

# IRD Duhallow

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## Employment and Training Working Group

### IRD Duhallow Job Centre

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 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.

Please contact Jacinta on 029-60633 or via e-mail on [jacinta.carroll@irdduhallow.com](mailto:jacinta.carroll@irdduhallow.com)

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

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

#### The self-referral eligibility criteria for Tús:

A person needs to be on 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.

#### For the 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 Nuala / Marie on 029-60633.

### IRD Duhallow CE Scheme has vacancies in the following areas:

- 1 Admin / Accounts, Newmarket
- 2 Counter / Kitchen Assistants, Newmarket
- 1 Warmer Homes Insulation Operative, Newmarket
- 1 Furniture Revamp Upholstery/Carpentry Operative, Newmarket
- 3 General Operatives Banteer/Lyre/Nadd
- 1 General Operative Tidy Towns Ballydesmond
- 1 General Operative GAA Grounds Knocknagree
- 1 General Operative Tidy Towns Cullen
- 1 Green Keeper Pitch & Putt Newmarket
- 1 General Operative Tidy Towns Kiskeam
- 1 Caretaker Kiskeam

Please contact your local Intro office to check your eligibility and to apply for any of the above vacancies.

**Eligibility:- Those who are 21 years or over applicants must also be in receipt of a qualifying Irish Social Welfare Payment for 1 year or more.**

Or Contact [paddy.oconnor@irdduhallow.com](mailto:paddy.oconnor@irdduhallow.com) for further information.

### Horticulture Course QQI Level 4 IRD Duhallow in conjunction with Cork ETB is offering a full time Local Training Initiative in Horticulture is commencing on 7th September.

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 on the grounds of the James O' Keefe 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. **Spaces are limited, so please contact Rachel or Brigid Ide at 029-60633 to register your interest.**

## Youth and Education Working Group

### Are you planning ahead for Afterschool care commencing in the new school year?

IRD Duhallow Afterschool Service operates from 2pm to 6pm for any primary school children in Duhallow. However, the service offers transport only from Newmarket Boys and Girls National school.

A warm nutritious home cooked dinner is provided along with homework support daily. Please note IRD Duhallow offers The National Childcare Scheme subsidy. To see if you are eligible, a s subsidy calculator can be found at <https://ncs.gov.ie/en/childcare-subsidy-calculator-input/> Parents also have the flexibility of sending their children for the whole week or daily as they wish. **For further details contact Brigid-Ide on 029-60633 or email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com)**

### SPECIAL POINTS OF INTEREST

MAKE THE MOST OF THE BIODIVERSITY IN YOUR COMMUNITY

COM . EMPLOYMENT VACANCIES

QQI LEVEL 4 HORTICULTURE COURSE COMMENCING ON 7TH SEPT.

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## Community Development Working Group

**Welcome to our new Board Members: Pat Brosnan, Gneeveguilla, Western Duhallow Representative; James O'Keefe, Lismire, EIP Farmers Representative and Billy Dennehy who is returned for a second term Representing Western Duhallow and Sean Wallace, Donoghmore, Macra na Feirme Representative.**

Copies of our Progress Report are available at Community Centres or contact 029-60633.

We are delighted to announce that with LEADER support our Community Development Working Group has engaged **Gortbrack Organics to work with Communities** right across Duhallow to help them **identify and make the most of the biodiversity** that already exists and to enhance it by drawing up practical plans for community gardens, hedgerows, roadsides and amenity areas to improve pollinators, biodiversity and of course tidy town marks where applicable.

Each community will have their individual community biodiversity plan at the end of the process. Contact Nollaig at 029-60633 in order to register your community for this training.

The Community Development Working Group intends submitting another LEADER project at the end of September, which will use the recommendations in each community plan to bulk buy shrubs, trees, bulbs, seeds etc for each community to plant over the dormant period and also in the spring of 2021. Each community will be asked to provide the relevant matching funds for their areas. Communities are asked to register their interest in this project also and to indicate their willingness to have matching funding in place when required. Contact Nollaig or Brigid-Ide at 029-60633 in order to register your communities interest.

### Duhallow REVAMP ...Get your high quality washable face protection masks for just €5.00 from REVAMP

We are selling 100% cotton face masks @ €5.00, available in three sizes & different designs. We can accept orders for masks over the telephone and post them out for your convenience.

We have fantastic value on sofas and suites of furniture this month, quantity is limited so don't miss out! We have great deals on tables and chairs, lockers and more. 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. Visit our showroom, at IRD Duhallow, opened Monday to Friday, 9am to 5.30pm.

If you have a piece of furniture in need of some attention, you can avail of our restoration and upholstery service. For more information, email a picture to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com) or contact **Colm at 029-60633** and visit us on Facebook: Duhallow Furniture Revamp.

We gratefully accept donations of unwanted, reusable furniture and household items including chairs, sofas, tables, lockers, chest of drawers, mirrors, wardrobes, shelving, curtains and fabric, etc. Just send a picture to the above email address.



"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. 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.**

**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

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**

**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 are 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 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.* 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. **For further details contact 029-60633.**

**Duhallow Arenas is** situated adjacent to the James O'Keeffe Institute in Newmarket, and is currently accepting membership applications. Become a key holder for €75 (August - December), which will allow full access to the arenas. **For further details please contact Helena at 029-60633.**

**Newmarket Pitch and Putt** is open to members. 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.**

**Community Groups and Businesses** please contact info@discoverduhallow.com to have your fortnightly news items / events included in the Discover Duhallow Magazine which is published fortnightly and available free of charge from local shops & post offices.

#### 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 of 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. **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/ or contact Geraldine or Helena on 029-60633.**

#### Equality Working Group

##### Ability Programme 2018-2021

IRD Duhallow is now recruiting for year 3 of the 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. The programme commences in September with one to one intervention and workshops will then take place twice a week on a Tuesday and Thursday from 9.30am-4.30pm in the James O'Keeffe Institute, commencing in November. Modules include: Social & Personal Development, Career Preparation (including work placement, CV & Interview Skills, role play etc), Practical Life Skills (including cookery, laundry, money management etc.), Art & Craft Therapy, Computer Essentials and Sports Workshops. **Participation is free and will not impact on your disability 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 **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 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](http://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.**

"A Journey of a thousand miles begins with a single step" - Confucius