

## 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)**

**IRD Duhallow Skillnet** To see all the upcoming training courses, visit [www.irdduhallow.com](http://www.irdduhallow.com) or to **book your place**, please contact **Anna or Monica on 029-60633**.

The courses are co-funded by the Government of Ireland and European Union. To learn more, visit [www.eufunds.ie](http://www.eufunds.ie)

## 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 <b>Healthcare Support</b>      | <b>September 2025</b><br>Part-time, in person delivery, 3 days per week, daytime                                      | This course is <b>free</b> of charge to people seeking work who want to build knowledge and skills to enter the healthcare industry and work as a healthcare support.<br><i>* This course is funded through our Skills Connect Programme.</i> |
| QQI Level 7 <b>Early Childhood Education &amp; Care</b>   | <b>13th Sept. 2025</b><br>Part-time, blended delivery.  | Course is suitable for people working in Early Childhood Education with an existing Level 6 or recognised RPL.  |
| <b>Start Your Own Business Course</b>                     | <b>15th September, 2025</b><br>Part-time, In person delivery over 6 Mondays from 6.30pm in IRD Duhallow.              | The course is suitable for individuals looking to open their won business or any new business owners who want to develop their knowledge further.<br><i>* This course is funded through SICAP</i>   |
| QQI Level 5 Major Award in <b>Early Learning and Care</b> | <b>22nd September 2025</b><br>Part-time, in person delivery on Mondays & Thursdays at 6.30pm in IRD Duhallow.         | This course is <b>free</b> of charge for people seeking work who want to start work in a childcare setting.<br><i>* This course is funded through our Skills Connect Programme.</i>   |
| QQI Level 5 Major Award in <b>Business Administration</b> | <b>23rd September 2025 – June 2026</b> Part-time in person delivery on Tuesdays & Thursdays @ 6.30pm in IRD Duhallow. | This course is <b>free</b> of charge for people seeking work who want to build knowledge & Skills to enter a business /office role.<br><i>* This course is funded through our Skills Connect Programme.</i>                                   |

Email: [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) Webpage: [www.irdduhallow.com](http://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/](http://www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/) where positions are advertised.**

### WorkAbility: Inclusive Pathways to Employment

**Looking to take the next step in your career or become more involved in your community?**

**If you are a person with a disability who has been out of the workforce and you have diverse needs, IRD Duhallow's WorkAbility Programme is here to support you.**

Our WorkAbility Programme offers **person-centred, tailored supports** to help build your confidence, gain skills, and find meaningful employment—all while becoming a more active member of your community.

We also work closely with employers to ensure that every participant has the tools and support needed to thrive in the workplace. **Ready to get started?** Please contact **Melissa Holland at 029-60633**

or email [melissa.holland@irdduhallow.com](mailto:melissa.holland@irdduhallow.com)



## SPECIAL POINTS OF INTEREST

AGM on 28th July 2025

Summer Camps

Training Courses

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## Community Development Working Group

**The A.G.M. of IRD Duhallow CLG and the Launch of the Progress Report 2024–2025 will take place on Monday 28th of July at 7.30pm in the James O'Keeffe Institute, Newmarket.**

While the A.G.M is a legal requirement of this organisation, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and businesses. We would appreciate renewal of your subscription as soon as possible. As per our rules only paid up members are entitled to vote or stand for office.

### IRD Duhallow Led Walk

An organised led walk will take place on **Wednesday 16th July, climbing Clara Mountain, Millstreet**. We will be leaving the Carpark opposite Millstreet Church at 6.45pm. This is a strenuous walk and hiking boots are advised. Walk takes approx. 1 hour and 15 minutes. Tea and Coffee after the walk as usual. **Registration is essential. Please contact Colm O'Connor at 029-60633 or 086-0849955 to register.**

**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 & a variety of customised menus to suit every budget.**

**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.**

**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.**



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.

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

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

#### 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 call Colm Crowley, on 029-60633 or email [colm.crowley@irdduhallow.com](mailto:colm.crowley@irdduhallow.com)

#### 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.

**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 and 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)

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

We currently have a wide selection for all your furniture needs, from dinning tables and chairs to storage units. 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](mailto: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](mailto:revamp@irdduhallow.com) Whatsapp 087- 4665817 or Contact us at 029-60633 and visit us on Facebook: IRD Duhallow Furniture Revamp.

**Relove Paint** - Our award winning Relove paint project offers a huge choice of colours of interior paint for redecorating this summer. Of great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

### Youth and Education Working Group

#### IRD Duhallow Afterschools will run weekly Summer Camps;

**Nature Detectives:** 30th June - 4th July

**Little Chefs and Artists:** 7th July - 11th July

**Whizz Kids:** 14th July - 18th July

**Nature Detectives:** 21st July - 25th July **FULL**

**Little Chefs and Artists:** 28th July - 1st August **FULL**

**Whizz Kids:** 5th August - 8th August.

**All Camps run from 9am to 1pm.**

**€85 per week, with NCS subsidies reducing the price to €43 and for all primary school ages.**

**Nature Detectives** – This group spends most of the day outdoors, discovering and learning about the natural world around them.

**Little Chefs and Artists** – Children in this camp enjoy baking and cooking from scratch, as well as exploring a wide range of arts and crafts activities.

**Whizz Kids** – Focused on science, computers, and literacy, this camp includes fun experiments and engaging educational activities. Two Literacy teachers lead games and sessions, including Touch Type Read Spell (TTRS), in the computer lab. These are particularly helpful for children with dyslexia or reading difficulties.

**Our camps are open to all primary school children. To book your child's place on any of the camps please call Melissa Holland at 029-60633.** For those interested in **full day care** during the summer for primary school children, please contact Melissa Holland at 029-60633 or email [melissa.holland@irdduhallow.com](mailto:melissa.holland@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 July 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.

#### Duhallow Social Farming

Duhallow Social Farming offers people with disabilities the opportunity to spend time on a family farm in a healthy, supportive and inclusive environment. Social farming focuses on people's potential rather than limitations, encouraging participants to socialise, gain confidence and build relationships. It creates the opportunity to reconnect farmers with their local communities by opening up their farms as part of a social support system for the community.

Duhallow Social Farming operates as a voluntary model to enable real working relationships and friendships to develop.

The farm is not a specialised treatment farm; it remains a typical working farm where people in need of support can benefit from relationship building through farm activities in a non-clinical environment.

Host farmers will be supported with any health and safety adjustments that need to be made for social farming activities, as well as support to access relevant training opportunities. **For more information please contact Ellie Donovan on 029-60633 or email [ellie.donovan@irdduhallow.com](mailto:ellie.donovan@irdduhallow.com).**

*Duhallow Social Farming is financed by the Department of Agriculture, Food & the Marine.*

**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.

**The Rural Community Health Listening Service** is a free, one to one, listening session available to all in the community every Monday between 9am and 1pm. **To book a slot, text or call 086-8117526.**

**To register or the further details on The Rural Community Health Project, please contact Shane on 029-60633 or 086-8117526 or email: [shane.mcHale@irdduhallow.com](mailto:shane.mcHale@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.**