

IRD Duhallow Skillnet

To see all the upcoming training courses, or to book your place, please contact **Monica** on **029-60633** or visit www.irdduhallow.com Duhallow Skillnet 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	24 th Jan. - 25 th April	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 and evolving ECEC sector. Hybrid delivery - online and at IRD Duhallow, Newmarket, Co. Cork
Pension Auto Enrolment Webinar	5 th 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.
Instagram for business	19 th 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.
Start your own business	23 rd Feb. - 30 th March	6-week course which will teach you about business planning, market research, branding, cashflow, record keeping, tax, financial statements and much more.
Beginners Excel	26 th Feb.	Online delivery, suitable for beginners and those using excel who wish to improve their ability.
Canva for social media content	26 th 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.
The art of Sugarcraft	3 rd March-14 th April	Learn how to decorate cakes, including flower making, types of icing, buttercream, character modelling, colouring.
Instagram for Business - advanced	5 th March	Creating and editing reels, stories and highlights. Improving reach and growing following.
Tiktok for business	12 th 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.
Pay transparency webinar	12 th 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.
Intermediate Excel	26th March	Excel essentials. Working with formulas and functions. Working with lists / manipulating text, Creating and working with charts. Multiple worksheets data consolidation.
Linkedin for Business	26th March	Overview of LinkedIn use in Ireland, demographic of users and how to conduct marketing research on the platform (e.g. Competitor analysis, keywords, 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 events page.

IRD Duhallow 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 duhallowskillnet@irdduhallow.com.

SPECIAL POINTS OF INTEREST

Farming for Water EIP

Well Being & Recovery College

Training Courses

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TEL: 029 60633
WEB: www.irdduhallow.com
E-mail: duhallow@irdduhallow.com

Community Development Working Group

We are reviewing each community plan and we will be in contact with each community to prioritise projects and expedite applications for 2026 LEADER and other funding as appropriate.

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 Arenas situated adjacent to the James O'Keeffe Institute in Newmarket.

Become a key holder for the year for €450. For further information please contact **Louise Bourke** on **029-60633** / duhallow@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 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**.

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!

Need more storage after the holiday season?

We currently have a wide selection of furniture, corner units, shelving 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 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.

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.

RELOVE PAINT Our award winning Relove paint project offers a huge choice of colours of interior paint for freshening up your home. Of great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

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**

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.**

IRD Duhallow's Men's Breakfast Club meets every Wednesday at 9.00am in Duhallow Community Food Services Restaurant, Newmarket. New members are always welcome.

Wellbeing & Recovery College - Our modules in January are "Catch-up & Co-Production" on Thursday 15th, January and on "Anxiety – Stepping Stones" parts 1 & 2 on Thurs. 22nd and Thurs. 29th of January. The Wellbeing & Recovery College is available to anyone over the age of 18 with an interest in Mental Health & Wellbeing. Our modules run from 10am to 1.00pm and are free to attend. **Call Shane on 029-60633** to register your place.

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.**