

Enterprise Working Group

To see all the upcoming 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 SkillsConnect Programmes.

Course Title	Date	Details
Management and Leadership in Early Childhood Education	Jan 27-May 27	This 10 credit module at level 7 aims to provide room leaders and managers with the skills, knowledge and values to manage the workings environment of a diverse & evolving ECEC Sector. Hybrid delivery -Online and at IRD Duhallow, Newmarket, Co. Cork. Application Deadline: 20 th November 2026.
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

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 Jobs 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 course. 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.

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 Five Vacancies;

Warmer Homes Operative;
Caretaker for the James O'Keeffe Institute, Newmarket;
Kiskeam Village General Operative;
Cullen Village / GAA General Operative
and a 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

Warmer Homes Installer
Vacancy

Multicultural Christmas
Event

CE Vacancies

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Community Development Working Group

Community Governance Training

IRD Duhallow is delighted to offer a Community Governance Training programme for Mid Cork communities, taking place in Macroom from Wednesday, 11th November, 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, so early registration is advised at www.irdduhallow.com or call Ciarán at 029-60633.**

Duhallow Biodiversity Champions Programme

Irene Ni Shuilleabhan of Eriu Ecology and the Environmental Forum will give a talk on Tuesday 24th November, 2026 at the James O'Keeffe Institute from 7.00pm-8.30pm. She will discuss mosses, horsetails and liverworts. **To register your interest in attending please contact David O'Connor at 029-60633 or email David.OConnor@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 Monday to Friday 9.00am to 5.30pm. If you require your laundry to be collected and returned to your home, this can also be arranged, **for details call 029-60633 and press 1 for Laundry.**

Circular Cups for Community Events

An initiative operating 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. At a low cost, get your pints, half-pints or coffee cups and make your event more sustainable! Each cup can be washed, dried and reused up to 300 times 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 Food Services at the James O'Keeffe Institute, Newmarket provides a home delivery meal services for the elderly and for those recuperating. Meals can be booked on a long or short term basis. **Dinner & Dessert cost €9.50 per day 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 centers 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 form 2.30pm Monday -Saturday. Booking essential.

For details please contact Linda, Hilary or Olive at 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

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

Job Vacancy - Warmer Homes Scheme Installer

IRD Duhallow is currently recruiting for a **Warmer Homes Scheme Installer** to join our team.

Requirements: Full current driving licence, Safe Pass, A practical, reliable and safety-conscious approach to work

This is a Community Services Programme funded position.

Candidates should be in receipt of one of the following payments:

Jobseeker's Benefit or Jobseeker's Assistance or One-Parent Family Payment or Farm Assist

How to Apply: Please forward a full CV and letter of application by post to: The Manager, IRD Duhallow, James O'Keeffe Institute, Newmarket, Co. Cork or email to: duhallow@irdduhallow.com **Closing Date for applications is 13/11/2026.**

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

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 for the SIM credit. **To apply, contact Julie or Colm on 029-60633 and press 3 for personal alarm queries.**

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

We have beautiful coffee tables and great cosy sofas for your comfort in the cold season, in addition to our quality 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 087-4665817 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. 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 November:

The Wellbeing & Recovery College: In November, our modules will be "Anxiety - Stepping Stones". Part one will be on November 12th and part two follows on the 19th. November 26th will see us launch the first part of our "Family Support" module. All of our modules are free to attend and open to anyone over the age of 18 with an interest in mental health.

Walking & Social Club: New members always welcome. The group meets Mondays at 12 noon and Wednesdays at 11am in Island Wood carpark. 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 Bookclub: 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 "The Truth About Ruby Cooper" by Liz Nugent.

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.

ConnectWell Mental Health Peer Support Group - Three days of free "Peer Leader Training" will be hosted by ConnectWell on the following dates: November 11th, 18th and 25th. This training will see volunteers being equipped with the skills and knowledge they need to lead the new Mental Health Peer Support Group which we will be launching here in Newmarket in the new year.

*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

The Duhallow Carers Group will meet on **Thursday, 5th November 2026**, at 8.00pm in the James O'Keeffe Institute, Newmarket, Co. Cork. Both new and existing members are warmly welcome to attend. **For further information or any queries, please contact Ciarán on 029-60633.**

Multicultural Christmas Party

IRD Duhallow will be hosting a Multicultural Christmas Party on **Friday 27th November**, with Santa, fun activities and festive treats! Children of all ages are welcome to join the celebrations. **For more information, visit www.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



IRD Duhallow Nature Calendar 2027

Calling on all nature photographers and enthusiasts, we need you!

As we are getting to the end of 2026, we are looking for your photos that truly capture the spirit of the four seasons in Duhallow; Spring, Summer, Autumn, and Winter, for our upcoming calendar.

Please email your nature photos to David.OConnor@irdduhallow.com

IRD Duhallow has vacancies across our Rural Social Scheme, Rural Dwellers and Tús Schemes

The Rural Social Scheme is now open to rural dwellers who are specifically over 50 years and who are in receipt of qualifying social welfare payment. RSS has been extended to people engaged in farming who are not the holder of the herd number but who have a connection to the farming enterprise. RSS has also been extended to both members of a couple jointly engaged in farming utilising just one herd number. For Rural Social Scheme (RSS), A Class A stamp will be paid for the RSS Participant. For both Tús and RSS the hours of work are 19.5 hours, you will receive a top up payment and be entitled to the same statutory annual leave and public holiday entitlements as other employees.

If you or someone you know is interested in joining these schemes, please contact Marie Fleming on 029-60633.

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: 0818072440 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.**