

31st March 2020



West Limerick Resources

'Committed to the Community'

**COVID-19
COMPANY UPDATE**

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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

WEST LIMERICK RESOURCES UPDATE

West Limerick Resources, like all organisations, are adjusting how we offer our services during this challenging time. We are adapting to ensure that we continue to provide supports and services to individuals and communities across West Limerick.

Unfortunately as a result of the escalating situation regarding the Coronavirus, all West Limerick Resources events, training courses, workshops and face-to-face meetings are postponed until further notice. All our offices are closed to the public until further notice.

Staff are available to respond to clients and community groups by email or phone in relation to WLR work and projects.

Please follow West Limerick Resources on Facebook for up to date information or contact staff directly as required.

We urge everyone to adhere to the social isolation guidelines as set out on the www.HSE.ie website.

Shay Riordan	WLR Manager	069 62222	sriordan@wlr.ie
Dearbhla Conlon Ahern	SICAP Co-ordinator	087 675 0869	dconlon@wlr.ie
Suzanne Rowley	RDP (Leader) Co-ordinator	086 306 8202	srowley@wlr.ie
Tom Wilmoth	RSS & Tus Co-ordinator	087 932 9469	twilmoth@wlr.ie
Michaela Donegan	Back2New Community Upcycling	087 272 7742	upcycling@wlr.ie
Niamh Keating	Primary Health Care Project	087 431 8983	nkeating@wlr.ie
Helen Larkin	Jobs Club	087 147 2330	hlarkin@wlr.ie
Paul Moriarty	Limerick Volunteer Centre	087 738 7487	pmoriarty@wlr.ie
James Lenell Ledwith	Social Farming Regional Network Development Worker	087 366 3842	jledwith@wlr.ie
Denis Robinson	Pre Social Cohesion Development Officer, Rathkeale	087 273 9663	drobinson@wlr.ie
Kathleen Mulvihill	RCCN Housing	086 449 2286	rccnhousing@yahoo.ie

SICAP, the Social Inclusion & Community Activation Programme, continue to provide the following free & confidential supports via phone and email.



Rural Employment Service (RES)

Dedicated employment service supporting people into employment & training

Finn Fitzgerald

fftizgerald@wlr.ie
087 759 1951

Eddie O'Shaughnessy

eoshaughnessy@wlr.ie
08 653 5156

Dee Collins

dcollins@wlr.ie
087 918 5557

Adrienne O'Connell

aoconnell@wlr.ie
087 277 3294



Youth Employment Service (YES)

Employment & training service for 15 to 24 year olds

Eddie O'Shaughnessy

eoshaughnessy@wlr.ie
087 653 5156



Lifelong Learning

Support to identify and access accredited & non-accredited education & training.

Even in these difficult times it is good to make positive plans for the future. If you hope/intend on going to college in September 2020 WLR can support you with your SUSI Grant Application Form. Leaving Cert Students, Mature Students and Parents are welcome to contact for advice and guidance.

Adrienne O'Connell

aoconnell@wlr.ie
087 277 3294

RES

Rural Employment Service

The RES is a free & confidential service working with people who need support to enter/re-enter employment, explore education & training opportunities

- Reskilling advice & guidance
- CV & Interview preparation
- Career Planning
- Education/training opportunities
- Support personal development

It may feel we are on hold at the moment but the country will soon be back up & running so why not use this time to consider your options and prepare for the future.

Our office is currently closed due to COVID-19 however we are available week days via email & phone

Finn Fitzgerald
ffitzgerald@wlr.ie
087 759 1951

Adrienne O'Connell
aoconnell@wlr.ie
087 277 3294

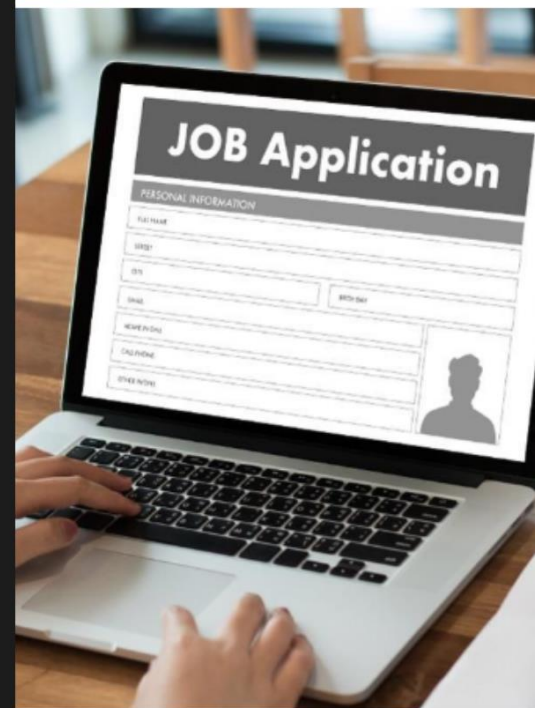
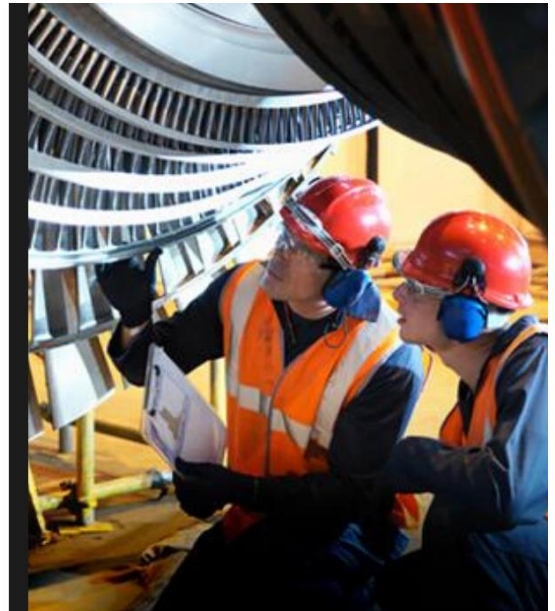
Eddie O'Shaughnessy
eoshaughnessy@wlr.ie
087 653 5156

Dee Collins
dcollins@wlr.ie
087 918 5557

Follow RES on Facebook for daily
employment & training updates

www.facebook.com/RES-144618922850869

If your business or community has a position they would like advertised on our page please email dcollins@wlr.ie

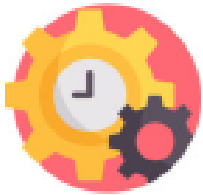




Enterprise

Self-employment support service including start-up advice & guidance. We provide Back to Work Enterprise Allowance application support & free Start Your Own Business & enterprise training.

Brenda Heath
bheath@wlr.ie
087 766 9952



Social Enterprise

West Limerick Resources continues to nurture and support the development of new, and retention of existing, Social Enterprise in the West Limerick area. Supports range from dedicated one to one mentoring supports to training tailored specifically for the Social Enterprise Sector.

Brenda Heath
bheath@wlr.ie
087 766 9952



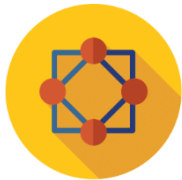
Family Support

West Limerick Resources continues to support families by phone and email providing the following:

- Advice and guidance
- Parental supports
- Ideas & activities for children
- Promoting positive mental health & wellbeing
- Signposting and referral to other services

Mary O'Connor
(Abbeyfeale)
moconnor@wlr.ie
087 366 3842

Stefanie Jaeger Liston
(Newcastle West)
sjaeger@wlr.ie
087 398 2925



Community Development



We would like to recognise and acknowledge the work undertaken by all the Communities in West Limerick and to say thank you for the responses you have put in place and assistance you have provided to the most vulnerable in your districts.

The SICAP Community Development Workers continue to be available to offer support and information to all community groups. We want to make sure that you all feel connected and supported in these uncertain times. Please feel free to contact us on the details below.

Damien Ahern
dahern@wlr.ie
087 904 2477

Stefanie Jaeger Liston
sjaeger@wlr.ie
087 398 2925

Dearbhla Conlon Ahern
dconlon@wlr.ie
087 675 0869

Community Helpline

From Saturday 28th March a **dedicated community support helpline** will run from 8am - 6pm seven days a week for vulnerable people seeking assistance with daily needs.

These will include shopping, prescriptions, supplies, information or other suitable requests.

The 'Limerick COVID-19 Community Response' helpline is **1800 832 005**.

Those wishing to volunteer to assist with the 'Limerick COVID-19 Community Response' are asked to contact volunteer@limerick.ie or fill in [this](#) volunteer form.

West Limerick Community Supports - Interactive Map

We have compiled a localised interactive map which can help communities identify where Community Response Teams are in place and the Volunteers associated with the support.

<https://maphub.net/West-Limerick-Resources-CLG/map>

We would welcome all of you to contact us if your group is not showing on the map or if you wish for your information to be included or updated.

Contact Damien Ahern
SICAP Community Development Officer
087 904 2477

damien.ahern@wlr.ie

or by contacting us through our WLR Facebook Page

Please feel free to share this map link across your contacts.



RURAL DEVELOPMENT (LEADER) PROGRAMME

West Limerick Resources LEADER team continue to process applications and claims for payment under the Rural Development (LEADER) Programme 2014-2020. Projects officers are working remotely from home and may be contacted via email - See contact details below.



2020 is the final year of the current programming round and while most funding is now committed, project officers are still happy to talk to both community groups and private enterprise about their ideas to determine eligibility, available funding or to offer advice and guidance on other options.

Suzanne Rowley, RDP Coordinator - srowley@wlr.ie

Katie Murray, Community Projects - kmurray@wlr.ie

Caitriona Scully - Enterprise and Tourism Projects - cscully@wlr.ie

Elaine Dillon - Broadband and Environment Projects - edillon@wlr.ie

Aimee Grigg - Administration Officer - agrigg@wlr.ie

Enterprise Training

West Limerick Resources, in cooperation with Limerick Local Enterprise Office will be running a series of enterprise related training over the course of 2020. While training dates are subject to change due to the Covid 19 Pandemic, registrations are currently being accepted for places. All courses are offered free of charge.

- Delivering Excellent Customer Service to Increase Sales -Part 1 – Customer Service Excellence Monday 1st May 2020
10am to 4pm
Longcourt House Hotel, Newcastle West
- Developing Online Videos to Market Your Business
Tuesday 19th May
6pm to 10pm
Woodlands Hotel, Adare

Pre-booking is essential due to limited places, for more information and to register please our Facebook Events page or email agrigg@wlr.ie

PRIMARY HEALTH CARE PROJECT FOR TRAVELLERS

The Primary Health Care Project for Travellers is a project which aims to improve the health and well-being status of the Traveller Community in West Limerick, in Rathkeale, Askeaton, Patrickswell, Newcastle West and Abbeyfeale.

The Community Health Workers deliver peer led health information and education to their community, helping to achieve positive outcomes with long-term effects.

During the Covid-19 pandemic the Primary Health Care Project team are working remotely in their homes and are available, to offer you advice, support and up-to-date health information. We can be contacted in the following ways:

Niamh Keating

Coordinator of PHCP
087 431 8983
nkeating@wlr.ie or
phcp@wlr.ie

Myra O' Brien

Community Health Worker
(Tuesday, Wednesday or Thursday)
087 984 7302

Bridget Harty

Community Health Worker
(Tuesday, Wednesday or Thursday)
087 783 1337

Follow or Like our Facebook Page- West Limerick Primary Health Care Project for Travellers
<https://www.facebook.com/West-Limerick-Primary-Health-Care-Project-for-Travellers-1000764226662656/>



JOBS CLUB

Due to the increase of people registering for unemployment following the recent COVID 19 pandemic and closure of many services, including hospitality and retail sector. Many individuals will find themselves in a position of not knowing where to go for advice and support.

The Job Club is a free service which will help you with your CV, CV update, cover letter. We are familiar with job search techniques, how to apply online and registering your interests in vacancies by organisations and businesses. We are able to offer 1-1 remote supports, advise people who have concerns and refer to other services and be of practical assistance by doing CV's remotely.

Helen Larkin

087 147 2330
hlarkin@wlr.ie

Nicole Seaward

nseaward@wlr.ie



An Roinn Gnóthaí Fostaíochta
agus Coimirce Sóisialaí
Department of Employment Affairs
and Social Protection

RURAL SOCIAL SCHEME / TÚS

Following the Covid-19 guidelines all Rural Social Scheme and Tús participants have been removed from public duties until further notice.



Any host organisation with queries or interested in new placements once restrictions are lifted should contact the relevant supervisor.

Tom Wilmoth
RSS & Tús Co-ordinator
087 932 9469
twilmoth@wlr.ie

Michelle McCarthy
RSS Supervisor
085 105 0027
mmcarthy3@wlr.ie

Tús supervisor contact details are as follows

Mary Murphy	mmurphy@wlr.ie	087 091 3199
Gerard Meehan	gmeehan@wlr.ie	086 246 0266
Trevor Howell	thowell@wlr.ie	087 983 2818
Paula Ruane	pruane@wlr.ie	087 295 8773
Elaine Kirby	ekirby@wlr.ie	086 814 5972
Michaela Donegan	upcycling@wlr.ie	087 272 7742

BACK 2 NEW COMMUNITY UPCYCLING

Back 2 New Community Upcycling have also closed their pop up store and workshop during this time. They can be contacted through Facebook, email or phone with any queries you may have in relation to current and future upcycling services.

Michaela Donegan
B2N Tus Supervisor
087 272 7742
upcycling@wlr.ie
<https://www.facebook.com/Back2Newupcycling/>



SOCIAL FARMING

Social Farming is the practice of offering activity on family farms as a form of social support service. In Social Farming the farm remains a working farm at its core but invites people to participate in the day to day activities on the farm. Due to the current situation all Social Farming placements have been suspended till further notice.

Social Farming Ireland and West Limerick Resources are continuing to work with all our farmers and want to thank those who have hosted placements on their farms for their dedication and support. In the coming weeks I will be reaching out to many of you for updates on your farm activities and to discuss future placements.

James Lenell Ledwith

Southwest Regional Social Farming Development Officer

jledwith@wlr.ie

087 366 3842



LIMERICK VOLUNTEER CENTRE

The Limerick Volunteer Centre is busier than ever managing a virtual tsunami of good hearted people who have registered with us in order to help out during the crisis.

We are currently forging strategic partnerships with Limerick City & County Council and Mid West HSE to place these volunteers appropriately.

All calls and emails to the Volunteer Centre are responded to as normal.

www.volunteerlimerick.ie

Paul Moriarty

08 147 2330

pmoriarty@wlr.ie

Geraldine Clancy

087 738 7481

gclancy@wlr.ie



volunteer centre
Ionad d'Obair Dheonach Luimneach
LIMERICK

TRAINING COURSES



Delivering Excellent Customer Service To Increase Sales Part 1 - Customer Service Excellence

Monday 11th May, 2020

Subject to date change due to COVID-19 restrictions

10am to 4pm

Longcourt House Hotel, Newcastle West,
Co Limerick

Training will be delivered by NLC Training and
supported by Local Enterprise Office.

Light refreshments will be provided.

PRE-BOOKING IS ESSENTIAL

Please book through our West Limerick Resources
Facebook page or email agrigg@wlr.ie

DEVELOPING ONLINE VIDEOS TO MARKET YOUR BUSINESS

Tuesday 19th May 2020

(Subject to change due to restrictions with Covid-19)

6pm - 10pm

**Woodlands Hotel, Adare
Co Limerick**

**Training carried out by Piquant
Media and supported by Local
Enterprise Office**

This FREE course will cover:

- Online video as a storytelling medium
- Video capacity of online platforms
- Connecting with target audiences using video
- Applying video to your business
- Planning for online video

Pre-booking is essential due to limited spaces.

Please book through our West Limerick Resources
Facebook page or email agrigg@wlr.ie for further
information.

USEFUL WEBSITES

www.facebook.com/WestLimerickResources/

www.facebook.com/RES-144618922850869/

www.facebook.com/West-Limerick-Primary-Health-Care-Project-for-Travellers

<https://maphub.net/West-Limerick-Resources-CLG/map>

www.citizensinformation.ie/en/health/covid19_overview.html

www.covidresponsejobs.com

www.gov.ie/deaspcovid19

www2.hse.ie/coronavirus/

www.who.int/