

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 COVID-19 crisis there is 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. 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.

IRD Duhallow is delivering a Community Food Initiative. Due to Covid restrictions our cookery classes have had to be changed to home based learning and our seminars will be online.

How Food Affects Children's Mood

In this 60-minute webinar, Nutritionist Laura O'Reilly will help you discover: The relationship between food; mood and energy; What kinds of food negatively affects children's mood; How to balance a child's diet and reduce daily sugar intake to improve mood and energy. Healthier alternatives to common treats and snacks.

Date: Wednesday 24th June at 11am till 2.00pm.

Please contact Brigid-Ide on brigid-ide.walsh@irdduhallow.com or call 029-60633 for further information or to register.

Horticulture Course QQI Level 4

IRD Duhallow in conjunction with Cork ETB is offering a full time Local Training Initiative in Horticulture Commencing once COVID-19 restrictions have been lifted.

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

It's full of community news and features on gardening, mindfulness, Environment and beauty to name but a few.

Our Crossword with a great prize from Bobs Bar & Restaurant Kanturk, and of course our popular Kid's Corner.

Businesses and Communities are welcome to advertise their services.

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

Community Development

The front page headline of the Irish Examiner **Cocooners terrified of dying alone as many feel like burden on society** by Sean O'Riordan on 05-05-2020 made stark reading. Many elderly Duhallow people who are cocooning feel they are a burden on society, are terrified of dying alone, without a priest and no funeral mass and believe Ireland does not care about them anymore. These are just some of the findings from a report compiled by the staff of IRD Duhallow who telephoned over 640 older people and found many people had such fears. The Covid19 crisis has exacerbated some issues facing older people, particularly social isolation, loneliness and ageism.

The over 70s are net contributors to Irish society, they reared us, educated us, healed us, financed us and many are still working helping with childminding and caring for family members. Our Chairperson Breeda Moynihan Cronin has called on the incoming Government to include ageing at its centre and respond by adequately resourcing organisations like IRD Duhallow and including the over 65s as target group of SICAP and LEADER so that we can all age with dignity.

SPECIAL POINTS OF INTEREST

WESTERN DUHALLOW NOMINATIONS SOUGHT FOR BOARD

ACKNOWLEDGMENT OF OUR VOLUNTEERS

JOB CENTRE

HORTICULTURE LTI QQI LEVEL 4

INSIDE THIS ISSUE

Community Development 1.

Community Development 2.

Enterprise Working Group 2.

Equality Working Group 3.

Employment and Training Working Group 4.

Discover Duhallow 4.

Western Duhallow Representative Nominations Sought for Board of IRD Duhallow as Brian Kelly from Rathmore is outgoing having served his two terms we thank him profusely for his contribution at Board level and as Chair of the Enterprise and Skillnet Working Groups. Nominations to replace Brian Kelly can be submitted by any community organisation in western Duhallow affiliated to IRD Duhallow and that has paid up to date membership.

Billy Dennehy, Kiskeam has served just one term so is eligible for a second term.

Nominations to be sent to Maura Walsh, CEO IRD Duhallow, either by email to duhallow@irdduhallow.com or post, on or before close of business on 15th June, 2020.

An election, if necessary will be arranged thereafter in order to have the seat filled in time for our AGM at the end of July. Please note that depending on Covid restrictions, a postal vote may be necessary.

Volunteer Week 18-24 May 2020

Thank you to the fantastic volunteers who take on the responsibility of serving on our Board & Working Groups, your selfless contribution of time, expertise and leadership makes Duhallow a better place to live, work and enjoy. To the voluntary members of our Community organisations who come together to put in place projects to make their areas better places for everyone to live in by developing and upgrading meeting places, developing playgrounds, parks, walks and other community facilities.

This year more than ever it is extremely important to recognise, celebrate and thank the volunteers for the unprecedented work they are doing as well as responding to Covid-19 requests. Thank you to all those who have stepped up to volunteer in either a private or organised manner. The offer of help is often all that is required by those in need but your work is appreciated and enhances communities and the Duhallow region.



"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 with 10 years is now used more than ever before. Additional staff have been redeployed within IRD Duhallow to facilitate the growth of this service. If you know of someone living alone or feeling isolated and lonely and would like to chat with someone on daily / weekly basis then we can arrange this. **Please contact Helen 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. Chilled meals also available for you to heat up at home. **For further details, contact Orlaith/Olive at 029 76375.**

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/Olive at 029-76375.**

Duhallow Community Laundry at the James O’Keeffe Institute, Newmarket targets the elderly, carers and low income families, 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.**

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 Crowley 029-60633 or email whs@irdduhallow.com

Newmarket Pitch and Putt in line with the easing of Covid-19 restrictions the course is now open to members once again. Maintenance has been ongoing and we’re delighted to welcome you back for a game. 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.**

Enterprise Working Group

IRD Duhallow Mentoring Programme

Looking at how you can change your service delivery or 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 it’s entirely free!!! **Please contact Geraldine on 029-60633 or email geraldine.oconnor@irdduhallow.com**

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

- Presentation Skills Masterclass –3rd June @ 10.00am
- Presentation Skills Masterclass - 4th June @ 10.00am

Our Training Schedule for the coming months will be advertised on our website and social media. We hope to facilitate some learners at the James O’Keeffe Institute as well as online 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.

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.**

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 over the phone 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 and further information please contact Jacinta for 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 COVID-19 restrictions still in place members are keeping in touch in whatever way possible for them—telephone, WhatsApp, Skype, Zoom and others. 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, If you would like to listen to some members of AI-Anon talk about their strength, hope and experience in AI-Anon, this link on their website will take you to their podcast page **<http://www.al-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 continuing to operate during the COVID-19 restrictions with counsellors available for support over the phone. This service is being offered by a number of qualified, pre- accredited Counsellors who are working towards their accreditation. This service is provided free of charge. **If you would like to make an appointment or have any further enquiries please contact Aoife on 087-1179990.**