

## IRD Duhallow Skillnet

To see all the upcoming training courses, or to book your place, please contact **Monica or Seamus on 029-60633** or visit [www.irdduhallow.com](http://www.irdduhallow.com) Duhallow Skillnet 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, ESF+ and Skills Connect Programmes.

Course Title	Date	Details
<b>Pension Auto Enrolment Webinar</b>	5 <sup>th</sup> Feb.	This webinar will equip managers with a practical understanding of Ireland's new Pension Auto Enrolment Scheme. effective January 2026. It will clarify the legal requirements, highlight what managers need to communicate to staff, and provide answers to common employee questions.
<b>Instagram for business</b>	19 <sup>th</sup> Feb.	Overview of Instagram use in Ireland, demographic of users and how to conduct marketing research on the platform. Setting up a business profile, branding, bio, highlights, linking to other apps, privacy and security settings.
<b>Start your own business</b>	23 <sup>rd</sup> Feb. - 30 <sup>th</sup> March	6-week course which will teach you about business planning, market research, branding, cashflow, record keeping, tax, financial statements and much more.
<b>Beginners Excel</b>	26 <sup>th</sup> Feb.	Online delivery, suitable for beginners and those using excel who wish to improve their ability.
<b>Canva for social media content</b>	26 <sup>th</sup> Feb.	Overview of Canva as a content creation tool including free v paid versions. Best practice for set up and management of Canva account such as creating folders, saving templates, sharing projects, and linking to other platforms. Establishing your branding including logos, fonts, colours.
<b>The art of Sugarcraft</b>	3 <sup>rd</sup> March- 14 <sup>th</sup> April	Learn how to decorate cakes, including flower making, types of icing, butter-cream, character modelling, colouring.
<b>Instagram for Business advanced</b>	5 <sup>th</sup> March	Creating and editing reels, stories and highlights. Improving reach and growing following.
<b>Tiktok for business</b>	12 <sup>th</sup> March	Setting up a business profile – branding, bio, highlights, linking to other apps, privacy/security settings, building a following. Creating content using images and videos including choosing music/audio, use of hashtags/tagging, and sharing to other social media apps. Setting up TikTok shops.
<b>Pay transparency webinar</b>	12 <sup>th</sup> March	The EU Pay Transparency Directive (the Directive) came into force in June 2023 and Ireland has until 7 June 2026 to implement the new rules. Find out more on our live, interactive webinar suitable for HR professionals, business owners and managers.
<b>Intermediate Excel</b>	26 <sup>th</sup> March	Excel essentials. Working with formulas and functions. Working with lists / manipulating text, Creating and working with charts. Multiple worksheets data consolidation.
<b>Linkedin for Business</b>	26 <sup>th</sup> March	Overview of LinkedIn use in Ireland, demographic of users and how to conduct marketing research on the platform (e.g. Competitor analysis, key-words, hashtags) Setting up a personal profile – bio, keywords, linking to relevant organisations/groups, maximising SEO. Setting up a business page – branding, bio, privacy/security settings, building a following, maximising SEO.

These and all our upcoming training courses are available to book on [www.irdduhallow.com](http://www.irdduhallow.com) events page.

Email: [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) Webpage: [www.irdduhallow.com](http://www.irdduhallow.com) Phone: 029-60633.

## IRD Duhallow SICAP Business Mentoring Programme

Thinking of starting up a business? 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 area. Businesses can receive up to 10 hours one-to-one mentoring time with an experienced advisor.

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

## SPECIAL POINTS OF INTEREST

Farming for Water EIP

Duhallow Carers Group

Training Courses

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## Community Development Working Group

### Conversational Irish Classes

**Start Date:** 11th, 18th, 25th February, 4th, 11th, 18th, March. Time: 7.00pm

Venue: IRD Duhallow, Newmarket.

You will learn how to speak Irish in a fun and engaging class. Develop and practice a practical vocabulary that you can use daily and converse with friends and family. Practice easy to use phrases and conversational Irish. Expect an easy going and fun atmosphere where all levels are welcome to attend. Perfect for beginners & those who already have an cúpla focal already!!! Fáilte roimh gach duine.

### Gardening Classes

**Start Date:** 19th March - 2nd April. Every Thursday for three weeks. Time: 11.00am - 12 noon. Venue: IRD Duhallow, Newmarket.

Learn how to: Grow your own flowers and food from seed. Propagate your perennial plants by division and pollinator friendly planting.

**To book your place on either of the above classes please ring Lenora on 029-60633.**

## 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](mailto: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.

**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 available to all including 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](mailto: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 and press 3 for personal alarm queries.**

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

We have beautiful coffee tables and great recliners for your comfort in the cold season in addition to our 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 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](mailto:revamp@irdduhallow.com) or to Whatsapp 087-4665817 or contact us at 029-60633 and press 2 for REVAMP.** All donations are screened in advance. 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 & upholstery service. For more information, **send a picture of the furniture to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com), Whatsapp 087-4665817 or contact Jessica on 029-60633 and press 2 for REVAMP.**

**Duhallow Arenas** situated adjacent to the James O'Keeffe Institute in Newmarket. **Become a key holder for year ending October 2026 for €450. For further details please contact Louise Bourke on 029-60633 / [duhal-low@irdduhallow.com](mailto:duhal-low@irdduhallow.com)**

**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 11.00am 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 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](mailto: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.

**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. **To book a slot, text or call 086-8117526.**

**Wellbeing & Recovery College** - Join us on Thursday 5th February at 10.00am for our module "Improving Sleep" where we'll explore the importance of sleep for our wellbeing and ways in which we can improve our sleep. The Wellbeing & Recovery College is available to anyone over the age of 18 with an interest in Wellbeing or Mental Health. For more information or to book your place call **Shane on 029-60633.**

### Agriculture Working Group

#### Farming for Water EIP

The Farming for Water EIP, which is led by LAWPRO, and delivered by IRD Duhallow 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)**

### 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](mailto:ellie.donovan@irdduhallow.com)**

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

#### Duhallow Carers Support Group

The Duhallow Carers Group for family carers will host their first meeting of 2026 on **Thursday 5<sup>th</sup> of February** at 8.00pm, in the James O'Keeffe Institute in Newmarket. The group meets once a month, offering support training and a space to connect with others who understand the challenges of caring for a loved one. New members are always welcome! **For more information contact Ciarán at 029-60633.**

### WorkAbility: Inclusive Pathways to Employment

*Unlocking Potential Across All Abilities*

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

IRD Duhallow's WorkAbility Programme supports people who are distant from the labour market to progress towards education, training, or employment. We provide person-centred, tailored supports including one-to-one guidance, skills development, confidence-building, and access to training and work-related opportunities. Working alongside an inclusive network of local employers, our team supports you to identify your strengths, set realistic goals, and move forward at your own pace towards meaningful and sustainable outcomes.

Please contact **Melissa Holland at 029-60633** or email **[melissa.holland@irdduhallow.com](mailto:melissa.holland@irdduhallow.com)**



### 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.**

**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](mailto: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.**