

## 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](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 - Adult and Second Chance Bursaries

IRD Duhallow is providing a limited number of bursaries for the Adult and Second Chance Education to people living in the Cork area of Duhallow. This funding is available through the Social Inclusion Community Activation Programme (SICAP). The purpose of these bursaries is to facilitate access and entry to further and higher level education and to support training opportunities for adults who may not have had the previous opportunity to continue or complete their education. **For eligibility criteria and further information on the application process please contact Nollaig Murphy on 029-60633 or email [nollaig.murphy@irdduhallow.com](mailto:nollaig.murphy@irdduhallow.com).** It is essential that applications submitted are accompanied by all necessary supporting documentation, including a letter of offer for any relevant course.

### SICAP - FREE Career Guidance workshop

Are you looking for a new job or are you thinking of changing your career? Do you need advice and support to get your career kick started? This exciting new monthly workshop provides assistance designing a cover letter, creating or updating your CV and completing job application forms. Learn about Interview skills and how to go about searching for a new job. The next workshop is scheduled for **Thursday, 26th of August 2021** and **everybody is welcome to express their interest please contact Stephanie or Jackie on 029-60633.**

### SICAP - Personal Development Course

An eight-week Personal Development training programme will start **Monday 6<sup>th</sup> September from 10am-12pm**, funded through the SICAP Programme. It will include modules on some of the following topics: Developing Self-Esteem, Saying No, Managing Feelings, developing communication skills with the aim of building self-confidence and self-esteem and to discover inner strengths and resources. **These workshops will be for eight weeks in the James O'Keeffe Institute, Newmarket. Spaces are limited so booking is essential, for further information and registration please contact Jackie Kelly on 029-60633 [jackie.kelly@irdduhallow.com](mailto:jackie.kelly@irdduhallow.com)**

### Horticulture Course QQI Level 4

IRD Duhallow in conjunction with Cork ETB is offering a **full time Local Training Initiative in Horticulture, starting 13<sup>th</sup> September 2021**. It is a free 44-week full time programme where participants will gain the skills necessary to grow their own produce, learn propagation skills and landscaping techniques and perhaps go onto further training, set up a business or gain employment. This training will take place in the grounds of the James O' Keeffe Institute, Newmarket which offers outstanding facilities to students, including a 60ft training polytunnel, a well-established kitchen garden and individual allotment plots. On full completion of the course, participants will receive QQI level 4 Major award in Horticulture. This programme is aimed at individuals in receipt of a social welfare payment. **For more information, please contact Rachel Budd/Brigid-Ide Walsh on 029-60633.**

## Youth and Education Working Group

### Are you planning ahead for Out of School care commencing in the new school year?

IRD Duhallow Newmarket Afterschool's is taking expressions of interest for a **Breakfast Club**. Please email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com) for more information.

**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)**

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

## SPECIAL POINTS OF INTEREST

DUHALLOW CARERS TRAINING

SKILLNET TRAINING

SICAP TRAINING

TAKING EXPRESSIONS OF INTEREST FOR BREAKFAST CLUB

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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.**

**Welcome to our new Board Members: Geraldine O'Leary of Millstreet, representing South Eastern Duhallow and Billy Murphy who was returned for a second term representing South Eastern Duhallow and Dominic Cronin, of Boherbue, ICMSA Farming Organisation Representative.**

*Copies of our Progress Report are available at Community Centres or contact us on 029-60633 if you need to restock or require one for yourself.*

**Attention all Walkers** due to the popularity and request from the walkers, it has been decided to continue the walks **bi-weekly** during the summer months ie every second Wednesday evening at 7.00pm, **commencing on Wednesday 28<sup>th</sup> July.** Please ring Nuala on 029-60633 to register.

## IRD Duhallow Furniture Revamp is open for business and ready to welcome you

We have taken all the necessary precautions for your safety and we are now 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](mailto: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 to whatsapp number.

**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.**

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](mailto:whs@irdduhallow.com)**

**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 who would like to chat with one of our trained volunteers or staff on daily / weekly basis then we can arrange this. **Please 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 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.**

**Our Restaurant is opened Monday to Friday from 8.00am to 6.00pm and on Saturday from 10.00am to 4.00pm.** We have an extensive Menu available all day and you also have the option to dine outside on our Picnic Tables if the weather is favourable or to takeaway food if you prefer. 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. **Please contact us on 029-76375** if you would like to pre order Dinners or to book a table for Afternoon Tea so you can meet with your friends safely and catch up.

#### **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)**

**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 August — December for €70, 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](mailto: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 throughout Duhallow.

#### **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.**

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## **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 or Monica on 029-60633 for more information.**

**QQI L5 Major Award in Health Care** IRD Duhallow is currently recruiting 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 is no charge to the trainee. **To express an interest contact Louise or Monica on 029-60633 or email [duhal-lowskillnet@irdduhallow.com](mailto:duhal-lowskillnet@irdduhallow.com)**

## **Equality Working Group**

**The Duhallow Carers Group** will be organising a number of courses for **Family and Voluntary Carers** under Dormant Accounts funding.

**To register your interest or make a booking visit [www.irdduhallow.com/upcoming-events/](http://www.irdduhallow.com/upcoming-events/) or contact Stephanie on 029-60633 or email [stephanie.moynihan@irdduhallow.com](mailto:stephanie.moynihan@irdduhallow.com).** Spaces are strictly limited hence early booking is strongly encouraged.

Course	Date	Time	Cost
Art Therapy ( 4 week course)	25/08/21	7.30pm-9.30pm	€10
Feng Shui for Carers	16/09/21	10.30am	€5
Duhallow Carers Wellness Day with Joan Cashman	28/09/21	10.00am-4.00pm	€10

Other workshops and courses include; Sibling Support, Certified First Aid course (1 day), Care of the Older Person (QQI L5), Patient Moving Handling, Dementia awareness, Mindfulness for Carers, Journaling and Vision Board Workshop and Forest bathing for Carers. Dates are to be confirmed for these and we are taking expressions of interest now.

### **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.**

**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 Tuesday at 8.00pm & 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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