

Upcoming Training Courses

Programme	Date	Venue	Time	Duration	Fee	Funded By
Information Forum for Family Carers	7 th Feb	James O'Keeffe Institute	10am – 2pm	1 Day	FREE	Dormant Accounts
Start Your Own Business Course	12 th Feb	James O'Keeffe Institute	6.30pm -9.30pm	6 Weeks	€25	SICAP
Safe Pass	13 th Feb	Newmarket	7.45am – 5pm	1 Day	€20	SICAP
Bookkeeping & Sage 50	7 th Feb	Online	11am – 12pm	12 Weeks	€380	Skillnet
Beginner Computer Course	7 th & 8 th Feb	James O'Keeffe Institute	10am – 1pm	2 Half Days	€20	SICAP
Mindfulness	7 th Feb	James O'Keeffe Institute	7pm – 8.30pm	6 Weeks	€20	SICAP
Lámh I	14 th & 22 nd Feb	James O'Keeffe Institute	6.30pm– 9.30pm	2 Evenings	€100	Skillnet
Introduction to Sugar Craft	13 th Feb	James O'Keeffe Institute	7pm – 9pm	6 Weeks	€125	Skillnet
MS Excel for Beginners	14 th Feb	Online	9.30am – 11am	1 Day	€50	Skillnet
Social Media for Business	15 th Feb	Online	10am – 12.30pm	1 Day	€50	Skillnet
ATV Operations-Quad Bike Safety	22 nd & 29 th Feb	James O'Keeffe Institute	9.30am – 4pm	2 Days	€250	SICAP
Facebook for Business	22 nd Feb	Online	10am – 12.30pm	1 Day	€50	Skillnet
Excel Intermediate	28 th Feb	Online	9.30am–11am	5 mornings	€150	Skillnet
Food Safety- level 2	4 th March	James O'Keeffe Institute	10am-1pm	Half day	€95	Skillnet
Instagram for Business	7 th March	Online	10am-12.30pm	Half day	€50	Skillnet
Employment Law Workshop	13 th March	James O'Keeffe Institute	10am-1pm	Half day	€65	Skillnet

To book into any of these courses visit www.irdduhallow.com/events or email duhallow@irdduhallow.com / Tel 029-60633.

Enterprise Working Group

IRD Duhallow Skillnet

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

IRD Duhallow Mentoring Programme - 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.
For more information contact Monica Gilmore on 029-60633 / duhallowskillnet@irdduhallow.com

SPECIAL POINTS OF INTEREST

COMMUNITY PLANTING PROJECT
 TRAINING COURSES

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Community Development Working Group

Duhallow Community Planting Project: This is a great initiative funded under the LEADER Programme which supports community groups to invest into the future biodiversity of their towns and villages and rural areas. This funding is available to all community and voluntary groups, neighbourhoods, tidy towns, schools and sporting clubs etc who have an area in their community they wish to plant. If your committee is interested in participating, **please contact Rachel / Helen to place your order in time for the planting season. Tel No: 029-60633 or email rachel.budd@irdduhallow.com or helen.osullivan@irdduhallow.com**

Items available include Native Hedgerows, Trees, Woodland Plants, Fruit Trees, Nut Trees, Herbs as well as fertiliser, planters, compost, seed packs etc.

IRD Duhallow Led Walk

An organised walk is a lovely way to start off the weekend. During the winter, we will meet once a month on a Saturday and go for a walk on one of the trails in Duhallow and socialise over a hot drink after.

Our February led walk will take place on Saturday 17th February in the Island Wood, Newmarket. Meeting at 10.30am in the Carpark at the Island Wood, Newmarket. Tea & coffee after the walk as usual.

Registration is essential. Please call 029-60633 or 087-3753233 to register.

Duhallow Community Laundry at the James O'Keeffe Institute, Newmarket is a top quality service for the elderly, carers, those with a disability, those in receipt of a social welfare payment and low income families. Laundry can be dropped into our facility in Newmarket during our opening hours Monday to Friday from 9.00am - 5.30pm. If you require your laundry to be collected and returned to your home, this can also be arranged, **for more information call 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 €9.50 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 and cold food for **home catering and for parties and special occasions as well as functions in Community Centres** and a variety of customised menus to suit every budget is available.

Our Restaurant is open Monday to Friday from 8.00am to 6.00pm and Saturday from 9.00am to 4.00pm. We have an extensive and exciting Menu available all day or for takeaway if you prefer and we have a new **Brunch Menu** available every Saturday from 9.00am – 4.00pm. We also have an extensive range of delicious cakes, buns and pastries available from our bakery fresh every day.

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



The Social Inclusion and Community Activation Programme (SICAP) 2018-2023 is co-funded by the Government of Ireland, through Rural and Community Development, and the European Union.

IRD Duhallow Furniture REVAMP

Your one stop shop for quality pre-loved furniture

We have beautiful coffee tables and great recliners for your comfort in the cold season, in addition to our suites of furniture and dining sets. 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 & upholstery service. For more information, send a picture to revamp@irdduhallow.com, Whatsapp 087 4665917 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 0874665817 or contact us at 029-60633 and visit us on Facebook: IRD Duhallow Furniture Revamp.

Duhallow Arena

The Arena at the James O'Keeffe Institute is **currently accepting applications** to be a keyholder.

Enquiries to duhallow@irdduhallow.com / or 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

Equality Working Group

The Rural Community Health Project Walking & Social Club welcomes you to come along for a walk and a chat. We meet every Monday and Wednesday. **For further information please contact Helen O'Sullivan on 029-60633 or email helen.osullivan@irdduhallow.com**

The Rural Community Health Project Reading for the Brain Bookclub welcomes new members. We meet every Tuesday at 2.30pm in the James O'Keeffe Memorial Institute, Newmarket. **For further information please contact Helen O'Sullivan on 029-60633 / email: helen.osullivan@irdduhallow.com**

Duhallow Carers Support 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 upskill 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 monthly 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 8th February 2024** at 8.00pm in the James O'Keeffe Institute, Newmarket. **Please contact Gerard on 029-60633 for further information.**

Duhallow Social Farming

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 farmers 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 Rachel Budd 029-60633 or email duhallow@irdduhallow.com.

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

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.**

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

Youth and Education Working Group

IRD Duhallow Afterschool and Breakfast Club Open daily from **7am-9am** and from **2pm-6pm** for any primary school children in the Duhallow region. Transport is offered to and from Newmarket Boys and Girls National school. Nutritious breakfast and dinner is provided along with homework support daily.

Games, outdoor play, baking, art, computers, environmental projects are just some activities offered.

Daily and weekly bookings accepted. All children are now entitled to a universal subsidy of €1.40 an hour through the National Childcare Scheme, which makes the Afterschools and Breakfast Club even more affordable.

Please email newmarketafterschools@irdduhallow.com for bookings or more information

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 Gerard Browne on 029-60633, or email gerard.browne@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 Yuliia or Alina or Helen on 029-60633** or visit **www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/** where positions are advertised.

IRD Duhallow CE Scheme has vacancies in the following areas:

General Operative GAA Grounds / Village Ballydesmond;

General Operative Banteer Village / GAA Grounds.

Please contact your local DSP Activation Officer at Employment Services / Intreo Office to check your eligibility and to apply for these vacancies or contact Paddy O'Connor, IRD Duhallow CE Supervisor at 029-60633 for further information.

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 Marie on 029-60633.