

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 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
QQI Level 5 Healthcare Modules	1st April to 17th June	Delivered on line each Wednesday (Full day) QQI level 5 Communications, QQI level 5 Work Experience, QQI level 5 Care support QQI level 5 Palliative care, QQI level 5 Safety health at work, QQI Level 5 Infection control.
Content Creation and AI for Marketing	16th of April	Understanding the purpose and value of AI in marketing for business. Discover AI tools for content creation. Learn how to use AI to plan, write and design engaging posts, blogs and visuals that attract your target audience. Streamline your workflow - Explore time-saving methods for brainstorming ideas, generating captions, and repurposing content across multiple platforms.
Diversity, Equity & Inclusion Webinar	23rd of April	This webinar can help with the skills needed to create a safe working environment that's free from bullying, harassment and sexual harassment.
Bachelor of Education (Hons) in Early Childhood Education & Practice (QQI Level 8)	1st of Sept.	Suitable for professionals working in Early Childcare Education with an existing level 7 qualification.
Introduction to Sustainable Dairy Development for Farmers (QQI Level 7)	1st of Sept.	Greenhouse Gas Emissions, Water Quality, Adaptation and Mitigation, Soil Science, Biodiversity and Conservation.
Level 5 Early Learning & Care	Sept. TBC	Free for those seeking employment.
Level 5 Healthcare Support	Sept. TBC	Free for those seeking employment.
Level 5 Business Administration	Sept. TBC	Free for those seeking employment.

These and all our upcoming training courses are available to book on www.irdduhallow.com events page.

Email: duhallowskillnet@irdduhallow.com Webpage: 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

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, Ciarán on 029-60633.

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

IRD Duhallow CE Scheme has three vacancies; Kiskeam General Operative.

Ballydesmond Community Hall Caretaker. Ballydesmond GAA grounds General Operative.

Please contact your local DSP Activation Officer at Employment Services / Intreo Office to check your eligibility & to apply for the vacancies or contact Amanda Keller, Assistant CE Supervisor at 029-60633 for further information.

SPECIAL POINTS OF INTEREST

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CE Vacancies

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Bealtaine Festival 2026

Bealtaine 2026 - The Saoi Network wants to facilitate a more active life for older people living in Duhallow who want to broaden their horizons, become more active and get involved in their communities. Active Retirement groups throughout Duhallow are hosting a variety of events including:

Friday 1st May The Annual Dawn Mass will be celebrated at the source of the Blackwater at 6.00am. IRD Duhallow welcomes everyone from the region.

For further information contact **Lenora Kelly at 029-60633** or register on www.irdduhallow.com/upcoming-events so we will have an idea of numbers to be catered for or just arrive on the morning.

Monday 11th May - Day Time Cinema at the James O'Keeffe Institute, Newmarket at 1pm Lunch and Movie €10.00 per person. Booking essential. Contact Lenora Kelly at 029-60633.

Leaflets with details of all events taking place during Bealtaine will be available mid April or checkout www.irdduhallow.com/upcoming-events

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 Monday to Friday.** 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 and press 1 for Laundry.**



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

For details contact Colm Crowley on 029-60633 or 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 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 the SIM credit.

To apply, contact Julie or Colm on 029-60633 & press 3 for personal alarm queries.

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

Wardrobes in all sizes to gain that extra room for the spring and summer clothes! Quantity is very limited and demand is very high so don't miss out! We also have beautiful 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 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 to revamp@irdduhallow.com, Whatsapp 087 4665817 or contact Jessica on 029-60633 ext.2

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, Whatsapp 0874665817 or Contact us at 029-60633 ext.2 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 freshening up your home and for a limited time we also have masonry paint available. Great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

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 / duhallow@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

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 in April for "Discovering Talk Therapies", on Thurs. 2nd, 9th and 16th of April. We will be exploring the benefits of counselling, psychotherapy, CBT and much more. All of our modules start at 10am, are free to attend and open 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 or email shane.mcHale@irdduhallow.com

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 designed to protect and restore water quality. The programme is open to farmers in the areas where targeted water quality improvements are required. Landowners located within these catchments may be eligible for EIP Funding. The project supports applicants by providing funding for measures that go beyond existing regulatory requirements. We are currently seeking to engage with farmers with the Owenanare Sub-Catchment, where focused action can be deliver meaningful water quality benefits. For more information or to find out if you are eligible, please contact our Community Animator Aidan Suart on 029-60633 or email Aidan.Suart@irdduhallow.com

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.

Equality Working Group

Duhallow Carers Support Group

The Duhallow 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. 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



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-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.

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.