

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
Planning for Tomorrow Farm Succession Event	Thurs. 1st October 2026 at 11:30 am in the James O'Keeffe Institute Booking Essential	Join us on the 1st of October for a farm succession and planning talk with guest speaker Aisling Meehan who will be joined by the Land Mobility and other speakers on the day.
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).
The Art of Sugarcraft	Tues. 6th October 2026 to 10th November 2026. 7:00pm-9:00pm	Six-Week course Venue: IRD Duhallow 7pm-9pm. Learn how to decorate cakes, including flower making, types of icing, buttercream, character modelling and colouring.
As we develop our 2027 training programme, we'd love to hear from you. What skills or courses would benefit you or your business most?	Your Voice, Our Training Plan	Please email duhallowskillnet@irdduhallow.com or phone Noreen or Monica @029-60633 to discuss training needs.
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 cost.
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 Has Four Vacancies:

Cullen Village General Operative; Kiskeam Village General Operative; Community Gardens Operative, Newmarket and Driver for delivery of Discover Duhallow Magazine.

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

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Community Development Working Group

Community Governance Training—Mid Cork

Following the success of our previous Community Governance Training, IRD Duhallow is delighted to offer a Community Governance Training programme for communities in the Mid Cork area. Taking place in Macroom, this four-week programme will begin on **Wednesday, 7th October at 6pm**. Participants will gain the key skills and knowledge needed to effectively manage and govern a community group, covering areas such as leadership, legal responsibilities, funding, decision-making and long-term sustainability. Places are limited, so early registration is advised. **Please register at www.irdduhallow.com or contact Ciaran on 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 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 - Householders - 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?

We currently have a wide selection of suites of furniture, coffee tables 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.

As we are all getting ready for the festive season, if you are decluttering and have any furniture you would like to donate, we would gratefully accept your donations, just **send a picture to revamp@irdduhallow.com, WhatsApp 087-4665817 or Contact us at 029-60633 extension 2** and 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 to revamp@irdduhallow.com, Whatsapp 087-4665817 or contact Jessica on 029-60633 extension 2.**

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!

Rural Community Health Project

The Rural Community Health Project is a collaboration between IRD Duhallow and the HSE that seeks to improve the overall wellbeing of our community. Here's what we have coming up in October:

The Wellbeing & Recovery College:

This month our modules will be "Body & Mind in Unity" (October 8th & 15th), which explores how our physical and mental health influence each other. In "Exploring Communication" (October 22nd) we will look at how we communicate and the benefits of effective communication on our mental health.

Walking & Social Club:

New members always welcome. The group meets Mondays at 12 noon and Wednesdays at 11am in Island Wood Car Park. There is a choice of two walks each day so all fitness levels are accommodated. The Wednesday walk is followed by a meet up at the James O'Keeffe Institute in Newmarket.

The Reading for the Brain Book Club:

Enjoy great books, great company and great refreshments every Tuesday at 2:30pm with the Reading for the Brain Bookclub in IRD Duhallow. The group is currently reading "All The Broken Places" by John Boyne.

The Listening Service:

One to one support is available for any of our community members in a private & confidential setting through the Listening Service. Due to demand, the service is now available throughout the week.

The Champions League Club:

Why watch alone? This season IRD Duhallow is launching our new "Champions League Club". Watch some of the seasons biggest fixtures in an alcohol-free environment that is free to attend. Open to all. Further details to be announced soon!

*All of the activities of the Rural Community Health Project are **free to attend** however registration is required in advance. To book your place, or if you have any questions about any of our groups or services, call Shane on 029-60633 or email shane.mchale@irdduhallow.com*

Equality Working Group

Duhallow Carers Support Group

The **Duhallow Carers Group** will meet on **Thursday 1st October at 8.00pm** in the James O'Keeffe Institute, Newmarket. New and existing members are very welcome. **For further information, please contact Ciarán at 029-60633 for any queries.**

Beginner's Computers Course

Dates: Wednesday 30th September, Wednesday 7th, 14th and 28th October and Wednesday 3rd November 2026.

Time: 2:00pm – 4.30pm **Venue:** IRD Duhallow James O'Keeffe Institute, Newmarket. **Fee:** €10

Booking essential – limited spaces available Contact lenora.kelly@irdduhallow.com or 029-60633.

Conversational Irish

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

Time: 7.00 pm – 8.00 pm **Venue:** IRD Duhallow, 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.

Customer Service Training

Customer Service Training will take place on **Tuesday, 6th October**, from 9:30am to 3:30pm at the James O'Keeffe Institute. This course will provide participants with a practical understanding of the skills needed to deal effectively with customers and deliver a first-class customer experience when providing goods and services.

Register now at www.irdduhallow.com or contact Ciaran on 029-60633.

IPAF & Working at Heights Training

Gain practical, accredited skills to enhance workplace safety and employment opportunities.

Date: Thursday 15th October **Time:** 8:30am–4:30pm

Location: Frank Thornton Health & Safety Ltd **Fee:** €10 per person

Booking essential – limited spaces available Contact lenora.kelly@irdduhallow.com or 029-60633.

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



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. Contact the MABS Mallow Office for advice. **Tel. No: 081 8072440 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 Christine on 087-1179990.**