

## Enterprise Working Group

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

### Upcoming Training Courses

Our courses are part-funded through IRD Duhallow Skillnet's TNP, ESF+ and Skills Connect Programmes.

Course Title	Date	Details
Batchelor of Education (hons) in Early Childhood Education & Practice (QQI L8)	Commencing Sept. 2026	Nine month duration, suitable for professionals working in Early Childcare Education with an existing L7 qualification.
QQI Level 5 Healthcare Support (Free of charge for people seeking work)	Commencing in Sept. 2026	Monday to Thurs. 9.30am to 2.30pm Learner who are looking to pursue a career as a Health Care Assistant in a hospital or nursing home.
QQI Level 5 Business Administration Course (Free of charge for people seeking work)	Commencing in Sept. 2026	Nine-month duration, Tuesday and Thursday 6.30pm to 9.30pm part-time evening course.
QQI Level 5 Early Learning & Care (Free of charge for people seeking work)	Commencing in Sept. 2026	One year, part-time Monday & Thurs. 6.30pm to 9.30pm This course is aimed at people who would like to qualify and start working in a childcare setting.
QQI Level 7 Introduction to Sustainable Dairy Development for Farmers	Commencing in Sept. 2026	12 week online course (with two in person sessions at UCC/On farm). Course content: Greenhouse Gas Emissions, Water Quality, Adaptation & Mitigation, Soil Science, Biodiversity and Conservation.
Excel for Beginners	8th September 2026	9.30am to 11am (online Webinar) - this course is suitable for those who are total new to MS Excel.
Content Creation and AI for Marketing	24th September 2026	This hands-on workshop is designed for small business owners who want to elevate their online marketing. 10am to 12.30pm online.
Excel Intermediate	Tues. 6th October 2026 (11.30am to 1.00pm for five Tuesdays)	The Course will cover the essential functionality of Excel at a pace that is suitable for Intermediate level. (This course will be held online over five weeks).

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) 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)

## Employment and 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 five vacancies;

Stores Person in the James O'Keeffe Institute, Newmarket; Kiskeam Village General Operative; Circular Cups Assistant in the James O'Keeffe Institute, Newmarket; Cullen Village General Operative; and Discover Duhallow Delivery & Collection Driver / General Operative in the James O' Keeffe Institute, Newmarket.

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

## SPECIAL POINTS OF INTEREST

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## Community Development Working Group

**The A.G.M. of IRD Duhallow CLG and the Launch of the Progress Report 2025–2026 will take place on Monday 27th of July at 7.30pm in the James O'Keeffe Institute, Newmarket.**

While the A.G.M is a legal requirement of this organisation, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year. IRD Duhallow relies heavily on contributions from local communities and businesses. We would appreciate renewal of your subscription as soon as possible. As per our rules only paid up members are entitled to vote or stand for office.

### IRD Duhallow Led Walk

An organised led walk will take place on a **Wednesday 15th July**, climbing Clara Mountain, Millstreet. We will be leaving the Carpark across from the Church in Millstreet at 6.30pm. This is a strenuous walk and hiking boots are advised. It will take approx 1.5hours. **Registration is essential. Please call Colm O'Connor at 029-60633 or 086-0849955 to register.**

### Rural Mental Health Conference

Join us for the very first IRD Duhallow Rural Mental Health Conference on **Friday 17th July**. Speakers on the day include Minister for Mental Health, Mary Butler TD. Full details can be found on [www.irdduhallow.com](http://www.irdduhallow.com). Tickets are just €15, with lunch included. Book early to avoid disappointment. **For more information call Shane at 029-60633.**

### Circular Cups for Community Events

A new initiative is underway across the Southern Region to eliminate single use cups at small scale events and festivals. Our new community-based cup washing service has been established at IRD Duhallow. The aim of the project is to provide a cup rental service for community-based events and festivals that are organised on a "not for profit" basis. Each cup can be washed, dried and reused up to 300 times. The cups are washed, dried and stored at a new cup washing facility based in IRD Duhallow and are available for small scale community events anywhere in Carlow, Clare, Cork City & County, Kerry, Kilkenny, Limerick, Tipperary, Waterford and Wexford. **For more info visit: [mywaste.ie](http://mywaste.ie) or email [circularcups@irdduhallow.com](mailto:circularcups@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 details call Colm Crowley on 029-60633 or email [whs@irdduhallow.com](mailto:whs@irdduhallow.com)**



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

**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 & for parties & special occasions as well as functions in community centres and 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- 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.**

#### 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!

Summer is finally here and if you have been thinking about revamping your interior, we have just the things! Not only will you get a wide range of colours in our RELOVE paint collection, for the perfect drying season, but you can also grab some fantastic deals on décor accessories such as coffee tables, hall tables, cushions 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 087 4665817 or Contact us at 029-60633 ext.2** and 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 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 086-81 17526 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 086-81 17526.**

#### 🌻 Newmarket Afterschools – Summer Camp 2026 🌻

Newmarket Afterschools is running an exciting Summer Camp programme for primary school children in Newmarket. The Programme includes a mix of fun and educational activities such as Nature Detectives, Little Chefs, and Whizz Kids, designed to keep children engaged and learning over the summer.

- **Nature Detectives:** 29th June – 3rd July (*places available*)
- **Little Chefs:** 6th – 10th July (*fully booked*)
- **Whizz Kids:** 13th – 17th July (*limited places*)
- **Little Chefs:** 20th – 24th July (*limited places*)
- **Nature Detectives:** 27th – 31st July (*limited places*)
- **Whizz Kids:** 4th – 7th August (*places available*)

All camps run **Monday to Friday, 9am to 1pm.** Cost is **€85 per week**, or **€42.20 with NCS.**

Places are filling up fast - early booking is advised by emailing **[newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@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 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 Helen O’Sullivan on 029-60633 or email [helen.osullivan@irdduhallow.com](mailto:helen.osullivan@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 2nd July** at 8.00pm in the James O’Keeffe Institute, Newmarket. New members are always welcome!

**For more information contact Ciarán at 029-60633.**

#### IRD Duhallow’s WorkAbility Programme

Are you a person with a disability looking to access education, training, or employment?

IRD Duhallow’s **WorkAbility Programme** offers person-centred supports to help you build confidence, develop skills, and secure meaningful work.

As part of the programme, participants can complete an **accredited QQI Level 5 Customer Service Module (5N0972).** **Course Details:** 7th July – 4th August 2026, 5 weeks (1 day per week, 3 hours).

The training course will take place at IRD Duhallow, Newmarket, Co. Cork

Open to jobseekers with physical, mental health, intellectual, or neurodivergent needs.

**Limited places available.**

Please contact **Melissa Holland at 029-60633**

or email **[melissa.holland@irdduhallow.com](mailto:melissa.holland@irdduhallow.com)**



**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 087-11 79990.**