

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.

SICAP - Women's Self Defence Class - Learn Self Defence techniques from Master Pat Forde of Munster Martial Arts. On **Monday 11th April at 7.00pm** in the **James O'Keeffe Institute**. Bookings can be made via our website <https://www.irdduhallow.com/upcoming-events/>
For details contact Brighid-Ide on brighid-ide.walsh@irdduhallow.com

SICAP- 8-week Beginners Tailoring/dressmaking course

Come and join us as we learn the basics of Tailoring/dressmaking course. We would be delighted to welcome you on this amazing course! Dates to be confirmed shortly. To express your interest in this upcoming course contact Stephanie Moynihan on 029 60633, stephanie.moynihan@irdduhallow.com

SICAP-Learn how to play chess!

Learn how to play chess with IRD Duhallow Community Education. To express your interest in this upcoming 6-week online course followed by a live event contact **Stephanie on 029-60633, stephanie.moynihan@irdduhallow.com**

SICAP- Paediatric first aid - Places are strictly limited! To express your interest in this upcoming course contact **Stephanie Moynihan on 029- 60633, stephanie.moynihan@irdduhallow.com**

SICAP—Growing Plants on a budget

Don't buy another plant or packet of seeds! Join 'Growing Plants on a budget' **free on online** course, showing participants how to successfully grow new plants from seeds, divisions, stem and root cuttings. How to save and store seeds. Covering shrubs, trees, herbs, vegetables, fruit and house plants this course will give you the confidence you need to grow plants and take care of them for free and in the process save hundreds of euros.

	Content
Week 1 12th April	Sowing tender Vegetables seeds successfully – creating the right growing conditions. Creating homemade light boxes & heated propagators. Making your own soil mixes, liquid feeds & mixtures. Dealing with pests, diseases & poorly growing seedling. Making homemade fungicides and pesticides with ingredients available in participant's homes.
Week 2 19th April	Cuttings - Stem cuttings, Hardwood cuttings – e.g. fuchsia, willow, Buddleia, roses, hydrangea, fruit bushes etc. Simple Grafting of fruit trees – Demonstration and tips. Make homemade rooting gel from Willow - Demonstrate techniques using seasonally appropriate material Root / Leaf cuttings – e.g. comfrey, mint, horseradish & indoor plants etc. Demonstrate techniques using seasonally appropriate material.
Week 3 26th April	Thinning and Transplanting of Seedling , Potting on and hardening off seedlings for outdoor beds. Divisions and Layering. Demonstrate techniques using seasonally appropriate material. Grafting (Demonstrate techniques using seasonally appropriate material)

This free online training runs from 7.30pm-9.30pm. To book email brighid-ide.walsh@irdduhallow.com

Youth and Education Working Group

IRD Duhallow Afterschool- Our Egg-citing Easter Camp will take place during the Easter holidays.

Week 1 Monday-Thursday 11th-14th April and Week 2 Tuesday-Friday 19th-22nd April. 9.00am-1.30pm.

Primary school children of all ages welcome. Join us for fun activities such as Easter Egg Hunt, Teddy Bears Picnic, Arts & Crafts, Baking and much more. Subsidy's available through National Childcare Scheme. Booking is essential as places are limited. **please contact Brighid-Ide on 029-60633 or email newmarketafterschools@irdduhallow.com.**

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

SPECIAL POINTS OF INTEREST

SOCIAL ENTERPRISE
REGENERATION PROG.

SKILLNET TRAINING

SICAP TRAINING

EASTER CAMP

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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 walk will take place on **Saturday 9th April** at the **Island Wood Newmarket**. Meeting at 11.00am at the Island Wood Carpark. **To register for the walk please ring Nuala on 029-60633.**

Owentaraglin (Araglin) River EIP Project

IRD Duhallow are coordinating a one-year agri-environmental project on the River Araglin. There is funding available for farm roadway upgrades, fencing, water troughs, multi-species swards, ponds, bird boxes, tree and hedgerow planting and other measures to improve water quality and biodiversity on the River Araglin. Participating farmers must have an active herd number and be farming land adjacent to the main channel or tributaries/glaises of the Araglin. **If you are interested in joining the project or would like to hear more please contact Mike O'Connor at 029-60633.**

Saoi Network IRD Duhallow are taking expressions of interest from groups interested in hosting Bealtaine Events during May. For further queries please contact **Stephanie on 029-60633** or email stephanie.moynihan@irdduhallow.com

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 Jessica 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'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. We also provide a wide range of hot or cold dishes for any event such as Special Occasions and Functions.

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.**



"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 **personal monitored alarm and pendant**. The alarm is supplied & installed free of charge along with one year's monitoring. However, if there is no suitable landline available and a mobile signal is used to connect the equipment to the monitoring providers, a fee will be charged annually for SIM credit. **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 April for €175** 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.

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:

- **Developing Effective Strategic Planning**
- **Successful Grant/Funding Applications**
- **Committee/Board Skills**
- **Measuring your Organisations Impact**

Date: Thurs. 7th, 14th, 21st and 28th April 2022. Time: 6.30pm-9.30pm.

Location: Online Via Zoom Cost: €5.000

This course will be ran by Maeve Finch of Total Focus.

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

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.**

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

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
Microsoft PowerPoint	From 19th April On Line	Running on line over 4 Tuesday evenings. This training covers effective presentations, PowerPoint basics, smart art, tables and charts, pictures, logos, transitions and animations and many other functions or MS PowerPoint.
Digital Marketing for Beginners	From 26th April	Grow your business online with our digital Marketing for Beginners programme, this six-week course will teach you the basics and kick start your business online. This course runs each Tuesday evening from 6.30pm-9.00pm
QQI Level 5 Palliative Care	From 12th May over 4 Thursdays at IRD Duhallow	Learners will attend this training in person over four days and learn the philosophy and principles of palliative care.
Microsoft Outlook	From 17th May On Line	Improve your time management skills with MS Outlook training which runs online over 3 weeks, training includes outlook best practice, customisation, shortcuts, tasks, calendar, contacts & rules.
QQI Level 8 Bachelor of Arts Honours in Early Childhood Care & Education	From Sept. 2022	IRD Duhallow Skillnet are now taking applications for advanced entry to year 3 of the Level 8 Bachelor of Arts Honours in Early Childhood Education & Care Starting September 2022.

Equality Working Group

IRD DUHALLOW Women's Forum is delighted to invite you to the first event of 2022!

Seminar on the Psychological impact of social media and its impact on young children

hosted by Jason O'Mahony Founder of Children of the Digital Age.

On Tuesday, 26th April at 7pm in the James O'Keeffe Institute, Newmarket. Please register your attendance by contacting Stephanie Moynihan on 029-60633 or online <https://www.irdduhallow.com/upcoming-events/>

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 7th April at 8.00pm in the James O'Keeffe Institute. Please contact Stephanie on 029-60633 to confirm your attendance.**

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. Social Farming creates 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.**

Duhallow Social Farming is financed by the Department of Agriculture, Food & the Marine.

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. MABS is a Free and Confidential Service. **MABS** hold an Outreach Clinic in the James O'Keeffe Institute, Newmarket. Please contact the MABS to arrange an appointment **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.