

## 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.

### IRD Duhallow has the following vacancies with an extended closing date of Friday 9th Sept. 2022

- Rural Recreation Officer — Walks Development and Outdoor Recreation.
- Social Farming Development Officer.
- Kickstart Co-ordinator — Working with ex-offenders in Social Enterprise settings supporting employers and staff.
- CE Supervisor for Drugs and Alcohol Rehabilitation Scheme.

Job Specs available on [www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/](http://www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/)

**Letter of application and CV to Maura Walsh, CEO, IRD Duhallow, James O'Keeffe Institute, Newmarket, Co. Cork or email [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com) by close of business on 9th Sept. 2022.**

### IRD Duhallow LTI Horticulture Training Initiative in Horticulture

IRD Duhallow in conjunction with Cork ETB is offering a **full time QQI Level 5 Major Award in Horticulture, starting on Monday 12th September 2022.** It is a free 48-week full time programme made up of 8 modules including Fruit and Vegetable propagation, Plant Propagation, Organic Principles, Soil Science, Plant Protection, Plant Identification Care and Maintenance. This training will take place in the grounds of the James O'Keeffe Institute, Newmarket which offers outstanding facilities to students, including a 60ft training polytunnel, a well-established kitchen garden and individual allotment plots. On full completion of the course, participants will receive QQI Level 5 Major award in Horticulture. This programme is aimed at individuals in receipt of a social welfare payment.

**For more information, please contact Rachel Budd/Brigid-Ide Walsh on 029-60633.**

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

**Communicating Europe Initiative 2022** Exciting opportunity to get involved in IRD Duhallow's Communicating Europe Initiative 2022. Learn the art of journalistic writing skills and how to develop captivating articles for publication. This training will be free of charge and will consist of two half days attendance at in person workshops.

**To express your interest contact Nollaig or Stephanie at 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](mailto: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](mailto: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 at very affordable prices, consisting of two strands: Literacy Workshops and TTRS. **Classes will be recommencing in Mid-September 2022.** Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further information and registration please contact Brigid-Ide at 029-60633 or email: [brigid-ide.walsh@irdduhallow.com](mailto:brigid-ide.walsh@irdduhallow.com)**

**SICAP - Supporting Children with Dyslexia at Second Level Webinar:** Many parents of students with dyslexia struggle to know how to support the student at second level as the challenges are different to those experienced at primary level and the present Covid crisis has exacerbated this. This Zoom Webinar aims to give practical help and advice. **The topics addressed include:**

How dyslexia affects the student at second level; Key educational choices such as subject choice, language exemptions etc. Resources such as useful websites; How to support the student in the following areas such as organisation, note-taking, reading and writing etc.

This webinar is suitable for parents of children in 5th and 6th class and all secondary classes.

**70 minute Zoom Webinar presented by Wyn McCormack on Tuesday 27<sup>th</sup> at 7.00pm. For further details & registration contact Brigid-Ide at 029-60633 or email: [brigid-ide.walsh@irdduhallow.com](mailto:brigid-ide.walsh@irdduhallow.com)**

## SPECIAL POINTS OF INTEREST

### SMART VILLAGE TRAINING

### TRAINING COURSES

### VACANCIES IN IRD DUHALLOW

### NEW LTI IN HORTICULTURE COMMENCING ON 12TH SEPT.

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## Community Development Working Group

### Smart Village Training

This Autumn IRD Duhallow's Community Development Working Group will be hosting 'Smart Village' Training. Learn about best practice community planning, accessing funding and much more. You will also get a valuable opportunity to meet and learn from other communities in the region.

Training will take place for Communities from **7pm – 9.30pm:**

**Western Duhallow** – 5<sup>th</sup> Sept., 3<sup>rd</sup> Oct., 14<sup>th</sup> Nov. & 28<sup>th</sup> Nov. in the James O'Keeffe Institute, Newmarket.

**North Eastern Duhallow** – 7<sup>th</sup> Sept., 5<sup>th</sup> Oct., 3<sup>rd</sup> Nov. & 30<sup>th</sup> Nov. in the James O'Keeffe Institute, Newmarket.

**South Eastern Duhallow** – 12<sup>th</sup> Sept., 10<sup>th</sup> Oct., 7<sup>th</sup> Nov. and 5<sup>th</sup> Dec. in the James O'Keeffe Institute, Newmarket.

**Duhallow Mid Cork** – 13<sup>th</sup> Sept., 11<sup>th</sup> Oct., 8<sup>th</sup> Nov. and 6<sup>th</sup> Dec in Macroom E.

**To register visit [www.irdduhallow.com/events](http://www.irdduhallow.com/events) For further details contact Louise on 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**

**IRD Duhallow Led Walks:** On **Wednesday 7th September at 7pm** meeting at Shrone Church to walk the **Slyguddal walk**, passing Shrone lake. There will be tea and coffee afterwards. Registration is essential. **Please contact 029-60633 to register.** Due to reducing daylight hours the walks will revert to the monthly Saturday morning walk to take place on the **2nd Saturday of each month** commencing on **Sat. 8th October.** Details of the walk will be advertised in the October Newsletter.

**Duhallow Arenas** situated adjacent to the James O'Keeffe Institute in Newmarket, and currently accepting membership applications. **Become a key holder from September for €100** which will allow full access to the arenas for 2022. **For further details please contact Stephanie on 029-60633.**

### Paint Recycling Project

IRD Duhallow's paint recycling project in conjunction with Cork County Council provides quality indoor paint for sale in our IRD Duhallow Furniture Revamp retail area, 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 Relove paint free to community buildings in Duhallow as promotion and in return we will be asking for communities to provide feedback and promote Relove paint on social media. Only a small quantity of this free paint remains so community facilities please apply immediately. **We would ask interested groups to please contact us by email to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com)**



**"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 Furniture REVAMP Your one stop shop for quality pre-loved furniture

We have fantastic value on kitchen tables and chairs, suites of furniture and desks 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.

**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 Mon. to Fri. 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'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- Saturday. Booking Essential. **For details contact Linda or Olive at 029-76375.**

**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)**

**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.**

### Enterprise Working Group

IRD Duhallow is supporting job seekers & the Ukrainian community in the Duhallow region to source employment. If you are an employer with job openings, please contact Stephanie on 029-60633.

**Duhallow Skillnet has the following upcoming training courses:** 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.

Programme	Dates	Venue	Cost
Hair Thinning and Loss	5 <sup>th</sup> & 6 <sup>th</sup> of Sept.	James O'Keeffe 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'Keeffe Institute	€25
Excel for Beginners	27 <sup>th</sup> Sept.	Online	€25
Developing your Brand	4 <sup>th</sup> Oct.	James O'Keeffe Institute	€125
Train the Trainer	4 <sup>th</sup> Oct. (5 weeks)	James O'Keeffe Institute	€499
Excel Intermediate	4 <sup>th</sup> Oct. (5 weeks)	Online	€120
LinkedIn for Business	6 <sup>th</sup> Oct.	James O'Keeffe Institute	€40

**Health Care Support Worker** - We have a limited number of place remaining on our upcoming **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](mailto:monica.gilmore@irdduhallow.com)**

**Construction Sector** - Duhallow Skillnet is developing a suite of programmes for new entrants to the construction sector. **To express your interest contact 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@irdduhallow.com)**

**Autumn Winter Training Programmes** - The IRD Duhallow Autumn Winter Training schedule has been officially launched. To view our wide range of upcoming courses visit [www.irdduhallow.com](http://www.irdduhallow.com) or **contact our offices on 029-60633/ [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) to get a copy posted to you today.**

### 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 Louise Bourke at 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@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.**

### 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 1st September at 8.00pm in the James O'Keeffe Institute. For further details please contact Stephanie at 029-60633.**

**Video conferencing training for Family Carers.** Always wanted to learn how to use apps such as Facetime, Whatsapp and Zoom? This is the perfect course for you! 4 Week course starting on **Friday, 16th September** from 10am-12.30pm Spaces are limited.

**Mindfulness for Carers** starting on **Wednesday 21<sup>st</sup> of September from 7pm-9pm.** Learn how to be more present and take time for yourself!

**Art Therapy for Carers** Four week course starting on **Wednesday 5<sup>th</sup> of October** from 7pm-9pm Wednesday. To book your place on any of these courses, **please contact Stephanie on 029-60633 or email [stephanie.moynihan@irdduhallow.com](mailto:stephanie.moynihan@irdduhallow.com) or book online [www.irdduhallow.com/events](http://www.irdduhallow.com/events)**

**Duhallow Carers Wellness Day with Joan Cashman** Secure your space for this amazing event today. Learn about colours and styles with Joan Cashman. **Wednesday, 19<sup>th</sup> October 2022 from 10.30am-4pm** in the James O'Keeffe Institute. **Contact Stephanie on 029-60633 or email [stephanie.moynihan@irdduhallow.com](mailto:stephanie.moynihan@irdduhallow.com) or book online [www.irdduhallow.com/events](http://www.irdduhallow.com/events)**

**Walk for You** - Have you been thinking about joining a group, getting some more exercise and meeting new people, well now is your chance!!! IRD Duhallow Walking Group meet every Monday at 12pm and every Wednesday at 11.00am. All fitness levels welcome, this is an opportunity to meet people, enjoy the fresh air and increase the step count!!! **To register or for more info please contact Majella on 029-60633 or email [majella.canty@irdduhallow.com](mailto:majella.canty@irdduhallow.com)**

### Towards Occupation

**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.

The group meet every Monday and Friday from 10am until 2pm at James O'Keeffe Institute IRD Duhallow. Training includes horticulture, sewing/upholstery, personal development, and health & wellbeing. **If you are interested in learning more or in joining the programme, please contact Majella on 029-60633 / email [majella.canty@irdduhallow.com](mailto:majella.canty@irdduhallow.com)**

### Bursaries for Adult and Second Chance Education

Subject to availability of funding, IRD Duhallow is taking expressions of interest from individuals living in the Cork area of Duhallow, in relation to bursaries for adult and second chance education. The purpose of 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 further information please contact Nollaig Murphy on 029-60633 or email [nollaig.murphy@irdduhallow.com](mailto:nollaig.murphy@irdduhallow.com)**

**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.**