

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**

Also, visit www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/ where positions are advertised.

Employers can also contact us in relation to available positions or to advertise positions on the Discover Duhallow fortnightly magazine or our website.

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 Furniture Revamp Newmarket
- 1 General Operative GAA Grounds / Village, Ballydesmond
- 2 General Operatives GAA Grounds / Village, Kiskeam

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.

Beannachtaí na Nollag agus Athbhliain faoi mhaise



**IRD Duhallow Offices
will re-open at 9.00am
on Monday 10th January 2022.**



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

SPECIAL POINTS OF INTEREST

LEAVING LOCKDOWN
AND THE ANXIETY IT
MAY TRIGGER

SOCIAL FARMING
PROG.

CE VACANCIES

INSIDE THIS ISSUE

Community
Development

1.

Youth &
Education
Working Group

2.

Enterprise Working
Group

3.

Equality Working
Group

3.

Employment and
Training
Working Group

4.

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 winter months on the first Saturday of each month at 11.00am. We will walk the Reanahoun loop in the Mullaghareirks on Saturday 4th December at 11.00am. Registration needed. **Please ring Nuala on 029-60633 to register.**

Duhallow Beekeepers AGM will take place on Monday 6th December 2021 at 8.00pm in the James O'Keeffe Institute, Newmarket. Renewal of Membership is due at this time. New Members are welcome. For further information please contact Andy Bourke on 087-2783807.

IRD Duhallow Furniture Revamp received the National award for 'Community Recycling initiative of the year' at the annual Pakman Awards held recently in Dublin.

This Award not only highlights the work done by IRD Duhallow Furniture Revamp but also the people of the Duhallow region who are responsible for the success of the Social Enterprise in their support of the enterprise through their purchases, donations and upholstery services. It also has to be recognised the huge commitment and support that IRD Duhallow and its CEO Maura Walsh has given in supporting this enterprise since inception in January 2016. IRD Duhallow REVAMP is making a huge difference for a cleaner environment in our region. All at IRD Duhallow Furniture REVAMP would like to thank everyone for their support in the past and look forward to greater support in the future.

IRD Duhallow Furniture REVAMP welcomes you this Christmas season.

We have fantastic value on kitchen tables and chairs and suites of furniture, quantity is limited so don't miss out! We also have great deals 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 Jenny or Shemek 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.**

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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"

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 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. Orders are now being taken for Christmas Cakes, Christmas Puddings, Mince Pies, and a wide selection of Sweet Treats to have during Christmas. Enjoy Afternoon Tea in the Restaurant from 2.30pm Monday to Saturday. Booking Essential. **For further details please contact Linda or Olive at 029-76375.**

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 month of December for €20 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.

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 Brigid-Ide at 029-60633 or email: brigid-ide.walsh@irdduhallow.com**

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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 Monica on 029-60633 for more information.**

Duhallow Skillnet provides subsidised training for companies and individuals in the Duhallow region. If you have a specific requirement for your company, your team or yourself please **contact Monica Gilmore on monica.gilmore@irdduhallow.com or 029-60633** to discuss how **Duhallow Skillnet** can help.

Equality Working Group

SICAP in Association with the SAOI network

Leaving Lockdown and the Anxiety it may Trigger - An informational talk with Accredited Cognitive Behavioural Therapist Sharon Clernon. Learn Tips and techniques on dealing with uncertainty, change and the unknown and how to managing worry, fear, anxious thoughts, overthinking will take place on **Wednesday, 15th December at 10.30 am in the James O’Keeffe Institute, Newmarket.** For details or further information **contact Stephanie on 029-60633 or email stephanie.moynihan@irdduhallow.com** Booking is essential due to COVID-19 and Social Distancing Guidelines.

Duhallow Social Farming is a new programme which offers people with disabilities the opportunity to spend time on a family farm in a healthy, supportive, and inclusive environment within their local communities. The person-centered and community based project will extend across the spectrum of disability, inclusive of people with mental health conditions, people with physical or sensory disabilities, people who acquired a disability, people with intellectual disabilities, people with autism and those with hidden disabilities, focusing on people's potential rather than limitations. In tandem with this, it will create the opportunity to reconnect farmers with their local communities through the opening up of their farms as part of the social support system of the community. Host Farms will be supported with maintenance and on-farm improvements or alterations/safety measures where applicable, as well as supported to access relevant training opportunities and insurance. **For more information about this exciting new programme, please contact Sheila at 029-60633 or sheila.kelleher@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.**

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 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 87-1179990.**

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