

## 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](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.

### 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](mailto: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](mailto: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.**

### IRD Duhallow CE Scheme has vacancies in the following areas:

Counter / Kitchen Assistants, Newmarket; General Operatives / Caretaker, GAA Grounds / Village Banteer;  
General Operatives, Furniture Revamp Newmarket; General Operatives GAA Grounds / Village Ballydesmond;  
Pitch & Putt Groundsmen, Newmarket; General Operative Knocknagree, Caretaker / Village;  
General Operative Rathcoole GAA / Soccer Club; General Operative Kiskeam Village / GAA Grounds.

**Please contact your local DSP Activation Officer at Employment Services / Intro Office to check your eligibility and to apply for these vacancies or contact Paddy O'Connor, IRD Duhallow CE Supervisor at 029-60633 for further information.**

## 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](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.**

## SPECIAL POINTS OF INTEREST

### TRAINING COURSES

### CARERS MEETING

### SERVICES

## INSIDE THIS ISSUE

### Community Development

1.

### Enterprise Working Group

2.

### Equality Working Group

3.

### Employment and Training Working Group

4.

### Youth & Education Working Group

4.

## Community Development Working Group

*A big thank you to all who attended our recent series of Community Consultation Meetings held throughout the IRD Duhallow area. Your ideas and plans for your community will feed into IRD Duhallow's LEADER and Social Inclusion plans for the region.*

*If perhaps you missed your local meeting feel free to submit any ideas for your community or region as a whole by emailing [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com) or pick up the phone and ring any of our Development Officers on 029-60633 who would be happy to hear your views.*

**IRD Duhallow Led Walks:** The April walk will take place on **Saturday, 8th April, 2023 walking Claragh Loop, Millstreet.** Meeting at the Carpark opposite St. Patricks Church, Millstreet at 12noon. There will be tea and coffee after!

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

## IRD Duhallow Furniture REVAMP

### Your one stop shop for quality pre-loved furniture

Kitchen dressers are making a huge come-back and we have this trend covered in all sizes! But quantity is very limited so don't miss out! We also have beautifully upholstered bedroom chairs and great leather recliners in addition to our suites of furniture and dining sets. Our collection and delivery service is there for your convenience and there is a discount 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 avail of our restoration & upholstery service. **For more details, send a picture to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com) or Whatsapp 087-4665817 or contact Jessica on 029-60633.**

**Do you have items of furniture in good condition that you no longer need?** We would gratefully accept your donations, just **send a picture to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com) or Whatsapp 087-4665817 or contact us at 029-60633** and 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.



**"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"**

**Duhallow Community Food Services** at the James O'Keeffe Institute, Newmarket, provides a home delivery meal service for the elderly for 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 Julie or Colm on 029-60633 or email [whs@irdduhallow.com](mailto:whs@irdduhallow.com)**

**The IRD Duhallow friendly phone call service** 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 is delivering the following Training;**

#### **LinkedIn for Business**

Want to learn how linked in can further your profile and that of your business? There will be an **online** Linked In for Business webinar from 10am – 1pm on **Thursday 6<sup>th</sup> of April**.

For further details or enquiries contact [duhallowskillnet@irdduhallow.com](mailto:duhallowskillnet@irdduhallow.com) / **029-60633.**

#### **Tractor Safety for Teenagers**

There will be a tractor safety training for teenagers in Kanturk Mart on **Wednesday 12<sup>th</sup> of April** from 9.30am – 4.00pm. This will include tractor safety skills and first aid fundamentals. Register on our website [www.irdduhallow.com](http://www.irdduhallow.com)

#### **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
- Level 7 in Early Childhood Education and Care.
- QQI Level 7 in Room Leader for Childcare Workers

For more information contact [monica.gilmore@irdduhallow.com](mailto: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](mailto:duhallowskillnet@irdduhallow.com) for more information.**

### Equality Working Group

#### **Bealtaine 2023**

**Saoi Network IRD Duhallow** is taking expressions of interest from groups interested in hosting **Bealtaine Events. For further queries please contact Stephanie on 029-60633 or email [stephanie.moynihan@irdduhallow.com](mailto:stephanie.moynihan@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 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.

We would be delighted to met you at our next meeting on **Thursday 6<sup>th</sup> April at 8.00pm in the James O'Keeffe Institute, Newmarket. For further details please contact Stephanie at 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 Sandra Jones, Social Farming Facilitator at 029-60633 or email [sandra.jones@irdduhallow.com](mailto:sandra.jones@irdduhallow.com).**

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

#### **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](mailto: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.

**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.

**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.**