

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 Moynihan 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.

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 details please contact Nollaig Murphy on 029-60633 or email nollaig.murphy@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 express your interest contact Nollaig or Stephanie at 029-60633.

IRD Duhallow LTI Horticulture Training Initiative in Horticulture

IRD Duhallow in conjunction with Cork ETB is offering a **full time QQI Level 4 Major Award in Horticulture, starting in February 2023**. 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 4 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 at 029-60633.

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.

Beannachtaí na Nollag agus Athbhliain faoi mhaise



**IRD Duhallow Offices
will re-open at 9.00am
on Monday 9th January 2023.**



SPECIAL POINTS OF INTEREST

DUHALLOW SOCIAL
FARMING

LTI HORTICULTURE

TRAINING

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Community Development Working Group

For The Attention Of All Communities RSS and Tús Support Available

Now is the time to make plans for your community for 2023, if there are tasks that you would like RSS and Tús Participants to undertake in your community.

Please email duhallow@irdduhallow.com outlining the work that you would like completed.

Please note all requests will be evaluated by management and scheduled as close to the timeframe as requested. **If you have any queries before you put your plan in place please contact Nuala or Marie on 029-60633.**

IRD Duhallow Led Walks:

The December walk will take place on Saturday, 10th December. **Please ring 029-60633 for details and to register. Registration is essential.**

Duhallow Community Laundry at the James O'Keeffe Institute, Newmarket is a low cost service targeting the elderly, carers, those with disabilities and 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 & 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.

Orders are now being taken for Christmas Cakes, Christmas Puddings, Mince Pies and other treats for Christmas.

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.**



"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"

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

IRD Duhallow Furniture REVAMP Your one stop shop for quality pre-loved furniture

We have fantastic value on sofas, kitchen tables and chairs this month, quantity is limited so don't miss out!

We also have great deals this month on coffee tables, lockers and more.

Visit our showroom opened Monday to Friday, 9.00am - 5.30pm.

Our collection and delivery service is there for your convenience

and a discount is available for individuals in receipt of a social welfare payment.

Do you have a piece of furniture in need of some attention? If so you can also avail of our restoration & upholstery service. For more information, send a picture to revamp@irdduhallow.com, **Whatsapp 087-4665817 or contact Jessica on 029-60633.**

Do you have items of furniture in good condition that you no longer need? We gratefully accept your donations just send a picture to revamp@irdduhallow.com or **Whatsapp number 087 4665817 or contact us on 029-60633.** Visit us on Facebook: IRD Duhallow Furniture Revamp.

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, re-coloured and repackaged by our team to produce **Relove Paint**. As well as helping to protect our environment by using Relove paint in your homes & 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.

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.

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.

Spring -Summer 2023 Training Programmes

The IRD Duhallow Spring Summer Training schedule will be released this month. 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.

Adventure Centre Instructor Training

IRD Duhallow Skillnet and Ballyhass Adventure Group are organising an Adventure Centre Instructor Training Course from January - April. This programme is free for eligible participants. **For further details contact louise.bourke@irdduhallow.com**

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 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.

Equality Working Group

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 Sandra Jones, Social Farming Facilitator at 029-60633 or email duhallow@irdduhallow.com.**

Duhallow Social Farming is financed by the Department of Agriculture, Food & the Marine.

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 usually meets on the first Thursday of each month to organise & facilitate these supports, equipping carers with the skills and the confidence to look after loved ones. **For further details please contact Stephanie at 029-60633.**

Do you have 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. People who have suffered a reduction in income will have to re-organise their finances. In particular, commitments to mortgages / rent and other loan repayments may have to be adjusted.

When creditors are being asked to accept a lower level of repayment they will generally ask for proof of income and a Financial Statement. MABS can help you prepare the 'Financial Statement' and if necessary negotiate on your behalf with your Creditors. MABS can also give advice in relation to Income Maximisation where possible.

Contact the MABS Mallow Office for advice. **Tel. No: 0818 07 2440 or email mallow@mabs.ie**

An outreach clinic is available in the James O'Keeffe Institute, Newmarket. MABS is a Free and Confidential Service.

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 and 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.**