

Employment and Training Working Group

SICAP—IRD Duhallow Job Centre

We are here to help and give advice with: CV's, Interview Skills, Career Guidance and Courses

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 Jackie or Jordan on 029-60633 or e-mail jackie.kelly@irdduhallow.com** Employers can also contact us in relation to available positions or to advertise positions on the 'Discover Duhallow' magazine.

SICAP- Safe Pass Course

This Safe Pass Programme was developed by SOLAS following an initiative by the Construction Industry Training Committee. Its aim is to raise the standard of safety awareness in the construction industry and to ensure that all site personnel undergo basic health and safety awareness training with a view to making a positive contribution to the prevention of accidents and avoidance of health hazards. Participants will receive a SOLAS Safe Pass registration card which will indicate that the holder has attended a formal course in health and safety awareness.

This one day course is on **Tuesday 23rd March 2021**. Spaces are limited so booking is essential, for further information and registration please contact Jackie Kelly on 029-60633 jackie.kelly@irdduhallow.com

SICAP- AED CPR Course IRD Duhallow is running a one-day AED & CPR course for trainees to learn the basic techniques of cardiopulmonary resuscitation (CPR), how to use an Automated External Defibrillator (AED) and the relief of choking for adults, children and infants. **For further information and booking please contact Jackie Kelly on 029-60633 or email: jackie.kelly@irdduhallow.com**

SICAP- Work Life Balance Workshop

This 45 minute Work Life Balance workshop is on **Wednesday 17th February from 1.00-1.45pm** for participants to identify their current boundaries at work, and the boundaries of others.

Learn why setting boundaries is important for wellbeing and protecting yourself;

Identify your current boundaries at work and how you protect those;

Design some boundaries that you think are necessary (practical exercise);

Design an assertiveness strategy to employ when one of your boundaries has been crossed (practical exercise);

Respecting the boundaries of other people.

For further information & booking please contact Jackie Kelly on 029-60633 jackie.kelly@irdduhallow.com

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**

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 takes 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 & 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 Jackie Kelly on 029-60633 or email jackie.kelly@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."

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

Under current Level 5 restrictions IRD Duhallow Afterschool's remains open for children of essential workers as well as vulnerable children.

Stay safe. Protect each other and wear a face mask.

SPECIAL POINTS OF INTEREST

RSS & TÚS VACANCIES

SKILNET TRAINING

SICAP TRAINING

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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: Due to Covid-19 Restrictions the walk that was scheduled for 9th of January had to be postponed. We hope to be able to proceed with the February Walk on the 13th February if restrictions are lifted. **Please ring Nuala at 029-60633 nearer to the date for confirmation if the Walk will actually be taking place and also the venue.** The lockdown and restrictions may still be in place and these will determine what can be held.

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, call or visit our restaurant where during the Covid-19 level 5 restrictions **takeaway** lunch specials are available Monday to Friday from 12.30pm until 2.00pm. Senior rate of €8.00 for main course and dessert apply and an all day **takeaway** Menu is available to the general public. We provide a wide range of hot and cold dishes for families and these can be delivered or collected and we also have an extensive range of delicious cakes, buns and pastries available from our bakery fresh every day.

Duhallow Revamp is operating on a "Click and Deliver" basis due to current Level 5 restrictions

We are selling 100% cotton face masks, available in three sizes and different designs. Payment can be taken over the phone and we can out your order.

We are open for business **behind closed doors** with fantastic value on sofas and suites of furniture this month, quantity is limited so don't miss out! We also have great deals this month on desks, wardrobes and more. We will show all our items for sale on a regular basis on facebook for your convenience. 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.

If you have a piece of furniture in need of some attention, you can also avail of our restoration and upholstery service. For more information, send a picture to **revamp@irdduhallow.com** or **Contact Colm O'Connor at 029-60633** and visit us on Facebook: Duhallow Furniture Revamp where all our stock can be viewed. 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.*

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"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"

Duhallow Community Laundry at the James O’Keeffe Institute, Newmarket is a low cost service targeting the elderly, carers, those with disabilities and low income families. Laundry can be dropped in Monday to Friday from 9.00am to 5.30pm. A free collection and delivery service is available to households with transport difficulties. **For details contact 029-60633.**

The IRD Duhallow friendly phone call service 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.**

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 or Joanne O’Connor 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 Crowley or Joanne O’Connor on 029-60633 or email whs@irdduhallow.com

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 & installed free of charge with one year’s monitoring. **To apply, contact Joanne on 029-60633 or email whs@irdduhallow.com**

Duhallow Arenas is situated adjacent to the James O’Keeffe Institute in Newmarket, and is currently accepting membership applications. Become a key holder for the year February — December for €165, which will allow full access to the arenas. **For further details please contact Louise Bourke on 029-60633.**

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.

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.

Stay safe. Protect each other and wear a face mask.

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!!! **Contact Geraldine or Louise on 029-60633 for more information.**

Duhallow Skillnet - Our Spring / Summer 20201 Training Brochure is available in local shops & businesses. All classes for the coming months will be listed on our home page www.irdduhallow.com/upcoming-events. **Call Geraldine or Louise on 029-60633 for more details or to book your place for one of the classes.**

Course	Date	Description
eLearning Online. Online Price €60 per participant.	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 and Interview Techniques)
Start Your Own Business Course. Price €25 per participant	2nd Feb. @6.30pm for 6 Tuesday evenings, at the James O’Keeffe Inst.	Learn the Fundamentals of Starting Your Own Business. From Business Research and Finance, to Marketing and Sales, we cover the fundamentals of getting started in Business. A certificate of attendance will be provided which is required for anyone looking at applying for the BTWEA / STEA.
Manual Handling Training. Price €45 per participant	17th Feb. 9.30am to 12.30pm at the James O’Keeffe Inst.	This manual handling course, by leading occupational safety trainers at ORT, ensures that you are complying with regulations and helps staff to stay safe and healthy in the workplace.
Word Press, whereto start. On line Price €20 per participant	22nd Feb. @ 6.30pm	An overview of WordPress sites; WordPress.com (free) or self-hosted WordPress: all about domains, hosting, installation, pros and cons. What is WordPress? What is blogging? What is a web-site? Self-hosting vs. hosted WordPress: the right choice for your business. Installation and Set Up, Admin Panel, Settings and Basic Configuration. This is part 1 of 4 WordPress classes. It is recommended that you take all 4 classes.
Instagram for Business Online Price €40 per participant	24th Feb. @ 6.30pm	Please note this is not a beginners class. What you will learn: Optimising Your Instagram, Creating Posts and Stories, What to Post, How to use Hashtags, Making or Breaking a Pattern on Instagram, Business Accounts and the Insights.
Microsoft Excel Office Introduction Level. Online. Price €35 per participant	25th Feb. @ 6.30pm	The aim of this training course is to provide clients with the skills require to produce basic spreadsheets using Microsoft Excel. This training course is ideal for performing sales analysis, calculating expenses and designin budgets etc.

Equality Working Group

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. 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 (low call number) or email mallow@mabs.ie**

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 Tuesday at 8.00pm and every Thursday at 8.30pm. 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.**

Stay safe. Protect each other and wear a face mask.