

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.

Labour market activation courses

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

Communicating Europe Initiative 2023 - Exciting opportunity to get involved in IRD Duhallow's Communicating Europe Initiative 2023. 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 on 029-60633.**

IRD Duhallow LTI Horticulture — Training Initiative in Horticulture

Learn how to propagate plants, grow your own organic fruit and vegetables and increase biodiversity in your garden.

Free full time course leading to QQI Level 4 Certificate

Registration: 10am on Tuesday 14th February, 2023 at IRD Duhallow, Newmarket .

For more information, please contact Rachel Budd/Brighid-Ide Walsh at 029-60633.

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**

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.

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 Brighid-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

SERVICES

TRAINING COURSES

SAFETALK TRAINING

LTI HORTICULTURE STARTS IN FEB. 2023

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Community Development Working Group

IRD Duhallow Led Walks: The February walk will take place on **Saturday, 11th February 2023 walking the Mount Hillary Loop.**

Meeting at Mount Hillary trailhead carpark at 12noon. There will be tea and coffee after!

Registration is essential please contact Nuala or Alannah on 029-60633 or 087-3753233.

Duhallow Beekeepers Association renewal of membership is now due and Duhallow beekeepers Association is currently accepting applications for new members. **For further information please contact PJ Murphy on 029-60633 or Andy Bourke on 087-2783807.**

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.

Enjoy Afternoon Tea in the Restaurant from 2.30pm Monday- Saturday. Booking Essential.

For details please contact Linda or Olive at 029-76375.

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 and delivery service is available to households with transport difficulties.

For details 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



"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 this month, quantity is limited so don't miss out! We also have great deals this month on couches, 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.

Duhallow Skillnet is delivering the following Training;

Bookkeeping and Sage 50 Accounts Training: A practical training course that focuses on the key bookkeeping, taxation and Sage 50 accounts topics that bookkeepers and accounts technicians encounter while working in the accounts departments of small to medium sized businesses. Live Zoom Classes. Starts 25th January 2023. **For further enquiries contact duhallowskillnet@irdduhallow.com / 029-60633.**

Excel Training Our schedule of excel training begins with Excel for Beginners on the 1st of February, followed by Intermediate and Advanced Excel. Running online each Wednesday from 9.30-11am. **To register visit www.irdduhallow.com/events**

Introduction to Sugar Craft Learn the finesse of cake decorating with our 6 week course in Sugar Craft. Commencing the 21st of February from 7-9pm. Cost: €125. **For further details contact duhallowskillnet@irdduhallow.com / 029-60633.**

Health Care Support Workers QQI L5 IRD Duhallow Skillnet will be delivering a QQI Level 5 Major Award in Health Care Support online commencing the 23rd of February. **For further details contact duhallowskillnet@irdduhallow.com / 029-60633.**

QQI Level 6 Supervisory Management in Healthcare Duhallow Skillnet is delivery a QQI Level 6 Minor Award in Supervisory Management in Healthcare online. **For further details contact duhallowskillnet@irdduhallow.com / 029-60633.**

Train the Trainer Duhallow Skillnet will be delivering a QQI Level 6 Train the Trainer Course in February. **For further enquiries contact duhallowskillnet@irdduhallow.com / 029-60633.**

Lamh Training The Lamh I training takes place in the James O'Keeffe Institute on the 28th of February and the 8th of March. Cost: €100. **For further enquiries contact duhallowskillnet@irdduhallow.com / 029-60633.**

Social Media for Business Training Our upcoming social media training is ideally suited to people who wish to make more of an impact with their social media, to convert sales and to explore new channels. Each session runs online over three hours and costs €50. **For further details or enquiries contact duhallowskillnet@irdduhallow.com / 029-60633.**

Start Your Own Business Training

IRD Duhallow will be delivering Start Your Own Business Training in the James O'Keeffe Institute for 6 weeks commencing on the 13th of February from 6.30pm – 9.30pm. **To register visit www.irdduhallow.com/events**

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 Sandra.jones@irdduhallow.com.**

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

safeTALK

'Suicide Alertness Training for Everyone'

SafeTALK is a half-day suicide alertness training that prepares attendees, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources. SafeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Date: 14th March 2023. Location/host: James O'Keeffe Institute, Newmarket, Co. Cork P51 C5YF Time: 10.00am – 1.30pm This Training is Free.

Please click on this link to register: <https://bookwhen.com/suicidepreventiontrainingcork>

For more information, please contact **Majella Canty, Rural Community Health Worker at 029-60633 or Email: majella.canty@irdduhallow.com**

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 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.**