

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 - Labour market activation courses

IRD Duhallow is delighted to run several labour market activation courses in the coming weeks including safe pass, forklift and site dumper. Date to be confirmed shortly. **Contact Stephanie Moynihan on 029-60633, or email stephanie.moynihan@irdduhallow.com to register your interest.**

SICAP - Learn how to play chess!

Learn how to play chess with IRD Duhallow Community Education. **Six-week online course starting on Tuesday 7th of June, 2022 from 7pm to 8.30pm.** Limited spaces! Book today: <https://www.irdduhallow.com/upcoming-events/> contact Stephanie Moynihan on 029-60633 or email stephanie.moynihan@irdduhallow.com

SICAP - Navigating Co-Parenting workshop

Virtual workshop on Co-Parenting and Communication, Managing Co-Parenting, Strategies to support you. Co-Parenting and Therapeutic tools to help you support your child. Date to be confirmed shortly. **Contact Stephanie Moynihan on 029-60633, stephanie.moynihan@irdduhallow.com to register your interest.**

IRD Duhallow CE Scheme has vacancies in the following areas:

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

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, 029-60633 for further information.

Youth and Education Working Group

SICAP—Practical First Aid Course for Children / Teenagers

On Saturday 11th June 10am to 2pm. This will be 1/2 day practical class room based course for young people aged 8+. It will cover basic accidents they may encounter, bandaging, bleeding, choking, breaks, burns and CPR. **To book please email brigid-ide.walsh@irdduhallow.com or call 029-60633.**

Summer Camps

IRD Duhallow Newmarket Afterschools will be running 6 weeks of Summer Camps commencing on Monday 27th June, 2022 and running until Friday 5th August, 2022.

Summer camps will run every week from Monday 27th June until Friday 5th August from 9.00am to 1.30pm.

Week 1 27th June - 1st July Nature Detectives
Week 2 4th July - 8th July Little Chefs and Artists
Week 3 11th July - 16th July Whizz Kids
Week 4 18th July - 22nd July Nature Detectives
Week 5 25th July - 29th July Whizz Kids
Week 6 2nd Aug. - 5th Aug. Little Chefs and Artists

Weekly bookings only. €69 per week and National Childcare Scheme subsidies are accepted. Contact Brigid-Ide at newmarketafterschools@irdduhallow.com or call 029-60633.

SPECIAL POINTS OF INTEREST

MID CORK ELECTIONS

NORTH EASTERN DUHALLOW ELECTIONS

TRAINING

SUMMER CAMPS

INSIDE THIS ISSUE

Community Development	1.
Enterprise Working Group	2.
Equality Working Group	3.
Employment and Training Working Group	4.
Youth & Education Working Group	4.

Community Development Working Group

IRD Duhallow Led Walks: On Wednesday 1st June at 7pm meeting in Meelin Carpark for a walk in the Mullaghareirks. This walk takes place in a popular forest, with four different loops. We will do the Rowles Langford Loop this is approx. 7km and takes 1.5 hrs. Walkers can also opt to do the smaller Banane loop (5km 1 hr). There will be tea & coffee afterwards. **Registration is essential please ring 029-60633 to register.**

On **Wednesday 15th June** at 7pm meeting at the Church in Shrone. We will car pool up to the Slyguddal and walk from there over to the Clydagh Valley and back (1.25 hrs), followed by tea & coffee afterwards. Those that wish to do a longer walk can set off early walking up from the church (3.5km). **Registration is essential please ring 029-60633 to register.**

On **Thursday 23rd June** the **Mid Cork Elections** will take place in **The Castle Hotel, Macroom at 8pm.** Communities in **Mid Cork** are as follows; **Carriganimma, Clondrohid, Aghabullogue, Rylane, Ballinagree, Bealnamorrive, Inchigeelagh, Kilbarry, Macroom and Rusheen.**

The **North Eastern Duhallow Elections & Community Forum Meeting** will take place on **Monday 27th June at 8pm in the James O'Keeffe Institute, Newmarket at 8pm.** **North Eastern** Duhallow comprises of the following communities; **Newmarket, Lismire, Kanturk, Kilbrin, Castlemagner, Cecilstown, Dromtariffe, Freemount and Tullylease.**

A Community Forum meeting will also be held on both of these nights to discuss the needs and issues in each of these regions. These meetings are open to all community and voluntary groups and new groups are very welcome to attend. **Please note all nomination forms must be returned to IRD Duhallow by Friday 17th June. For further information please contact Helen O'Sullivan at 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. 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 new and exciting Menu available all day or for takeaway 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 Your one stop shop for quality pre-loved furniture

We have fantastic value on suites kitchen table and chairs 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.

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: IRD 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.

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 Arenas situated adjacent to the James O'Keeffe Institute in Newmarket, and is currently accepting membership applications. **Become a key holder from June for €140** which will allow full access to the arenas for 2022. **For further details please contact Stephanie on 029-60633.**

Enterprise Working Group

Training for Businesses

There is a wide range of upcoming training courses for the autumn / winter period. Check out our website www.irdduhallow.com/upcoming-events/ to get full details. Courses include: Lamh, IT and computer skills, Marketing and Social Media, Train the Trainer and Bright Pay Payroll. **If you are looking for a specific course contact us on 029-60633 / duhallowskillnet@irdduhallow.com and we will do our best to accommodate.**

Creative Clinics for Craft Workers

IRD Duhallow are running a number of creative craft one to one mentoring clinics this autumn. **For further details contact 029-60633 / louise.bourke@irdduhallow.com**

Health Care Support Worker

Expressions of Interest are being taken for a **Level 5 Major Award in Health Care** commencing in September. This programme will run **four days a week from 9.30am – 2.30pm** in person in the James O'Keeffe Institute. **For further enquiries contact 029-60633 / monica.gilmore@irdduhallow.com**

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.**

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.

Equality Working Group

The **Duhallow Carers Support Group** provides peer support for carers, in 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 and the confidence to look after loved ones. **We would be delighted to meet you at our next meeting on Thurs. 2nd of June at 8.00pm in the James O'Keeffe Institute.** The Duhallow Carers group will also go on its annual summer trip on Thursday 16th of June. **Please contact Stephanie on 029-60633 for further information.**

Coffee Morning with Cinema for children

IRD Duhallow is delighted to host a new initiative – A Coffee Morning for Mums & Dads of Children with special needs with an exciting supervised cinema for the children with plenty popcorn, treats and surprises. All special needs will be cared for. This will be a wonderful opportunity to meet other parents and have a lovely, relaxed morning out on **Saturday, 11th of June from 11.00am in the James O'Keeffe Institute.** **Contact Stephanie Moynihan on 029 – 60633, stephanie.moynihan@irdduhallow.com to register your interest.**

Care of the Elderly (QQI Level 5)

The purpose of this award is to equip the learner with the knowledge, skill and competence to meet the full range of needs of older people in a variety of care settings. **Contact Stephanie Moynihan on 029-60633, or email stephanie.moynihan@irdduhallow.com to register your interest.**

STRIVE Coffee Morning and Bake Sale in Aid of Irish Community Air Ambulance

IRD Duhallow's STRIVE participants are hosting a Coffee Morning and Bake Sale **on Friday 24th June at 10am to noon in the James O'Keeffe Institute, Newmarket** with all proceeds going to the Irish Community Air Ambulance. Your support would be appreciated.

Walk for You

Have you been thinking about joining a group, getting some more exercise and meeting new people, well now is your chance!!! New walking group starting in Newmarket, meeting **every Wednesday at 12noon at IRD Duhallow, commencing 29th June.** All fitness levels welcome, this is an opportunity to meet people, enjoy the fresh air and get the step count up!!! **To register and for further info please contact Majella Cauty 029-60633 or email majella.cauty@irdduhallow.com**

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.**

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 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.**