

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 Stephanie on 029-60633 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 - 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.** It is essential that applications submitted are accompanied by all necessary supporting documentation, including a letter of offer for any relevant course.

SICAP- Backyard Astronomy

Join us! We would love to have you on board as we explore the night sky, learn about the solar system, deep sky wonders and even aliens!! This seven-week course will be an absolute highlight for all interested in dursky planets and stars. The perfect course for young and old alike. THURSDAY evenings @7pm -8pm via ZOOM starting on the 7th of October to 25th of November with a break for mid-term.

Book online <https://www.irdduhallow.com/upcoming-events/> or contact Stephanie Moynihan on 029-60633, stephanie.moynihan@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.

IRD Duhallow CE Scheme has vacancies in the following areas:

- 1 Counter / Kitchen Assistant, Newmarket
- 2 General Operatives GAA Grounds / Village, Banteer
- 1 General Operative GAA Grounds, Knocknagree
- 2 General Operatives GAA Grounds / Village, Kiskeam
- 2 General Operatives Furniture Revamp Newmarket
- 1 General Operative GAA Grounds / Village, Ballydesmond

Please contact your local DEASP Employment Services/Intro office to check your eligibility and to apply for these vacancies. Eligibility are those who are 21 years or over applicants must also be in receipt of a qualifying Irish Social Welfare Payment for 1 year or more. Or Contact Paddy O'Connor, CE Supervisor on 029-60633 for further information.

SPECIAL POINTS OF INTEREST

HALLOWEEN CAMP

CARERS TRAINING

SICAP TRAINING

CE VACANCIES

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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.

Attention all Walkers IRD Duhallow's led walks will continue through the autumn / winter months on the first Saturday of each month at 11.00am. **Please ring Nuala on 029-60633 to register.**

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

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 this month, quantity is limited so don't miss out! We also have great deals this month on bedroom furniture, 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 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.**

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.

Our Restaurant is open Monday to Friday from 8.00am to 6.00pm and 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 or to takeaway food if you prefer. 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.

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**

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.**

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 Arenas situated adjacent to the James O'Keeffe Institute in Newmarket, and is currently accepting membership applications. Become a key holder for the year October — December for €50, which will allow full access to the arenas. **For further details please contact Stephanie on 029-60633.**

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

We also operate a Breakfast Club, opening hours 7.00am-9.00am and transport will be provided to the two Newmarket National schools. Children will be offered toast, cereals, fruits and yogurts for breakfast. National Childcare Scheme subsidies will also apply for the Breakfast Club.

Please email newmarketafterschools@irdduhallow.com for more information.

Our Spooktakular Halloween Camp will take place from **Tuesday 26th to Friday 29th October from 9.00am to 1.30pm**. The camp is open to Primary school children of all ages. Join us for fun Halloween themed activities including Arts & Crafts, Baking, Trick or Treating, nature with barn owls and bird watch and much more. Weekly bookings only and booking is essential as places are limited. NCS subsidy is accepted. **To book a place please contact Brigid-Ide at 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**. Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further details and registration please contact Nollaig at 029-60633 or email: nollaig.murphy@irdduhallow.com**

Community Food Initiatives IRD Duhallow will be running a **4-week Winter Warmer Remote Cookery Programme** funded through Community Food Initiatives for families with a child/children between the ages of 2 and 12. We will prepare ingredient packs with step by step recipes from safe food's 101 Square Meals. Ingredient packs will be available for collection in James O'Keeffe Institute on 3rd, 10th, 17th, 24th November after 3pm. There is no cost to take part in the Remote Cookery Programme.

To book a place please contact Brigid-Ide at brigid-ide.walsh@irdduhallow.com or call 029-60633.

Advocating on Behalf of Your Child- An online information talk hosted by IRD Duhallow and Inclusion Ireland for parents of children with disabilities in primary and secondary school

- The rights that children with disabilities have at school
- Individual Education Plans (IEP) and how you can make them work for your child at school
- Communicating with teachers and advocating on behalf of your child

On Thursday 25th November from 11am to 12pm on Zoom. Book online <https://www.irdduhallow.com/upcoming-events/> or contact Stephanie Moynihan on 029-60633, stephanie.moynihan@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 a device 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 Monica on 029-60633 for more information. [Our start your own business evening course begins again in the Autumn, visit the events page on \[www.irdduhallow.com\]\(http://www.irdduhallow.com\) for details.](#)

Upcoming Skillnet Courses; a full list of our upcoming training courses please visit the events section of www.irdduhallow.com or contact Monica Gilmore on 029-60633.

Equality Working Group

The Duhallow Carers Support Group provides peer support for parents of children with special needs and all other family & voluntary Carers.

Why not come along as we meet in a relaxing environment giving you a much needed break from your caring duties.

Please join us at our next meeting on Thursday 7th of October at 8.00pm in the James O'Keeffe Institute.

For further details **contact Stephanie on 029-60633 or email stephanie.moynihan@irdduhallow.com**

Booking is essential due to COVID-19 and Social Distancing Guidelines.

Personal Development and Career Guidance Program for Family & Voluntary Carers Join us on a journey towards improved self-awareness, an appreciation of your strengths, skills and previous successes all while learning tools to manage day to day pressures. This amazing five week course combines Personal Development and Career Guidance. We would love to have you come along! **Thursday mornings 9.30am-11.30am on the 14th and 21st October and 4th, 11th and 18th November. Book online <https://www.irdduhallow.com/upcoming-events/> or contact Stephanie Moynihan on 029-60633, stephanie.moynihan@irdduhallow.com**

Online Information workshop on the Assisted Decision-Making (Capacity) Act 2015

The Assisted Decision-Making (Capacity) Act 2015 was signed into law in 2015. The legislation sets out a system of supports for adults who have difficulties with decision-making capacity. People who may need supports to make decisions include some people with an intellectual disability, mental illness or acquired brain injury or some people with age-related conditions affecting capacity. Anybody may need to use the provisions of the Act at one time or another.

This online information session will be held on Thursday, 21st October 2021 at 11am.

Book online <https://www.irdduhallow.com/upcoming-events/> or contact Stephanie Moynihan on 029-60633, stephanie.moynihan@irdduhallow.com

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.**

STRIVE Programme 2021-2022

IRD Duhallow is starting a new Programme called 'STRIVE' from September, which supports Young People with a disability 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 includes one to one intervention and workshops will take place twice a week on a 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 Brigid-Ide on 029-60633 or email brigid-ide.walsh@irdduhallow.com STRIVE is financed through Dormant Account funds and Dept of Social Protection.**

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 & telephone support. This service is being offered by a number of mature students & 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.