

## 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](mailto:stephanie.moynihan@irdduhallow.com)**

Also, visit [www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/](http://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](mailto:stephanie.moynihan@irdduhallow.com) to register your interest.**

### 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](mailto:stephanie.moynihan@irdduhallow.com) to register your interest.**

### Tree Planting Contractors required

Tree planting contractors required for October, November & December to plant native tree groves, native tree lines and native hedgerows for the Duhallow Farming for Blue Dot Catchments EIP Project. **Please contact Michael Morrissey on 029-60633 or [michael.morrissey@irdduhallow.com](mailto:michael.morrissey@irdduhallow.com) for more information.**

### IRD Duhallow CE Scheme has vacancies in the following areas:

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

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

### Summer Camps

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

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

Week 1	27th June - 1 <sup>st</sup> July	Nature Detectives
Week 2	4th July - 8 <sup>th</sup> July	Little Chefs and Artists
Week 3	11th July - 16th July	Whizz Kids
Week 4	18th July - 22 <sup>nd</sup> 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](mailto:newmarketafterschools@irdduhallow.com) or call 029-60633.**

## SPECIAL POINTS OF INTEREST

LTI PLANT SALE  
30TH JUNE

GIY MEETING 5TH JULY

AGM 25TH JULY

TRAINING

SUMMER CAMPS

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## Community Development Working Group

### The A.G.M. of IRD Duhallow CLG and the Launch of the Progress Report 2021-2022 will take place on Monday 25th of July at 8.00pm in the James O'Keeffe Institute, Newmarket.

While the A.G.M is a legal requirement of this organisation, it also provides an important forum for all communities in Duhallow to review activities and hear about opportunities for the coming year.

IRD Duhallow relies heavily on contributions from local communities and businesses. We would appreciate renewal of your subscription as soon as possible. As per our rules only paid up members are entitled to vote or stand for office.

### Paint Recycling Project

IRD Duhallow's new paint recycling project in conjunction with Cork County Council is now up and running and provides quality indoor paint for sale in our IRD Duhallow Furniture Revamp shop, labelled as **Relove Paint**. Relove paint is a quality, water based remixed emulsion paint, made here in Newmarket. This paint which would otherwise be destined for disposal, is collected from civic amenity sites in Kanturk and Millstreet, it is then filtered, remixed, recoloured and repackaged by our team to produce Relove Paint. As well as helping to protect our environment by using Relove paint in your homes and businesses, you will be supporting our social enterprise which epitomizes the circular economy and sustainability at its very best. The usage guide for Relove Paint is for general use on interior walls and ceilings. We are selling the paint in 5 litre containers at the great price of €15 each. Please call in today to view our excellent range.

Cork Co. Council has sponsored a **quantity of paint** which we are making available to **community buildings free**. It is a first come first served basis so don't delay - please contact Tony Palmer to secure paint for your Centre. All we ask in return is for Communities to promote **Relove paint** on your social media and provide Tony with feedback.

**We would ask interested groups to please contact us by email to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com)**

### 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](mailto: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.



**"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'Keefe 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.**

**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. 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- Saturday. Booking Essential. **For details contact Linda or Olive at 029-76375.**

**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.**

**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](mailto:whs@irdduhallow.com)**

**IRD Duhallow Led Walks:** On **Wednesday 13<sup>th</sup> July**, meet at 7pm at the car park at St. John's Well, Kilcorney for a walk on the Duhallow Way stretch of Musherah. This walk has spectacular views, but can be wet / muddy in patches, so appropriate footwear is essential. There will be tea & coffee afterwards. **Registration is essential. Please ring 029-60633.**

On **Wednesday 27<sup>th</sup> July**, meet at 7pm at the trail head at Mount Hillary, Banteer. There will be tea & coffee afterwards. **Registration is essential. Please ring 029-60633.**

**Duhallow Arenas** situated adjacent to the James O'Keefe Institute in Newmarket, and is currently accepting membership applications. **Become a key holder from July for €125** which will allow full access to the arenas for 2022. **For further details please contact Stephanie on 029-60633.**

### Enterprise Working Group

**Duhallow Skillnet has the following upcoming training programmes:**

Programme	Dates	Venue	Cost
Hair Thinning and Loss	5 <sup>th</sup> & 6 <sup>th</sup> of Sept	James O'Keefe Institute	€80
Digital Marketing for Beginners	12 <sup>th</sup> Sept (6 weeks)	Online	€140
Start Your Own Business	20 <sup>th</sup> Sept (6 weeks)	James O'Keefe Institute	€25
Excel for Beginners	27 <sup>th</sup> Sept	Online	€25

**To book any of these please visit our website: <https://www.irdduhallow.com/upcoming-events/> or contact [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) / 029-60633.**

**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'Keefe Institute. **For further enquiries contact 029-60633 / [monica.gilmore@irdduhallow.com](mailto: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.**

### Creative Clinics for Craft Workers

IRD Duhallow are running a number of creative craft one to one mentoring clinics this autumn.

1. Top Tips for Growing Your Creative Enterprise (22<sup>nd</sup> September).
2. Branding and Marketing for Your Creative Enterprise (20<sup>th</sup> October).
3. Getting ready for Christmas Fair – Sales & Consumers (17<sup>th</sup> November).

**For further details contact 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**

### Local Training Initiative (LTI) Horticulture Group Annual Plant Sale

on Thursday 30<sup>th</sup> June @ 12noon – 2pm  
at the James O'Keefe Institute Newmarket.

Light Refreshments available

For more information, please contact Rachel Budd at 029-60633.

### Duhallow GIY Group

Monthly meetings of the Duhallow GIY Group will resume on **Tuesday July 5<sup>th</sup> at 7.00pm** at the James O'Keefe Institute. A warm welcome is extended to returning and new members. **For more information, please contact Rachel Budd at 029-60633.**

### Equality Working Group

The **Duhallow Carers Support** 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 on 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 Thursday 7<sup>th</sup> July at 8.00pm in the James O'Keefe Institute. For further information please contact Stephanie at 029-60633.**

### Towards Occupation Programme

**Would you like to boost your confidence and self-esteem? Are you out of work for a long period of time and looking for direction?** Do you want to get more active and meet new people? Would you like to bring about positive change in your life? If the answer is YES to any of these questions, then maybe the Towards Occupation Group 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 Majella on 029-60633.**

**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](mailto: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'Keefe Institute, Newmarket. Please contact the MABS to arrange an appointment **Tel. No: 0818 07 2440 or email [mallow@mabs.ie](mailto:mallow@mabs.ie)**

**ALCOHOLICS ANONYMOUS** - a closed meeting of Alcoholic Anonymous is held in the James O'Keefe 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'Keefe 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.**