

Enterprise Working Group

IRD Duhallow Mentoring Programme - Thinking of starting up a business?

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 of one-to-one mentoring time with an experienced advisor and it's entirely free. **Contact Monica or Louise on 029-60633 / duhallowskillnet@irdduhallow.com for more details.**

Duhallow Skillnet provides subsidised training for companies and individuals in the Duhallow Region. If you have a specific requirement for your company, please contact Louise or Monica on 029-60633 to discuss how Duhallow Skillnet can help.

QQI Level 5 Healthcare Support Training Programme Our next QQI Level 5 Major Award in Healthcare Support Training Programme begins in September 2023. **Contact Monica Gilmore for more information or to register your interest on 029-60633 or email monica.gilmore@irdduhallow.com.** This course is fully funded through our Skills Connect Programme.

Employment and Training Working Group

SICAP - IRD Duhallow Job Centre

We are here to help and give advice with: CV's, Interview Skills, Career Guidance and Courses

IRD Duhallow's Job Centre is here to help those who are unemployed. Our Job Centre can offer guidance and support on how to apply for vacant positions and can offer assistance with updating CV's and provide interview skills.

We can also offer advice on career direction or undertaking online courses. **If you would like support at this time please contact Stephanie Moynihan on 029-60633, or email stephanie.moynihan@irdduhallow.com**

IRD Duhallow is supporting job seekers & the Ukrainian community in the Duhallow region to source employment. If you are an employer with job openings, **please contact Stephanie on 029-60633 or visit www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/** where positions are advertised.

Bursaries for Adult and Second Chance Education

Subject to availability of funding, IRD Duhallow is taking expressions of interest from individuals living in the **Cork area of IRD Duhallow**, in relation to bursaries for adult and second chance education. The purpose of bursaries is to facilitate access and entry to further and higher-level education and to support training opportunities for adults who may not have had the previous opportunity to continue or complete their education. **For further details please contact Nollaig Murphy on 029-60633 or email nollaig.murphy@irdduhallow.com**

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 ring Nuala / Marie 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 The National Childcare Scheme subsidy. To see if you are eligible, a subsidy calculator can be found at <https://ncs.gov.ie/en/childcare-subsidy-calculator-input/>. 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

We also operate a Breakfast Club, opening hours 7.00am - 9.00am and transport will be provided to the two Newmarket National schools. Children will be offered toast, cereals, fruits and yogurts for breakfast.

National Childcare Scheme subsidies will also apply for the Breakfast Club.

Please email newmarketafterschools@irdduhallow.com for more information.

SPECIAL POINTS OF INTEREST

BEALTAINE EVENTS

SERVICES

LEARN DIY SKILLS

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Community Development Working Group

IRD Duhallow Led Walks:

3rd May: Reanahoun Loop in the Mullaghareirks. This is the northerly loop, all flat trails through forestry. Meeting at 7pm at the church car park in Meelin.

10th May: Biodiversity River Walk with ecologist Mike O'Connor at the Fr. Murphy river walk, Banteer. You will be exploring life in and alongside the river. Meeting at 7pm at the church car park in Banteer.

17th May: Musher section of the Duhallow Way (Duhallow Way Challenge). This walk starts at the foothills, climbs halfway up and travers along the side of Musher. This is part track and hill, wet patches are more than compensated for with the spectacular views. Meeting at 7pm at St. John's Well, Musher.

24th May: Biodiversity River Walk with ecologist Mike O'Connor in Kilcorney. You will be exploring life in and alongside the river. Meeting at 7pm at the church car park in Kilcorney.

31st May: Shrone to the Slyguddal (Duhallow Way challenge). This is an off road hike over uneven terrain with wet patches. It will be strenuous, but worthwhile with stunning views. Meeting at 7pm at Shrone Church.

Refreshments after all walks. **Registration required for all walks contact 029-60633 or 087-3753233.**

IRD Duhallow Furniture REVAMP

Your one stop shop for quality pre-loved furniture

Spring is truly and finally in the air and if you have been thinking about sprucing up your interior, we have just the things! Not only will you get a wide range of colours in our RELOVE paint collection, but you can also grab some fantastic deals on décor accessories such as mirrors, hall tables, lockers or why not brighten up a dull corner with a unique upholstered antique chair! 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.

Do you have a piece of furniture in need of some attention? If so you can avail of our restoration and upholstery service. For more information, send a picture to revamp@irdduhallow.com, **Whatsapp 087-4665817** or contact Jessica on 029-60633.

Do you have items of furniture in good condition that you no longer need? We would gratefully accept your donations, just send a picture to revamp@irdduhallow.com, **Whatsapp 087-4665817** or ring us at **029-60633**. Visit us on Facebook: IRD Duhallow Furniture Revamp.

Duhallow Community Laundry at the James O'Keeffe Institute, Newmarket is a low cost service targeting the elderly, carers, those with disabilities & low income families. Laundry can be dropped in Mon. to Fri. from 9.00am - 5.30pm. A free collection and delivery service is available to households with transport difficulties. **For details contact 029-60633.**

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 **personal monitored alarm and pendant**. The alarm is supplied & installed free of charge along with one year's monitoring.

However, if there is no suitable landline available and a mobile signal is used to connect the equipment to the monitoring providers, a fee will be charged annually for SIM credit.

To apply, contact Julie or Colm on 029-60633 or email whs@irdduhallow.com



"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"



BEALTAINE FESTIVAL 2023

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

30th April: Donoughmore ARA Tea Dance at 9pm. Music by Lee Sound. All welcome, Admission €10.

3rd May: Walk the **Reanahoun Loop in the Mullaghareirks**. This is the northerly loop, all flat trails through forestry. Refreshments afterwards. Meeting at 7pm at the church carpark in **Meelin**. Register with **Alannah / Nuala** on **029-60633** or **087-3753233**.

4th May: Coffee Morning for Alzheimers – hosted by **IRD Duhallow's Strive** group from 10am – 12pm, come join us for a cuppa in Duhallow Community Food Services, **Newmarket** to raise much needed funds for Alzheimer's Ireland.

6th May: The Darkness into light Walk in Aid Of Petia House is on Saturday 6th May starting at 4.15am from the **Edel Quinn Hall, in Kanturk**.

6th May: Award-winning duo Ye Vagabonds come to **The Cultúrlann, Newmarket**, at 8pm with their harmony-rich and traditional-Irish influenced folk songs. Tickets €25. Book on theculturlann@gmail.com or **085-1280145**.

7th May: **Millstreet Active Retirement** Bealtaine Tea Dance at 2.30pm – 5.30pm in the **Wallis Arms** with music by Peter Lane. All are welcome.

8th May: Forest Bathing; a wellness practice to relax, relieve stress and invite joy through sensory connection with nature will take place in the **Island Wood, Newmarket** at 10.30am-12.30pm. Registration essential on **029-60633**.

Tuesday 9th, 16th, 23rd & 30th May: from 2.30pm – 3.30pm Enjoy unique Nordic Walking Activator Pole Classes hosted by Cork Sports Partnership Nordic Walking is the latest innovation in fitness walking and in Ireland there is growing interest in 'using the sticks for a fitness fix!' It can be done on virtually any outdoor terrain including tarred roads, concrete paths, forestry trails, sandy beaches, and grassy parks. Venue: **Castlemagner Hall**. Register on www.irdduhallow.com / **029-60633**.

10th May: Biodiversity River Walk with ecologist Mike O'Connor at the Father Murphys river walk. You will be exploring life in and alongside the river. Meeting at 7pm at the church carpark in **Banteer**. Refreshments afterwards. Register with **Alannah / Nuala** on **029-60633** or **087-3753233**.

12th May: **Millstreet Gramophone Circle** presentation by Con Kelleher of Millstreet at 8.15pm in the Canon O'Donovan Day Centre Clara Road, Millstreet. Admission is free and all are welcome.

13th May: **The Glen Theatre, Banteer** is hosting the **Swinging 60s**. This wonderful event will take you back to the glory days of pop when life was fun and only bank robbers wore facemasks. Join the brilliant Great Singalong Songbook as they share with you a veritable feast of chart-topping songs! Ya Baby! **Booking 087 7558752 or 029-56239**.

14th May: – **Castlemagner Community Singers** will be performing for the residents of Kanturk Hospital.

17th May: Walk the **Mushera section** of the Duhallow Way (Duhallow Way Challenge). This walk starts at the foothills, climbs halfway up and travers along the side of Mushera. This is part track and hill, wet patches are more than compensated for with the spectacular views. Meeting at 7pm at **St. John's Well**. Refreshments afterwards.

Register with **Alannah / Nuala** on **029-60633** or **087-3753233**.

18th May: **Castlemagner Sinsir** Variety Concert at 8pm in **Castlemagner Hall**. Admission €10.

18th & 19th May: Airfryer Cookery Course at 10am – 12.30pm in the **James O'Keeffe Institute, Newmarket**. Register on www.irdduhallow.com or **029-60633**.

19th May: **Clondrohid Scoraiocht** in Clondrohid Hall at 8pm. A night of music, song and poetry. All are welcome.

21st May: **Mushera Platform Dancing** Special 10th anniversary celebration dance in **Ballinagree Village** from 2.30pm – 6pm. The bands are Lee Sound and C&M Sound. Admission is free.

24th May: Biodiversity River Walk with ecologist Mike O'Connor in **Kilcorney**. You will be exploring life in and alongside the river. Meeting at the church carpark in Kilcorney at 7pm. Refreshments afterwards. Register with **Alannah / Nuala** on **029-60633** or **087-375323**.

Thursday 25th May: Jack's Mystery Tour – Destination Unknown – Fee €75. Spaces are limited & will be allocated on a first come first served basis. To book your place contact Louise on 029-60633 or www.irdduhallow.com

27th May – Sheila's Country Music Jamboree at **The Cultúrlann, Newmarket**, at 8pm. Admission €15.

31st May: Walk **Shrone to the Slyguddal** (Duhallow Way challenge). This is an off road hike over uneven terrain with wet patches. It will be strenuous, but worthwhile with stunning views. Meeting at **Shrone Church** at 7pm. Refreshments afterwards. Register with **Alannah / Nuala** on **029-60633** or **087-3753233**.

4th June: **Tureencahill Annual BBQ** followed by music with Sheila Fitzgerald at 3pm.



Equality Working Group

Duhallow Carers Support Group provides peer support for carers, in a relaxing environment and to give members a much needed break from their caring duties and most of all to up skill new carers and provide them with the relevant training and mentoring they need to carry out their duties to the best of their abilities.

The group meets on the first Thursday of each month to organise & facilitate these supports, equipping carers with the skills and the confidence to look after loved ones.

We would be delighted to meet you at our next meeting on **Thursday 4th May at 8.00pm in the James O'Keeffe Institute, Newmarket. For further details please contact Stephanie at 029-60633.**

Duhallow Community Food Services at the James O'Keeffe Institute, Newmarket, provides a home delivery meal service for the elderly, for those convalescing or recuperating. Meals can be booked on a long or short term basis.

Dinner & Dessert cost €7.50 per day, delivered to your door Monday to Friday.

Menu changes daily and special diets are catered for.

Chilled meals are also available for you to heat up at home when required.

We also provide a wide range of hot or cold dishes for any event such as Special Occasions and Functions.

Our Restaurant is open Monday to Friday from 8.00am to 6.00pm and Saturday from 10.00am to 4.00pm.

We have an extensive new and exciting Menu available all day or for takeaway if you prefer.

We also have an extensive range of delicious cakes, buns and pastries available from our bakery fresh every day.

Enjoy Afternoon Tea in the Restaurant from 2.30pm Monday- Saturday. Booking Essential. **For details please contact Linda or Olive at 029-76375.**

Duhallow Social Farming offers people with disabilities the opportunity to spend time on a family farm in a healthy, supportive and inclusive environment. Social farming focuses on people's potential rather than limitations, encouraging participants to socialise, gain confidence and build relationships. It creates the opportunity to reconnect farmers with their local communities by opening up their farms as part of a social support system for the community.

Duhallow Social Farming operates as a voluntary model to enable real working relationships and friendships to develop. The farm is not a specialised treatment farm; it remains a typical working farm where people in need of support can benefit from relationship building through farm activities in a non-clinical environment.

Host farms will be supported with any health and safety adjustments that need to be made for social farming activities, as well as support to access relevant training opportunities.

For more information please contact 029-60633 or email duhallow@irdduhallow.com.

Duhallow Social Farming is financed by the Department of Agriculture, Food & the Marine.

Anyone interested in learning basic and practical DIY skills?

Please send in your expressions of interest to Nuala Riordan on 029-60633 or email nuala.oriordan@irdduhallow.com.

Do you have Financial Difficulties?

MABS The Money Advice and Budgeting Service is available to anybody who might need advice or information in relation to their personal finances. People who have suffered a reduction in income will have to re-organise their finances. In particular, commitments to mortgages / rent and other loan repayments may have to be adjusted.

When creditors are being asked to accept a lower level of repayment they will generally ask for proof of income and a Financial Statement. MABS can help you prepare the 'Financial Statement' and if necessary negotiate on your behalf with your Creditors. MABS can also give advice in relation to Income Maximisation where possible.

Contact the MABS Mallow Office for advice. **Tel. No: 0818 07 2440 or email mallow@mabs.ie**

An outreach clinic is available in the James O'Keeffe Institute, Newmarket. MABS is a Free and Confidential Service.

ALCOHOLICS ANONYMOUS - a closed meeting of Alcoholic Anonymous is held in the James O'Keeffe Institute, Newmarket every Sunday morning at 11.30am, Tuesday at 8.30pm and Thursday at 8.30pm.

AI ANON if you are affected by somebody else's drinking, come and hear the experience of others at the James O'Keeffe Institute, Newmarket, every Tuesday at 8.00pm & Thursday at 8.30pm.

Emotional Support & Counselling Service This service is being offered by a number of mature students and pre-accredited Counsellors & Psychotherapists who are working towards their accreditation. This service is provided free of charge. **If you would like to make an appointment or have any enquiries please ring Aoife on 087-1179990.**