

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 Stephanie on 029-60633 or e-mail jackie.kelly@irdduhallow.com or email 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 Online Workshop

This online workshop is scheduled for **Saturday 15th May, 10.00am – 5.00pm** and 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**

SICAP - 5 week Baby Reflexology Classes - These baby classes incorporate reflexology, massage and acupressure for babies and general relaxation for parents too. Parents will also receive a free guided meditation class via WeTransfer. Classes will begin on **Wednesday 5th May at 10.00am for approximately 1 hour; the following four classes will be on Wednesday 12th, Wednesday 19th, Wednesday 26th and Friday 28th May.** These classes will be facilitated by Pat Murphy of Blarney Wellness Centre. **Please contact Brigid-Íde on 029-60633 or email brigid-ide.walsh@irdduhallow.com**

SICAP - Backyard Astronomy- An introduction into the Night Sky Explore The Universe with Astronomer David Moore as we start at the Sun, its family of planets, asteroids and comets, looking at where life might exist in our Solar system. Discover the wider universe to see where the billions of Earth-like planets are, and how the stars and planets came to be. Black holes, Dark Matter, Dark Energy, and the Big Bang will all be laid bare. This FREE one-hour talk is for all young and old! Don't miss this perfect family workshop. **Thursday, 20th May 2021 @7pm via ZOOM.** To book, contact Stephanie Moynihan on 029-60633 or email stephanie.moynihan@irdduhallow.com

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-Íde on 029-60633 or email 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 recommenced on the 12th 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**

FREE Career Guidance Workshop for Leaving Cert students- CAO Change of Mind and alternative pathways after Leaving Cert

Join us as Career Guidance Counsellor Niamh Dwyer highlights all the options available to Leaving Cert students so that they have a plan A, B or C! on **Thursday, 13th May 2021 at 7pm via Zoom.** **To book, please contact Stephanie on 029-60633 or email stephanie.moynihan@irdduhallow.com**

Technology, social media and family life: Technology and screens now dominate family life and this is especially the case since the onset of the Covid-19 pandemic. While technology provides important ways of communicating and learning, there are also many down sides. In this talk which will be **delivered on line on Wednesday, 26th of May at 7.00 pm,** Professor John Sharry will present practical principles for establishing healthy family habits around using technology in the home.

Prof John Sharry is a social worker and family psychotherapist with over 27 years' experience as a child and adolescent mental health professional. He is a founder of the Parents Plus Charity, an adjunct Professor at the School of Psychology in University College Dublin and Clinical Director of Silver Cloud Health. He is co-developer of the award winning Parents Plus Programmes, and the bestselling author of fourteen positive psychology and self-help book for families including Positive Parenting, and Counselling Children Adolescents and Families. John is the weekly parenting columnist for The Irish Times and a regular contributor to the national media.

Pre-booking is essential due to limited spaces available, for further information please contact Nollaig Murphy on 029-60633.

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

SPECIAL POINTS OF INTEREST

COMMUNITY WATER BIODIVERSITY TRAINING

SKILLNET TRAINING

SICAP TRAINING

CAREER GUIDANCE WORKSHOP FOR LEAVING CERT STUDENTS

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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.

IRD Duhallow Farming For Blue Dot Catchments

IRD Duhallow would like to thank the 98 farmers that have expressed an interest in the Blue Dot Project so far. We are currently seeking additional participants in the following areas, Meelin, Freemount, Newmarket and Kanturk with river frontage or tributary streams on their lands. For further information please contact **Michael Morrissey at 029-60633.**

Community Water Biodiversity Training

IRD Duhallow has secured LEADER funding for a community water biodiversity training project that will 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 Arenas situated adjacent to the James O'Keeffe Institute in Newmarket, and is currently accepting membership applications. Become a key holder for the year May — December for €120, which will allow full access to the arenas. **For further details please contact Louise Bourke on 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, email a picture to 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.*

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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"

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.

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 Community Food Services at the James O'Keeffe Institute, Newmarket, provides a home delivery meal service for the elderly or those isolating or recuperating. 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. We also have an extensive range of delicious cakes, buns and pastries available from our bakery fresh every day.

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 on 029-60633 or email whs@irdduhallow.com

An Introduction to Forest Bathing - Forest Bathing, refers to the practice of spending time in nature for the purpose of enhancing health, wellness, and happiness. It follows the general principle that it is beneficial to spend time bathing in the atmosphere of the forest. Forest Bathing walks are gentle guided walks that enhance wellbeing through sensory connection in nature. There is a strong evidence base supporting these walks. Forest Bathing walks have been shown to reduce stress, lower blood pressure, improve mood, boost the immune system and improve sleep. **Date:** Thurs. 6th May **Time:** 10.30am – 1pm **Venue:** The Island Wood Newmarket. Register on www.irdduhallow.com/events/ or ring Louise on 209-60633.

We hope to be able to proceed with the **May Walk** on **Saturday 8th May** if COVID-19 restrictions are lifted. **Please ring Nuala at 029-60633 nearer to the date for confirmation that 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.

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.**

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.

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

Duhallow Skillnet eLearning Bundle is free of charge and through it participants can partake in a number of different modules across 50 hours of training: **Computer Skills:** Word, Excel, Powerpoint, Outlook, Teams & Cybersecurity. **Personal Skills:** Critical Thinking, Problem Solving, Organisational Skills, Emotional Intelligence, Team Working Skills, Presentation Skills, Time Management, Effective Communication Skills and **Career Skills:** Job Hunting Techniques to get Hired Faster, How to Sell Yourself and Interview Techniques and How to Succeed at Writing Applications. **Register on www.irdduhallow.com/events/**

QQI L5 Major Award in Health Care IRD Duhallow is currently recruiting for participants for a Major Award in Health Care. This course qualifies successful graduates to be home helps or care assistants and will run from September 2021 to April 2022 from Monday – Thursday from 9.30am – 2.30pm. The course is 100% funded by the Skillnet EAP and so there no charge to the trainee. **To express an interest contact Louise on 029-60633 or email duhallowskillnet@irdduhallow.com**

Equality Working Group

Feng Shui for Beginners - An introduction workshop with Interior Designer & Feng Shui practitioner Edel Cleary. Learn how to reduce stressors in your environment and introduce elements to achieve greater balance. An exciting workshop with loads of practical tips & tricks to improve your home. **Wednesday, 26th May @ 7.00pm via ZOOM.** To book, contact Stephanie on 029-60633 or email stephanie.moynihan@irdduhallow.com

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

"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."

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 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.