

Enterprise Working Group

To see all the upcoming training courses, or to book your place, visit www.irdduhallow.com or please contact **Noreen or Monica on 029-60633**. IRD Duhallow Skillnet courses are co-funded by the Government of Ireland and European Union. To learn more, visit 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 Business Administration Course (Free of charge for people seeking work)	Commencing in Sept. 2026	Nine-month duration, two nights a week, 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 & Thursday evenings, 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-
Excel Intermediate	Tues. 6th October 2026 (11.30am—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 events page.
Email: 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 Noreen or Monica on 029-60633 or monica.gilmore@irdduhallow.com

Employment and Training Working Group

Migrant Apprenticeship Pathways

Free English Language, Conversational Classes, Work Experience & Placements

The Migrant Apprenticeship Pathways (MAP) Ireland Programme is opening new doors for migrants to confidently step into opportunities in Ireland, combining practical guidance with skills development and career support. As part of our training, we are introducing Free English Language and conversational English classes to help participants strengthen their communication skills for both the workplace and everyday life. We are also offering specific work-related courses and information sessions on Apprenticeship Programmes in Ireland, webinars, work experience and placements, job coaching and one to one personal progression plan.

- Are you a **Migrant** interested in joining?
Contact us to learn more and take part in MAP.

- Would you like to **Volunteer** and support others in building their confidence in English?
We would be delighted to hear from you.

- Are you an **Employer** and looking for staff?
- Would you consider getting involved with our MAP Programme and offer work placements at no financial costs.
Get in touch to learn more or register.

For further Information please contact **Carla Araye**, Tel: 029-60633 Email: duhallow@irdduhallow.com
Web: www.irdduhallow.com

IRD Duhallow CE Scheme Vacancies: Cullen Village General Operative; Kiskeam Village General Operative.
Please contact your local DEASP 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

Planning for Tomorrow
Farm Succession Event

TTRS & Literacy Classes

Migrant Apprenticeship
Pathways

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

Community Governance Training

Following the success of our first Community Governance Training, IRD Duhallow is delighted to offer a second programme beginning on **Wednesday 2nd September**. Over four weeks, participants will gain the knowledge and skills needed to effectively manage and govern a community group, covering leadership, legal responsibilities, funding, decision-making, and long-term sustainability. Places are limited and will be confirmed following registration. Register at www.irdduhallow.com or call 029-60633.

IRD Duhallow Led Walk

An organised led walk will take place on the Boherbue Looped Walk on Wednesday evening 23rd September, meeting at the Trail-head in the Village at the Old Post Office P51 R243, leaving at 6.30pm sharp. We will complete the loop which is 4km and it will take about an hour.

Registration is essential. Please call Colm O'Connor at 029-60633 or 086-0849955.

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 or email circularcups@irdduhallow.com

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 Warmer Homes Scheme

New Higher 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 €3,850 are available to qualifying households.

Higher grants of up to €5,080 are available to homeowners receiving qualifying welfare payments. IRD Duhallow will carry out a **free survey** on your property to determine what works can be funded. For details call Colm Crowley on 029-60633 or email 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

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 email 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 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 a wide 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.

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

Do you have items of furniture in good condition that you no longer need?

As children are getting ready to go back to school maybe there are study desks, study chairs and shelving units stored away that you can donate. We would gratefully accept your donations, just **send a picture to revamp@irdduhallow.com**,

Whatsapp 0874665817 or Contact us at 02960633 ext.2 and Facebook: IRD Duhallow Furniture Revamp.

We currently have a wide selection of suites of furniture, dressing tables and dining chairs.

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 extension 2.**

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 Mc Hale 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.**

The Wellbeing & Recovery College returns for another term. This month we will be "**Exploring Anger**" on Thursday 17th & 24th September & on Thursday 1st October. Join us as we learn about our relationship with anger and its effects on our mental health. **"Anyone can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, & in the right way—that is not easy."** Each module will run from 10am to 1pm, is free to attend and open to anyone over the age of 18 with an interest in mental health. **Book your place by calling Shane McHale on 029-60633.**

TTRS & Literacy Support Programme

Our popular TTRS (Touch-Type Read and Spell) & Literacy Support Programme returns from Monday 21st September. Led by experienced primary school teachers, our weekly classes support children in developing reading, writing, spelling, memory, sequencing and touch-typing skills in a positive and supportive learning environment. TTRS combines typing and spelling practice, helping children build confidence while developing essential literacy skills.

Starting: Monday 21st September - 7th Dec. **From:** 4.30pm. **At:** IRD Duhallow, James O'Keeffe Institute, Newmarket.

Cost: From €35 per term (reduced rate available). **Places are limited, so early booking is advised.**

For further information, please contact Melissa on 029-60633.

Agriculture Working Group

IRD Duhallow Planning for Tomorrow Farm Succession Event

IRD Duhallow Planning for Tomorrow Farm Succession Event will take place on **Thursday the 1st of October 2026, at 11.30am** in the James O'Keeffe Institute, Newmarket. Hear from guest speaker Aisling Meehan, owner of Aisling Meehan Agricultural Solicitors, a law and tax firm specialising in agricultural legal and tax matters and other industry experts on the day. **For more information contact Aidan on 029-60633 or email Aidan.Suart@irdduhallow.com**

Equality Working Group

Duhallow Carers Support Group

The **Duhallow Carers Group** will meet on **Thursday 3rd September at 8.00pm** in the James O'Keeffe Institute, Newmarket. We warmly welcome both new and existing members to attend.

We are delighted to welcome **Norma Mulcahy** as our guest speaker, who specialises in **trips and falls prevention** and will share practical advice on staying safe, independent and active. **Contact Ciarán at 029-60633 for any queries.**

Building Resilience Through Mindfulness

Build resilience and improve your wellbeing with our **Building Resilience Through Mindfulness** course on **Thursday 3rd September at 6.00pm**. Learn practical mindfulness, relaxation and grounding techniques, along with CBT-based strategies, to reduce stress, improve focus, and better manage the challenges of everyday life. **Book your place today at www.irdduhallow.com or call Ciaran at 029-60633.**

Communication Skills

Build confidence and communicate more effectively with our **one-day Communication Skills** course on **Tuesday, 8th September, from 9.30am**. Learn practical techniques to improve listening, deliver clear messages, handle difficult conversations, and build stronger workplace relationships. **Book your place today at www.irdduhallow.com or call Ciaran Carmody at 029-60633.**

Make-Up Course

Dates: Monday 28th September, 5th October, 12th October & 19th October.

Time: 7.00 pm – 8.00 pm **Venue:** James O'Keeffe Institute, Newmarket. **Fee:** €20

Booking is essential as places are limited. To book your place, please contact Lenora Kelly at 029-60633 or email lenora.kelly@irdduhallow.com.

Conversational Irish

Dates: Monday 5th October, 12th October, 19th October, and Monday 2nd November, 9th November & 16th November.

Time: 7.00 pm – 8.00 pm **Venue:** James O'Keeffe Institute, Newmarket. **Fee:** €10

Booking is essential as places are limited. To book your place, please contact Lenora Kelly at 029-60633 or email lenora.kelly@irdduhallow.com.

WorkAbility: Inclusive Pathways to Employment Unlocking Potential Across All Abilities

This Autumn Semester, IRD Duhallow's WorkAbility Programme is welcoming new participants who are ready to take positive steps towards employment, education, training, or greater community involvement.

Supporting people with disabilities who are distant from the labour market, WorkAbility offers tailored one-to-one guidance, skills development, confidence building, and access to training and employment opportunities.

Working at your own pace, we'll help you identify your strengths and achieve your goals.

To learn more, contact Melissa Holland at 029-60633

or email 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 087-1179990.**