

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.**

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 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.

Egg-citing Easter Camp will take place during the Easter holidays

On Monday 3rd April to Thursday 6th April and on Tuesday 11th April to Friday 14th April.
 The camp will run for Primary school children of all ages. Hop along for a fun adventure of games, arts, crafts, baking and more!
 Weekly bookings only, €55.20 per week and NCS subsidies accepted. Booking is essential as places are limited. For further details, please email newmarketafterschools@irdduhallow.com



SPECIAL POINTS OF INTEREST

- COMMUNITY MEETINGS
- DAWN MASS
- SAFETALK TRAINING

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Community Development Working Group

IRD Duhallow is holding a series of community meetings during February and March to give people an opportunity to discuss their ideas and plans for their communities. This information will feed into IRD Duhallow's LEADER and Social Inclusion plans for the region. The information collected as each meeting will inform future planning for the area and it is important that the meetings are well attended to make sure that the needs of your community are included in future funding. We encourage as many as possible to attend these consultation events.

DATE	AREA	VENUE	TIME
27th Feb.	Newmarket & Lismire	James O'Keeffe Institute	8.00pm
27th Feb.	Tureencahill	Tureencahill Community Centre	7.30pm
27th Feb.	Inchegeela / Kilbarry/ Toames	Inchegeela Hall	8.00pm
28th Feb.	Rylane & Aghabullogue	School Hall, Rylane	7.30pm
28th Feb.	Ballinagree	School Hall, Ballinagree	8.00pm
1st March	Knocknagree	Knocknagree Hall	8.00pm
1st March	Banteer & Nadd	Glen Theatre, Banteer	7.30pm
2nd March	Meelin	Meelin Hall	7.30pm
2nd March	Freemount	Freemount Community Centre	7.30pm
6th March	Rathmore & Shrone	Rathmore Community Centre	8.00pm
8th March	Tullylease	Tullylease Community Centre	8.00pm
9th March	Clondrohid & Carriganimma	Clondrohid Community Centre	8.30pm

IRD Duhallow Led Walks: The March walk will take place on **Saturday, 11th March 2023 walking Shrone.**
 Meeting at Shrone Church at 12noon. There will be tea and coffee after!
Registration is essential please contact Nuala or Alannah on 029-60633.

Bealtaine 2023

IRD Duhallow Dawn Mass will take place at the Source of the Blackwater, Ballydesmond on Friday, 24th of March 2023 Assembly at 6.45am sharp. **For further information and to register your interest please contact Stephanie Moynihan on 029-60633.**
Saoi Network IRD Duhallow are taking expressions of interest from groups interested in hosting Bealtaine Events. **For further queries please contact Stephanie on 029-60633 / stephanie.moynihan@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.

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**.

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;

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.** TikTok for Business on 9th March. Snapchat for Business on 23rd March and LinkedIn for Business on 6th April. **For further details or enquiries contact duhallowskillnet@irdduhallow.com / 029-60633.**

Excel Advanced This online course is designed for people who are already familiar and using Excel regularly, content includes pivot tables and charts, macros, functions, data validation and protecting content. **This course runs over 5 sessions online from the 15th of March and costs €150.**

For further details or enquiries contact duhallowskillnet@irdduhallow.com / 029-60633.

Tractor Safety for Teenagers There will be a tractor safety training for teenagers in Kanturk mart during the Easter Holidays and expressions of interest are invited to duhallow@irdduhallow.com / **029-60633**.

Upcoming Information Sessions

IRD Duhallow Skillnet will be holding an information session in relation to the following proposed courses:

- Level 9 master's in Early Years Education in April.
- Level 7 in Early Childhood Education and Care.

For more information contact monica.gilmore@irdduhallow.com

IRD Duhallow Mentoring Programme - Thinking of starting up a business?

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 / duhallowskillnet@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 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 **Helen O'Sullivan at 029-60633** or helen.osullivan@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. The next Meeting is on **Thursday 2nd March at 8.00pm in the James O'Keeffe Institute, Newmarket. For further details please contact Stephanie at 029-60633.**

Calling all Family and Voluntary Carers in Duhallow to join us for a coffee morning in the James O'Keeffe Institute, Newmarket on Monday 20th of March @ 10am to celebrate Mother's Day. All Carers welcome! Please contact Stephanie on 029-60633 to register your interest.

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.**