

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 on 029-60633 or email duhallowskillnet@irdduhallow.com

IRD Duhallow Skillnet To see all the upcoming training courses, visit 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

Upcoming Training Courses

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

Course Title	Date	Details
Management and Leadership in Early Childhood Education	Feb. '26 – May '26	This 10-credit module at level 7 aims to provide room leaders and managers with the skills, knowledge and values to manage the working environment of a diverse & evolving ECEC sector. Hybrid delivery-online and at IRD Duhallow, Newmarket, Co. Cork
Beginners & Intermediate Excel	Begins Feb. '26	Online delivery, suitable for beginners and those using excel who wish to improve their ability.
Start your own business training	Begins Feb. '26	Training takes place over six Monday evenings at IRD Duhallow, Newmarket, Co. Cork

These and all our upcoming training courses will be available to book on www.irdduhallow.com events page in the

Employment and Training Working Group

IRD Duhallow's Training courses are available on www.irdduhallow.com/upcoming-events

Would you or someone you know be interested in joining IRD Duhallow's Tús or RSS Schemes?

Tús is a community work placement scheme providing short-term working opportunities for unemployed people. IRD Duhallow has a wide range of projects that you can gain experience whilst on your placement.

The self-referral eligibility criteria for Tús requires;

A person to be in receipt of one of the following payments; Jobseekers Allowance, Jobseeker's Benefit or Disability Allowance for at least 12 months.

The Rural Social Scheme (RSS) is now open to rural dwellers. We have 7 places on offer specifically to those over 50 years and who are in receipt of a qualifying social welfare payment. RSS has been extended to people engaged in farming who are not the holder of the herd number but who have a defined connection to the farming enterprise. RSS has also been extended to both members of a couple jointly engaged in farming utilising just one herd number. For Rural Social Scheme (RSS), A Class A stamp will be paid for the RSS Participant.

For both **Tús** and **RSS** the hours of work are 19.5 hours a week, you will receive a top up payment and be entitled to the same statutory annual leave and public holiday entitlement as other employees.

If you or someone you know is interested in joining these schemes, contact Marie Fleming on 029-60633.

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 on 029-60633.

If you are seeking employment visit www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/ where positions are advertised.



**Beannachtaí na Nollag agus
Athbhliain faoi mhaise
IRD Duhallow Offices will re-open
at 9.00am on Wednesday 7th January 2026.**



SPECIAL POINTS OF INTEREST

Warmer Homes Scheme

Duhallow Arenas

Training Courses

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Community Development Working Group

Christmas Evening for Children

**On Friday, 5th December 2025 from 4:30pm – 7:00pm
in the James O'Keeffe Institute, Newmarket, P51 C5YF**

with Face-painting, Arts & Crafts, Gift from Santa and Family Photo Opportunity.

A wonderful occasion for both locals & families new to the region to meet & join in the fun.

Booking is essential.

Please call Yuliia on 029-60633 or visit our website <https://www.irdduhallow.com/upcoming-events/> to register your interest in attending.

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

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

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

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

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

For details contact Colm Crowley on 029-60633 or colm.crowley@irdduhallow.com

Duhallow Community Food Services at the James O'Keeffe Institute, Newmarket provides a home delivery meal service for the elderly & for those recuperating. Meals can be booked on a long or short term basis. **Dinner & Dessert cost €9.50 delivered Mon. to Fri.** Chilled meals are also available to heat up at home.

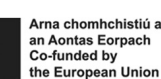
Christmas Orders are now being taken. Traditional brandy fed iced Christmas cakes, traditional rich plum pudding, chocolate logs. Mince Pies available now as well as for Christmas. Why not take the hassle out of Christmas cooking and baking and order your Christmas turkey crown, honey glazed ham joint, also soup, chicken & mushroom vol au vents and quiches that can be easily heated at home. Side dishes of garlic gratin potatoes, spiced red cabbage and sage & onion stuffing. We also have range of spectacular desserts, cheesecakes, sherry trifle & chocolate biscuit pudding. **Place your Christmas order by ringing Olive at 029-76375.**

Duhallow Community Food Services 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 & low income families. Laundry can be dropped into our facility in Newmarket during our **opening hours Mon. to Fri. 9.00am-5.30pm.** If you require your laundry to be collected and returned to your home, this can also be arranged, **for more details 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

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 Crowley on 029-60633 or email whs@irdduhallow.com**

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.**

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

We currently have a wide selection of suites of furniture, coffee tables and cosy armchairs. 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 of the furniture 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 of the item to revamp@irdduhallow.com or to Whatsapp 087-4665817 or contact us at 029-60633**. All donations are screened in advance. Visit us on Facebook: IRD Duhallow Furniture Revamp.

IRD Duhallow 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.

The last meet up before Christmas will be Wednesday 10th December. There is a choice of 2 walks, 30 minutes 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**

Our 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. **The final meeting of the Bookclub before Christmas will be on Tuesday 16th December, and will return in the new year.**

IRD Duhallow's 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. **The final date to book a slot with the Listening Service in 2025 will be Monday 22nd December. To book a slot, text or call 086-8117526.**

IRD Duhallow's Men's Breakfast Club meets every Wednesday at 9.00am at Duhallow Community Food Services Restaurant, Newmarket. New members are always welcome. **The final Breakfast Club before Christmas will be Wednesday 17th December 2025.**

IRD Duhallow's Rural Community Health Team would like to wish a very happy and peaceful Christmas to everyone who has joined in any of our initiatives this year. We look forward to seeing you all again in the new year.

Duhallow Arenas situated adjacent to the James O'Keeffe Institute in Newmarket. **Become a key holder for the year for €450 For further details please contact Louise on 029-60633 / duhallow@irdduhallow.com**

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

Equality Working Group

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

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

New Directions

Are you feeling isolated? Have you experienced mental health or personal challenges?

If you would like to get socially active again after a set-set back, and bring about some positive change in your life, perhaps IRD Duhallow's New Directions initiative is for you.

It provides various supports and guidance for personal development, as well as access to activities such as arts & crafts, our community gardens and social farming. **To join the programme, or simply to find out more, please contact Shane McHale on 029-60633.**

WorkAbility: Inclusive Pathways to Employment

Confidence. Community. New Beginnings.

Are you out of work due to mental ill health, personal challenges, or a setback in life?

IRD Duhallow's WorkAbility Programme supports people with various disabilities to rebuild confidence, gain new skills, and find meaningful employment.

Through person-centred, tailored supports—including confidence-building workshops, one-to-one guidance, and training opportunities—we help you reconnect with your community and take positive steps toward your goals.

You'll be supported every step of the way by our dedicated team and inclusive employer network, ensuring you can thrive.

Please contact **Melissa Holland at 029-60633** or email **melissa.holland@irdduhallow.com**



Do you have Financial Difficulties?

MABS The Money Advice and Budgeting Service is available to anybody who might need advice or information in relation to their personal finances. People who have suffered a reduction in income will have to re-organise their finances. In particular, commitments to mortgages / rent and other loan repayments may have to be adjusted. When creditors are being asked to accept a lower level of repayment they will generally ask for proof of income and a Financial Statement.

MABS can help you prepare the 'Financial Statement' and if necessary negotiate on your behalf with your Creditors. MABS can also give advice in relation to Income Maximisation where possible.

Contact the MABS Mallow Office for advice. **Tel. No: 0818072440 or email mallow@mabs.ie**

An outreach clinic is available in the James O'Keeffe Institute, Newmarket. However, a pre-booking of appointment is necessary by ringing 0818 072440. MABS is a Free and Confidential Service.

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.**