

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.

Sports and Recreation Training Opportunity Are you interested in pursuing Sport & Recreation as a possible career path? 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, please contact Jackie Kelly on 029-60633 or email jackie.kelly@irdduhallow.com**


SICAP- Build your own nest box

Learn how to build your own nest box and when & where to place it in your garden with this exciting set of workshops. As part of these workshops, you will receive the materials required to build your own nest box and participate in an online tutorial on how to assemble it all while learning about bird nesting in the local area. Workshop dates will be confirmed shortly and numbers are strictly limited. **Contact Stephanie Moynihan on 029-60633 to express your interest in participating in this workshop 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. The service offers transport 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**

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 on 029-60633 / email louise.bourke@irdduhallow.com**



Trying New Foods and Establishing Eating Rituals

In this **60-minute webinar**, Nutritionist Laura O'Reilly will help you discover how to help your children, and the whole family, develop good eating rituals with a healthy perspective on food and foods and flavours that can become a part of your new daily routine. **Date: Wednesday 9th June at 7pm.**
For further information or to register your interest please contact Brigid-Ide on 029-60633 or email brigid-ide.walsh@irdduhallow.com

On line Workshop on Nurturing Resilience in children, will be delivered via zoom on Thursday 10th June at 8 pm. This informative workshop will feature content such as: Helping children with failures and mistakes; How we react to failures and mistakes; Coping with self-doubt; Recognizing our own mind-set and core beliefs; Becoming more mindful of our language and what it might be communicating; Worries and emotions; Strategies and activities in accepting negative feelings, reframing and moving on. **Pre-booking is essential due to limited spaces available, for further information please contact Nollaig Murphy on 029-60633.**

Summer Camps

IRD Duhallow Newmarket After Schools will be running **6 weeks of Summer Camps** starting on **Monday 28th June and running until Friday 6th August.** Camps will run from 9am to 1.30pm for Primary School children. Themes will include **Little Chefs and Artists, Nature Detectives and Whizz Kidz - check out our Facebook page where we will publish which weeks each theme will be run.** IRD Duhallow Afterschools offers the National Childcare Scheme subsidy. To check if you're entitled to a subsidy please go to <https://www.ncs.gov.ie/en/childcare-subsidy-calculator-input/>. Please note that space is limited and due to the success of the camps, early booking is advisable. Weekly bookings only. **For further information, please contact Brigid-Ide at newmarketafterschools@irdduhallow.com or on 029-60633.**

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

SPECIAL POINTS OF INTEREST

- SOUTH EASTERN DUHALLOW REP. NOMINATIONS SOUGHT FOR BOARD OF IRD DUHALLOW
- SKILLNET TRAINING
- SICAP TRAINING
- ON LINE WORKSHOP ON NURTURING RESILIENCE IN CHILDREN
- SUMMER CAMPS

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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.

South Eastern Duhallow Representative Nominations sought for Board of IRD Duhallow as Mary Wallace from Donoughmore has completed her term. We would like to thank Mary profusely for her contribution to the Board. Billy Murphy, Lyre has served just one term so is eligible for a second term. Nominations can be submitted by any community organisation in South Eastern Duhallow affiliated to IRD Duhallow and that has paid up to date membership. Communities in South Eastern Duhallow are as follows; *Aubane, Banteer, Bweeng, Derrinagree, Firmount, Kilcorney, Laharn, Lyre, Millstreet, Nadd, Rathcoole, New Tipperary, Donoughmore & Stuake.* Nominations can be sent to Maura Walsh, CEO IRD Duhallow either by post or by email to duhallow@irdduhallow.com on or before close of business on Monday 21st June 2021. An election, if necessary will be arranged thereafter in order to have the seat filled in time for our AGM at the end of July. Please note that depending on Covid restrictions a postal vote may be necessary.

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 on 029-60633.**

IRD Duhallow Farming For Blue Dot Catchments

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

IRD Duhallow Revamp is open for business and ready to welcome you We have taken all the necessary precautions for your safety and are open for business with fantastic value on sofas and suites of furniture desks, wardrobes and more. Our collection & delivery service is there for your convenience and a discount is available for individuals in receipt of a social welfare payment. Visit our showroom opened Monday to Friday, 9.00am - 5.30pm. We are also selling 100% cotton face masks, available in three sizes and different designs. 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, Whatsapp 087-4665817 or contact Colm O'Connor on 029-60633** 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 or whatsapp number.

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"

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 on 029-76375.**

Alternatively, call or visit our restaurant where during the Covid-19 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**

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.**

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 June — December for €100, which will allow full access to the arenas. **For further details please contact Louise Bourke on 029-60633.**

Attention all walkers, our weekly Bealtaine walks could not go ahead due to COVID restrictions. However, we will do them in June instead. See below the list of weekly walks for the month of June.

Week 1 Wednesday 2nd June 7pm The Reanahoun Loop (incorporating the Brosneen Loop). Meeting at Meelin car park.
Week 2 Wednesday 9th June 7pm Shrone. Meeting at Shrone Church.
Week 3 Wednesday 16th June 7pm Mt Hillary. Meeting at the Trail Head.
Week 4 Wednesday 23rd June 7pm Musher. Meeting at St John's Well.
Week 5 Wednesday 30th June 7pm Clara. Meeting at the car park in West End Millstreet.

Registration is essential due to government guidelines/restrictions. Call Nuala on 029-60633 to register.

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

Towards Personal Occupation Programme

Are you out of work for a long period of time and looking for direction? Would you like to boost your confidence and self-esteem? Have you suffered a set-back in life and do you want to get active again for work or social purposes? Are you feeling isolated? Would you like to bring about positive change in your life? If you answered **YES** to any of the above questions than maybe the Towards Personal Occupation Programme is for you. The programme provides a combination of flexible one to one support, guidance and training to people. Part time training includes horticulture, sewing/upholstery, personal development etc. **If you are interesting learning more or in joining the programme please contact Triona Dennehy on 029-60633.**

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.**

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