

Enterprise Working Group

Duhallow Skillnet provides subsidised training for companies and individuals in the Duhallow Region. Please register your interest on our website www.irdduhallow.com or contact us on 029-60633 or email anna.cieslowska@irdduhallow.com if you're interested in any of the below courses/events:

Upcoming Skillnet Training Opportunities:

Course/ Event	Date	Details
"Land your dream job with AI" Seminar	Wednesday 25 th Sept. 2024 from 6:30pm-8:30pm	An informative, in-person session to learn more how to leverage Artificial Intelligence in your job search and find a new role. Location: IRD Duhallow, Newmarket, Co. Cork. Cost: €5.00
QQI Level 5 Major Award in Healthcare Course	Sept 2024-April 2025 Mondays-Thursdays 9:30am-2:30pm	This is a full-time, in-person course. Upon completion, you will be able to start a career in the healthcare sector. Location: IRD Duhallow, Newmarket, Co. Cork Cost: Free for those seeking work.
QQI Level 9 MA in Leadership in Early Years Education and Care Course	Begins Sept. 2024 Part-time, over 2 years	Eligible participants would hold a QQI Level 8, wishing to expand their knowledge of Leadership in Early Years Education and Care. Location: Online Cost: €3,300 (€825 per semester)
"Rental Rescue: Tips and Resources" Seminar	Thursday, 3 rd Oct. 2024 at 7.00pm	The information evening is aimed at those interested in finding more effective ways of securing a new rental home. Featuring CEO & Founder of HomeHak. Location: IRD Duhallow, Newmarket. Cost: €5
MS Excel Beginners Training	Wednesday, 9 th Oct. 2024 from 9:30am-11.00am	Training for those with no/ very little experience with Microsoft Excel. Location: Online. Cost: €40
MS Excel Intermediate Training	5 x Wednesdays: 23 rd , 30 th Oct, and 6 th , 13 th , 30 th Nov. 9:30am - 11.00am	Training for those who already have used MS Excel and want to upskill/ become more productive. Location: Online. Cost: €150

Employment and Training Working Group

Upcoming SICAP Funded Training Courses - For more information on any of the SICAP Courses listed below please contact Ciaran at 029-60633 or visit www.irdduhallow.com to register your interest.

Course	Date	Details
Forklift Training Course Learn how to operate a forklift truck safely, reducing the risk of injury to operators and pedestrians and use safe operating habits.	Training will take place on 11th, 12th and 13th Sept. 2024.	Location: Frank Thornton Health & Safety, Kanturk, Co. Cork Cost: €20.00
Customer Service Training The program boosts confidence and essential skills, cover effective compliant handling & refine professional communication abilities.	Training will take place on Thurs. 26th September, 2024.	Location: Jame O'Keeffe Institute, Newmarket, Co. Cork Cost: €10.00
Beginners Computer Course Enhance your digital literacy and master foundational computer technology skills.	Training commences on Friday 4th October, 2024 and runs for 5 sessions	Location: Jame O'Keeffe Institute, Newmarket, Co. Cork Cost: €10.00
First Aid Response Training (PHECC) The course covers patient assessment, incident procedures, cardiac first response (community), common medical emergencies, injury management, care for unconscious patients, burns & electrical injuries, hypothermia & hyperthermia, information management and communication skills.	It is a 3 day training course on 15th, 16th and 17th October, 2024.	Location: Jame O'Keeffe Institute, Newmarket, Co. Cork Cost: €10.00

SPECIAL POINTS OF INTEREST

IRD DUHALLOW
 AFTERSCHOOL AND BREAKFAST CLUB
 TRAINING COURSE SCHEDULE
 SAOI NETWORK

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Community Development Working Group

In recognition of National Recovery Month and World Suicide Prevention Day,

a free Wellness Morning "Changing the Narrative" will be held On Tuesday 10th September, 10am – 1pm in IRD Duhallow, Newmarket.

Guest Speakers: Alice O'Brien, CBT Therapist & The Grove Addiction Treatment Centre. Mindfulness, Addiction Recovery, Mental Health, Yoga, Information Stands and much more.
 Refreshments, small wellness gift bag and free raffle on the day.

Registration is essential. Register on www.irdduhallow.com/events or phone Niamh Blackburn or Elmarie Young on 029-60633.

IRD Duhallow Led Walk

An organised led walk, will take place on Wednesday 11th September 2024. Walking the Duhallow Way along Musherua. Meeting at the Butter Road Carpark at 6.45pm. This is a strenuous walk over open mountain side and forestry with uneven ground. Tea & Coffee after the walk as usual.
 Registration is essential – contact Rhys on 029-60633 or 086-0849955 to register.

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. 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.

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?

As children are getting ready to go back to school maybe there are study desks, study chairs and shelving units stored away that you can donate. 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. Of great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

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.

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

IRD Duhallow Afterschool and Breakfast Club

Now Taking Enrolments

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.

Job Opportunity

Looking to gain hands-on experience in the childcare sector? Newmarket Afterschools has a part-time Community Employment Afterschools Assistant position available. 19.5 hours per week in the afternoons with training and support provided in a friendly environment. Eligibility for CE scheme applies. **For more information contact Brighid-Ide at brighid-ide.walsh@irdduhallow.com or call 029-60633.**

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**

Understanding Your Teenager Seminar

Join us here in IRD Duhallow for a workshop with Alice O'Brien, Psychotherapist. Sharing tips and ideas to make things easier for both you and your teen.

On Wednesday, 23rd of October from 7pm-9pm. Venue James O'Keeffe Institute, Newmarket. Cost €5. Please register your interest on our website www.irdduhallow.com or contact us on 029-60633.

Equality Working Group

Walking Activator Programme - 6 Weeks Exercise Class

As part of our Rural Community Health Initiative, we will be delivering a 6 week training programme on the use of activator poles which promotes balance and improves mobility and is suitable for beginners. This programme aims to increase physical activity levels and functional fitness and independence of adults and older adults. This programme is particularly focused on people with balance concerns or mobility issues. It is **suitable for all**, including people with; arthritis, an acquired brain injury, or people with Parkinson's disease. **Commencing on Tuesday 17th September from 12.30pm – 1.30pm in the James O'Keeffe Institute Newmarket for 6 Tuesdays @ a cost of €30pp.** Booking essential as spaces are limited. **Book on www.irdduhallow.com/events or call Elmarie on 029-60633.**

WorkAbility: Inclusive Pathways to Employment

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-Ide Walsh at brighid-ide.walsh@irdduhallow.com or call 029-60633.



Duhallow Social Farming

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.

Saoi Network - Day Time Cinema Event on 1st October 2024

To mark Positive Ageing Week the Saoi Network is hosting a Day Time Cinema on Tuesday 1st of October.

Lunch at 12.30pm followed by the screening of **Pilgrim Hill**. Cost: €12 per person.

Book on www.irdduhallow.com/events or call 029-60633.

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.**