

## Upcoming Training Courses

Programme	Date	Venue	Time	Duration	Fee	Funded By
Information Evening – Room Leadership for ECEC	11 <sup>th</sup> Jan.	Online	8pm – 9pm	Once Off Event	FREE	Skillnet
Yoga	15 <sup>th</sup> Jan.	Kanturk	7 – 8pm	8 weeks	€25	Ukrainian Fund
Managing Stress	16 <sup>th</sup> Jan.	James O’Keeffe Institute	7 – 8pm	3 weeks	€20	SICAP
ATV Quad Bike	18 <sup>th</sup> Jan.	James O’Keeffe Institute	9am – 5pm	1 Day	€100	Skillnet
Boom Sprayer	25 <sup>th</sup> Jan. & 1 <sup>st</sup> Feb.	James O’Keeffe Institute	9.30am – 4pm	2 Days	€150	Skillnet
Remote Working Information Seminar	31 <sup>st</sup> Jan.	Online	7pm – 8.30pm	1 Day	FREE	Dormant Accounts Carers
Sewing Course for Beginners & Intermediate	1 <sup>st</sup> Feb.	James O’Keeffe Institute	10am – 12.30pm	6 Weeks	€35	SICAP
Forklift For Beginners	6 <sup>th</sup> Feb.	Newmarket	9.30am – 4.00pm	3 Days	€50	Ukrainian Fund
Information Forum for Family Carers	7 <sup>th</sup> Feb.	James O’Keeffe Institute	10am – 2pm	1 Day	FREE	Dormant Accounts Carers
Start Your Own Business Course	12 <sup>th</sup> Feb.	James O’Keeffe Institute	6.30pm – 9.30pm	6 Weeks	€25	SICAP
Safe Pass	13 <sup>th</sup> Feb.	Newmarket	7.45am – 5pm	1 Day	€20	SICAP
Safe Pass	3 <sup>rd</sup> April	Newmarket	7.45am – 5pm	1 Day	€20	SICAP
Book Keeping & Sage 50	7 <sup>th</sup> Feb.	Online	11am – 12pm	12 Weeks	€380	Skillnet
Beginner Computer Course	7 <sup>th</sup> & 8 <sup>th</sup> Feb.	James O’Keeffe Institute	10am – 1pm	2 Half Days	€20	SICAP
Mindfulness	7 <sup>th</sup> Feb.	James O’Keeffe Institute	7pm – 8.30pm	6 Weeks	€20	SICAP
Manual Handling	8 <sup>th</sup> Feb.	Online	11am – 1pm	1 Day	FREE	Ukrainian Fund
Lamh I	13 <sup>th</sup> & 20 <sup>th</sup> Feb.	James O’Keeffe Institute	6.30pm – 9.30pm	2 Evenings	€100	Skillnet
Introduction to Sugar Craft	13 <sup>th</sup> Feb.	James O’Keeffe Institute	7pm – 9pm	6 Weeks	€125	Skillnet
MS Excel for Beginners	14 <sup>th</sup> Feb.	Online	9.30am – 11am	1 Day	€50	Skillnet
Social Media for Business	15 <sup>th</sup> Feb.	Online	10am – 12.30pm	1 Day	€50	Skillnet
Forklift for Beginners	21 <sup>st</sup> Feb.	Kanturk	9am – 5pm	3 Days	€20	SICAP
ATV Operations	22 <sup>nd</sup> & 29 <sup>th</sup> Feb.	Newmarket	9.30am – 4pm	2 Days	€250	SICAP
Facebook for Business	22 <sup>nd</sup> Feb.	Online	10am – 12.30pm	1 Day	€50	Skillnet

To book into any of these courses visit [www.irdduhallow.com/events](http://www.irdduhallow.com/events) or email [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com) / Tel 029-60633.

## SPECIAL POINTS OF INTEREST

RURAL COMMUNITY HEALTH TRAINING COURSES

## INSIDE THIS ISSUE

Community Development	1. & 2
Equality Working Group	2.
Youth & Education Working Group	3.
Enterprise Working Group	3.
Employment and Training Working Group	3.
Upcoming Training Courses	4.

## Community Development Working Group

### 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 at 11am, go for a walk on one of the trails in Duhallow and socialise over a hot drink after.

**Our January led walk will take place on Saturday 20th of January:** Walking Claragh Mountain, Millstreet. Meeting at Carpark opposite St. Patrick’s Church at 11.00am. This is a strenuous walk over open mountain side with uneven ground. Tea & coffee after the walk as usual. **Registration is essential – call Alannah 029-60633.**

### IRD Duhallow Furniture REVAMP

#### Your one stop shop for quality pre-loved furniture

We currently have a wide selection of suites of furniture, coffee tables and cosy armchairs. 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.

if you are decluttering in 2024 and have any furniture you would like to donate, we would gratefully accept your donations, just **send a picture to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com), or send it by Whatsapp to 087-4665817 or contact us at 029-60633** and visit us on Facebook: IRD Duhallow Furniture Revamp.

**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](mailto:revamp@irdduhallow.com), or to Whatsapp 087 4665817 or contact Jessica on 029-60633.**

**RELOVE PAINT**—Our award winning Relove paint project offers a huge choice of colours of **interior paint** for redecorating. Of great quality and only €15 per 5 litre. It will brighten up any space and won’t break the bank! Call into REVAMP to view the range of RELOVE colours available.

**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.

**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.**

**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](mailto:whs@irdduhallow.com)**

**Duhallow Arena**  
The Arena at the James O'Keeffe Institute is **currently accepting applications** to be a keyholder. The cost for the year is €450. **Enquiries to [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com) / or 029-60633.**

### 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 Denis Justice on 029-60633 or email [denis.justice@irdduhallow.com](mailto:denis.justice@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 Denis Justice on 029-60633 / email: [denis.justice@irdduhallow.com](mailto:denis.justice@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 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 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](mailto:duhallow@irdduhallow.com).**  
*Duhallow Social Farming is financed by the Department of Agriculture, Food & the Marine.*

**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.**

### 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/hour through the National Childcare Scheme, which makes the Afterschools and Breakfast Club even more affordable.  
**Please email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com) for bookings or more information.**

### Enterprise Working Group

**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 or Louise on 029-60633 / [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)**

### 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, your business please contact **Louise Bourke or Monica Gilmore on 029-60633 to discuss how Duhallow Skillnet can help.**

### 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 029-60633, or email [gerard.browne@irdduhallow.com](mailto: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/](http://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 Rathcoole GAA / Soccer Club;  
General Operative Banteer Village / GAA Grounds.  
**Please contact your local DSP Activation Officer at Employment Services / Intro 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.**