

## Enterprise Working Group

### IRD Duhallow Business Awards 2024

The 2024 Duhallow Business Awards will take place on Friday the 1<sup>st</sup> of November. Tickets for this gala event are available from [www.irdduhallow.com](http://www.irdduhallow.com) For more information contact Monica or Anna on 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)

### IRD Duhallow Mentoring Programme

Thinking of starting up a business? Then why not avail of advice and guidance from the mentors on the IRD Duhallow mentor panel. This programme is open to start ups or existing businesses within Duhallow. Businesses can receive up to 10 hours one to one mentoring time with an experienced advisor.

For more details contact Monica or Anna on 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)

**IRD Duhallow Skillnet** For a full list of upcoming training courses or to book your place on any training course please contact Anna or Monica on 029 60633 or visit the events page of [www.irdduhallow.com](http://www.irdduhallow.com).

Course Title	Date	Details
QQI Level 7 Early Years Education and Care	Starting January 2025	This major award in Early Years Education is part funded through IRD Duhallow Skillnet's TNP programme. It will be a blended, part-time course. For more information email <a href="mailto:duhallowskillnet@irdduhallow.com">duhallowskillnet@irdduhallow.com</a> .

## 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/](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 Duhallow Community Laundry, Newmarket;  
 General Operative Rathcoole Village / GAA Grounds;  
 General Operative Kiskeam Village / GAA Grounds;  
 General Operative Cullen 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.

## SPECIAL POINTS OF INTEREST

BUSINESS AWARDS  
1st. NOVEMBER

CAREERS EXHIBITION  
7th NOVEMBER

SENIORS CONFERENCE  
12th NOVEMBER

## INSIDE THIS ISSUE

Community Development 1 & 2

Youth & Education Working Group 2

Equality Working Group 3

Enterprise Working Group 4

Employment and Training Working Group 4

## Community Development Working Group

### IRD Duhallow Led Walk

An organised led walk, will take place on Sunday 10th November 2024, in the Island Wood Newmarket, Meeting at Island Wood Carpark at 12 Noon. This is a moderate walk over gravel walkway with some steep inclines. Approx. 5km. Tea & Coffee after the walk as usual.

Registration is essential – contact Rhys on 029-60633 or 086-0849955 to register.

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. 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 and we have a Brunch Menu available every Saturday from 9.00am to 4.00pm

We also have an extensive range of delicious cakes, buns and pastries available from our bakery fresh every day.

Orders are now being taken for Christmas Cakes, Christmas Puddings, Mince Pies and other treats for Christmas.

Enjoy Afternoon Tea in our Restaurant from 2.30pm Monday-Saturday. Booking Essential. For details please contact Linda, Hilary or Olive at 029-76375.

### 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.



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!

We have beautiful coffee tables and great cosy sofas for your comfort in the cold season, in addition to our quality 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 and upholstery service. For more information, send a picture to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com), Whatsapp 087 4665817 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.

**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.**

**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](mailto:whs@irdduhallow.com)

### Youth and Education Working Group

#### IRD Duhallow Afterschool and Breakfast Club

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](mailto:newmarketafterschools@irdduhallow.com) for bookings or more information.

#### Annual Careers Exhibition

IRD Duhallow will host their annual Careers Exhibition on **Thursday 7<sup>th</sup> November from 10am to 1pm** in the Marquee located at the James O'Keeffe Institute, P51C5YF.

On this day young people are facilitated to explore different education and training options with a broad range of Third Level Universities, Institutes of Technology, Agricultural Colleges and Further Level Training Colleges in attendance.

For more information please contact Brighid-Íde Walsh [brighid-ide.walsh@irdduhallow.com](mailto:brighid-ide.walsh@irdduhallow.com) or call 029-60633.

#### SICAP funded course - Kids Christmas Cookery Course

Children will learn to make Christmas treats in the 1 hour session.

**On Saturday 16<sup>th</sup> November**

7-9 year olds 11am to 12pm

10-13 year olds 12.30pm to 1.30pm

**Venue: James O'Keeffe Institute, Newmarket**

For more information please contact Brighid-Íde Walsh [brighid-ide.walsh@irdduhallow.com](mailto:brighid-ide.walsh@irdduhallow.com) or call 029-60633.

### Equality Working Group

#### Duhallow Seniors Conference

IRD Duhallow Saoi Network Annual Conference

**on Tuesday 12th November 2024**

in the Marquee at the James O'Keeffe Institute, Newmarket commencing at 10.00am

This renowned event features speakers on Solo Travelling, Heart Health, Living with a Brain Injury, Rights and Entitlements and Cancer Connect.

Enjoy a two course lunch and some 'music for the brain' afterwards.

**Tickets €15 per person and can be booked on [www.irdduhallow.com/upcomingevents](http://www.irdduhallow.com/upcomingevents) or contact 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-Íde Walsh at**

**[brighid-ide.walsh@irdduhallow.com](mailto: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](mailto: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](mailto: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.**