

Employment and Training Working Group

IRD Duhallow Job Centre

We continue to provide a range of services and supports to both Jobseekers and Employers in the region during this current crisis. Due to the current COVID-19 crisis there are high levels of unemployment but there are also certain industries that are hiring staff. Finding the right job can be a challenge at the best of times, so therefore it is important that it is approached correctly. IRD Duhallow Job Centre will assist you by giving you a clear understanding of the process of applying for a job. A person-centred approach is utilised to provide a range of services to individuals looking for a job. This includes guidance and support for individuals on how to apply for Covid-19 unemployment benefits and on applying for vacant positions. We can also offer assistance with updating CV's and conducting mock interviews. There are many online training options for those wishing to upskill and we can offer advice and guidance around accessing these. IRD Duhallow's Job Centre also provides a recruitment service for employers. IRD Duhallow recognises the fact that recruitment, upskilling and maintaining staff is taking up more and more of your valuable time and that is why we tailor our service to give you the best possible support. We have devised a service to assist you with recruiting and promoting the best people to serve the current and future employment needs of your business. We will match your vacancy with candidates who have made it through the screening and selection process. Our office is closed to the public, but we can be contacted by phone or email. If you are out of employment due to COVID-19 and would like support in applying for future roles or if you are an employer looking to access our service please contact Jacinta on 029-60633 or via e-mail on jacinta.carroll@irdduhallow.com. *Development with co-funding from the European Social Fund (ESF) as part of the ESF Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.*

Community Food Initiatives- Remote Cookery Programme

The Community Food Initiative aims to positively influence the eating habits of families with children by focusing on the skills and knowledge around food and healthy eating, healthier shopping and enhanced cooking skills. A Healthy Cookery Course was due to take place in the coming weeks, however, due to COVID-19 this cannot go ahead. Instead, IRD Duhallow will deliver ingredients and a recipe from Safefood's 101 Square Meals to families with children in the Duhallow area. This will be a 6-week Remote Cookery Programme. For more information or to register for the Remote Cookery Programme please call Brigid-Ide on 029-60633 or email duhallow@irdduhallow.com.

Horticulture Course QQI Level 4

IRD Duhallow in conjunction with Cork ETB are offering a full time **Local Training Initiative in Horticulture Commencing once COVID-19 restrictions have lifted nationally.** It is a free 44-week full time programme where participants will gain the skills necessary to grow their own produce, learn landscaping techniques and perhaps go onto further training, set up a business or gain employment. This training will take place in the grounds of the James O' Keffe Institute, Newmarket which offers outstanding facilities to students, including a 60ft training poly tunnel, a well-established kitchen garden and individual allotment plots. On full completion of the course, participants will receive QQI level 4 Major award in Horticulture. This programme is aimed at individuals in receipt of a social welfare payment. **For more information, please contact Rachel or Brigid Ide at 029-60633.**



Discover Duhallow
YOUR LOCAL COMMUNITY NEWS
SHARED WITHIN DUHALLOW

Subscribe to get your copy posted to you!

Just €10 for 4 issues (8 weeks): Call 02960633

Our other publication **Discover Duhallow** is available fortnightly in shops throughout Duhallow.

It's full of community news and features on gardening, mindfulness and beauty to name but a few. There's also our popular crossword along with the Kids Corner Feature.

Please let us know if you would like to receive it.

COVID-19 VOLUNTEER GROUPS:
Help us keep our community informed!

We will arrange for FREE delivery of copies of this magazine for you to drop off at vulnerable households on your routes. Please call us on 02960633 or email info@discoverduhallow.com

Fan Slán Sábháilte

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SPECIAL POINTS OF INTEREST

ALL BEALTAINE EVENTS CANCELLED

HORTICULTURE LTI QQI LEVEL 4

JOB CENTRE

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Covid-19 Community Response

IRD Duhallow is committed to Supporting all Communities, Families and Individuals throughout the Duhallow area. We're here to help you in any way we can, call 029-60633 and we'll be delighted to assist you. We have stepped up our services to ensure we're here to help everyone in need, more information included in the newsletter.



Duhallow Community Food Services, delivering meals to anyone affected by Covid-19 Restrictions
029 76375



Duhallow Community Laundry, Collection and Delivery Service for all impacted by Covid-19
029 60633



Shopping, fuel Prescriptions, deliveries, IRD Duhallow is here to help, call 029 60633



IRD Duhallow Friendly Phone Call Service, register at 029 60633

Duhallow Community Food Services at the James O'Keeffe Institute, Newmarket, provides a home delivery meal service for the elderly or those isolating in quarantine or cocooning. Meals can be booked on a long or short term basis.

Dinner and Dessert cost €7.50 per day, delivered to your door Monday to Friday. Menu changes daily and special diets are catered for. For further details, contact Orlaith at 029 76375. Chilled meals available for you to heat up at home.

Alternatively, the restaurant on site where lunch specials are available for take out Monday to Friday from 12.30pm until 2.00pm. Senior rate of €8.00 for main course and dessert apply. All day Menu available to the general public for take out.

We also provide a wide range of hot or cold dishes for families and these can be delivered or collected. **For further details contact Orlaith at 029-76375.**

Duhallow Community Laundry at the James O'Keeffe Institute, Newmarket. Laundry can be dropped Monday to Friday from 9.00am to 5.30pm. We also provide a free collection and delivery service to households who may have transport difficulties or are prevented from travelling due to Covid-19 restrictions. **For further details contact 029-60633.**

COVID-19

PLEASE NOTE: All events and previously advertised walks planned for Bealtaine 2020 have been cancelled due to COVID-19. Please stay safe and adhere to the guidelines. Thank you to all the front line staff, especially those in the Health sector who are working tirelessly to care for those who have contracted the virus.



Ireland's European Structural and Investment Funds Programmes 2014-2020
Co-funded by the Irish Government and the European Union



Rialtas na hÉireann
Government of Ireland



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Tús
Your Community



pobal
government supporting communities



Life



seai
SUSTAINABLE ENERGY AUTHORITY OF IRELAND



NSAI
Central and Eastern European Accredited Incubator of Start-Up Ideas
NSAI Building Services Ltd. REG.No. IAB/183



EUROPEAN UNION
Investing in your future
European Social Fund



SICAP
Social Inclusion & Community Activation Programme



EXCELLENCE THROUGH PEOPLE
ETP 1000.2012
NSAI Certified



Skillnet
An tSúil le hÉireann
The Skills Partnership

"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020"

The IRD Duhallow friendly phone call service which has been in operation for 10 years is now in demand more than ever before. Staff have been redeployed within IRD Duhallow to facilitate this service. If you know of someone living alone or feeling isolated and lonely and would like to chat with someone on a daily / weekly basis then we can arrange this. **Please contact Helen at 029-60633.**

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 **free personal monitored alarm and pendant**. The alarm is supplied and installed free of charge with one year's monitoring. **To apply, contact 029-60633 or email whs@irdduhallow.com**

IRD Duhallow Warmer Homes Scheme

Due to Covid-19 the IRD Duhallow Warmer Homes team are unable to carry out any works but are available to deal with any queries you may have

A well insulated home can cut fuel bills by over 50% and reduce carbon emissions. If you are in receipt of any **one** of the following payments you will be eligible to receive insulation services **free of charge**; Fuel Allowance, Working Family Payment, Domiciliary Care Allowance, Carers Allowance, One Parent Family Payment, Jobseekers Allowance for more than 6 months & have a child under 7 years of age.

Houses must be owner occupied & constructed before 2006.

Additional Measures have been added to the Better Energy Warmer Homes Scheme which include; Attic Insulation, Cavity Wall Insulation, External Wall Insulation, Internal Wall Insulation, Heating Upgrade, Window Replacement, Lagging jackets, draught proofing and energy efficient lighting.

Due to high demand, SEAI has decided that houses that have already received an upgrade under the Better Energy Warmer Homes Scheme will not be eligible for further works. **To apply, contact Colm on 029-60633 or email whs@irdduhallow.com**

Newmarket Pitch and Putt - in line with Covid-19 restrictions the course is closed to members, maintenance is ongoing to ensure when restrictions are lifted, we'll be ready and delighted to welcome you back. Membership rates for the year: Juvenile: €50, Adult: €120, Family: €220, a discount is available on these rates if you register through our website. Should you wish to join up as a member with us for the year or wish to get involved please contact us on **087- 3733181 or info@pitchandputt.ie or visit our website: www.pitchandputtnewmarket.ie**

Duhallow Arenas - in line with Covid-19 restrictions the arena is closed to members, maintenance is ongoing to ensure when restrictions are lifted we'll be ready and delighted to welcome you back. Stay Safe

Enterprise Working Group

IRD Duhallow Mentoring Programme

Thinking of starting up a business? Then why not avail of advice and guidance from the mentors on the IRD Duhallow mentor panel. The programme is open to start-up or existing businesses within Duhallow. Receive independent advice and guidance from expert business consultants. Businesses can receive up to 10 hours one to one mentoring time with an experienced advisor and its entirely free!!! **Please contact Geraldine on 029-60633 or email geraline.oconnor@irdduhallow.com**

Duhallow Skillnet - We have switched to online training courses during the COVID-19 restrictions.

- Social Media Workshop - April 21 Noon - 2pm
- Canva (Creating graphics for Social Media, Posters, Flyers, Presentations, etc) - April 23 Noon - 2pm
- Intermediate Excel - April 27th Noon - 1:30pm

Our Training Schedule for the coming months will be advertised on our website and social media once the COVID 19 restrictions have been lifted nationally. For further information please visit [https:// www.irdduhallow.com/upcoming-events/](https://www.irdduhallow.com/upcoming-events/) or contact 029-60633.

Conversational Irish Classes IRD Duhallow is currently taking expressions of interest in conversational Irish Classes. Contact Geraldine on 029-60633 / geraldine.oconnor@irdduhallow.com for further details.

Equality Working Group

Ability Programme 2018-2021

We are now recruiting for Year 3 of IRD Duhallow's Ability Programme which supports Young People with a disability (aged 15-29) to access training, work placement and to participate in community life. **If you are a young person with a disability who would like to be in a paying job we can help you to achieve your goals.**

Workshops take place twice a week on Tuesday and Thursday from 9.30am-4.30pm in the James O'Keeffe Institute, Newmarket.

Modules include: Social & Personal Development, Career Preparation (including Work Placement, CV and Interview Skills, Role Play etc), Practical Life Skills such as Money Management, Laundry and Cookery, Art & Craft Therapy, Computer Essentials and Sports Workshops.

Participants must be engaging with a disability service or in receipt of a Disability Allowance for more than 3 months to participate in the programme. Participation is free and will not impact on your social welfare payment.

For further information and eligibility criteria please contact Jacinta on 029-60633.

"Ability is co-financed by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020."

Shine Phrenz Support Group

Newmarket Shine Phrenz Support Group monthly meetings have been **postponed due to the Coronavirus outbreak** and social distancing measures. Shine staff are available to offer remote support to individuals during this time.

For further information please contact please contact **Emily Daly, Shine Regional Development Officer on 086-8525755 or by e-mail on edaly@shine.ie.**

Adult and Second Chance Bursaries

IRD Duhallow is providing a limited number of Bursaries for Adult & Second Chance Education. This funding is available through the Social Inclusion Community Activation Programme (SICAP) to facilitate access and entry to further and higher level education and training opportunities for **adults who may not have had the previous opportunity to continue or complete their education.** For eligibility criteria please contact Jacinta for further information on **029-60633 or e-mail jacinta.carroll@irdduhallow.com.**

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. Their office based in Mallow can be contacted on **076-1072440 (low call number) or email mallow@mabs.ie**

People who have suffered a reduction in income will have to re-organise their finances. In particular, commitments to mortgages / rent and other loan repayments may have to be adjusted. When creditors are being asked to accept a lower level of repayment they will generally ask for proof of income and a Financial Statement. MABS can help you prepare the 'Financial Statement' and if necessary negotiate on your behalf with your Creditors.

MABS can also give advice in relation to Income Maximisation where possible. MABS is a Free and Confidential Service. A Counsellor is also available to speak to anyone who feel they need to talk. This is also Confidential. For further details you can just ring or text 087 9733804. Just remember you are not alone, we are all in this together and help is available. The MABS Outreach Clinic has been suspended due to Covid-19. Contact the MABS Mallow Office for advice **Tel. No: 076-1072440.**

ALCOHOLICS ANONYMOUS - With the Coronavirus COVID-19 lockdown still firmly in place members are keeping in touch, by whatever way possible be it telephone, WhatsApp, Skype, or Zoom A List of Online Meetings are available on the website www.alcoholicsanonymous.ie and this list is growing daily. This list is intended to help members find ways to stay in touch and to attend meetings as often as they wish.

AI ANON In line with the Covid-19 restrictions no AI-Anon groups are currently meeting, nor will they till the government directs otherwise. If you would like to listen to some members of talk about their hope and experience in AI-Anon, this link on their website will take you to their podcast page <http://www.ai-anon-ireland.org/podcasts/> While you wait patiently for meetings to resume, listening to these recordings gives one a good sense of the kind of things we hear in AI-Anon meetings where anyone affected by someone else's drinking is always welcome. AI-Anon helpline remains open 7 days a week 10 am to 10 pm and can be contacted on 01-8732699. You can also email any queries or comments to info@alanon.ie

Emotional Support & Counselling Service IRD Duhallow is offering a One to One Integrative Counselling service. This service is being offered by a number of qualified, pre-accredited Counsellors who are working towards their accreditation. This services is free of charge. **If you would like to make an appointment or have any further enquiries please contact Aoife on 087-1179990.** "A Journey of a thousand miles begins with a single step" - Confucius