails, includes some ascents.

Wednes 27 May 6.30pm Clara Mt loop. Meeting at the church car park in Millstreet. This trail covers a variety of terrain with an option of including an ascent to the top to the cross. Some steep climbs.

All walkers have the option of going at their own pace as there will be someone leading the walk and another at the back with those who prefer a more leisurely pace.

Walkers can enjoy tea, coffee and biscuits afterwards at all of the walks.



"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

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**

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 €135 (April – December), which will allow full access to the arenas. For details please contact **Louise at 029-60633.**

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
Care Support	25th March—23rd April	9.30am—2.30pm	FREE***
Tractor Safety for Teenagers	15th April (in Kanturk Mart)	9.30am—5pm	€45
Lamh 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

Conversational Irish Classes IRD Duhallow is currently taking expressions of interest in conversational Irish Classes. Contact Louise on 029-60633 / louise.bourke@irdduhallow.com for further details

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.”

Duhallow REVAMP... Spring is in the air - 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, 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.

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 course in the James O’Keeffe Inst. Newmarket. Places **are limited so early booking is essential. To book a place, contact Helena at 029-60633.**

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.

Financial Difficulties? MABS An Outreach Clinic is available in the James O’Keeffe Institute, Newmarket. Contact the MABS Mallow Office to arrange an appointment **Tel. No: 076-1072440.**

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