

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? IRD Duhallow is piloting a new initiative.

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 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	24 th 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	5 th March - Supplier Aspect (45mins, Online). 12 th March - Procurement Aspect (1hr 30mins, Online)	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.

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.**

Smart Devices - for Keeping Up with Technology Stay connected and confident in the digital world! This 3-session course will help you get the most out of your smartphone or tablet, from using essential apps to staying safe online. Whether you're a beginner or just looking to sharpen your skills, this hands-on training is perfect for you. **First session is taking place on Friday 7th March at 10am in the James O'Keeffe Institute, Newmarket. Register now at www.irdduhallow.com or contact Ciarán at 029-60633.**

Progressive Computers – Intermediate Level Build on your basic computer skills with this 5-session intermediate course! Learn to navigate the internet more efficiently, manage files, use key applications, and boost your digital confidence. Perfect for those who have completed a beginner's course or have some prior experience. **First session is taking place on Friday 28th of March at 10am in the James O'Keeffe Institute, Newmarket. Register now at www.irdduhallow.com or contact Ciarán at 029-60633.**

SPECIAL POINTS OF INTEREST

Go Solar and Save Energy and Cut Costs

Women's Forum Event on International Women's Day

Training Schedule

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Community Development Working Group

Calling all Community and Voluntary Groups, Traders Associations, Sporting Organisations and Cultural Groups

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 LEADER funded initiative has been delivered successfully across communities in Duhallow since 2012 and supported a wide variety of events, festivals and activities across the region, in Duhallows North and Mid Cork 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.

Annual Dawn Mass at the Source of the Blackwater

The Annual Dawn Mass at the Source of the Blackwater, Doctors Hill, Ballydesmond will take place at **6.30am on Thursday 27th March, 2025.** IRD Duhallow welcomes everyone from the region. For further information contact **Lenora Kelly at 029-60633** or **register on www.irdduhallow.com/upcoming-events so we will have an idea of numbers to be catered for or just turn up on the morning.**

Bealtaine 2025

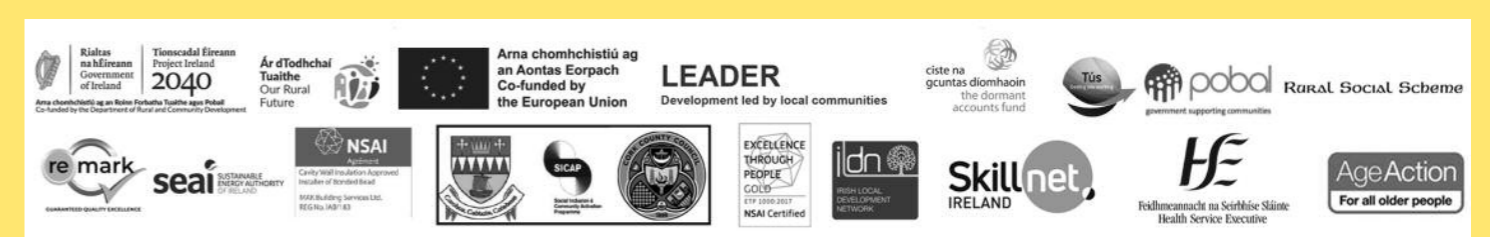
IRD Duhallow Saoi Network is taking expressions of interest from groups interested in hosting Bealtaine Events. Reflecting on and celebrating older people in Duhallow during the month of May. **For further queries please contact Lenora Kelly on 029-60633** or email lenora.kelly@irdduhallow.com

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

Exam season is upon us and we have the study desks just for your needs! But quantity is very limited so don't miss out!

We also have beautifully upholstered dining chairs and great leather recliners in addition to our suites of furniture and dining tables. 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, Whatsapp 087 4665817** or **Contact us at 029-60633** and visit us on Facebook: IRD Duhallow Furniture Revamp.



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.

Are you a business, community, or householder looking to save on energy costs?

Go Solar, Save Energy and Cut Costs With IRD Duhallow & SE Systems.

Residential Solar PV

Householders - Get FREE Attic Insulation & Survey with your Solar PV installation!

Business & Communities PV

Business - Go Solar and receive a **FREE Energy Audit** – no obligations.

Communities - Go Solar and receive a **FREE Energy Audit** – no obligations.

For further information contact Colm Crowley, IRD Duhallow on 029-60633 or email colm.crowley@irdduhallow.com

**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.**

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.

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

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.**

Youth and Education Working Group



Easter Camps

Egg-citing Easter Camps will take place during the Easter holidays;

Week 1 Monday 14th April to Thursday 17th April 9am to 1pm and

Week 2 Tuesday 22nd April to Friday 25th April 9am to 1pm.

The camp will run for Primary school children of all ages. Hop along for a fun adventure of games, arts, crafts, baking and more! Weekly bookings only, €68 per week and NCS subsidies accepted. Booking is essential as places are limited.

For further details, please email newmarketafterschools@irdduhallow.com



Equality Working Group

International Women’s Day on 8th March 2025

Duhallow Women’s Forum will host a Women’s Health and Wellbeing Event, “Mna-Pause” on **Saturday 8th March.**

The event will take place in the James O’Keeffe Institute, Newmarket from 10am to 2pm.

Speakers on the day will include: **Dr. Maire Cleary** Mná Clinic, Dr Cleary GP accredited menopause specialist who will discuss varying topics concerning women’s health and well being.

Pelvic Health Physio, **Clare Hynds** and **Triona Casey** who is a Menopause Practitioner.

Interactive and open discussion and brunch on the day. **Fee: €20 per person.**

To register for the event please log onto www.irdduhallow.com/upcoming-events or contact Elmarie Young at 029-60633 or email elmaire.young@irdduhallow.com

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-Íde 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 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.

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.**