

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. **If you would like support at this time please contact Stephanie Moynihan on 029-60633, or email stephanie.moynihan@irdduhallow.com**

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** or visit www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/ where positions are advertised.

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 IRD 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**

There are a few places left in our **Intermediate Computers course** in June for anyone with basic skills who wants to progress. Please contact **Nuala or Triona on 029-60633** if you would like to book a place.

IRD Duhallow CE Scheme has vacancies in the following areas:

General operatives / Caretaker GAA Grounds / Village Banteer
 General Operatives GAA Grounds / Village Ballydesmond
 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.

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

Summer Camps

Our weekly summer camps commence on Monday 26th June 2023 and will run until Friday 4th August 2023. Here is the list of Camps:

26th-30th June Nature Detectives

3rd-7th July Little Chefs and Artists

10th-14th July Nature Detectives

17th-21st July Whizz Kids

24th-28th July Little Chefs and Artist

31st July - 4th August Whizz Kids



Little Chefs and Artists children enjoy baking and cooking things from start to finish and a variety of arts and crafts. During Nature Detectives, we spend majority of the day outside exploring and appreciating our natural surroundings. Whizz Kids is all about science experiments, computers and literacy with a Literacy teacher facilitating literacy games and activities and Touch Type Read Spell (TTRS) while in the computer lab; these activities are especially beneficial for children with dyslexia or reading difficulties. **Camps are open to all children, not just those enrolled in the After-schools. NCS subsidies accepted. To book please email newmarketafterschools@irdduhallow.com**

SPECIAL POINTS OF INTEREST

WESTERN DUHALLOW ELECTIONS & COMMUNITY FORUM MEETING

FREE INTERIOR RELOVE PAINT FOR COMMUNITY PROJECTS

INSIDE THIS ISSUE

Community Development	1. & 2
Enterprise Working Group	2.
Equality Working Group	3.
Employment and Training Working Group	4.
Youth and Education Working Group	4.

Community Development Working Group

Western Duhallow Election to the Board of IRD Duhallow

The **Western Duhallow Elections & Community Forum Meeting** will take place on **Thursday 22nd June in Kiskeam Community Centre at 8pm.**

On the night, two representatives will be elected onto the Board of IRD Duhallow to represent the needs of communities in the region. One from the Cork side of Western Duhallow and one from the Kerry side.

The outgoing reps Billy Dennehy and Pat Brosnan are eligible for re-election. A Community Forum meeting will also be held to discuss the needs and issues in Western Duhallow.

This information evening is open to all. Western Duhallow comprises of the following communities: **Ballydaly, Ballydesmond, Boherbue, Cullen, Gneeveguilla, Kiskeam, Knockaclarig, Knocknagree, Meelin, Rathmore, Rockchapel, Taur, Knocknaboul, Toureencahill, Ballinahulla, Shrone, Foilogohig and Glash.**

National Offer A Home Programme for Ukrainian Accommodation

Under this programme, **Cork & Kerry County Councils** are appealing for offers of houses or apartments for use as temporary accommodation for those arriving from Ukraine.

Ideally, properties would be available for at least six months. Property owners can offer homes online at www.offerahome.ie. Owners unable to register online can also contact Cork Council directly on **021-4386637** or Kerry County Council on **066-7183609**. **For clarification on any of this please contact Helen O'Sullivan, IRD Duhallow on 029-60633.**

IRD Duhallow Led Walks:

Wednes.14th June: Walking Rowels Langford Loop. Meeting at Meelin Church Carpark @ 7pm

Wednes.28th June: Duhallow Way Challenge – Walking from the Slyguddal to Awnaskirtaun. Meeting at Shrone Church @ 7pm. Tea and coffee after both walks.

Duhallow Community Food Services at the James O'Keeffe Institute, Newmarket, provides a home delivery meal service for the elderly, for those convalescing 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 and cold food for home catering and for parties and special occasions as well as functions in Community Centres and a variety of customised menus to suit every budget is available.

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, Hilary or Olive at 029-76375.



"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 currently have a wide selection for all your furniture needs, from suites to tv units, chairs to storage units. 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 and upholstery service. For more details please 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 would gratefully accept your donations, just send a picture to revamp@irdduhallow.com, Whatsapp 087-4665817 or ring us at 029-60633. Visit us on Facebook: IRD Duhallow Furniture Revamp.

RELOVE PAINT

Our award winning Relove paint project offers a huge choice of colors of **interior paint** for redecorating this summer. Of great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

Free Paint To Communities Scheme For a second year, in conjunction with Cork County Council, Revamp will be offering **free interior paint to community projects in Duhallow**. To check eligibility, or to apply for free paint please contact REVAMP on 029-60633 for information and a application form by 16th June, 2023.

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

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

QQI Level 9 Masters in Leadership in Early Years Education & Care

Beginning in September 2023, this programme will run part time over two years online in conjunction with South East Technological University.

For more information please contact Monica on 029- 60633 or monica.gilmore@irdduhallow.com.

QQI Level 5 in Healthcare Support

Our next QQI Level 5 Major Award in Healthcare Support Training Programme begins in September 2023.

For more information or to register your interest please contact Monica on 029-60633 or email monica.gilmore@irdduhallow.com.

This course is fully funded through our Skills Connect programme.

Duhallow Skillnet provides subsidised training for companies & individuals in the Duhallow Region. If you have a specific requirement for your company. **Please contact Louise Bourke or Monica Gilmore on 029-60633 to discuss how Duhallow Skillnet can help.**

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.

For more information contact Monica or Louise on 029-60633 / duhallowskillnet@irdduhallow.com

Equality Working Group

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 monthly to organise & 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. **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 Rachel Budd 029-60633 or email duhallow@irdduhallow.com.

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

**Anyone interested in learning basic and practical DIY skills?
Please send in your expressions of interest to Nuala Riordan on 029-60633 or
email nuala.oriordan@irdduhallow.com.**

Local Link Rural Transport

There are fifteen Local Link Companies operating the Rural Transport Programme Nationally. In **Cork**, Local Link Cork operates the services for the County from two offices, one in Bantry and one in Fermoy. In **Kerry** the service is operated from its Office in Castleisland.

The services are provided through a combination of private providers and our Company fleet.

Local Link provides scheduled Public Transport services and also door-to-door services.

The service is free to Travel Pass holders and competitively priced for all other passengers.

Please contact **Local Link** to enquire about the service in your area and let them know your requirements and they may be able to assist you with your transport needs.

Contact the **Fermoy Office which covers the North Cork Area on: 025 – 51454**

Contact the **Bantry Office which cover Mid and South Cork: 027 – 52727**

Contact the **Kerry Office on 066-7147002.**

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.

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.**