

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- Paediatric First Aid

Paediatric First Aid Training on Thursday 5th May at 9.00am in the James O'Keeffe Institute, Newmarket. Places are strictly limited! To book your place on this course contact **Stephanie on 029-60633 or email 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 have vacancies in the following areas:

Counter / Kitchen Assistants, Newmarket
 General Operatives GAA Grounds / Village Banteer
 General Operative GAA Grounds Knocknagree
 Furniture Revamp, Newmarket
 General Operative GAA Grounds / Village, Ballydesmond
 General Operative / Installation Warmer Homes, Newmarket
 Pitch & Putt Groundsmen, Newmarket

Eligibility are those who are 21 years or over and applicants must also be in receipt of a qualifying Irish Social Welfare Payment for 1 year or more.

Please contact your local DEASP Employment Services/Intro office to check your eligibility and to apply for these vacancies or Contact Paddy O'Connor CE Supervisor for further information.

Youth and Education Working Group

FREE Career Guidance workshop for Leaving Cert students - CAO Change of Mind and alternative pathways after Leaving Cert

Join us as Career Guidance Counsellor Niamh Dwyer highlights all the options available to Leaving Cert students so that they have a plan A,B or C! **Thursday, 12th May @7pm online.** Register online: <https://www.irdduhallow.com/upcoming-events/> or contact Stephanie on 029-60633, stephanie.moynihan@irdduhallow.com

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.

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

SPECIAL POINTS OF INTEREST

BEALTAINE EVENTS

SKILLNET TRAINING

SICAP TRAINING

CAREER GUIDANCE WORKSHOP FOR LEAVING CERT STUDENTS

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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.

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 or Joanne on 029-60633 or email whs@irdduhallow.com
IRD Duhallow Home Incentive Scheme - Home insulation grants are 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 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

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"

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 & delivery service is available to households with transport difficulties. **For details contact 029-60633.**

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 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.

Bealtaine Festival 2022

30th April: Castlemagner Sinsir Club invite you to join their **Dawn Chorus** with Ornithologist, Vivian O’Gorman who will give details of each bird as they come out singing in the morning. Starting at **4.30am** at Castlemagner Community Centre Eircode P51YP26. Admission €10. Children free. This includes Breakfast in Community Centre after the walk.

1st May: Rockchapel Heritage Group is presenting a Talk at **8.00pm** in Bruach na Carraige Heritage Centre, Rockchapel, about the customs and traditions of Bealtaine, including the ancient tale of how the Gaels originally came to Ireland.

4th May: IRD Duhallow’s led walk at Mount Hillary, Banteer meeting at the Trailhead 7.00pm The climb is steady and as such not over strenuous. The views are wonderful. There will be two leaders on the walk one for those who like to march on and another leading those who like to be more leisurely. There will be tea and coffee afterwards. **Call 029-60633 to register.**

7th May: Darkness in Light Walk in Aid of Pieta House at 4.15am Venue: Edel Quinn Hall, Kanturk. Registration online in advance is advised. **Kanturk Men’s Shed are organising the event** so that together we can walk and talk and create a world where suicide, self-harm and stigma have been replaced by hope, self-care and acceptance.

8th May: Bealtaine Tea Dance 2.30pm-5.30pm. Millstreet Active Retired are hosting a Bealtaine Tea Dance with Peter Lane & Blackwater Sound. Refreshments will be served. Admission €10

11th May : IRD Duhallow led Glen River Walk. Meeting at Church Carpark **Banteer** at 7.00pm. Discover the flora and fauna and life on a short leisurely walk on the Glen River. One hour in duration and tea and coffee afterwards. **Call 029-60633 to register.**

17th May : Day Time Cinema — The Sound of Music @ 1.30pm at the James O’Keeffe Institute, Newmarket. Enjoy a social afternoon with lunch served by DCFS followed by watching a recording of **The Sound of Music**. Admission €10.00 **Call 029-60633 to register.**

18th May: Clara Loop Hike 7.00pm—Duration (2.5-3 hours) Meeting at the Carnegie Carpark, **Millstreet**. This is a strenuous climb, but worth it for the superb views and variety of terrain covered. **Call 029-60633 to register.**

19th May: Afternoon of Traditional Music and beautiful Art & Craft Display in the **CYMS Hall, Newmarket**. Light refreshments will be served. Admission €5.00

20th May; Bealtaine Concert at 8.00pm in **Castlemagner Community Centre** Eircode P51 YP26. Admission €10 and children free. This is an event to be enjoyed by the young and not so young. Song, dance, storytelling and a cuppa will be part of the Bealtaine celebration. All welcome.

25th May: Jack’s Mystery Tour. Fee will apply and spaces are strictly limited. **Register on 029-60633 by 6th May.**

25th May: IRD Duhallow led River Walk. Meeting at **Kilcorney Carpark** at 7.00pm. Discover the flora, fauna and life in the river on a short leisurely walk, Duration 1 hour approx. Followed by tea & coffee. Call 029-60633 to register. **Date to be confirmed for Personal Safety and Security Event** which will take place in the James O’Keeffe Inst. Newmarket. Kanturk Garda Marie Lynch will be speak at the event. **Contact 029-60633** to register your interest.

Enterprise Working Group

Mentoring programme for Social Enterprises extended until August 31st!!
The Social Enterprise Regeneration Programme (SERP) has been extended until the end of August. This means your social enterprise can avail of up to **TEN HOURS** of fully funded professional mentoring. These mentoring session can take place in-person or online.

Does your organisation need help with any of the following themes?

Digital Innovation - Social Media, Website Design, Digital Marketing, Advertising, Online payments, etc.

Strategic Planning – Business Model Adaptation, Sustainability, Capacity building, Reviewing Financial Model etc.)

Income Diversification - Fundraising, Accessing Capital, Grants/Funding, etc.

Governance - Legal structure, member’s roles, legal requirements, structure etc.

If you would like to benefit from this programme you can contact our Social Enterprise Development Officer, PJ Murphy at 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 or Louise 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
Digital Marketing for Beginners	From 26th April (online)	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 Thursday evening from 6.30pm –9.00pm
QQI Level 5 Palliative Care	From 12th May running over 5 weeks each Thurs. at IRD Duhallow	Learners will attend this training in person over four days and learn the philosophy and principles of palliative care.
First Aid Refresher	12th & 13th May	One day online and one day in person training. Refresher for those who hold an existing FAR cert.
Microsoft PowerPoint	18th May 9.30am-5.00pm at IRD Duhallow	One day in person training suitable for anyone who would like to produce and run professional looking slide shows using PowerPoint.
Microsoft Word	25th May 9.30am-5.00pm at IRD Duhallow	One day in person intermediate level training covering day-to-day functionality of MS Word, from the use of short cuts to more advanced features.
Practical Productivity using MS Outlook	31st May 9.30am-5.00pm at IRD Duhallow	One day in person training which will provide participants with a totally practical and workable solution to managing their workload and time more effectively.

For full list of our upcoming training courses please visit the events section of www.irdduhallow.com or call Louise Bourke or Monica Gilmore on 029-60633 or email louise.bourke@irdduhallow.com

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 Thursday 5th May at 8.00pm in the James O’Keeffe Institute. Please contact Stephanie on 029-60633 to confirm your attendance.**

Duhallow Social Farming offers people with disabilities the opportunity to spend time on a family farm in a healthy, supportive and inclusive environment. Social farming focuses on people’s potential rather than limitations, encouraging participants to socialise, gain confidence and build relationships. It creates the opportunity to reconnect farmers with their local communities by opening up their farms as part of a social support system for the community. Duhallow Social Farming operates as a voluntary model to enable real working relationships and friendships to develop. The farm is not a specialised treatment farm; it remains a typical working farm where people in need of support can benefit from relationship building through farm activities in a non-clinical environment. Host farms will be supported with any health and safety adjustments that need to be made for social farming activities, as well as support to access relevant training opportunities. **For more information please contact our Social Farming Facilitator 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. 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 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.