

## 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.

### 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.**

### 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.*

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

## SPECIAL POINTS OF INTEREST

DUHALLOW BUSINESS AWARDS 2023

SENIORS CONFERENCE

STRONG HEARTS HEALTHY LIVES TALK

## 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

### IRD Duhallow Led Walk

**Saturday 18<sup>th</sup> of November:** Walking along the Duhallow Way from Carrigagulla along the Inchamay & Boggeragh sections of the trail to Mossy Beds. Grade: moderate - this section of the trail has some short climbs, and an uneven surface where it is rough underfoot. Meeting at the Kerryman's Table crossroads in upper Aubane at **11am**. Tea & coffee after the walk.

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

### Duhallow Way

**Harvesting Works taking place in Awnaskirtawn, south of Rathmore, Co. Kerry.** Coillte harvesting works started on Wednesday 30<sup>th</sup> 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 Arena

The Arena at the James O'Keeffe Institute is **currently accepting applications** to be a keyholder. The cost for the year is €450. **Enquiries to [duhallow@irdduhallow.com](mailto:duhallow@irdduhallow.com) / or 029-60633.**

### IRD Duhallow Furniture REVAMP

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

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

Maybe there are tables, chairs, lockers and shelving units stored away that you can donate. We would gratefully accept your donations, just **send a picture to [revamp@irdduhallow.com](mailto: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.

#### 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), or to 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 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 €9.50 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 9.00am to 4.00pm.** We have an extensive and exciting Menu available all day or for takeaway if you prefer and we have a new **Brunch Menu** available every Saturday from 9.00am –4.00pm

We also have an extensive range of delicious cakes, buns and pastries available from our bakery fresh every day. Orders are now being taken for Christmas Cake, Christmas Puddings, Mince Pies and other treats for Christmas. Enjoy **Afternoon Tea** in our Restaurant from 2.30pm Monday - Saturday. Booking Essential. **For details please contact Linda, Hilary or Olive at 029-76375.**

**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 Business Awards 2023

The 2023 Duhallow Business Awards will take place on **Thursday the 23<sup>rd</sup> of November.** Tickets for the Business Awards Banquet are now available from [www.irdduhallow.com](http://www.irdduhallow.com) **For further details please contact Monica or Louise on 029-60633 or email [duhallowskillnet@irdduhallow.com](mailto: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](mailto: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](http://www.irdduhallow.com)

#### Upcoming Training Courses;

Course Title	Date	Details
Lámh One	31 <sup>st</sup> October & 8 <sup>th</sup> 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 <sup>th</sup> November 10am-1pm	Learn how to set up adverts using social media and google. Online delivery.
Advanced Excel	15 <sup>th</sup> 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.

#### Running a Home Based Food Business Training Programme

Unlock the secrets to running a successful home-based food business with our intensive 3-day workshop. Discover practical strategies to optimize your operations, reduce costs, and boost profitability. From menu planning and kitchen management to financial control and waste reduction, this course equips you with the essential skills to thrive in the competitive food industry. Join us to transform your passion for food into a thriving and efficient home-based business. **Date:** 28<sup>th</sup> November **Time:** 9am – 5pm **Fee:** €20. **For more information or contact 029-60633 / [louise.bourke@irdduhallow.com](mailto:louise.bourke@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 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. **Please contact Stephanie on 029-60633 for further information.**

**The annual Carers Mass** will be held in early November in the James O'Keeffe Institute. **The mass will replace the monthly meeting. Call Stephanie on 029-60633 of email [stephanie.moynihan@irdduhallow.com](mailto:stephanie.moynihan@irdduhallow.com) to register your interest.**

#### Saoi Network

The Saoi Network will host this year's Seniors Conference on **Wednesday 15<sup>th</sup> of November, in the Marquee, at James O'Keeffe Institute.** The Guest speaker for this event will be C103 and RTE Garden Expert Peter Dowdall, alongside many other exciting and informative speakers. **Registration is essential. Contact 029-60633 to book your place today or book online [www.irdduhallow.com/events](http://www.irdduhallow.com/events).**

#### Strong Hearts Healthy Lives, A talk on Heart Health & Stroke

Join us for a morning dedicated to the heart, learn, engage, and take the first steps to a healthier future. With speakers from Munster Cardiac Service, Cork Stroke Support, Cork Sports Partnership. Plus, The Irish Heart Foundation Mobile Unit will be offering **FREE** blood pressure checks throughout the event.

The talk will take place on **Monday 20<sup>th</sup> November, at 9.30am, in IRD Duhallow,** at James O'Keeffe Memorial Institute, Demense, Newmarket, Co. Cork. P51 C5YF

Registration necessary. **Pease contact: Denis Justice on 029-60633 or email [denis.justice@irdduhallow.com](mailto:denis.justice@irdduhallow.com)**

**The Rural Community Health Project Walking & Social Club** Welcomes you to come along for a walk and a chat. We meet every Monday and Wednesday. **For further information please contact Denis Justice on 029-60633 or email [denis.justice@irdduhallow.com](mailto:denis.justice@irdduhallow.com)**

**The Rural Community Health Project Reading for the Brain Bookclub welcomes new members.** We meet every Tuesday at 2.30pm in The James O'Keeffe Memorial Institute, Newmarket. **For further information please contact Denis Justice on 029-60633 or email: [denis.justice@irdduhallow.com](mailto:denis.justice@irdduhallow.com)**

#### 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.**