

## Enterprise Working Group

### IRD Duhallow Business Awards 2025

**Nominate a deserving business now by logging onto [www.irdduhallow.com](http://www.irdduhallow.com).**  
The 2025 Duhallow Business Awards will take place on Thursday the 30<sup>th</sup> of October, 2025.  
Tickets for this gala event are now available from [www.irdduhallow.com](http://www.irdduhallow.com)

For more information **contact Monica on 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)**

**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 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 **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
<b>Online Excel Training</b> - Beginners Excel Training Intermediate Excel Training Advanced Excel Training	<b>10th September 2025.</b> <b>30th Sept. to 28th Oct. 2025.</b> <b>4th Nov. to 2nd Dec. 2025.</b>	Beginners training is <b>1 day</b> (online) at €40.00. Intermediate training is <b>5 Tuesdays</b> (online) at €150. Advanced training is <b>5 Tuesdays</b> (online) at €150.
QQI Level 7 <b>Early Childhood Education &amp; Care</b>	<b>13th Sept. 2025</b> 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> 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. <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> Part-time, in person delivery on Mondays & Thursdays, 6.30pm – 9.30pm in IRD Duhallow.	This course is <b>free</b> of charge for people seeking work who want to start work in a childcare setting. <i>* This course is funded through our Skills Connect Programme.</i>
QQI Level 6 <b>Early Childhood Education and Care</b>	<b>23rd September 2025</b> -Part-time & in person delivery. -Tuesdays & Wednesdays 6.30pm – 9.30pm	This course is €600 (Flexible payment options available) and is for anyone with an existing level 5 in childcare, who would like to upskill, become qualified to become a room leader or gain a supervisory position in a childcare setting. <i>* Co-funded by the Government of Ireland and the European Union.</i>

Email: [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) or [www.irdduhallow.com](http://www.irdduhallow.com) or contact **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 will host a **Safe Pass training** course on **Monday, 8th September**, at the James O'Keeffe Institute, Newmarket, from **7:45am to 4:00pm**. The training is HSA-approved and costs **€20**. Early booking is advised. **Register online at [www.irdduhallow.com](http://www.irdduhallow.com) or call Ciarán on 029-60633.**

### 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

Nominations now open for Duhallow Business Awards

New Directions Prog.

Autumn Training Courses

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## Agriculture Working Group

### Farming for Water EIP

The Farming for Water EIP, which is led by LAWPRO, is an Agri-Environmental Programme which is designed to protect and restore water quality. The EIP is open to farmers where targeted water quality improvements are needed. Landowners located within the priority catchments are potentially eligible for EIP Funding. The project aims to provide funding for applicants for providing measures that are above the regulatory requirements.

**For more information or to find out if you are eligible, please contact Aidan Suart on 029-60633 or email [Aidan.Suart@irdduhallow.com](mailto:Aidan.Suart@irdduhallow.com)**

## Community Development Working Group

### IRD Duhallow Led Walk

An organised led walk will take place on **Wednesday 10th September**, climbing **Clara Mountain, Millstreet**. We will depart from the Carpark across from Millstreet Church at 6.30pm. This is a strenuous walk & hiking boots are advised. It will take 1.5 hours approximately. 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 Gaeltacht, 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 of suites of furniture, dressing tables and dining chairs. 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 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.

**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.

**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

#### Newmarket Afterschools

We are pleased to announce that Newmarket Afterschools is celebrating 20 years in operation this September. This service is available for primary school children and aims to support parents who require school aged childcare during both school term and out-of-school hours, Monday to Friday. Transport is offered to and from Newmarket 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. All children are now entitled to a universal subsidy through the National Childcare Scheme (NCS), which makes the Afterschools even more affordable. For more information, please contact Melissa Holland at [melissa.holland@irdduhallow.com](mailto:melissa.holland@irdduhallow.com).

**IRD Duhallow Literacy Support Programme:** IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia or Dyspraxia (diagnosis is not required for enrolment). Classes are held weekly on a **Monday evening** with Literacy Workshops from 4.30pm-5.30pm and Touch Type Read Spell computer programme from 5.30pm-6.30pm. Classes will recommence on Monday 15th September 2025. More information will be provided via our social media and email. For further information and registration please contact Melissa Holland at [melissa.holland@irdduhallow.com](mailto:melissa.holland@irdduhallow.com) or 029-60633.

### Equality Working Group

**Duhallow Carers Support Group** will hold its next monthly meeting on **Thursday 4th September at 8.00pm** in the James O'Keeffe Institute, Newmarket. New Members are always welcome to join this supportive and friendly group. For further information, please contact Ciarán at 029-60633.

**Patient Handling Training** will take place on **Thursday 25th September** at the James O'Keeffe Institute, Newmarket from **9.00am to 5.00pm**. This full-day session is ideal for carers and healthcare workers and is available at a cost of just €5. Book your place today on [www.irdduhallow.com](http://www.irdduhallow.com) or by calling Ciaran on 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.*

**Rural Community Health 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 12noon. On Wednesday the walk starts at 11am and afterwards the group meets up at 12pm in the James O'Keeffe 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. **Registration is essential in advance by contacting Shane on 029-60633 or 086-8117526 or email: [shane.mcHale@irdduhallow.com](mailto:shane.mcHale@irdduhallow.com)**

**Rural Community Health Reading for the Brain Bookclub** welcomes new members. We meet every Tuesday at 2.30pm in the James O'Keeffe Institute, Newmarket for book discussion and refreshments.

**Rural Community Health Listening Service** is a free, one to one, listening session available to all in the community every Monday between 9.00am and 1.00pm. **To book a slot, text or call 086-8117526.**

**Men's Breakfast Club** every Wednesday at 9.00am at Duhallow Community Food Services Restaurant, Newmarket.

**The Wellbeing & Recovery College, launching on Thursday 18th September.** Modules are on Thursdays, 10am to 1pm in the James O'Keefe Institute, Newmarket. **September's modules are:** Thursday 18th September; Let's Talk Wellbeing & Recovery Part 1; Thursday 25th September; Let's Talk Wellbeing & Recovery Part 2. **To register or for further details 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 & crafts, personal development and access to our community gardens & 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.**