

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 To see all the upcoming training courses, visit www.irdduhallow.com or to **book your place**, please contact **Anna or Monica on 029-60633**.

Upcoming Training Courses

Part-funded through IRD Duhallow Skillnet's TNP and Skills Connect Programmes.

Course Title	Date	Details
QQI Level 5 Major Award in Business Administration	23rd September 2025 – June 2026 (Part-time, in person delivery)	This course is free of charge for people seeking work who want to build knowledge & Skills to enter a business /office role. Information evening on 10th June 2025. * This course is funded through our Skills Connect Programme.
QQI Level 5 Major Award in Early Learning and Care	September 2025 (Part-time, in person delivery)	This course is free of charge for people seeking work who want to start work in a childcare setting. Information Session to follow in June. * This course is funded through our Skills Connect Programme.
English and Employability Skills in Hospitality	September 2025 (Part-time, in person delivery)	This course is free of charge for non-native English speakers looking for work who want to develop their English, Restaurant and Customer Service Skills. English course is ACELS certified. Hospitality modules are QQI accredited. * This course is funded through our Skills Connect Programme.
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.

Email: duhallowskillnet@irdduhallow.com Webpage: www.irdduhallow.com or contact **Anna or Monica on 029-60633**.

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.

IRD Duhallow CE Scheme has the following vacancy:

General Operative in Kiskeam 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

Bealtaine Events

Training Schedule

INSIDE THIS ISSUE

Community Development Working Group	1 & 2
Youth & Education Working Group	3
Equality Working Group	3
Enterprise Working Group	4
Employment & Training Working Group	4

Community Development Working Group

Newmarket Pitch & Putt

Newmarket Pitch & Putt is open for the 2025-2026 season. **Membership rates** are: Single Adult €100, OAP €70, Student €80, Family €150, Juvenile €35, Associate €40.

Green fees are also available:

Adult €8, Under 16s €6, Associate €5, with an additional charge of €2 if you need to hire clubs and balls. Membership forms are available from the Clubhouse and IRD Duhallow. Contact **087-3733181 or 029-60633**.

IRD Duhallow Led Walk

An organised led walk will take place at Mount Hilary, Banteer on **Wednesday 21st of May**, we will be leaving the trail head car park at 6.45pm. This will involve walking the Fr. Murphy Loop which is 8km and will take about 1hr 45minutes. Tea and Coffee after the walk as usual.

Registration is essential. Please contact Colm O'Connor at 029-60633 or 086-0849955 to register.

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

Spring is truly and finally in the air and if you have been thinking about sprucing up your interior, we have just the things! Not only will you get a wide range of colours in our RELOVE paint collection, but you can also grab some fantastic deals on décor accessories such as mirrors, hall tables, lockers or why not brighten up a dull corner with a unique upholstered antique chair! 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, **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.

IRD Duhallow Warmer Homes Scheme

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.**



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.



BEALTAINÉ FESTIVAL 2025

The Saoi Network wants to facilitate a more active social life for older people living in Duhallow who want to broaden their horizons, become more active and get more involved in their communities. Active Retirement Groups throughout Duhallow are hosting a variety of events including:

Fri. 2nd May: Alzheimer's National Tea Day at Duhallow Community Food Services, Newmarket from 10am – 11.30am.
Sun. 4th May: Musherá Platform Bealtaine Afternoon Tea Dance in Ballinagree Village from 3.00pm to 5.30pm. Music by PJ Murríhy & Jerome Coakley. No cover charge. Raffle with some fantastic prizes. **Enquiries 086 -0647381.**
Sun. 4th May: Donoughmore Active Retirement Bealtaine Tea Dance, Music by Dermot Lyons from 9.00pm-11.30pm Venue: Donoughmore Community Centre. Admission €10. **Enquiries 086-3827614.**

Tues. 6th May: Western Duhallow Men's Shed, located in at the back of Kiskeam Community Centre, will host an Open day from 11am – 1pm. They will showcase the work that they are doing and hopefully attract new members. Other Men's Sheds members are also welcome to look around and discuss ideas. For more information contact **Ned O'Mahoney 087-9228151.**

Tues. 6th May: Dromtariffe Parish Well Day. Mass will be celebrated at Dromtariffe Holy Well at 7.30pm. Followed by a gathering in Dromtariffe Parish Hall after Mass for tea, chat & local talent hosted by Dromtariffe Active Retired. **Enquiries 086-2169459.**

Friday 9th May: Staying Safe Online. Finding out the do's and don'ts when online. A member from Allied Irish Bank will give an overview of online banking and warning signs to watch out for. Venue: James O'Keeffe Institute, Newmarket at 11.00am. **Booking essential 029-60633** or email lenora.kelly@irdduhallow.com

Sat. 10th May; Three Darkness into Light Walks - Start time 4.15am Kanturk-Edel Quinn Hall; Millstreet-Coomlogane, Millstreet, P51H278; Rockchapel Community Centre, Register on www.darknessintolight.ie

Sun. 11th May; Millstreet Active Retired will host a Tea Dance from 2.30pm-5.30pm in Millstreet GAA Hall, Music by Lee Sound. Admission €10. For more information **contact 087-7400023.**

Mon. 12th May: Day Time Cinema at the James O'Keeffe Institute, Newmarket at 1.00pm. Movie and Lunch €10. Booking essential **on 029-60633** or email lenora.kelly@irdduhallow.com

Tues. 13th May: Kanturk Open Door Women's Group is having a Coffee Morning from 10.30am – 12.30pm in Linn Gorm Hall, Kanturk. All proceeds going to Mercy House, Kanturk. For more information contact **087-9851914.**

Wednes. 14th May: Boherbue Men's Shed will host an Open Day from 2.00pm to 4.00pm. They will showcase their ongoing work in the hope of attracting new members. Other Men's Sheds members are also welcome to look around and discuss ideas. Located in the Co-op yard, across from the back of Murphys Pharmacy. **For more information contact Con Murphy at 087-7561048.**

Thurs. 15th May: Join us for a morning of light exercise and health education. We will discuss aspects of your health including anxiety, stress, mood management, the importance of movement and diet in maintaining your over-all health and preventing illness. Presented by Alice O'Brien, Nurse Specialist in Cognitive Behavioural Therapy and Siobhan O'Sullivan, Coach, Health and Fitness Expert. Venue; James O'Keeffe Institute, Newmarket from 10.00am to 12.30pm.

Sun. 18th May: IRD Duhallow's Saoi Network Bealtaine Bingo Afternoon at the James O'Keeffe Institute, Newmarket at 3pm sharp. If you are feeling lucky come along. Prize money €2,000. Raffle on the day. **Enquiries to 029-60633 / or email lenora.kelly@irdduhallow.com**

Mon. 19th May: Kilshanning Heritage Society will hold a guided tour of Kilcullen Ecclesiastical Site at 7pm. Located about 3km on the left side of the road from Gortroe to Bweeng, the short passage to the site will be signposted and stewards will be on duty. No dogs allowed and tour is suitable for children. For more information contact **Donie O'Sullivan at 086-2579106.**

Tues. 20th May: Arts and Crafts with Jessica Barron, at the James O'Keeffe Institute, Newmarket from 1.00pm to 4.00pm. Admission €10. **Booking Essential. Contact 029-60633** or email lenora.kelly@irdduhallow.com

Wednesday 21st May: Are you interested in trying your hand at Pitch & Putt? The Newmarket Pitch & Putt Committee welcomes everyone to a taster session and members will be on hand to guide you through the course. This session will get you acquainted with Pitch & Putt rules and principles. It's an ideal activity for all skill levels. Location: James O'Keeffe Institute, Newmarket, Co. Cork P51 C5YF from 10.00am to 12 Noon.

Thurs. 22nd May: Castlemagner Sinsir Club Bealtaine Cabaret at 8.00pm in Castlemagner Community Centre. Admission €10. **Enquiries to 086-8521805.**

Fri. 23rd May: Clondrohid, Carriganima, Muinefliuch Active Retired will host an event called Scoraicht where a gathering of talented local musicians, singer's, storytellers, poets and comedians will offer great entertainment in the old Scoraicht style. Start time 8.00pm. Venue Clondrohid Hall. **For more information contact 086-8831206.**

Wednes. 28th May: Basic First Aid Training at the James O'Keeffe Institute, Newmarket from 9am to 4pm. Fee €10. Booking is essential. Very limited spaces, **contact 029-60633** or email lenora.kelly@irdduhallow.com

Fri. 30th May: In memory of our great friend Jack Roche. Join us for the famous **Jack's Mystery Tour.** Fee €85 which includes Bus, meals and entrances fees. Spaces limited and will be allocated on a first come first served basis. **Boking essential. Contact 029-60633** or email lenora.kelly@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 schools.

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 service even more affordable.

Please email newmarketafterschools@irdduhallow.com for bookings or more information.

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 1st May at 8.00pm in the James O'Keeffe Institute, Newmarket.** New members are always welcome!

For more information, visit www.irdduhallow.com or contact **Ciarán at 029-60633.**

We're also delighted to announce that **Mindfulness for Carers** will begin on **Tuesday, 6th May.** If you're interested in taking part, you can register online at www.irdduhallow.com or get in touch with **Ciarán on 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 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

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 Duhallow's 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.**

