

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.**

Level 5 Major Award in Childcare

Expressions of Interest are being taken in a Level 5 Major Award in Childcare commencing in September. **For further details please contact 029-60633 / duhallowskillnet@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 Ciarán at 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, Alina, Ciarán 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

COMMUNITY PLANTING

SUMMER CAMPS

COMMUNITY GARDENS & SOCIAL FARM
 OPEN DAY 20TH JUNE

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Community Development Working Group

IRD Duhallow Led Walk

An organised led walk will take place on a section of the Duhallow way on **Wednesday, 19th June, meeting at Shrone Church at 6.45pm.** This will involve walking a boggy area so under foot conditions will be difficult and boots will be necessary. Tea and Coffee after the walk as usual. **Registration is essential. Please call 029-60633 or 086-0849955 to register.**

IRD Duhallow Furniture REVAMP

Your one stop shop for quality pre-loved furniture

We currently have a wide selection for all your furniture needs, from suites to tv units, chairs to storage units. 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 02960633** and visit us on Facebook:

IRD Duhallow Furniture Revamp.

RELOVE PAINT

Our award winning Relove paint project offers a huge choice of colors of interior paint for redecorating this summer. Of great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

FREE PAINT TO COMMUNITIES SCHEME

For a second year, in conjunction with Cork County Council, Revamp will be offering free interior paint to community projects in Duhallow. To check eligibility, please fill in the relevant form available from Revamp, James O'Keeffe's Institute, Newmarket, by 21st June, 2024.

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 Colm or Julie on 029-60633.**

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.**



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.

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**

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 Monday - Saturday and booking is essential.

For details please contact Linda, Hilary or Olive on 029-76375.

Duhallow Community Planting Project: This initiative 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** on 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.

Youth and Education Working Group

Summer Camps



1st July - 5th July *Little Chefs and Artists*

8th July - 12th July *Nature Detectives*

15th July - 19th July *Whizz Kids*

22nd July - 26th July *Nature Camp*

29th July - 2nd August *Little Chefs and Artists*

6th August - 9th August *Whizz Kids*



**NCS subsidies accepted and reduce the price from €85 to €57 or less!!
Camps run Monday to Friday 9am to 1pm.**

Little Chefs and Artists children enjoy baking and cooking things from start to finish and a variety of arts and crafts. During Nature Detectives, we spend majority of the day outside exploring and appreciating our natural surroundings. Whizz Kids is all about science experiments, computers and literacy with a Literacy teacher facilitating literacy games and activities and Touch Type Read Spell (TTRS) while in the computer lab; these activities are especially beneficial for children with dyslexia or reading difficulties.

Camps are open to all children, not just those enrolled in the Afterschools.

To book please email newmarketafterschools@irdduhallow.com

Equality Working 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 6th June** at 8.00pm in the James O'Keeffe Institute, Newmarket. **Please contact 029-60633 for further information.**

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 Brigid-Íde Walsh at brigid-ide.walsh@irdduhallow.com or call 029-60633.



IRD Duhallow Community Gardens and Social Farm
in the Grounds of the James O'Keeffe Institute, Newmarket,
will be holding an Open Day on Thursday 20th June, from 11am to 3pm.
We are delighted this year to host guest speaker Klaus Laitenberger, one of the
most eminent organic growers in Ireland. This event is open to everyone,
for more information please contact Rachel Budd on 029-60633.

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.

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 on The Rural Community Health Project, please contact Elmarie Young on 029-60633 / email: elmarie.young@irdduhallow.com

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.**