

## Upcoming Training Courses

Programme	Date	Venue	Time	Duration	Fee	Funded By:
Safepass	3rd April	Newmarket	7.45am	Full day	€20	SICAP
Personal Effectiveness	3 <sup>rd</sup> April	Newmarket	11am -12.30pm	1.5 hours	€20	SICAP
Food Photography	8 <sup>th</sup> April	Newmarket	10am - 4.00pm	Full day	€150	Skillnet
QQI Level 6 Manual Handling Instructor	9 <sup>th</sup> April	4 days online & 1 day in Newmarket	9.30am - 5.00pm	4 Full Days	€350	Skillnet
Advanced Excel	10 <sup>th</sup> April x 5 sessions	Online	9.30am -11.00am	5 x 1.5 hour sessions	€150	Skillnet
Website SEO (Search Engine Optimisation)	11 <sup>th</sup> April	Online	10am - 12.30pm	2.5 hours	€50	Skillnet
Quad Bike Level 5	15 <sup>th</sup> & 22 <sup>nd</sup> April	Newmarket	9.30am - 4.00pm	2 Days	€250	Skillnet
First Aid Responder	16 <sup>th</sup> April x 3 days	Newmarket	9.00am - 5.00pm	3 Full Days	€240	Skillnet
Follow on Sugar Craft Training	7 <sup>th</sup> May X 6 days	Newmarket	7.0pm – 9.00pm	6 Evenings	€125	Skillnet
Customer Service Workshop	13 <sup>th</sup> May	Newmarket	11.00am - 1.00pm	1 Morning	€75	Skillnet
First Aid Responder Refresher Course	15 <sup>th</sup> May	Newmarket	9.00am - 5.00pm	2 Full Days	€190	Skillnet

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

### Information Evenings

#### Early Childhood Care & Education

Information session for a Level 5 Early Childhood Education & Care programme commencing in September 2024. The info session will take place on **Tuesday, 16<sup>th</sup> of April at 6.30pm in the James O’Keeffe Institute.** This programme is free for those who are currently not working. Please register on [www.irdduhallow.com](http://www.irdduhallow.com)

#### Room Leader Information Evening

Information evening for the Room Leadership programme will take place on **Thursday, 25<sup>th</sup> of April at 8pm online.** Please register on [www.irdduhallow.com](http://www.irdduhallow.com)

## 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](mailto:duhallowskillnet@irdduhallow.com)**

## SPECIAL POINTS OF INTEREST

### BEALTAINE 2024

### TRAINING COURSES

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## Community Development Working Group

### LEADER Programme 2024 – 2028

IRD Duhallow was thrilled to be informed recently that it has been awarded the contract for the delivery of the 2024 – 2028 LEADER programme in Duhallow’s North Cork and South Cork Regions. The value of these contracts is €1.6m and €1.2m respectively and the contracts are currently in the 30 day stand still period. The contract award is based on the Local Development Strategy which was devised based on the needs of the community following an intensive consultation period in 2023. As soon as the contract is signed the plan is to issue calls for expressions of interest. In the meantime if you have any queries please contact any of the **Development Officers in IRD Duhallow on 029-60633 / [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com)**

### IRD Duhallow Led Walk

**Our April led walk will take place on Saturday, the 27th April.** We will be walking **Mount Hillary, Banteer.** Meeting at the Trailhead Carpark at 10am sharp. Tea & coffee after the walk as usual. **Registration is essential. Please call 029-60633 or 086-0849955 to register.**

### 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](mailto:gerard.browne@irdduhallow.com)**

### IRD Duhallow Furniture REVAMP

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

Wardrobes in all sizes to gain that extra room for the spring and summer clothes! Quantity is very limited and demand is very high so don't miss out! We also have beautiful 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](mailto: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](mailto:revamp@irdduhallow.com), Whatsapp 0874665817 or Contact us at 029-60633** and visit us on Facebook: IRD Duhallow Furniture Revamp.

**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.



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**.

**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.** The 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](mailto: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 Elmarie Young on 029-60633 / email: [elmarie.young@irdduhallow.com](mailto:elmarie.young@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 4th April** at 8.00pm in the James O’Keeffe Institute, Newmarket. **Please contact Gerard on 029-60633 for further information.**

**'A Brief Talk on Radiators and Cucumbers'** understanding what anxiety is, how to understand our own anxiety, and how to alleviate and overcome it with Kevin McCormack. A light hearted approach to over coming anxiety with a highly engaging practitioner, this is one workshop not to be missed. It will take place on **Tuesday, 30th April** from **11.00am to 1.00pm in the James O’Keeffe Institute, Newmarket.** Fee €20.00 per person. Limited places available for more information **call Gerard on 029-60633** or register on **[www.irdduhallow.com/ events](http://www.irdduhallow.com/events)**

**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.**

### 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.**

### 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.**

### 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](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 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.**