

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 - 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 - Personal Development Course

An eight-week Personal Development training programme will start in September on Mondays 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**

SICAP- Experienced Forklift Course

IRD Duhallow is running a two-day Experienced Forklift course on **27th & 28th September** in Rathmore, Co Kerry. This is for the operator who has experience but has not undergone training - or one whose certificate has expired. The course includes all the knowledge and skills to ensure continued safe operation of the forklift. It's mainly practical skills based, backed up by some theory to ensure the best possible learning outcome. On successful completion of assessment, candidates are issued with a certificate which is valid for 3 years, after which a one-day refresher course is required. This course is funded through the SICAP programme. **For further information and booking please contact Jackie Kelly on 029-60633 jackie.kelly@irdduhallow.com**

SICAP- AED CPR Course

IRD Duhallow is running a one evening AED & CPR course for trainees to learn the basic techniques of cardiopulmonary resuscitation (CPR), how to use an Automated External Defibrillator (AED) and the relief of choking for adults, children & infants. This course will be held in Teach Íosagáin, Rathmore, Co Kerry on **Wednesday 29th September** from 5pm - 8.30pm and is funded through the SICAP programme. **For further information and booking please contact Jackie Kelly on 029-60633 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 13th 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' Keffe 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/Brighid-Ide Walsh 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
- 1 General Operative GAA Grounds, Kiskeam
- 1 General Operative 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.

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

SPECIAL POINTS OF INTEREST

BREAKFAST CLUB
 OPENING FOR
 CHILDREN

SKILLNET TRAINING

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; The bi-weekly walks will be continuing through September on Wednesday 8th of September with the final summer walk on Wednesday 22nd of September at 7.00pm. **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 opened 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.

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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"

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 September — December for €55, which will allow full access to the arenas. **For further details please contact Louise Bourke on 029-60633.**

Youth and Education Working Group

Are you in need of Out of School care commencing in the new school year?

IRD Duhallow Newmarket Afterschool's will be operating a **Breakfast Club** from Monday 30th August 2021. 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 Breakfast Club. Please email 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 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 will be recommencing in Mid-September 2021. Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further information and registration please contact Nollaig at 029-60633 or email: nollaig.murphy@irdduhallow.com**

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

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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.

Course Title	Date	Details
Trading through COVID	07th Sept. 11am-12pm On Line	For business owners and employees, learn how to maintain safety & increase your knowledge on COVID-19 safety in the workplace.
Gel Polish Course	13th Sept. 10am-2pm	Suitable for both beginners and nail technicians
FSPA Food Safety Level 2	14th Sept. 9am-4pm	The aim of this course is to provide food workers with adequate training in the basic principles of food safety & covers the necessary skills required to practice HACCP effectively in the workplace.
Facebook for business	15th Sept. 6.30pm-9.00pm On Line	Improve your facebook skills and learn how to moderate it effectively for your business.

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/ or contact Stephanie on 029-60633 or email stephanie.moynihan@irdduhallow.com.** Spaces are strictly limited hence early booking is strongly encouraged.

Course	Date	Time	Cost
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.**

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 Jackie or Brigid-Ide on 029-60633 or email jackie.kelly@irdduhallow.com STRIVE is financed through Dormant Account funds**

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.**

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