

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 on 029-60633 / duhallowskillnet@irdduhallow.com**

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.**

Programme	Date	Venue	Time	Duration	Fee	Funded By:
Self-Care for Care Givers	7th May	James O'Keeffe Inst.	11.00am -1.00pm	2 Hrs.	€20	Dormant Accounts
Sugar Craft Training-- Follow On	7th May for 6 Thurs nights	James O'Keeffe Inst.	7.00pm - 9.00pm	2 Hrs	€125	Duhallow Skillnet
Customer Service Workshop	13th May	James O'Keeffe Inst.	11.00am -1.00pm	2 Hrs	€75	Duhallow Skillnet
First Aid Refresher	15th & 22nd May	James O'Keeffe Inst.	9.00am - 5.00pm	2 Full Days	€90	Duhallow Skillnet

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

Information Session

Level 5 Early Childhood Education Information Session will take place on Tuesday 21st May at 6.30pm in the James O'Keeffe Institute, Newmarket. Register on 029-60633 / duhallow@irdduhallow.com / www.irdduhallow.com/events

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 029-60633.**

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, Mariia, 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 Kiskeam Village / GAA Grounds;
 General Operative Ballydesmond Village / GAA Grounds; Driver—Delivering Meals on Wheels, Newmarket.
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.

SPECIAL POINTS OF INTEREST

BEALTAINE EVENTS

WORKABILITY PROG.

ADDICTION & MENTAL HEALTH AWARENESS EVENT

INSIDE THIS ISSUE

Community Development	1 & 2
Bealtaine 2024 Events	2
Equality Working Group	3
Employment & Training Working Group	3
Enterprise Working Group	4
Employment and Training Working Group	4

Community Development Working Group

Business Breakfast in the Castle Hotel, Macroon on **Thursday 2nd of May at 7.45am.** Come and Network and Enjoy a Continental Breakfast with our brilliant **guest speaker Alan Shortt and panel discussion on how to unleash creativity in your business and community.** Tickets €10 and are available on www.irdduhallow.com/

IRD Duhallow Led Walk

Our first led walk of May will take place in the Island Wood, Newmarket on Wednesday 8th May. Meeting at Island Wood Carpark at 6.45pm.

Our second led walk will take place on Clara Mountain, Millstreet on Wednesday 29th May. Meeting at the Carpark across from the Church in Millstreet at 6.45pm.

Tea & coffee after the walks as usual. **Registration is essential. Please call 029-60633 or WhatsApp 086-0849955 to register.**

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 colors 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 & upholstery service. For more information, **send a picture to revamp@irdduhallow.com, Whatsapp 087-4665917 or call 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.** 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.

Delicious cakes, buns & pastries available daily fresh from our bakery daily.

Afternoon Tea available from 2.30pm Mon. - Sat. and booking is 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**.

IRD Duhallow Warmer Homes Scheme *Individual Energy Upgrades Grant*

There are home insulation grants available through the **Sustainable Energy Authority of Ireland** for homeowners and landlords whose properties were **built and occupied before 2011**. These insulation grants are to assist homeowners to upgrade their home in an affordable manner and help save thousands of euros over the lifetime of the home. Works carried out include attic and cavity wall insulation. **Grants of up to €3,200** are available to qualifying households. IRD Duhallow will carry out a **free survey** on your property to determine what works can be funded.

For further information call IRD Duhallow on 029-60633.

Bealtaine 2024 Events

2nd May - Alzheimer's Tea Day / Coffee Morning at Duhallow Community Food Services, Newmarket, 10am - 11.30am.

2nd May - Day Time Bridge Tournament, at The James O'Keeffe Institute Newmarket. Time: 11am. Bridge & Lunch €10.

Booking Essential 029-60633 / www.irdduhallow.com/events

5th May - Musherá Platform Dance; Ballinagree Village P12PF66 3pm – 5.30pm Music by the Neily O'Connor Band.

No cover charge. Raffle on the day. **Enquiries to 086-0647381**.

5th May - **Donoughmore Active Retirement** Bealtaine Tea Dance. Sunday 5th May, 9.00pm – 11.30pm.

Venue: Donoughmore Community Centre. Admission €10.

5th May - The Glen Theatre Drama Group present John B Keane's 'The Rain at the End of the Summer' Time: 8pm;

At Bruach na Carraige, Rockchapel; Admission €15. **Tickets available on ticketstop.ie or by contacting 087-3236049**

7th May - Self Care for Care Givers – managing stress, burnout, money matters and time hacks for carers. Venue: The James O'Keeffe Institute, Time: 11am – 1.00pm. **Booking Essential 029-60633 / www.irdduhallow.com/events**

7th May - **'Learning With Our Rivers:** Come learn about Duhallow's rivers, their importance to all who call them home, and how we can best preserve and protect their quality for generations to come". Venue: Island Wood, Newmarket; at 6.45pm; **Booking Essential 029-60633 / www.irdduhallow.com/events**

8th May - **Rockchapel Young at Heart** Bealtaine Event. Music by Stevie Donegan. In Rockchapel Com. Centre 2pm – 4pm

9th May - Alice O'Brien is presenting a workshop on 'Reconnecting with Yourself and Focusing Your Thinking' . In the James O'Keeffe Institute at 7.30pm Admission: €5 **Booking Essential 029-60633 / www.irdduhallow.com/events**

11th May - Darkness Into Light Walk Start Time: 4.15am; Kanturk – Edel Queen Hall; Millstreet - Coomlogane, Cork, P51 H278. **Register on www.darknessintolight.ie**

12th May - **Millstreet Active Retirement** - Bealtaine Tea Dance from 2.30pm-5.30 pm at The Wallis Arms Hotel.

Music by Peter Lane Blackwater Sound . Admission €10. Hand Massages will also be provided by the Red Cross.

15th May - **Clondrohid Active Retirement** – Scoraíocht in Clondrohid Community Hall at 8.00pm Admission is Free.

16th May - Seminar – 'Making the Most of your Polytunnel & Organic Growing' at the James O'Keeffe Institute, Community Gardens at 11.00am, Fee: €5. **Booking Essential 029-60633 / www.irdduhallow.com/events**

22nd May - **Movement for Older Adults a workshop with S.O.S. Fitness.** Venue: James O'Keeffe Institute, Time: 11am; Fee: €5 **Booking Essential 029-60633 / www.irdduhallow.com/events**

22nd May - **Sean Ronayne – Irish Wildlife** - talk by Seán Ronayne from Irish Wildlife Sounds. Ornithologist and wildlife sound recordist Seán Ronayne is on a personal mission to record the vocalisations of every bird species in Ireland. Venue: James O'Keeffe Institute, Newmarket. Time; 6.30pm. Admission €5. **Booking Essential 029-60633 / www.irdduhallow.com/events**

23rd May - **Castlemagner Sinsir Club** - Bealtaine Evening Cabaret at 8pm in Castlemagner Community Centre. Admission €10. **Enquiries to 086-8521808**.

27th May - **'Back to the Future'** for older people a day for positive health, mental health, and wellbeing. Guest speakers, Info stands – active programmes on fitness & mindfulness. **Booking Essential 029-60633 / www.irdduhallow.com/events**

31st May - In Memory of our great friend Jack Roche. **Join us for the famous Jack's Mystery Tour. Booking essential. Contact 029-60633 / duhallow@irdduhallow.com**

Equality Working Group

WorkAbility Programme

Are you a person with a disability and distant from the labour market? Do you have diverse needs and want to progress in your career or become a more active member in your community?

If so, IRD Duhallow's WorkAbility programme provides person-centred comprehensive supports to individuals with varying abilities, enabling them to secure & sustain employment & become more active members of their communities. The programme will also assist organisations that employ participants in ensuring their success in the workplace.

For more information or to sign up please contact Brighid-Íde Walsh at brighid-ide.walsh@irdduhallow.com or call 029-60633.



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 2nd May** at 8.00pm in the James O'Keeffe Institute, Newmarket. **Please contact 029-60633 for further information.**

Addiction and Mental Health Awareness Event—SICAP Funded

Join us for an evening of information and discussions on addiction and mental health. This event aims to raise awareness, provide support and promote well-being. Whether you're seeking resources for yourself or a loved one or simply want to educate yourself this event is for you. It is suitable for anyone aged over 16 years of age.

A panel of experts, including addiction counsellors, people with lived experience of addiction and An Garda Síochána, will discuss addiction and mental health topics on the night with time for a questions and answers also.

The event will take place on **Tuesday 28th May at 7pm in the James O'Keeffe Institute Newmarket.**

For more information or for bookings please contact brighid-ide.walsh@irdduhallow.com or call 029-60633.

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

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 on 029-60633 or email 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.**