

## 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 Kelly or Stephanie Moynihan on 029-60633 or e-mail [jackie.kelly@irdduhallow.com](mailto:jackie.kelly@irdduhallow.com) or email [stephanie.moynihan@irdduhallow.com](mailto:stephanie.moynihan@irdduhallow.com)** Employers can also contact us in relation to available positions or to advertise positions on the Discover Duhallow fortnightly magazine.

### SICAP—Anger Management Skills Workshop

This workshop is designed to help individuals to:  
Understand and normalise anger in a healthy and assertive manner.  
Understand the steps needed to integrate one's own anger and how to develop a plan to control aggression.  
Understand the effects of stress and how it contributes to loss of control and unhealthy ways of expressing anger  
Understand the importance of self-esteem in establishing and maintaining "self / other" boundaries and the effect of this on self-control. **For further information and registration please contact Jackie on 029-60633 or email on [jackie.kelly@irdduhallow.com](mailto:jackie.kelly@irdduhallow.com)**

### SICAP- Experienced Forklift Course

This course will commence on Wednesday 14<sup>th</sup> of April for 2 days. On completion of the course participants will be able to:

- Operate a fork lift truck safely, reducing the risk of injury to operators and pedestrians
- Use safe operating habits
- Explain the consequences of taking certain kinds of chances
- Load and unload safely
- Refuel/recharge fork lift trucks safely
- Handle awkward loads

**For further information and booking contact Jackie on 029-60633 or email [jackie.kelly@irdduhallow.com](mailto: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 IRD 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](mailto:nollaig.murphy@irdduhallow.com)**

### Sports and Recreation Training Opportunity

**Are you interested in pursuing Sport & Recreation as a possible career path?** If so, IRD Duhallow is considering delivering a **QQI Level 4 Major Award in Sport & Recreation (M4966)**. We are accepting Expressions of Interest from young people aged between 18 and 35 years. If you are interested or would like more information, **contact Jackie Kelly on 029-60633 or email [jackie.kelly@irdduhallow.com](mailto:jackie.kelly@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 ring Nuala / Marie on 029-60633.**

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

## SPECIAL POINTS OF INTEREST

ADOLESCENT ANXIETY MANAGEMENT - A CBT PARENTS PROG.

SKILLNET 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.**



Great news from Minister Humphries, on this the 30th Anniversary of LEADER in the EU. IRD Duhallow welcomes the additional €50million for LEADER Interim Programme. While we have not been informed of IRD Duhallows share we are hopeful of sufficient funds to give meaningful grants to communities and businesses over the next two years.

*Mile Buíochas.*

### Community Water Biodiversity Training

IRD Duhallow has secured LEADER funding for a community water biodiversity training project that will begin in April and run throughout the summer. Through a series of workshops and field visits, interested participants will learn about the unique biodiversity of Duhallow rivers and how they can work together to protect and enhance them. Whether you are a farmer, an angler, a tidy towns activist, an eco-warrior, or if you simply want to learn more about our beautiful rivers and the habitats they support, this project is for you! **If you would like to sign up or receive more information contact Michael O' Connor at 029-60633.**

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

**IRD 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 post out your mask 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 on desks, wardrobes and more. Our collection and delivery service is there for your convenience and a discount is available for individuals in receipt of a social welfare payment. Visit our showroom by appointment, at IRD Duhallow, opened Monday to Friday, 9.00am to 5.30pm.

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](mailto:revamp@irdduhallow.com) or **Contact Colm O'Connor at 029-60633 or Whatsapp 087-4665817** and visit us on Facebook: Duhallow Furniture Revamp. We gratefully accept donations of unwanted, reusable furniture & 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.*

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



**"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** is used now 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 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.**

#### 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](mailto: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 on 029-60633 or email [whs@irdduhallow.com](mailto:whs@irdduhallow.com)**

**Attention all walkers:** Due to a number of incidents concerning sheep-worrying, causing fatalities and now more important than ever with the lambing season, landowners regretfully cannot permit dogs on the hills, due to people ignoring the request to keep their dogs on leads. Therefore: **DOGS ARE NOT PERMITTED AROUND SHRONE / PAPS AREA, OR MUSERA, DUE TO SHEEP WORRYING. IN ORDER TO KEEP THE HILLS OPEN TO WALKERS, IT’S IMPERATIVE TO RESPECT THE LANDOWNERS & THEIR STOCK.**

We hope to be able to proceed with the **April Walk** on **Saturday 10th April** if COVID-19 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.

#### 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](mailto:newmarketafterschools@irdduhallow.com)**

**IRD Duhallow Literacy Support Programme** IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia and Dyspraxia, consisting of two strands: Literacy Workshops and TTRS. **Classes will be recommencing on Mon. 12<sup>th</sup> of April.** Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further information and registration please contact Louise at 029-60633 / email [louise.bourke@irdduhallow.com](mailto:louise.bourke@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 **2 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
- 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 on: **Monday 12<sup>th</sup> and 19<sup>th</sup> April from 7.00-9.00pm via Zoom.**

**To book please visit:** <https://www.irdduhallow.com/events/adolescent-anxiety-management-e2-80-93-a-cognitive-behavioural-therapy-parents-programme-2/>

**Booking is essential as places are limited. For more information, contact Brigid-Ide on 029-60633 or email [brigid-ide.walsh@irdduhallow.com](mailto:brigid-ide.walsh@irdduhallow.com)**

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

#### 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 of one to one mentoring time with an experienced advisor and it’s entirely free!!! **Contact Louise on 029-60633 for more information.**

**Duhallow Skillnet - To register for any of these courses please contact Louise on 029-60633 or visit <https://www.irdduhallow.com/upcoming-events/>**

Course	Date	Time	Cost	Location
Coaching for Leaders	2/4/21	9.30am	€50	Online
Manual Handling	7/4/21	9.30am	€35	James O’Keeffe Inst.
Practical Productivity Using Gmail	7/4/21	2.30pm	€50	Online
Finance for Non Finance Managers	8/4/21	9.00am	€185	Online
FAR First Aid	12, 19 <sup>th</sup> & 26 <sup>th</sup> April	9.30am – 5pm	€150	Online 12th & 19th April, at the James O’Keeffe Inst. on 26th April.
Lamh Module 1 Add On	19 <sup>th</sup> April	6.00pm	€70	Online
Advanced Excel	22 <sup>nd</sup> April	6.30pm	€35	Online
Hairstyles with Upstyle Junkie	26 <sup>th</sup> April	11.00am	€65	James O’Keeffe Inst.

##### Ability Programme 2018-2021

IRD Duhallow is 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](mailto: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.”

#### 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](mailto: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 Thursday at 8.30pm. Covid-19 guidelines will be adhered to.

**Emotional Support & Counselling Service** This service is continuing to operate during the COVID-19 restrictions with therapists offering online and telephone support. This service is being offered by a number of mature students and pre-accredited Counsellors and Psychotherapists 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.**