

## Enterprise Working Group

### Upcoming Training Courses

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

To see all the upcoming training courses, or to book your place, visit [www.irdduhallow.com](http://www.irdduhallow.com) or please contact **Monica** on 029-60633. 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)

**Introduction to Microsoft Copilot** This 1.5 hour training programme will take place online on Tuesday 26th of May. Some of the topics to be covered include;

- ✦ Overview of Microsoft Copilot
- ✦ Integrating Copilot with other Microsoft 365 applications
- ✦ Understanding Copilot Capabilities in Microsoft Edge, Word, Excel, Power Point, Teams & Outlook
- ✦ Productivity and Best Practices

Copilot Studio and Creating Agents  
**The cost will be €65. Register on [www.irdduhallow.com/upcoming-events](http://www.irdduhallow.com/upcoming-events) or email [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com)**

**Childcare, Health Care and Business Admin Training** Commencing in September 2026 - Free, locally delivered QQI Level 5 courses are available in Early Childhood Education, Healthcare Support, and Business Administration in Newmarket. The courses are open to a wide range of eligible individuals, including those on social welfare payments (subject to Back to Education criteria) and those not receiving welfare, such as homemakers, recent graduates, former business owners, retirees, and others seeking to return to work. **For more information, contact Monica on [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) or 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)**

## Employment & 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 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/](http://www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/) where positions are advertised.**

**IRD Duhallow CE Scheme has two vacancies;** Kiskeam General Operative.  
 Ballydesmond Village & 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 Paddy O'Connor or Amanda Keller, at 029-60633 for further information.**

**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.

**For Rural Social Scheme (RSS), a person needs to be;** 25 years or over and getting Farm Assist or if you are actively farming, you may qualify for the scheme if you are getting one of the following social welfare payments: Jobseeker's Allowance; Disability Allowance; One-Parent Family Payment **and** have access to an active herd number (Partner/Spouse, father/mother, brother/sister, provided this number is not being used by another RSS participant). 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.**

## SPECIAL POINTS OF INTEREST

Bealtaine Events

Social Farming

Training Courses

## INSIDE THIS ISSUE

Community Development Working Group	1 & 2
Agriculture Working Group	3
Equality Working Group	3
Enterprise Working Group	4
Employment & Training Working Group	4

## Community Development Working Group Bealtaine Festival 2026

IRD Duhallow through our 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. We are supporting Active Retirement groups throughout Duhallow to host a variety of events during the month of May including:

**1st May - Dawn Mass** - Mass will be celebrated at 6:00am at the Source of the Blackwater, Doctors Hill, Ballydesmond.

**1st May** - IRD Duhallow Social Farm **Plant Sale** at 11.00am -12.30pm outside Duhallow Community Food Services Restaurant, at the James O'Keeffe Institute, Newmarket.

**3rd May - Donoughmore Active Retired, Bealtaine Tea Dance** at Donoughmore Community Centre, 9pm to 11.30pm Music by CNN Sound. Admission €10 **Enquiries 086-3827614.**

**5th May - Brogeen Bridge Club** will host a **Bridge Game** at 11am in Kanturk Rugby Club.

Lunch will be served after the game. **Enquiries 087-6865326.**

**6th May - Dromtariffe Well Day**, Mass will be celebrated at the Well at 7.30pm. Dromtariffe Active Retired will host a Gathering at Dromtariffe Parish Hall after Mass for tea and a chat.

**Enquiries 086-2169459.**

**7th May - Alzheimer's Tea Day**, Duhallow Com. Food Services, Newmarket, 10am- 11.30am.

**9th May - Darkness into Light** is a sunrise walk to raise awareness of suicide prevention and the supports that are available. **Walks begin at 4.15am** Register [www.darknessintolight.ie](http://www.darknessintolight.ie) Walk Start Locations include: Town Square, Macroom. Coomlogane, Millstreet & Edel Quinn Hall, Kanturk.

**11th May - Cinema Day** - Join us for lunch at 1:00pm in the James O'Keeffe Institute,

Newmarket, followed by a movie at 2:00pm.

**13th May** - Dietitian Shirley Beattie will provide information on **"Healthy Eating As We Age"**

3pm - 5pm in IRD Duhallow. To book please contact Lenora on 029-60633.

**Wednes. 13th May** - An **organised led walk** will take place at the Island Wood Newmarket. Leaving the Island Wood carpark at 7pm sharp. Tea and Coffee after the walk. Registration is essential, please **contact Colm O'Connor at 029-60633 or 086-0849955.**

**14th May - Are you interested in trying your hand at Pitch & Putt?** Newmarket Pitch & Putt, James O'Keeffe Institute, Newmarket. Members will provide a taster session from 10.00am

to 12 noon to get you acquainted with Pitch & Putt rules and principles.

**17th May - Musher Platform, Bealtaine Dance** with Patrick Triggs, & Niamh Downey in a beautiful setting at P12 PF66 from 3.00pm to 5.30pm **Enquiries; 086-0647381.**

**18th May - Conversational Irish Class** An conversational Irish language session will be held at 2:00pm in the James O'Keeffe Institute, Newmarket.

**20th May - Rockchapel Young at Heart**, will host **Tea Dance** from 12noon to 4.30pm.

Music by Stevie Donnegan, dancing, entertainment bingo & refreshments. Admission is free.

**Enquiries to 087-7630626.**

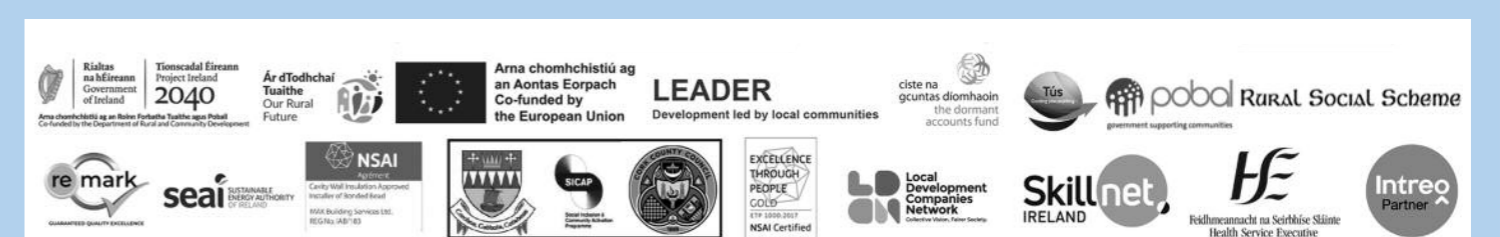
**21st May** - A talk on **Grief & Loss** will be delivered by IRD Duhallow's Shane McHale.

**22nd May - Castlemagner Sinsir Club** will host a **Bealtaine Cabaret** at 8pm in

Castlemagner Community Centre, Admission €10. **Enquiries 086-8521805.**

**25th May - Arts and Crafts Workshop** - Enjoy a creative afternoon with artist Jessica Barron, at the James O'Keeffe Institute, Newmarket from 12:00pm-3:00pm. Cost: €10.

**28th May - Jack's Mystery Tour** - A special day out in memory of our great friend Jack Roche. Cost: €85 includes lunch and dinner. Early booking advised. **For bookings or further details on any of the above events, please contact Lenora on 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 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)

#### 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 the SIM credit.

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

**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.**

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

Spring is truly and finally in the air and if you have been thinking about sprucing up your interior, we have just the things! Not only will you get a wide range of colours in our RELOVE paint collection, but you can also grab some fantastic deals on décor accessories such as mirrors, hall tables, lockers or why not brighten up a dull corner with a unique upholstered antique chair! 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](mailto: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](mailto: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](mailto: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](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.

### 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 programme 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 by providing measures that are above the regulatory requirements. **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](mailto: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](mailto: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. The meeting will take place on **Thursday 7th May** at 8.00pm in the James O'Keeffe Institute, Newmarket. 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-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 Christine on 087-1179990.**