

TUREENCAHILL

LEARN HOW TO GROW YOUR OWN FRUIT AND VEG

Start Date: Tues 6th March • **Time:** 10.30am to 12.30noon

Duration: 1 morning per week for six weeks

Venue: Tureencahill Community Hall • **Fee:** €30 per person

Accreditation: Certificate of Attendance

Programme Description: A six-week training course will be delivered enabling people to learn the skills necessary to grow your own produce.

Course Content:

- Organic growing principles
- Planning your Garden, Crop Rotation
- Sowing Seeds
- Propagation from cuttings
- Pricking Out, potting on
- Growing Fruit
- Growing Undercover
- Winter Protection



ALZHEIMER'S TEA MORNING

Start Date: Friday May 4th • **Time:** 11am – 1pm

Venue: Tureencahill Community Hall
Alzheimer's Fundraising morning

Description: IRD Duhallow in conjunction with Toureencahill Actively retired will host an Alzheimers fundraising coffee morning on Friday the 4th of May commencing at 11 a.m. People are more than welcome to bring their own home baking to support this worthy cause.



IRD DUHALLOW JOB CENTRE

IRD Duhallow Job Centre offers a free and confidential recruitment service offering advice, support & guidance to job seekers. Register with the IRD Duhallow Job Centre where you can avail of a wide range of supports such as career guidance, assistance with developing a CV, interview skills & mock interviews. To register for the Job Centre or to make an appointment please contact 029-60633.



WOMEN'S TRAINING PROGRAMME FOR EMPLOYABILITY, INCLUSION AND LEARNING

This programme funded through the Department of Justice and Equality supporting ESF PEIL Gender Equality – Women Returning to the Workforce. This measure supported by the European Social Fund (ESF), will support women to return to the labour market. We will provide a series of training opportunities focusing on self-development and work related skills such as confidence building, career specific training, CV Preparation and a host of other training courses required for employment. For eligibility criteria and further information please contact Jacinta/Mary on 029-60633.

TÚS OR RSS SCHEMES

Would you or someone you know be interested in joining IRD Duhallow's Tús or RSS Schemes:

The Tús Community work placement Initiative provides short-term working opportunities for unemployed people. Tús aims to break the cycle of unemployment and to prepare people for a return to the labour market.

Self-referral eligibility criteria for Tús:

- The person needs to be on a Jobseekers Allowance payment for at least 12 months
- You are now considered eligible if you had a break of up to but not exceeding 30 days in the Jobseekers Allowance record in the last 12 months

RSS A person needs to be:

- On Farm Assist **OR** In receipt of a means tested social welfare payment **And** Be actively farming **OR** 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.

If you or someone you know is interested in joining these schemes, please contact a supervisor @ **029-60633**

IRD Duhallow

Delivering Community Training in Kerry

SPRING 2018



VENUES: Teach Íosagáin Rathmore,
Teach Fáilte Gneeveguilla,
Tureencahill Community Hall.



TO BOOK ANY OF THESE COURSES CONTACT:

IRD Duhallow, James O'Keeffe Institute, Newmarket, Co Cork
t: **029 60633** • duhallow@irdduhallow.com

www.irdduhallow.com 



Ireland's European Structural and Investment Funds Programmes 2014-2020

Co-funded by the Irish Government and the European Union



EUROPEAN UNION

Asylum, Migration and Integration Fund



Department of Rural and Community Development
An Roinn Forbartha Tuaithe agus Pobail



Social Inclusion & Community Activation Programme



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DEPARTMENT OF JUSTICE AND EQUALITY
EU FUNDS UNIT

www.irdduhallow.com 



RATHMORE

WORKSHOPS ON CV PREPARATION, JOB HUNTING & INTERVIEW SKILLS

Start Date: 18th and 19th April Tuesday and Wednesday •
Time: 10am to 4pm • **Duration:** Two Full Days
Venue: Teach Íosagáin, Rathmore **Fee:** FREE
Accreditation: Certificate of Attendance

Programme Description: The aim of the workshop is to leave the participants feeling stronger, more assured and more determined when seeking employment. This workshop is free of charge and will not affect your social welfare entitlements.



Course Content:

- Preparing an effective Curriculum Vitae for seeking employment.
- Presenting yourself confidently.
- Preparing you for an interview and enabling you to put a career action plan in place.

DIGITAL MARKETING

Date: Wednesday 21st March • **Time:** 10.30am to 12.30p.m.
Duration: One session per week for four weeks
Venue: Teach Íosagáin, Rathmore • **Fee:** €80
Accreditation: Certificate of Attendance

Programme Description:
An introduction to Social Media



Course Content:

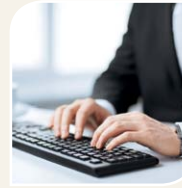
- Facebook
- Set Up of Business page
- Instagram
- Twitter
- Whats App
- Pinterest
- LinkedIn
- Snapchat
- Youtube
- Canva

BASIC COMPUTER TRAINING

Dates: TBC • **Time:** 10am to 2pm
Duration: 1 morning per week for five weeks
Venue: Teach Íosagáin, Rathmore • **Fee:** €20 per person
Accreditation: Cert of Attendance

Programme Description: IRD Duhallow is seeking to run computer training for beginners or those seeking to improve their skills.

Course Content: This course is designed to provide learners with the necessary skills and knowledge required to access a website, access web addresses, social media and how to shop online. Two further hours will be available on Digital Photography and/or Skype.



FAR OCCUPATIONAL FIRST AID COURSE

Start Date: Tuesday, Wednesday, Thursday May 1st, 2nd, 3rd
Time: 9.30a.m. to 5p.m. • **Fee:** €80 per person
Duration: 3 Full Days – Max number of Participants: Six
Venue: Mount Horgan, Rathmore
Accreditation: Participants will be awarded accreditation in conjunction QQI

Course Aim: This course is for anyone wanting to learn how to recognise and care for people with life threatening injuries before the arrival of healthcare practitioners. It is also for people who require basic first aid training as part of their job. This could include non-healthcare personnel, sports coaches, teachers and parents as a very small example.



Requirements: First Aid Response (FAR) is a new training standard developed by the Pre Hospital Emergency Care Council of Ireland. The objective of FAR is to improve, and replace the current Occupational First Aid course and have a standardised syllabus nationwide. FAR also includes the full Cardiac Response Community standard.

THEORY TEST PREPARATION WORKSHOPS

Date: TBC • **Time:** 2.00pm - 4.00pm
Duration: 5 Weeks • **Venue:** Teach Íosagáin, Rathmore
Accreditation: Certificate of Attendance

Programme Description: Are you interested in obtaining your Learners Permit? By law, to obtain a license in Ireland, a person needs to pass their Theory Test. These workshops will prepare participants for the Theory Test, and give them practical tips and guidance on applying for a driving license.



TEACH FAILTE, GNEEVGUILLA

BASIC COMPUTER TRAINING

Start Date: Tuesday 24th April • **Time:** 9.30a.m. to 11.30a.m.
Duration: 1 morning per week for six weeks
Venue: Teach Fáilte, Gneeveguilla • **Fee:** €30 per person
Accreditation: Cert of Attendance - Places Limited to 12

Programme Description: IRD Duhallow is seeking to run computer training for beginners or those seeking to improve their skills.



Course Content:

- PC Basics
- Using the Internet
- Introduction to Internet Security
- Setting up an email account and sending/receiving same
- Shopping online, using CSO, maybe using RTE playback or reading papers online etc.
- Introduction to Digital Photography

SMART PHONE/TABLET TRAINING

Start Date: Tuesday April 24th • **Time:** 11.30a.m. to 1.30p.m.
Duration: 1 morning per week for six weeks
Venue: Teach Fáilte, Gneeveguilla • **Fee:** €30 per person
Accreditation: Cert of Attendance - Places Limited to 12

Programme Description: IRD Duhallow is seeking to run computer training for beginners or those seeking to improve their skills.



Course Content:

What is smart technology?

- Apple IOS
- Android
- Installing Apps on device
- Friendly Apps
- Sending emails
- Social Media inc Facebook and Whats APP
- Skype
- Pictures & Imagine
- Video



TO BOOK ANY OF THESE COURSES CONTACT:

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