

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 Yuliia or Alina or Helen 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 on 029-60633 or email 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 Open daily from **7am-9am** and from **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 and Breakfast Club even more affordable.

Please email 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 or 029-60633.**

SPECIAL POINTS OF INTEREST

NOMINATIONS NOW OPEN FOR DUHALLOW BUSINESS AWARDS 2023

TRAINING COURSES

LITERACY SUPPORT PROG.

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Community Development Working Group

Welcome to our new Board Members: Rosie Healy from Banteer, representing South Eastern Duhallow and Geraldine Galvin from Macroom, representing the Lee Valley Enterprise Board. Geraldine will sit on our Enterprise Working Group. We thank our outgoing Board Member Billy Murphy who has served his second term on the Board representing South Eastern Duhallow. Copies of our Progress Report are available at Community Centres or contact us on 029-60633 if you need to restock or require one for yourself.

IRD Duhallow Led Walks

Wednesday 6th September: Walking Claragh Mountain. Grade: Moderate. Meeting at Millstreet Church Carpark at 7pm.

Wednesday 20th September: Duhallow Way Challenge – Walking at Musher. Grade: Moderate. Sections of this walk are on open mountain side with uneven ground and wet patches. Meeting at St. John's Well at 7pm. Tea & coffee after both walks.

Registration is essential – call Alannah or Nuala on 029-60633.

IRD Duhallow Furniture REVAMP

Your one stop shop for quality pre-loved furniture

Do you have items of furniture in good condition that you no longer need?

As the kids are getting ready to go back to school maybe there are study desks, study chairs and shelving units stored away that you can donate. We would gratefully accept your donations, just send a picture to revamp@irdduhallow.com, or send it by **Whatsapp to 087-4665817** or contact us at 029-60633 and visit us on Facebook: IRD Duhallow Furniture Revamp.

We currently have a wide selection of suites of furniture, dressing tables and dining chairs. 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 information, send a picture to 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. 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 view the RELOVE range of colours available.



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.

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.

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**

Duhallow Community Laundry at the James O’Keeffe 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.**

Enterprise Working Group

IRD Duhallow Skillnet For a full list of upcoming training courses or to book your place on any training course please contact **Monica or Louise on 029-60633** or visit the events page of www.irdduhallow.com.

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. Training begins on Monday 18th of September at the James O’Keeffe Institute, Newmarket from 6.30pm – 9.30pm for 6 Monday Evenings. Fee is €10 per person. **Book on www.irdduhallow.com**

QQI Level 5 in Healthcare Support

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

Contact **Monica Gilmore on 029-60633** for more information or to register your interest or email monica.gilmore@irdduhallow.com. *This course is fully funded through our Skills Connect programme.*

Lámh One

This training programme is for staff members and professionals who have started to work in an environment where Lámh is used and covers 100 Lámh signs and how to support Lámh users. **Dates: 31st October and 8th November, from 6.30pm-9.30pm at the James O’Keeffe Institute, Newmarket. Cost €70pp.** Contact **Monica Gilmore on 029-60633** for more information or to register your interest or email monica.gilmore@irdduhallow.com.

Duhallow Skillnet provides subsidised training for companies and 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 - 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**

IRD Duhallow Business Awards 2023

The 2023 Duhallow Business Awards will take place on **Thursday the 23rd of November.** Nominations are now open on the awards page of www.irdduhallow.com and members of the public can nominate local businesses under each category. **For further details please contact Monica or Louise on 029-60633 or email duhallowskillnet@irdduhallow.com.**

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 7th September 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.

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**

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.**