

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 Anna or Monica on 029-60633 or email duhallowskillnet@irdduhallow.com**

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, Monica or Anna on 029-60633 to discuss how Duhallow Skillnet can help.**

Upcoming Training Opportunities:

Title	Date	Details
QQI Level 5 Early Childhood Education and Care	Begins September 2024 and runs part time two evenings per week for 28 weeks.	Begins September 2024 and runs part time on a Monday & Wednesday evening for 28 weeks. This course is a full major award & is available for people who are out of work. Training takes place in IRD Duhallow, Newmarket. Limited spaces remaining.
QQI Level 5 Healthcare	Begins September 2024 and runs Monday to Thursday each week from 9.30am to 2.30pm.	September 2024 to April 2025 – this full major award comprises of 8 modules. Training takes place in IRD Duhallow, Newmarket and runs from Monday to Thursday each week. This is for people who are out of work and would like to work in the area of healthcare support in a Nursing Home, Home Help or Hospital.
QQI Level 9 MA in Leadership in Early Years	Begins September 2024	Begins September 2024 & runs <u>online</u> over two years.
Start your own business	Begins 26 th of August	Running over 6 evenings at IRD Duhallow. This start your own business course will give you all the skills to begin your own business.
Beginners Excel	9th October 2024	<u>Online</u> delivery. Contact Anna for more details on 029-60633.
Intermediate Excel	23rd October 2024	<u>Online</u> delivery. Contact Anna for more details on 029-60633.

Contact Anna or Monica on 029-60633 or email duhallowskillnet@irdduhallow.com for more information on any of our upcoming courses or visit the events page of www.irdduhallow.com.

Employment and Training Working Group

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

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SOCIAL FARMING

TRAINING COURSE SCHEDULE

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Community Development Working Group

Welcome to our new Board Members: Barry O'Connor representing Inland Fisheries Ireland and Cllr Anne O'Sullivan representing Kerry Co. Council. We thank our out going Board Members Suzanne Campion of Inland Fisheries Ireland and Cllr Maura Healy Rae of Kerry Co. Council for their service to the Board of IRD Duhallow. Copies of our Progress Report will be distributed to Community Centres over the coming weeks or contact us on 029-60633 if you need to restock or require one for yourself.

IRD Duhallow Led Walk An organised led walk will take place on a section of the **Duhallow Way on Wednesday 21st August, meeting at Ballydaly Church at 6.45pm.** This will involve walking a boggy area so underfoot conditions will be difficult and boots will be necessary. Tea and Coffee after the walk as usual. **Registration is essential. Please contact 029-60633 or 086-0849955 to register.**

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 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.**



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 Furniture REVAMP

Your one stop shop for quality pre-loved furniture

Do you have items of furniture in good condition that you no longer need?

We are looking for all kind of furniture, particularly bedroom furniture, wardrobes, dresser and chest of drawers.

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.

We currently have a wide selection of suites of furniture, dressing tables and dining chairs. 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 087-4665817 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 this summer. Of great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

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 of 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

Youth and Education Working Group



Whizz Kids Summer Camp

6th August - 9th August from 9am to 1pm.

NCS subsidies accepted and reduce the price from €85 to €57 or less!!

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



IRD Duhallow Afterschool and Breakfast Club Now Taking Enrolments for September 2024

Open daily from 7am-9am and 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 even more affordable.

Please email newmarketafterschools@irdduhallow.com for bookings or more information.

IRD Duhallow Literacy Support Programme: IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia or Dyspraxia (diagnosis is not required for enrolment).

Classes are held weekly on a **Monday evening** with Literacy Workshops from 4.30pm-5.30pm and Touch Type Read Spell computer programme from 5.30pm-6.30pm.

Classes will be recommencing in Mid-September 2024.

Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further information and registration please contact Brigid-Íde at brigid-ide.walsh@irdduhallow.com or 029-60633.**

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. **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.



Duhallow Social Farming

IRD Duhallow's Social Farming Programme continues to grow, now entering our 4th year.

If you are a farmer who would like to open up your farm to a person with a disability through the social farming programme, or if you or someone you know would like to take up a placement on a social farm, please contact Rachel Budd, Social Farming Facilitator at IRD Duhallow. Full training, safety checks and supports apply.

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.

Towards Personal Occupation

Are you out of work for a long period of time due to mental ill health, personal challenges and looking for direction?

Would you like to boost your confidence and self-esteem? Have you suffered a set-back in life and do you want to get active again for work or social purposes? Are you feeling isolated? Would you like to bring about positive change in your life? If you answered **YES** to any of the above questions, then maybe IRD Duhallow's Towards Personal Occupation Initiative is for you. It provides a combination of flexible individual support, guidance and training including horticulture, sewing/upholstery, arts and crafts, personal development and access to our community gardens and social farming.

If you are interested in learning more or in joining the programme, please contact Elmarie on 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 at The Island Wood carpark in Newmarket.

On Monday, the group meets at 12pm. On the Wednesday, the walk starts at 11am and afterwards the group meets up at 12pm in James O'Keeffe Memorial Institute in Newmarket for a well-earned cup of tea/coffee and a scone/bun. There is a choice of 2 walks 30 mins and the longer walk takes 60 minutes approximately. New members are always welcome.

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 book discussion and refreshments.

For further details on The Rural Community Health Project, please contact Elmarie Young on 029-60633 or 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.**