

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. Dates to be confirmed.

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 on 029-60633, stephanie.moynihan@irdduhallow.com to register your interest.

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 in 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.**

GIY - The GIY group will meet on the first Tuesday of every month at 7pm at the James O'Keefe Institute. **Please contact Rachel Budd on 029 60633 for information on the group's activities.**

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 for more details.**

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
 General Operative / Caretaker, Knocknagree
 General Operative Dromtariffe GAA / Rathcoole Soccer Club
 General Operative Cullen Village

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

Are you planning ahead for Out of School care commencing in the new school year?

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.

SPECIAL POINTS OF INTEREST

SMART VILLAGE TRAINING

TRAINING COURSES

NEW LTI IN HORTICULTURE

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Community Development Working Group

Our 2021-2022 Progress Report was launched at our recent AGM.

Copies are being distributed to Community Centres throughout the region and are available at IRD Duhallow. It is also available on our website www.irdduhallow.com

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 – 5th Sept., 3rd Oct., 14th Nov. & 28th Nov. in the James O'Keeffe Institute, Newmarket.

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

South Eastern Duhallow – 12th Sept., 10th Oct., 7th Nov., and 5th Dec. in The James O'Keeffe Institute, Newmarket.

Duhallow Mid Cork – 13th Sept., 11th Oct., 8th Nov. and 6th Dec in Macroom E.

To register visit www.irdduhallow.com/events For further details contact Louise on 029-60633 / louise.bourke@irdduhallow.com

IRD Duhallow Led Walks: On Wednesday 10th August at 7pm meeting at the car park at Island Wood, Newmarket. There will be tea and coffee afterwards. Registration is essential. **Please contact 029-60633 to register.**

On Wednesday 24th August at 7pm, meeting at the car park next to Carneige Hall, Millstreet for the Clara Loop hike. There will be tea and coffee afterwards. Registration is essential. **Please contact 029-60633 to register.**

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 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**



"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 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.

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.**

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**

Duhallow Arenas situated adjacent to the James O'Keeffe Institute in Newmarket, and is currently accepting membership applications. **Become a key holder from August for €115** which will allow full access to the arenas for 2022. **For further details please contact Stephanie on 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 / 029-60633.

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

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**

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**

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 (22nd September).
2. Branding and Marketing for Your Creative Enterprise (20th October).
3. Getting ready for Christmas Fair – Sales & Consumers (17th November).

For further details contact 029-60633 / 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 or contact our offices on 029-60633/ duhallowskillnet@irdduhallow.com to get a copy posted to you today.

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 4th August at 8.00pm in the James O'Keeffe Institute. For further details please contact Stephanie at 029-60633.**

IRD Duhallow Walking Group welcomes new members!!! A newly established group, we meet every Monday at 12 noon and Wednesday at 11am. Men and Women of all fitness levels welcome, this is an opportunity to meet people, enjoy the fresh air and increase the step count. **To register and for further information please contact Majella Canty 029-60633, email majella.canty@irdduhallow.com**

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 register please contact Nollaig or 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 029-60633.**

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.**