

## 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](mailto: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](mailto: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](http://www.irdduhallow.com)

Course Title	Date	Details
<b>MS Excel Beginners Training</b>	5 <sup>th</sup> February (1 day, Online)	The professional Excel course is aimed at those new to Excel or users with no formal training.
<b>Social Media for Business</b>	19 <sup>th</sup> 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.
<b>Lámh One Course</b>	17 <sup>th</sup> & 25 <sup>th</sup> 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.
<b>Start Your Own Business (Co-funded by SICAP Prog.)</b>	24 <sup>th</sup> February—31 <sup>st</sup> March (6 consecutive Monday 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.
<b>Sugar Craft Course</b>	25 <sup>th</sup> February-1 <sup>st</sup> April (In-person)	This is an introductory course for those who would like to delve into upskilling their sugar craft skills.
<b>MS Excel Intermediate Training</b>	5 <sup>th</sup> March-2 <sup>nd</sup> 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.
<b>TikTok for Business</b>	20 <sup>th</sup> 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.
<b>Retail Customer Experience (CX) Course</b>	25 <sup>th</sup> March (1-day, In-person)	A tailored, condensed course for employees/managers/business owners to enhance/ build upon already existing skills to deliver exceptional customer service.
<b>Lámh Follow-On Course</b>	21 <sup>st</sup> March (1 day, In-person)	A follow-on course for those who completed their Lámh Module One.
<b>Sugar Craft Follow-On Course</b>	29 <sup>th</sup> April-3 <sup>rd</sup> June	This is a Follow-on course for those who would like to develop their sugar craft skills even further.
<b>Lean Six Sigma (Yellow Belt)</b>	29 <sup>th</sup> 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.
<b>E-Tenders Training for both buyers and providers</b>	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.
<b>QQI Level 7 Early Childhood Education &amp; Care</b>	Sept. 2025 (Part-time, blended mode)	Course is suitable for people working in Early Childhood Education with an existing level6 or recognised RPL. Information evening to follow in April 2025.
<b>QQI Level 5 Business Administration (Co-funded by the Government of Ireland &amp; European Union)</b>	Sept. 2025 (Part-time)	Increase your employability with this QQI certified course and gain Administration, Communication, Word Processing, Payroll, Bookkeeping & Spreadsheets skills to help you land a new job. Funded through ESF+ Skills Connect Programme.

## SPECIAL POINTS OF INTEREST

### 2025 Training Courses

### Rural Community Health Project Walking & Social Club

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## Community Development Working Group

As we welcome and begin 2025, may you be blessed with hope, new beginnings and friendship. Perhaps you will take up a new activity or become more involved in your community. Perhaps you have an idea that can be explored which may benefit your community or business.

Whatever the new year will bring please don't hesitate to reach out to any of our staff who will do their utmost to assist you in anyway we can. Many of our services are outlined in this Newsletter so do not hesitate to **contact us on 029-60633** or email [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com)

### IRD Duhallow Led Walk

An organised led walk, will take place on **Sunday 26th January 2025**, along the **Mullaghareirk Loop Walks in Rockchapel.**

Meeting at St. Peter's Church in Rockchapel at 12 Noon.

This is a moderate walk over gravel forestry track and with some steep inclines. Approx. 7km. 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.** 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.

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!  
Need more storage after the holiday season?**

We currently have a wide selection of furniture, corner units, shelving and cosy armchairs. 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. We also 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.

**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](mailto:revamp@irdduhallow.com), Whatsapp 087 4665917 or contact Jessica on 029-60633.**

**RELOVE PAINT**

Our award winning Relove paint project offers a huge choice of colours of interior paint for freshening up your home. 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  
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](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.**

**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.**

**If you are seeking employment 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.**

**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](mailto: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 Bríghid-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.**

**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: 0818072440 or email [mallow@mabs.ie](mailto: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.**