

## 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](mailto: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 Yuliia or Alina or Helen on 029-60633** or 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.

### 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 on 029-60633 or email [nollaig.murphy@irdduhallow.com](mailto:nollaig.murphy@irdduhallow.com)**

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

General Operative 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

### IRD Duhallow Afterschool and Breakfast Club are now taking bookings for September.

Open daily from 7am-9am and 2pm-6pm for any primary school children in the Duhallow region.

Transport is offered to and from Newmarket Boys and Girls National school. Nutritious breakfast and dinner is provided along with homework support daily.

Games, outdoor play, baking, art, computers, environmental projects are just some activities offered.

Daily and weekly bookings accepted.

All children are now entitled to a universal subsidy of €1.40/hour through the National Childcare Scheme, which makes the Afterschools even more affordable.

**Please email [newmarketafterschools@irdduhallow.com](mailto:newmarketafterschools@irdduhallow.com) for bookings or more information.**

### IRD Duhallow Literacy Support Programme: IRD Duhallow offers a literacy support programme for Primary School children with Dyslexia or Dyspraxia (diagnosis is not required for enrolment).

Classes are held weekly on a **Monday evening** with Literacy Workshops from 4.30pm-5.30pm and Touch Type Read Spell computer programme from 5.30pm-6.30pm.

**Classes will be recommencing in Mid-September 2023.** Subsidies are available for those in receipt of a welfare payment or who hold a medical card. **For further information and registration please contact Brigid-Íde at [brigid-ide.walsh@irdduhallow.com](mailto:brigid-ide.walsh@irdduhallow.com) or 029-60633**

## SPECIAL POINTS OF INTEREST

### HEALTHCARE SUPPORT TRAINING

### IRD DUHALLOW AFTERSCHOOLS & BREAKFAST CLUB TAKING BOOKINGS FOR SEPTEMBER

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## Community Development Working Group

### IRD Duhallow Led Walks

**Wednesday 9<sup>th</sup> August:** Walking the Island Wood. Grade: Easy. Meeting at Island Wood trailhead at 7pm.

**Wednesday 23<sup>rd</sup> August:** Duhallow Way Challenge – Walking from Croohig's Cross, Ballydaly to Mount Leader gate lodge. Grade: Moderate. Sections of this walk are on open mountain side with uneven ground and wet patches. Meeting at Ballydaly Church at 7pm.

Tea & coffee after both walks. **Registration is essential – call Alannah / Nuala on 029-60633.**

### HER Outdoors Week 14<sup>th</sup> – 20<sup>th</sup> August 2023

This week is all about providing opportunities for women to escape to the outdoors and try something new. This year IRD Duhallow in partnership with Mountaineering Ireland are hosting an Introduction to Navigation event for women in **Millstreet, Friday 18<sup>th</sup> August 10am-4pm**. The event is ideal for women who wish to gain confidence on the hills and to become more independent, thus increasing their ability to explore unfamiliar terrain and new locations. **No previous experience is necessary. €10 per person, registration is essential – please call Alannah 029-60633 for more details.**

### Outdoor Rural Infrastructure Scheme (ORIS 2023) Now open for Expressions of Interest.

ORIS provides funding for the development of outdoor recreational infrastructure and/or support for necessary repair, maintenance, enhancement, or promotion of existing recreational infrastructure in rural areas. Expression of Interest (EOI) applications are currently being accepted by IRD Duhallow under ORIS - Measure 1. This measure is open for applications for small-scale repair/ development/ promotional and marketing projects of grant aid amounts up to €30,000. Download the Expression of Interest form on IRD Duhallow's website and forward completed EOIs to [Alannah.ocallaghan@irdduhallow.com](mailto:Alannah.ocallaghan@irdduhallow.com) or post to Alannah O'Callaghan, James O'Keefe Institute, Demense Avenue, Newmarket, Co. Cork. This is a competitive process, however, if you meet the criteria listed in the EOI there is a good chance that your application will be considered for funding. **Closing date 5pm Friday 11th August 2023. For further information contact Alannah on 029-60633.**

### National Heritage Week 12th –20th August 2023

The theme for National Heritage Week 2023 is "Living Heritage". This theme is centred around the practices, knowledge and skills that have been passed from one generation to the next, and are still in use today. **If your community are interested in running an event as part of Heritage Week please contact P.J. at [pj.murphy@irdduhallow.com](mailto:pj.murphy@irdduhallow.com) or on 029-60633.**

**Duhallow Community Laundry** at the James O'Keefe Institute, Newmarket is a top quality service for the elderly, carers, those with a disability, those in receipt of a social welfare payment and low income families. Laundry can be dropped into our facility in Newmarket during our opening hours Monday to Friday from 9.00am - 5.30pm. If you require your laundry to be collected and returned to your home, this can also be arranged, **for more information call 029-60633.**



The Social Inclusion and Community Activation Programme (SICAP) 2018-2023 is co-funded by the Government of Ireland, through Rural and Community Development, and the European Union.

### 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. We are open Monday to Friday 9.00am- 5.30pm at the James O'Keeffe Institute, Newmarket. **Do you have items of furniture in good condition that you no longer need?** We are looking for all kinds of furniture, particularly bedroom furniture and dining room furniture. We would gratefully accept your donations, just **send a picture to [revamp@irdduhallow.com](mailto:revamp@irdduhallow.com) , Whatsapp 0874665817 or Contact us at 029-60633** and visit us on Facebook: IRD Duhallow Furniture Revamp.

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

#### RELOVE PAINT

Our award winning Relove paint project offers a huge choice of colours of **interior paint** for redecorating this summer. Of great quality and at only €15 per 5 litre, it will brighten up any space and won't break the bank! Call into REVAMP to and view the RELOVE range of colours available.

**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)**

**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 a 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.**

### Enterprise Working Group

**Start Your Own Business Training** Learn the Fundamentals of Starting Your Own Business. From Business Research and Finance, to Marketing and Sales, we cover the fundamentals of getting started in Business. 6 Monday Evenings from 6.30pm – 9.30pm commencing Monday 8<sup>th</sup> of September. Fee is €10. **Book on [www.irdduhallow.com](http://www.irdduhallow.com)**

**IRD Duhallow Mentoring Programme** - 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](mailto:duhallowskillnet@irdduhallow.com)**

#### 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](mailto: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](mailto:monica.gilmore@irdduhallow.com).**

*This course is fully funded through our Skills Connect programme.*

### Equality Working Group

#### Duhallow Carers Support 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 the first Thursday of every month 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 on **Thursday 3rd of August at 8.00pm** in the James O'Keeffe Institute, Newmarket. **Please contact Stephanie on 029-60633 to confirm your attendance.**

#### Dormant Accounts 2022-2024 for Family Carers

Are you a Family Carer or Voluntary Carer? Perhaps your child has additional needs, which may include cognitive difficulties, physical or sensory difficulties, emotional and behavioural difficulties, and difficulties with speech and language.

Or maybe you are caring for an elderly relative or friend in your or their own home?

We would love for you to join, take away important learnings from our seminars, talks and workshops and most importantly feel supported by like-minded carers in Duhallow. This programme is here to support you and your family.

IRD Duhallow will be running an exciting array of courses, workshops and information sessions on topics including Mental Health & Wellbeing, Effective Communication & Resilience, CV & Interview Skills as well as Personal Development. Dates for training and exciting events are currently being finalised and will be published in the coming weeks.

**To express your interest, please contact Stephanie on 029-60633.**

#### Duhallow Social Farming

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 farmers 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](mailto:duhallow@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.**