

Enterprise Working Group

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

Career/ Development Coaching

Are you unsure of what your next career steps should be? Are you searching for work, struggling to achieve your goals or need support in action planning for your next move?

Take control of your career journey and discover how targeted coaching can accelerate your growth and success. For more information, contact **Anna on 029-60633** or email anna.cieslowska@irdduhallow.com

IRD Duhallow Skillnet

For a full list of upcoming training courses, or to **book your place**, please contact **Anna or Monica on 029-60633** or visit the events page of www.irdduhallow.com

Course Title	Date	Details
MS Excel Beginners Training	5 th February (1 day, Online)	The professional Excel course is aimed at those new to Excel or users with no formal training.
Social Media for Business	19 th February (1 day, In-person)	A tailored, up-to-date training for business owners, managers and employees to leverage power of social media and grow client base and sales.
Lámh One Course	17 th & 25 th February (2-days, In-person)	This course is for staff members/ professionals who work in an environment where Lámh is used and covers 100 Lámh signs and how to support a Lámh user.
Start Your Own Business <i>Co-funded by SICAP Prog.)</i>	24 th February—31 st March (6 consec. Mon. evenings)	This course run by our trusted expert and is ideal for anyone thinking of opening their open business or any small start-up business that would like to earn more & improve.
Sugar Craft Course	25 th February-1 st April (In-person)	This is an introductory course for those who would like to delve into upskilling their sugar craft skills.
MS Excel Intermediate Training	5 th March-2 nd April (5-days, Online)	The professional Excel course is aimed at day-to-day Excel users who would like to improve their productivity and efficiency with Excel.
TikTok for Business	20 th March (1-day, Online)	Course aimed at business owners & managers to learn how to utilize one of the fastest-growing platforms to market your businesses.
Retail Customer Experience (CX) Course	25 th March (1-day, In-person)	A tailored, condensed course for managers/ employees/business owners to enhance/ build upon already existing skills to deliver exceptional customer service.
Lámh Follow-On Course	21 st March (1 day, In-person)	A follow-on course for those who completed their Lámh Module One.
Sugar Craft Follow-On Course	29 th April-3 rd June	This is a Follow-on course for those who would like to develop their sugar craft skills even further.
Lean Six Sigma (Yellow Belt)	29 th April (1-day, In-person)	Essential training to streamline processes, eliminate waste and drive results for both employees, managers and business owners. Get certified with Yellow Belt.
E-Tenders Training for both buyers & providers	Spring 2025	Learn how to navigate the E-tenders platform whether to use it to request and award tenders or finding tender opportunities and uploading submissions.
QQI Level 7 Early Childhood Education & Care	Sept. 2025 (Part-time, blended mode)	Course is suitable for people working in Early Childhood Education with an existing level 6 or recognised RPL. Information evening to follow in April 2025.

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.**

If you are seeking employment visit www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/ where positions are advertised.

SPECIAL POINTS OF INTEREST

Cyber Safety Talk on 11th Feb.

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Community Development Working Group

Calling all Community and Voluntary Groups, Chamber of Commerce, Sporting Organisation etc.

IRD Duhallow is currently in the process of co-ordinating a new round of **'The Discover Duhallow A Day of the Region Initiative' for 2025.** This very popular initiative has been delivered successfully across communities in Duhallow since 2012 and supported a wide variety of events, festivals and activities across the region.

The concept of The Day of the Region is celebrating regional identity and rural life. Communities will be supported to showcase what their region has to offer socially, culturally and economically to both locals and visitors to the area. This initiative aims to strengthen and celebrate community spirit through the bottom-up approach in local communities through community led activities.

If your community or group is planning to organise a family fun day, festival, guided walk, traditional and cultural events etc this year please contact **Helen O'Sullivan on 029-60633** or helen.osullivan@irdduhallow.com to find out more and to obtain an application form.

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.** 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 on Saturdays 9.00am to 4.00pm** We also have an extensive range of delicious cakes, buns and pastries available from our bakery daily.

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



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.

IRD Duhallow Furniture REVAMP Your one stop shop for Quality pre-loved furniture!

We have beautiful coffee tables and great recliners for your comfort in the cold season, in addition to our suites of furniture and 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 & upholstery service. For more information, send a picture to 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, or Whatsapp 087 4665817 or Contact us at 029-60633 and visit us on Facebook: IRD Duhallow Furniture Revamp.

IRD Duhallow Warmer Homes Scheme Free Survey for Individual Energy Upgrades Grants

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

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.

SICAP Funded— Cyber Safety Information Evening on 11th February at the James O'Keeffe Institute, Newmarket from 7pm to 8.30pm

**EMPOWER PARENTS WITH THE AWARENESS AND TOOLS TO HELP SAFEGUARD THEIR CHILDREN
ONLINE, REDUCE STRESS AND PROTECT THEIR POTENTIAL.**

Learning outcomes:

- Awareness of emerging threats and trends;
- Dangers of smart devices, social media & online gaming;
- Top 3 risks for children using devices including mental health;
- Positive mindset and online resilience;
- How our feelings influence our online behaviours ;
- "THINK SMART" mindset training for positive results;
- Safeguarding your child online ;
- Why you need to monitor your child's smart devices;
- Top tips to secure smart devices, apps and game consoles.

For bookings please visit <https://www.irdduhallow.com/upcoming-events/>

For more information contact Brigid-Ide at brigid-ide.walsh@irdduhallow.com

SICAP Funded - Creative Puppet Workshop on Saturday 22nd February at the James O'Keeffe Institute, Newmarket from 12 Noon to 2pm.

Led by Child and Adolescent Psychotherapist & Play Therapist Lorraine O'Hanlon, this hands-on workshop invites children aged 5-11 years old to explore the magical world of puppets! Through crafting characters, expressing emotions, and creating their own puppet to take home, kids will enjoy a fun and meaningful experience of creativity and self-discovery.

✿ Perfect for curious minds and imaginative hearts!

🎨 Discover, Create, Play.

For bookings please visit <https://www.irdduhallow.com/upcoming-events/>

For more information contact Brigid-Ide at brigid-ide.walsh@irdduhallow.com

Equality Working Group

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.

To register or the further details on The Rural Community Health Project, please contact Elmarie Young on 029-60633 or 086-8117526 or email: elmarie.young@irdduhallow.com

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 Brigid-Ide Walsh at brigid-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.

New Directions

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 New Directions 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.

Do you have Financial Difficulties?

MABS The Money Advice and Budgeting Service is available to anybody who might need advice or information in relation to their personal finances. People who have suffered a reduction in income will have to re-organise their finances. In particular, commitments to mortgages / rent and other loan repayments may have to be adjusted. When creditors are being asked to accept a lower level of repayment they will generally ask for proof of income and a Financial Statement.

MABS can help you prepare the 'Financial Statement' and if necessary negotiate on your behalf with your Creditors. MABS can also give advice in relation to Income Maximisation where possible.

Contact the MABS Mallow Office for advice. Tel. No: 081 8072440 or email mallow@mabs.ie

An outreach clinic is available in the James O'Keeffe Institute, Newmarket but pre- booking of appointment is necessary by ringing 0818 072440. MABS is a Free and Confidential Service.

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.

IRD Duhallows 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.