

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.

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 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.



Spooktacular Halloween Camp, will run from Tuesday 31st October to Friday 3rd November from 9.00am to 1.00pm. NCS subsidy's may apply.

For bookings please contact newmarketafterschools@irdduhallow.com

SICAP Career Exhibition

IRD Duhallow will hold their annual **Careers Exhibition on Friday 13th October in The Marquee at the James O'Keeffe Institute from 10am-1pm**. Young people will be able to meet with representatives from local and national Universities, PLC training colleges, agricultural colleges etc. to discuss further educational opportunities and to get a good insight into requirements and what each course entails. A Career Guidance Counsellor will give talks on Enabling Young People on the day.

SPECIAL POINTS OF INTEREST

NOMINATIONS OPEN FOR DUHALLOW BUSINESS AWARDS 2023

TRAINING COURSES

HALLOWEEN CAMP

CAREERS EXHIBITION

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Community Development Working Group

IRD Duhallow Led Walk

We are back to walking the second Saturday each month.

Saturday 7th October: Walking the Reanahoun Loop in the Mullaghareirks. Grade: Easy. Meeting at Meelin village opposite Church at 11am. Tea & coffee after the walk. **Registration is essential – call Alannah on 029-60633.**

Duhallow Way

Harvesting Works taking place in Awnaskirtawn, south of Rathmore, Co. Kerry. Coillte harvesting works started on Wednesday 30th August 2023 in Awnaskirtawn property, this section of the **Duhallow Way is closed for the duration of works**. Harvesting ongoing for approx. 8 weeks. **Please adhere to all safety signage on the trail!**

For more information, please check IRD Duhallow's website or contact Alannah on 029- 60633.

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.**

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 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

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 the following categories:

Best Emerging Business
Best Food Business
Best Community Enterprise

Best Established Business
Best in the Creative Industry
Best Women Led Business

Tickets for the Business Awards Banquet are now available from www.irdduhallow.com **For further details please contact Monica or Louise on 029-60633 or email duhallowskillnet@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**

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

Upcoming Training Courses;

Course Title	Date	Details
Leadership & Management in Early Years	From the 3 rd of October	This programme covers models of leadership, leading and managing change, contemporary HR policies and processes, mentoring and coaching, finance, admin, governance for the early years sector. Blended delivery- online and in person.
Email Marketing Workshop	4 th October 10am-12pm	Covering all aspects of using mail chimp effectively for email marketing campaigns for business. Online delivery.
Intermediate Excel	18 th October 9am-5pm	The aim of this training course is to provide clients with the necessary skills required to produce reports using spreadsheets incorporating various calculations, professional formatting and graphical charts. Online delivery.
Instagram for Business	18 th October 10am-12pm	Stay up to date with all the latest features of Instagram and get the most out of Instagram for your business. Online delivery.
Lámh One	31 st October & 8 th November 6.30pm-9.30pm	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.
Social Media Advertising for Business	8 th November 10am-1pm	Learn how to set up adverts using social media and google. Online delivery.
Advanced Excel	15 th November 9am-5pm.	On completion of this advanced course, candidates will have the necessary skills to produce complex documents using all the tools and functions available to them in Excel. Online delivery.

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 5th October at 8.00pm** in the James O’Keeffe Institute, Newmarket. **Please contact Stephanie on 029-60633 to confirm your attendance.**

Calling all Family Carers in Duhallow. Carers Support Forum with exciting guest speakers on carers entitlements, help and general wellbeing on **Thursday, 12th of October at the James O’Keeffe Institute, Newmarket, from 10.00am** and all welcome.

Please register your interest with Stephanie on 029-60633 or email stephanie.moynihan@irdduhallow.com. This event is funded through the Dormant Accounts Programme.

The IRD Duhallow Rural Community Health Project will be running the following one-day workshops in October

Activator Poles taster session. Activator Poles have been developed by therapists in Canada for people who have balance concerns or mobility issues but want to fitness walk. The poles provide stability, support and confidence to people worried about their balance or falling and enables them to get up and get going with a purpose again. The session will be on **Tuesday 17th October at 3.30pm** at IRD Duhallow, James O’Keeffe Memorial Institute, Newmarket, Co. Cork. P51 C5YF .

safeTALK, Suicide Alertness for Everyone, safeTALK is an internationally recognised training programme that prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources. Talk will be on **Wednesday 18th October at 10am Sharp to 2.00pm** at IRD Duhallow, James O’Keeffe Memorial Institute, Newmarket, Co. Cork. P51 C5YF .

Your Health, Your Choice, 1 hour talk by the Marie Keating Foundation focusing on cancer prevention. Covering smoking, skin, diet, weight, alcohol, vaccination, and screening. **Talk will be held on Friday 27th October at 2.30pm** at IRD Duhallow, James O’Keeffe Memorial Institute, Newmarket, Co. Cork. P51 C5YF , **Booking is necessary for all events please contact Denis Justice on 029-60633 or email denis.justice@irdduhallow.com**

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.

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.**