

## 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
<b>Content Creation with Canva Workshop</b>	10 <sup>th</sup> April (2.5hrs, In-person)	This hands-on workshop is designed for small business owners who want to elevate their online marketing. Participants need their own laptops.
<b>Facebook and Instagram for Business Workshop</b>	23 <sup>rd</sup> April (2.5hrs, In-person)	This practical workshop is designed for small businesses who want to attract customers, increase engagement, and drive sales using Instagram & Facebook. Participants need their own laptops.
<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>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 level 6 or recognised RPL.

## 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/** where positions are advertised.

### 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.**

### IRD Duhallow CE Scheme has the following vacancy:

General Operative Knocknagree Caretaker /Village

**Please contact your local DSP Activation Officer at Employment Services / Intreo Office to check your eligibility and to apply for the vacancy or contact Paddy O'Connor, CE Supervisor at 029-60633 for further information.**

## SPECIAL POINTS OF INTEREST

Go Solar and Save Energy and Cut Costs

Easter Camps

Training Schedule

## INSIDE THIS ISSUE

Community Development 1 & 2

Youth & Education Working Group 3

Equality Working Group 3

Enterprise Working Group 4

Employment & Training Working Group 4

## Community Development Working Group



### IRD Duhallow is delighted to announce the official opening of the Boherbue Looped Walk

It will take place in the centre of the village at the trailhead and will be blessed by Fr. Jim Kenneally PP and officially opened by Minister of State for Rural and Community Development Jerry Buttimer TD. The official opening will take place on **Friday 25th April at 6.45pm** followed by a led walk of the new looped trail and afterwards to the Pearse Memorial Hall at 7.45pm for refreshments. IRD Duhallow would like to extend a welcome to everyone in Boherbue and surrounding areas as well as all walkers far and wide to join us for this prestigious event.

### Assisted Decision Making Information Talk on Monday 7th April in the James O'Keeffe Institute, Newmarket from 10.30am to 12noon

IRD Duhallow is holding an event on the Assisted Decision-Making (Capacity) Act 2015 – about what you need to know and how this Act might matter to you now or in the future. This event will provide key information and empower people with the tools and knowledge to approach this important rights-based Act with confidence. The content of this presentation by **Aine Flynn – Director of the Decision Support Service**, will include: The replacement of the wards of court system; The Functional approach to capacity and the guiding principles; The tiers of support provided in the Act; 'Next of Kin' - what this really means; The importance of planning ahead—making your enduring power of attorney and advance healthcare directive; The role of the Decision Support Service; Questions and Answers and signposting to further resources. **For further queries or to book your place at this information talk please contact Lenora Kelly @ 029-60633 or email lenora.kelly@irdduhallow.com**

### 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 IRD Duhallow's 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.



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.**

### **IRD Duhallow Furniture REVAMP**

**Your one stop shop for Quality pre-loved furniture!**

**Fresh from our Nationwide feature last month**

We have wardrobes in all sizes to gain that extra room for the spring and summer clothes! Quantity is very limited and demand is very high so don’t miss out! We also have beautiful 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, Whatsapp 087-4665817 or Contact us at 029-60633** and visit us on Facebook: IRD Duhallow Furniture Revamp.

**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 14<sup>th</sup> April to Thursday 17<sup>th</sup> April 9am to 1pm and

**Week 2** Tuesday 22<sup>nd</sup> April to Friday 25<sup>th</sup> 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](mailto:newmarketafterschools@irdduhallow.com)**

## **Equality Working Group**

### **Duhallow Carers Support Group**

Our Carers Group for family carers meets once a month, offering support, training, and a space to connect with others who understand the challenges of caring for a loved one. The next meeting takes place on **Thursday 3rd April at 8.00pm in the James O’Keeffe Institute, Newmarket.** New members are always welcome!

For more information, visit [www.irdduhallow.com](http://www.irdduhallow.com) or **contact Ciarán at 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 & 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 Melissa Holland at [melissa.holland@irdduhallow.com](mailto:melissa.holland@irdduhallow.com) or call 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 the 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)**

### **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 our Social Farming Facilitator at IRD Duhallow. Full training, safety checks and supports apply.

**For more information please contact Triona Murphy 029-60633 or email [duhallow@irdduhallow.com](mailto: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.**