

Employment and Training Working Group

SICAP—IRD Duhallow Job Centre

IRD Duhallow's Job Centre is here to help those who are unemployed and especially those who have been made unemployed due to the ongoing COVID-19 Crisis. Our Job Centre can offer guidance and support on how to apply for Covid-19 unemployment benefits, 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 courses. Support is available via the phone and e-mail. **If you would like support at this time please contact Jordan on 029-60633 or e-mail duhallow@irdduhallow.com**

SICAP- Beginners Forklift Training in Rathmore

IRD Duhallow is providing a providing a Forklift Training Course in Mount Horgan, Rathmore. This course is designed to help trainees understand the various hazards associated with the operation of counterbalance forklift trucks and assesses their suitability to operate a forklift. Course Content: Demonstrate safe operating skills; Carry out an inspection of the forklift; Load and unload safely; Handle awkward loads; Use safe operating habits; Judge the stability of forklift trucks. **The training course takes place on 13th- 15th of October from 8.15am-5.30pm. Spaces are limited so please contact Brigid-Ide Walsh on 029-60633 for further information.**

SICAP- Social Inclusion Community Activation Programme

This eight-week Personal Development training programme funded through the SICAP Programme will include modules on some of the following topics: Developing Self-Esteem, Saying No, Managing Feelings, dealing with anger and anger management, developing communication skills with the aim of building self-confidence and self-esteem and to discover inner strengths and resources. These workshops will commence on **Monday 19th of October from 10.00 am-12.00pm, and will continue once a week for eight weeks** in the James O' Keeffe Institute, Newmarket. **Spaces are limited so booking is essential, for further information and registration please contact Jacinta on 029-60633.**

SICAP- Online Interview Skills

IRD Duhallow is hosting a one-hour online workshop directed at job seekers whereby participants are given tips and advice on how to prepare for an interview with a prospective employer online. This workshop will allow participants to develop online interview skills and knowledge, thereby increasing their preparedness for being interviewed online. The workshop takes place on **Monday 2nd November online from 2.45pm-3.45pm.** A link will be sent prior to the workshop. **For further information and booking please contact Brigid-Ide Walsh on 029-60633.**

Youth and Education Working Group

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**

Adolescent Anxiety Management –

A Cognitive Behavioural Therapy Parents Programme

Facilitated by Noreen Horan, Clinical Psychologist, and Kay O' Sullivan, Mental Health Nurse and CBT Therapist, this interactive, educational **4 week programme** uses a very practical Cognitive Behavioural Therapeutic (CBT) approach to help parents support their adolescents in managing their anxieties.

In this programme parents will learn to:

- Understand the Dynamics of Stress/Anxiety; Recognise Signs and Symptoms of Anxiety in children;
- Develop Coping Strategies and Foster resilience in children / adolescents.

Parent's questions will be answered on how to manage challenging situations and best support their anxious child.

This programme will be held over four Monday evenings starting **Mon. 19th October until Mon. 16th November from 7.00-8.30pm in the James O'Keeffe Institute, Newmarket.**

Booking is essential as places are limited. For more information, contact **Brigid-Ide Walsh on 029-60633 or email brigid-ide.walsh@irdduhallow.com** This programme is funded by Tusla the Child & Family Agency.

Spooktacular Halloween Camp

IRD Duhallow Newmarket Afterschool's will be running a **Spooktacular Halloween Camp** from

Tues. 27th October to Fri. 30th October from 9am to 1.30pm for Primary School children.

IRD Duhallow Newmarket Afterschool's offers the National Childcare Subsidy. To see if you are eligible, a subsidy calculator is available at: <https://www.ncs.gov.ie/en/childcare-subsidy-calculator-input/>.

Please note that space is limited and early booking is advisable.

For further information, please contact **Brigid-Ide on 029-60633** or email newmarketafterschools@irdduhallow.com.



SPECIAL POINTS OF INTEREST

SKILLNET TRAINING

SICAP TRAINING

TÚS & RSS VACANCIES

ADOLESCENT ANXIETY MANAGEMENT—A CBT PARENTS PROG.

INSIDE THIS ISSUE

| | |
|---------------------------------------|----|
| Community Development | 1. |
| Community Development | 2. |
| Enterprise Working Group | 2. |
| Equality Working Group | 3. |
| Employment and Training Working Group | 4. |
| Youth & Education Working Group | 4. |

Community Development Working Group

All course participants and visitors to the James O'Keeffe Institute are asked to wear face coverings and use the sanitisers.

Attentions all walkers we are resuming our walks. With a walk on the second Saturday of each month, starting with the easiest and building up to the hardest. We will start with the **Island Woods on the Saturday 10th October at 10.30am.** Hope to see you there.

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.

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.

To apply, contact Colm Crowley on 029-60633 or email whs@irdduhallow.com

IRD Duhallow Home Incentive Scheme - There are home insulation grants available through the Sustainable Energy Authority of Ireland (SEAI) for homeowners whose properties were **constructed prior to 2006.** These grants are to assist the home owner upgrade their home in an affordable manner and help save thousands of euro over the lifetime of the home. Works carried out include attic and cavity wall insulation. **Grants of up to €850** are available to qualifying households. IRD Duhallow will carry out a **free survey** on your property to determine what works can be funded. **To apply, contact Colm or Joanne on 029-60633 or email whs@irdduhallow.com**

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 & 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 desks, wardrobes 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 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 of item to revamp@irdduhallow.com



"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"

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 Joanne on 029-60633 or email whs@irdduhallow.com**

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.**

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 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 when required. **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 Arenas is situated adjacent to the James O'Keeffe Institute in Newmarket, and is currently accepting membership applications. Become a key holder for €45 (October- December), which will allow full access to the arenas. **For further details please contact 029-60633.**

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 2 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 - Our classrooms have been configured to follow strict Covid-19 procedures. Our policy includes deep cleaning all training rooms before and after each training session, hand sanitisers available in all public areas and adhering to relevant social distancing guidelines. In some cases this means class numbers will be reduced so book your place early. **All classes are listed on our home page www.irdduhallow.com/upcoming-events. Or call Geraldine on 029 - 60633 for more information or to book your place in one of the classes.**

| Course | Date | Description |
|--|---|--|
| Creative Mindfulness Price €50 per participant @ James O'Keeffe Inst. Newmarket | 2nd October. 11:30am – 2:30pm (lunch included) | This workshop is suitable for anyone working with children. Mindfulness activities & meditation breathing exercises can be taught within the early years setting & bring great joy to everyone. |
| Social Media Training Price per participant €20 @ Tureenahill Community Centre, Tureenahill, Co. Kerry. | 14th, 21st & 28th October. 7:00pm – 9:00pm each night. | Enhance your online presence, make new contacts and generate new business by using the different Social Media platforms correctly. Online platforms, such as Facebook, Twitter, Instagram and Snapchat are changing rapidly and when used with other online tools like blogs, Youtube, podcasts open up a whole new opportunity for doing business online. |
| eLearning Online Price €60 per participant. Online | Start at your convenience | Take this online training at your own pace. This is a full suite of approved courses, assessments, and certification (17 short courses includes Word, Excel, Time Management Critical Thinking, Interview Techniques) |
| Digital Transformation Masterclass Price €80 per participant. Online | 22nd & 29th October. 9:30am – 12noon 2 x 2.5 hour Online Classes | In this masterclass participants will learn how to set up their business for digital success. At the end of this course all participants will have a digital transformation roadmap for their business or organisation. |

Equality Working Group

Ability Programme 2018-2021

IRD Duhallow is now offering 10 places on the final year 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 November 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, Newmarket. 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 in this training programme is Free and does not affect your Disability Payment.

For further information and eligibility criteria please contact Brigid-Ide Walsh on 029-60633 or email brigid-ide.walsh@irdduhallow.com

"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."

SICAP - Adult and Second Chance Bursaries

IRD Duhallow is providing a limited number of Bursaries for Adult & Second Chance Education to people living in the Cork area of Duhallow. 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 **Nollaig Murphy on 029-60633 or email nollaig.murphy@irdduhallow.com**

SICAP- Expressions of Interest - IRD Duhallow is currently seeking expressions of interest for the following training courses - Irish Sign Language (Online), Managing Childhood Anxiety & Paediatric First Aid. Running of these courses is dependent on interest. **To register your interest please contact Brigid-Ide on 029-60633.**

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 ring Nuala or Marie on 029-60633.

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. Contact the MABS Mallow Office for advice **Tel. No: 076-1072440.**

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. Please adhere to the Covid 19 guidelines by social distancing and wearing facemasks at meeting.

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 Thursday at 8.30pm and in Millstreet Parish Centre every Sunday at 6pm. Covid 19 guidelines will be adhered to.

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.**