

Upcoming Training Courses

Programme	Date	Venue	Time	Duration	Fee	Funded By:
Food Safety- level 2	4 th March	Newmarket	10am-1pm	Half day	€95	Skillnet
Personal Development for Family Carers	6 th March	Newmarket	10am-2pm	Half day	€20	Dormant Accounts Fund
Instagram for Business	7 th March	Online	10am-12.30pm	Half day	€50	Skillnet
Network Supper with guest speaker Caroline Currid	11 th March	Newmarket	7pm		€30	Skillnet
Employment Law Workshop	13 th March	Newmarket	10am-1pm	Half day	€65	Skillnet
Lámh Module One-Add On	20 th March	Newmarket	6.30pm-9.30pm	3 hours	€70	Skillnet
Canva Design for Business	21 st March	Online	10am-12.30pm	2.5 hours	€50	Skillnet
Safepass	3rd April	Newmarket	7.45am	Full day	€20	SICAP
Personal Effectiveness	3 rd April	Newmarket	11am-12.30pm	1.5 hours	€20	SICAP
QQI Level 5 Palliative Care	8 th April x 5 days	Newmarket	9.00am-5.00pm	5 full days	€180	Skillnet
Food Photography	8 th April	Newmarket	10am-4pm	Full day	€150	Skillnet
QQI Level 6 Manual Handling Instructor	9 th April	4 days online & 1 day in Newmarket	9.30am-5pm	4 full days	€350	Skillnet
Basic Organic Horticulture	9 th April	Newmarket	10am-1pm	Half day	€15	SICAP
Advanced Excel	10 th April x 5 sessions	Online	9.30am-11am	5 x 1.5 hour sessions	€150	Skillnet
Website SEO (Search Engine Optimisation)	11 th April	Online	10am-12.30pm	2.5 hours	€50	Skillnet
First Aid Responder	16 th April x 3 days	Newmarket	9.00am-5pm	3 full days	€240	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 training requirement for your company or your business 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

INTERNATIONAL WOMEN'S DAY CONFERENCE

EASTER. CAMPS

TRAINING COURSES

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Count Her In Conference

Duhallow Women's Forum would like to invite you to the **Count Her In Conference** celebrating International Women's Day on **Friday 8th of March from 10.00am to 3.00pm** at the James O'Keefe Institute, Newmarket P51 C5YF.

Conference Speakers will include amongst others:

Julie O Leary, Campaigner for Disability Rights and Inclusion;
Katherine Dolphin Griffin, author of 'Hope to Cope', cancer survivor sharing her experiences, finding ways to cope, survive & thrive.
 Segments on women's health, fashion and social welfare entitlements and a light lunch will be provided.

Tickets cost €15 per person. To book your place at the Conference, register on www.irdduhallow.com/upcoming-events or contact 029-60633.

Annual Dawn Mass at the Source of the Blackwater

The Annual Dawn Mass at the Source of the Blackwater, Doctors Hill, Ballydesmond will take place **at 6.30am on Thursday 14th March, 2024.** IRD Duhallow welcomes everyone from the region. For further information contact **Gerard Browne at 029-60633 or register on www.irdduhallow.com/upcoming-events so we will have an idea of numbers to be catered for or just turn up on the morning.**

Bealtaine 2024

IRD Duhallow Saoi Network is taking expressions of interest from groups interested in hosting Bealtaine Events. Reflecting on and celebrating older people in Duhallow during the month of May. **For further queries please contact Gerard on 029-60633 or email gerard.browne@irdduhallow.com**

IRD Duhallow Led Walk

An organised walk is a lovely way to start off the weekend. During the winter, we have been meeting once a month on Saturday going for a walk on one of the trails in Duhallow and socialise over a hot drink afterwards.

Our March led walk will take place on Saturday 23rd March. We will be walking Clara Mountain, Millstreet. Meeting in the carpark across from Millstreet Church at 10.00am sharp. Tea & coffee after the walk as usual.

Registration is essential. Please call Diarmuid on 029-60633 or 086-0849955 to register.

Duhallow Community Laundry at the James O'Keefe 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.**



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

Exam season is upon us and we have the study desks just for your needs! But quantity is very limited so don't miss out! We also have beautifully upholstered bedroom chairs and great leather recliners 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 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. We have a **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.**

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.

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 details please contact Helen O'Sullivan on 029-60633 / email: helen.osullivan@irdduhallow.com

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 7th March** 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.**

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/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.



Easter Camps

Egg-citing Easter Camp will take place during the Easter holidays;
Week 1 from Monday 25th March to Thursday 28th March incl. 9am to 1pm
and Week 2 from Tuesday 2nd April to Friday 5th April incl. 9am to 1pm.

The camp will run for Primary school children of all ages. Hop along for a fun adventure of games, arts, crafts, baking and more! Weekly bookings only, €68 per week and NCS subsidies accepted. Booking is essential as places are limited.

For further details, please email newmarketafterschools@irdduhallow.com



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

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 Rathcoole Village / GAA Grounds;

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.