

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. Our Job Centre can offer guidance and support on how 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.

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.

IRD Duhallow CE Scheme has vacancies in the following areas:

2 General Operatives GAA Grounds / Village, Banteer;

1 General Operative GAA Grounds, Knocknagree;

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.

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.

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**

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

SPECIAL POINTS OF INTEREST

LEADER TRANSITION FUNDING

SOCIAL ENTERPRISE REGENERATION PROG.

SKILLNET TRAINING

SICAP TRAINING

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Community Development Working Group

All course participants and visitors to the James O'Keefe Institute are asked to wear face coverings and use the sanitisers.

Attention all Walkers IRD Duhallow's led walk will take place on **Saturday 12th March**. It will take place at **Mushera** on the Duhallow Way. Please note the under foot conditions here can be muddy /wet in places and **no dogs** allowed. Meeting at 11.00am at St. John's Well, Aubane. Signposted from Millstreet. **To register for the walk please ring Nuala on 029-60633.**

LEADER Transition some funding still available for Duhallow Communities and Businesses including our Mid Cork and East Kerry areas. Community Development, Youth, Enterprise, Rural Tourism and Environment projects welcome. **For further information contact Nollaig, Stephanie, or Monica on 029-60633.**



IRD Duhallow Furniture REVAMP—We have fantastic value on suites of furniture, quantity is limited so don't miss out! We also have great deals on bedroom furniture. 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.

Do you have a piece of furniture in need of some attention? If so 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. Just send a picture to the above email address or to the above whatsapp number.

Duhallow Community Food Services at the James O'Keefe 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. Enjoy Afternoon Tea in the Restaurant from 2.30pm Monday to Saturday. Booking Essential. **For further details contact Linda or Olive at 029-76375.**

Duhallow Beekeepers Association

It is now time to renew your annual membership of Duhallow Beekeepers Association. Membership of the Association will give members access to training workshops for beginners and advanced beekeepers and also Insurance cover.

New members are welcome. **For further information please contact Andy Bourke at 087-2783807 or Michael O'Connor at 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"

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**

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.**

Duhallow Arenas situated adjacent to the James O'Keeffe Institute in Newmarket, and is currently accepting membership applications. **Become a key holder from March for €190** which will allow full access to the arenas for 2022. **For further details please contact Stephanie on 029-60633.**

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.**

Enterprise Working Group

What is a 'Social Enterprise'?

A social enterprise is a business that works primarily to improve the lives of people. Its business is social good. Some examples of a social enterprise are community groups, childcare centers, The Men's Shed, Meals on Wheels and many, many more.

Do you know a social enterprise looking to grow their business?

Our Covid-19 Social Enterprise Regeneration Programme (SERP) is up and running offering training, workshops and mentoring to social enterprise around Duhallow. Please contact our **Social Enterprise Development Officer, PJ Murphy for more info at pj.murphy@irdduhallow.com or phone 029-60633.**

Digital Marketing & Website Design/UX Workshop For Social Enterprises

As part of the Covid-19 Social Enterprise Regeneration Programme (SERP) IRD Duhallow is running a 'Digital Marketing & Website Design/UX Workshop'.

This two day intermediate workshop will equip your social enterprise with the skills to market your organisation and spread your social initiatives to a wider audience. Up.date digital are masters at Website design and UX (User Experience) so through this workshop you can bring your organisations website to a professional standard that is easy to use and esthetically pleasing.

There are a limited spaces available so book fast:

Day 1 Digital Marketing March 23rd from 9.30am - 4.00pm

Day 2 Website Design/UX March 30th from 9.30am - 1.00pm

Both Workshops take place at the James O'Keeffe Institute, Newmarket.

For bookings and enquiries please email pj.murphy@irdduhallow.com or phone 029-60633.

Skills for Boards and Committees

As part of the Social Enterprise Regeneration Programme (SERP) IRD Duhallow is running a 4-Week training course covering the essential skills needed for members of boards and committees of Social Enterprises to get the most out of their organisation. This course will run once a week for 4-weeks covering four main topics:

1. **Developing Effective Strategic Planning**
2. **Successful Grant/Funding Applications**
3. **Committee/Board Skills**
4. **Measuring your Organisations Impact**

DATE: TBC This course is set to start in April and will be ran by Maeve Finch of Total Focus.

For bookings and enquiries please contact pj.murphy@irdduhallow.com or phone 029-60633.

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

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.

Contact Monica Gilmore on monica.gilmore@irdduhallow.com or 029-60633 to register for any of the following training courses:

| Course Title | Date | Details |
|--------------------------------|---------------------------------------|---|
| QQI Level 5 Healthcare Modules | Running each Thursday at IRD Duhallow | These essential healthcare modules include Care of the older person, Infection prevention and control and Palliative Care. |
| Advanced Excel | From the 8th March (online) | Running online over 5 evenings each Tuesday, this advances excel programme covers pivot tables and charts, protecting content and many additional functions of MS Excel. |
| Manual Handling | 15th March | This PHECC accredited half day course will take place at IRD Duhallow and covers all aspects of Manual Handling including safe handling, your back and manual handling hazards. |

Equality Working Group

Duhallow Carers Support Group provides peer support for carers, to provide a relaxing environment and to give members a much needed break from their caring duties and most of all to up skill new carers and provide them with the relevant training and mentoring they need to carry out their duties to the best of their abilities. The group meets the first Thursday of every month to organise and facilitate these supports, equipping carers with the skills & the confidence to look after loved ones. **We would be delighted to meet you at our next meeting on 3rd March or 7th April at 8.00pm in the James O'Keeffe Institute. Please contact Stephanie on 029-60633 to confirm your attendance.**

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! **Wednesday mornings 9.30am-11.30am starting on the 9th of March 2022. This programme is funded by Dormant Accounts.** Book online <https://www.irdduhallow.com/upcoming-events/> or **contact Stephanie on 029-60633 or email stephanie.moynihan@irdduhallow.com**

Are you a farmer who wants to give back to your community?

Then Duhallow Social Farming might be for you. This exciting new programme 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, 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.**

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: 0818 07 2440 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 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 & 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 enquiries please ring Aoife on 087-1179990.**

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