

LAIT eNewsletter

December 2024

About Us

The LAIT work to empower individuals to become self-sufficient, independent, settle into their new communities, and participate in Irish life. They do this by connecting people to services that can help them integrate into the community.

Working under the principle of
'integration from day one'

Support Services



1:1 and Group Based



Appointment based



Orientation Programmes



Integration Programmes



Short term support



Comhairle Contae
an Chabháin
Cavan
County Council

Importance of Community Involvement

Community involvement is essential for the well-being and successful integration of new communities.

Community involvement plays a crucial role in helping refugees foster integration and build strong, inclusive communities.



Cavan County Library Services

- IT Services
- Study Spaces
- Borrow books
- Social clubs and groups
- Sensory toys
- Online library and services



Johnston Central Library
Cavan Town



Bailieborough Library



Cootehill Library



Belturbet Library



Arva Library



Ballyconnell Library



Ballyjamesduff Library



Virginia Library



Kingscourt Library



Library Headquarters

Community Based Activities & Support Groups



TEACH OSCAIL
COMMUNITY
Breakfast
WHY NOT JOIN US FOR A FRIDAY FRY UP?
EVERYONE WELCOME
TERRY COYLE PARK **FRIDAY 29TH NOVEMBER**
H12 XK33 10AM - 12PM

COOKED BREAKFAST €3
(HEALTHY OPTIONS AVAILABLE)

FOR MORE INFO :
0494372730

Logos: Connecting for Life, CYPSC, AIB COMMUNITY €1 MILLION FUND, TEACH OSCAIL, TUSLA

The poster features a festive red background with snowflakes, a snowman, a gingerbread man, and a reindeer. It displays various breakfast items like cereal, fruit, coffee, and toast.



TEACH OSCAIL
COMMUNITY
Breakfast
WHY NOT JOIN US FOR A FRIDAY FRY UP?
EVERYONE WELCOME
TERRY COYLE PARK
H12 XK33 10AM - 12PM

UPCOMING DATES
Friday 25th Oct
Friday 29th Nov
Wednesday 18th Dec
Friday 31st Jan
Friday 28th Feb
Friday 28th March

COOKED BREAKFAST : €3
FOR MORE INFO : 0494372730

Logos: Connecting for Life, CYPSC, AIB COMMUNITY €1 MILLION FUND, TEACH OSCAIL, TUSLA

The poster has a light blue background with a sun, a banana, and an apple. It shows breakfast items like cereal, coffee, and toast.

Parkrun takes place every Saturday morning at 9.30am in the following locations throughout Co. Cavan:

-
- Con Smith Park, Cavan
 - Deerpark, Virginia
 - Haltons, Cootehill
 - Castleblayey, Monaghan
 - Monaghan Town

- New participants and volunteers welcome.

- Runners must pre-enter online using the below link

The logo for parkrun is rendered in a thick, rounded, green font. The word 'parkrun' is written in lowercase letters. The 'p' has a small hook at the bottom. The 'a' is a simple circle. The 'r' has a curved top. The 'k' has a vertical stem and a curved top. The 'r' has a curved top. The 'u' has a curved top. The 'n' has a curved top. The overall style is clean and modern.

All men have the opportunity to maintain and improve their well-being on their own terms and within their own communities.

The Men Shed work creates places of belonging, participatory democracy, mutual respect, companionship and community for all Shedders.

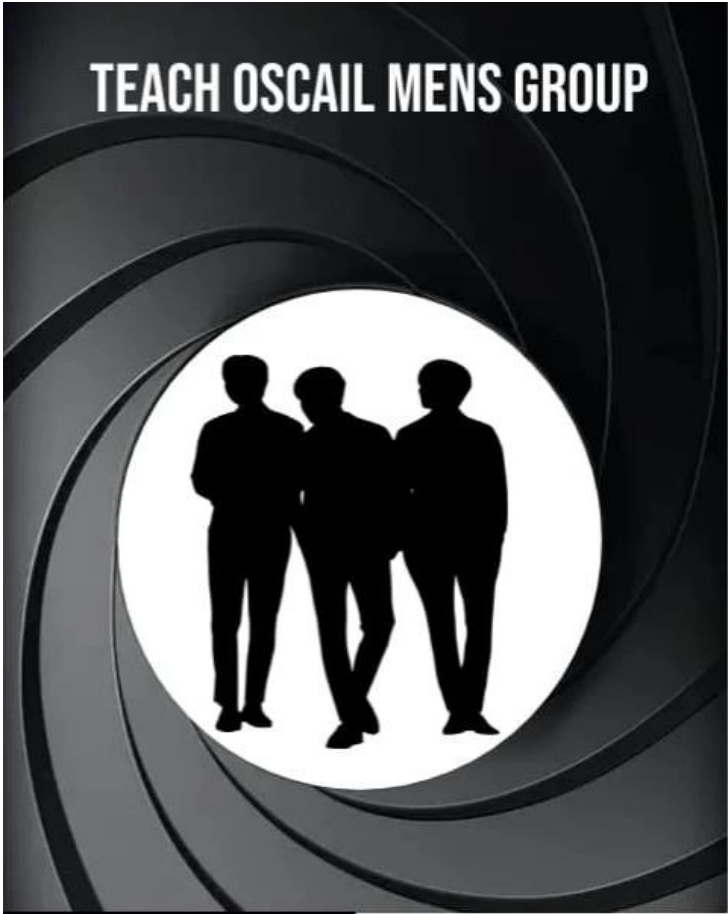
Locations listed below:

- Cootehill
- Mullagh
- Bailieborough
- Ballyjamesduff
- Shercock
- Lacken
- Kilnaleck
- Bawnboy
- Killeshandra
- Belturbet
- Cavan Town
- Kingscourt



[Contact details for each shed can be found online at:](#)
[Irish Men's Sheds Association | Mens Sheds Ireland](#)

TEACH OSCAIL MENS GROUP



- YOUR SPACE
- NO JUDGEMENT
- NEW OPPORTUNITYS
- NEW EXPERIANCES

Meeting Tuesdays 5pm -6pm
Contact Paddy : 0858668783
Check out Teach Oscail online
and facebook

Women's Groups

Local women's groups provides a space for personal growth, empowerment and community support.

Details of the individual Hen's Sheds in Cavan can be found on Facebook.

If you require support to make the initial contact please contact integration@cavancoco.ie

Hen's Sheds

- Kilnaleck
- Belturbet
- Cootehill
- Cavan Town
- Ballinagh





WONDER WOMEN WOMENS GROUP

Social group for women to :

- **Come Together & Chat**
- **Explore Hobbies**
- **Workshops + Classes**
- **Personal Development**

**Fortnightly starting
12th Oct 3-5pm**

Booking Is Essential

**Teach Oscail
Family Resource Centre
31 Church Street
Cavan Town**

For more information contact :
Darina - 0494372730



ART OF LIFE
WEAVING MEMORIES AT CHRISTMAS
with Morag Donald, Crafting Your Soul



These Art of Life workshops are being organised to support those experiencing loss coming up to Christmas. This is a meditative, creative activity allowing space for reflection, processing of emotion and looking forward with hope. Each participant will have a circular loom to weave yarn choosing colours and textures to represent loves, losses and hopes for the future.

2 WORKSHOPS - Thursday 12 December 2024
Johnston Central Library, Cavan
10.30 am to 12.30 pm

Virginia Library, Virginia, Co Cavan
2.30 pm to 4.30 pm

Contact Cavan Age Friendly to book your place
049 4378545 or emailing agefriendly@cavancoco.ie





The Queen Bees Women's Social Group

FLOWER ARRANGEMENT DEMONSTRATION

with Margaret

**2 DECEMBER 2024
8pm**

Admission Fee € 5

FOCUS FAMILY RESOURCE CENTRE
Killeshandra
in the Loft (Top Floor)

Margaret will show flower arrangement techniques that are a simple and effective way to enhance the welcoming atmosphere of any given space.

EVERYONE WELCOME!

For more information please contact
**FOCUS on
0494364065**




Free Online Parenting Programmes

Programme/workshop	Dates	Programme & workshop schedule	Venue
Special Needs 10+	14 th January – 18 th February	Running for 6 weeks, every Tuesday evening, from 7pm-9pm	Online via Zoom
Early Years 0-5	22 nd January – 26 th February	Running for 6 weeks, every Wednesday evening, from 7pm-9pm	Online via Zoom
Parenting when Separated	4 th March -8 th April	Running for 6 weeks, every Tuesday evening, from 7pm-9pm	Online via Zoom
Children's 6-12	5 th March- 9 th April	Running for 6 weeks, every Wednesday evening, from 7pm-9pm	Online via Zoom
Healthy Families 0-12 workshopsx3 -Empowering families, Managing Technology for children & Restful sleep	6 th 13 th 20 th March	Running for three weeks, on a Thursday evening, from 7pm-9pm	Online via Zoom
Adolescent 11+	13 th May- 17 th June	Running for 6 weeks, every Tuesday evening, from 7pm-9pm	Online via Zoom



Children Combined ADHD 6-12	14 th May- 18 th June	Running for 6 weeks, every Wednesday evening, from 7pm-9pm	Cavan County Local Development, H12DP86
Healthy Families 0-12- workshopsx3	25 th Sept, 2 nd 9 th October	Running for three weeks, on a Thursday evening, from 7pm-9pm	Online via Zoom
Special Needs 10+	16 th September- 21 st October	Running for 6 weeks, every Tuesday evening, from 7pm-9pm	Online via Zoom
Early Years 0-5	17 th September- 22 nd October	Running for 6 weeks, every Wednesday evening, from 7pm-9pm	Online via Zoom
Children 6-12	18 th September – 23 rd October	Running for 6 weeks, every Thursday evening, from 7pm-9pm	Online via Zoom
Adolescent 11+	4 th November – 9 th December	Running for 6 weeks, every Tuesday evening, from 7pm-9pm	Online via Zoom
Children Combined ADHD 6-12	5 th November- 10 th December	Running for 6 weeks, every Wednesday evening, from 7pm-9pm	Cavan County Local Development, H12DP86

VANS 2

Virginia additional needs support are hosting their second group on Fridays @ 10:15 to 12:15.

A safe place to meet to explore the feelings that are normal and always present as a carer/parent of children with additional needs.

Drop in for a cuppa and a chat and de-stress

or contact Damien 086 7355309 with any queries

C. A. P. S
Cavan Autism Parents Support

Christmas Social Morning

Date: Monday 2nd December 2024
Time: 10:00am - 12:00pm
Location: The Backyard, Moynehall, Cavan

As a special treat we will be making Christmas Decorations with the very talented Tanya from Clayful Minds.

Looking forward to seeing you all there!!

FOCUS
Family Resource Centre CLG

YOUTH CLUB

Social Club for families with additional needs

Meeting every second Saturday at 1pm in The Loft at Focus Family Resource Centre.

Fun, games, social interactions & information sharing.

All Welcome!

To book a place or for more information contact **Bernie on 087 9247159**



Autumn / Winter Schedule

28th September - Lego with Clayotic

12th October - - Music with Rachael

26th October - Art with Anna (earlier start time of 12.30pm - 2pm)

9th November Art with Anna (earlier start time of 12.30pm - 2pm)

23rd November - Music with Rachael

7th December - Music with Rachael

21st December - Art with Anna (earlier start time of 12.30pm - 2pm)



ADHD Children's Programme(6-12 Years)

A free in-person evening parenting programme for parents, carers of children aged 6-12 years with a diagnosis of ADHD and suspected ADHD who are awaiting assessment. ADHD-(Attention Deficit Hyperactivity Disorder).

Topics Include: Parenting a child with ADHD, responding positively as a parent, establishing routines, managing concerning behaviour, problem solving , long term supports, supporting siblings, manage stress, support child's education and learning etc.

Date: 6th November – 11th December 2024 (Once a week for 6 weeks).

Time: 7pm- 9pm (Wednesday evenings).

Where: Cavan County Local Development Building 6A Corlurgan Business Park, Ballinagh Road, Cavan, H12DP86.

For more info, and to reserve your place, contact Joanne on 0877529948 or email parentingcavan@cclld.ie
www.parentingcavan.ie



Parent & Toddler Groups

- Knockbride P&T Group**
Knockbride Church of Ireland Hall
Knockbride, Co Cavan, A82 E377
Jenny Horner 086-3420299
- Siolta Beaga P&T Group**
Gaelscoil Bhreifne, Cavan Town
Aisling Walsh 086-3042100
- Kidz at Play P&T Group**
Kingscourt Community Centre
Kingscourt, Co Cavan
Rhona Cassidy 086-8873732
- Shercock P&T Group**
Kingscourt Road, Shercock, Co Cavan
Siobhan O'Reilly 042-9669961
- Little Hands P&T Group**
Cavan Baptist Church
Corglass, Oldtown, Cavan
Rachel Bachtold 089-2374924
- Folly Tots P&T Group**
Main Street, Ballinagh, Co Cavan
Julia Dunne/Ann McPhillips
086-2284655/086-8154407

- AD Centre P&T Group**
Kilmore Diocesan Pastoral Centre
The Conaty Centre
Cullies Cavan, H12 E5C7
Susuana Komolafe 049-4333796
- Ballyconnell Parent & Toddler Group**
Daisy Hill House, Ballyconnell Co. Cavan
Sally Johnston 049-9526045
- Cavan Down Syndrome Parent & Toddler**
Backyard, Moynehall Cavan
Michael Gormley 086-7945953
- Mullagh Parent & Toddler Group**
Mullagh Hall
Mullagh, Co Cavan
Sarah Herbert 087-4674793
- Swanlinbar Parent & Toddler**
Group Church Hall, Church Rd,
Swanlinbar, H14 DY93
Abigail Donohoe 049-9521895
- Little Cubs P&T Group**
Teach Oscail Family Resource Centre,
31 Church Street, Cavan Town
H12H049
Emma / Kathryn 049-4372730
- Killeshandra Parent and Toddler Group**
Focus Family Resource Centre
Main St, Portaliff Glebe, Killashandra, Co.
Cavan
Ann Crowe 049 436 4065



PARENT & TODDLER GROUPS
IN COUNTY CAVAN

ADDRESS

Cavan County Childcare Committee
Unit 5, Cavan Enterprise Centre,
Killygarry, Dublin Road, Cavan, Co.
Cavan

CONTACTS

Tel: 049 4365856
Email: admin@cavanccc.ie
Website: www.cavanccc.ie





*Calling all parents, guardians, carers
to join us in our Baby & Toddler morning.
Starts on the 1st October and every Tuesday
from @10-12pm in the Realtog Kilnaleck.*

*Meet & have a cuppa while your little one
plays*



Teeny Tummy Time

10 Dec 2024 and others



Location: Virginia Library

Age: Babies and their parents/guardians

New babies and their parents/guardians are invited to meet over a cuppa while babies enjoy some tummy time together!

When: Fortnightly on Tuesday Morning's

Time: 11.15am - 12.00pm

Where: [Virginia Library](#).

No booking required - just come along

Support & Activities for families

FOCUS COMMUNITY PANTRY

October - December 2024

Local service for families who are experiencing difficulties. Families will be provided with a hamper of food depending on what supplies are available.

Limited slots available weekly by appointment only. Appointments can be made Monday & Tuesday 10am - 12pm for pick up of hampers later in the week by calling Bernie on 087 9247159.

Resources are limited and drop-ins will not be permitted.



FAMILY SUPPORT CLINICS



Every family needs some support from time to time. Call and have a chat with your local community family support worker who will provide advice, support and information in confidence.

➤ 1st
Wednesday
of every month
Kraffy Kidz
Daisy Hill House
Ballyconnell
Drop-in
10 am - 12 pm

➤ 3rd
Wednesday
of every month
C.C.L.D Office
Belturbet
H14K602
Drop-in
10 am - 12 pm



➤ FOCUS Killeshandra
Every Monday
by appointment
Please contact us on
049 4364065
to make an appointment or for
further information

Follow us on Facebook



Portaliffe Centre Main Street Killeshandra Co. Cavan
Eircode: H12K6D3 Tel: 049 4364065 Mob: 087 396 4985
Email: reception@focusfr.com
Website: www.focusfr.com

CREATIVE VOICE

Art, Music & Drama

Join our production!

Creative Voice are preparing for a production next March. If you would like an easy introduction to Drama and Music, we have small walk on parts or for you singers, a Choir or Both.

Meets every Wednesday

From 7 to 9pm at Cavan Townhall Arts Centre

For further information you can call Carolann at 085 1552093
or email heartcreativearts@gmail.com



Christmas Colouring Competition

27 Nov 2024

Family Time
at Your Library
Right to Read

**Christmas
Colouring
Competition!**



Location: All Cavan Libraries

Age: 4-7yrs and 8-12yrs

Cavan Libraries Christmas Colouring Competition!

Categories: [4-7 yr olds](#) and [8-12 yr olds](#)

Closing Date: Saturday 14th December at 5.15pm. Return entries to any Cavan Library Service branch across the county.

Pick up your entry from any Library branch or download it. **What's the prize?** *A brilliant boardgame for all the family to enjoy!*



Location: Bailieborough, Cootehill & Virginia

Age: Children 7+

Booking Required

Chess Classes are really popular across our libraries. Both girls and boys really enjoy learning the game. Suitable for children aged 7 yrs and upwards.

Classes are provided by tutors who use our events spaces in Cootehill Library, Bailieborough Library and Virginia Library.

Contact tutors directly to book a place for your child. Cost €5 per child, per class. **Classes may not run through the summer months.**

Cootehill Library - Contact Tony at 087 9466030

Bailieborough Library - Contact Daniel at 087 9271883

Virginia Library - Contact Daniel at 087 9271883

Scrabble for All

Weekly



Location: Belturbet Library

Age: Open to everyone

Scrabble for All - Improve your vocabulary and spelling while having fun!!!

When: The scrabble board is available during the opening hours for anyone to use

Family Game Night

05 Dec 2024 and others



Location: Virginia Library

Age: Family Event

Play favourite board games together and make new friends.

When: First Thursday of the month

Time: 6.30pm - 7.30pm

Where: [Virginia Library](#)

Suitable for all the family. Children must be accompanied by an adult.

Selection of games provided but feel free to bring along a favourite game.



Location: Bailieborough, Cootehill & Virginia

Age: Children 7+

Booking Required

Chess Classes are really popular across our libraries. Both girls and boys really enjoy learning the game. Suitable for children aged 7 yrs and upwards.

Classes are provided by tutors who use our events spaces in Cootehill Library, Bailieborough Library and Virginia Library.

Contact tutors directly to book a place for your child. Cost €5 per child, per class. **Classes may not run through the summer months.**

Cootehill Library - Contact Tony at 087 9466030

Bailieborough Library - Contact Daniel at 087 9271883

Virginia Library - Contact Daniel at 087 9271883

**INTERESTED IN JOINING A
KIDS BOOK CLUB
IN BALLYCONNELL LIBRARY?**

**Age Category: 9 - 11yrs
Meet once/month on a
Wednesday Evening**

**To register interest please let Helen
know at the desk, call 049 952 6844 or
email Helen at
hmccabe@cavancoco.ie. Also let us
know a time that would suit best to
hold the book club.**



Christmas Events





CHRISTMAS CRAFT & GIFT FAIR 2024

SUNDAY 1st DECEMBER

12.00PM - 5.00PM

SLIEVE RUSSELL HOTEL
BALLYCONNELL, CAVAN, H14 FE03

FREE ADMISSION!

downlandcrafts.ie
049 436 4877



Kilnaleck Christmas
Cracker

Non motorised
parade
Pedal Powered
Carol Singing

Saturday 7th
December
@ 5PM

Prize to be
won !!!
Face Painting
IN TMS ALLEYWAY

Kids LIGHT UP
Tractors,
Trailers, Go Karts
Bicycles Parade

Christmas
fancy dress

YOU ARE INVITED TO
**Kilnaleck Xmas
Markets**

SUNDAY 11AM- 4PM **1st** DECEMBER
FREE ENTRY

In Kilnaleck hall A82 RR94

What you can find at the markets

Christmas wreaths	Knitted and Crocheted items
Illustrated children books	Jewellery
Decorations and Ornaments	Raffle
Baked goods/ Sweet treats	
Candles and Soaps	
Drawings and Photos	
Bake sale	
Personalised items	
Wooden crafts	

And much more

BALLYJAMESDUFF
CHRISTMAS MARKET

FOOD * CRAFTS * GIFTS
ST JOSEPH'S HALL

Fri 29th Nov 12pm - 6pm | Sat 30th Nov 10am - 4pm

Annual **VIRGINIA**
Christmas

FOOD & CRAFT FAIR 2024
SATURDAY, 7TH DECEMBER 12-4PM

FAMILY FUN

FACE PAINTING

HELP FIND THE CHEEKY ELVES WHO'VE ESCAPED
FROM THE NORTH POLE AND ARE CAUSING
MISCHIEF AT THE CHRISTMAS FAIR!
THE CHIEF ELF MIGHT EVEN GIVE YOU A REWARD!

VIRGINIA
SHOW CENTRE

Volunteering Opportunities



Tidy Towns

Ireland's Tidy Towns refer to locations across the country that are uniquely committed to improving the environment. Through the hard work of local authorities and dedicated volunteers, Ireland's Tidy Towns inspire greener living habits and act as shining examples of the power of community.

Current Opportunities:

Cavan Tidy Town Committee

- Environment & Biodiversity Enthusiast – **Cavan Town**
- Litter Pickers – **Cavan Town**
- Road Cleaners & Painters – **Cavan Town**

Bailieborough Heritage Society

- Clean Up Volunteers – **Bailieborough**

Ballinagh Community Enterprise Association

- Community Garden Volunteers – **Ballinagh**
- Project Volunteers – **Ballinagh**

Belturbet Tidy Towns Committee

- Litter-pickers, gardeners & painters – **Belturbet**

Gowna Tidy Towns

- Tidy Towns Volunteer – **Gowna**
- Festival Volunteers – **Gowna**

Maghera Community Development

- Litter Picking and Gardening Volunteers – **Maghera**

The poster features a blue background with a white box containing text. At the top right is the Children In Hospital Ireland (CIH) logo. The main title 'VOLUNTEER IN CAVAN GENERAL HOSPITAL' is in large white letters. Below it, the text describes the role: 'Become a play volunteer and engage with children and young people through games, arts and crafts, card games and more!', '2 hours, once a week.', and 'Must be 18 years or older.' A yellow banner at the bottom says 'APPLY NOW! CHILDRENINHOSPITAL.IE'. On the right, an illustration shows a man in a red t-shirt holding a stack of books with a teddy bear on top. The t-shirt has the CIH logo and the word 'VOLUNTEER' on it.

Children In Hospital Ireland (CIH)

VOLUNTEER IN CAVAN GENERAL HOSPITAL

Become a play volunteer and engage with children and young people through games, arts and crafts, card games and more!

2 hours, once a week.

Must be 18 years or older.

APPLY NOW!
CHILDRENINHOSPITAL.IE

VOLUNTEER



Wild Wardrobe CLG

Wild Wardrobe is a non-profit organization dedicated to supporting Irish wildlife charities through the sale of donated clothing, accessories, and household items. By shopping or volunteering with them, you're not only helping to protect Ireland's precious wildlife but also promoting sustainable fashion and reducing waste.

Current Opportunities:

- **Wild Wardrobe Shop Assistant – Cavan Town**
- **Animal Transporter for Wildlife Rescue – Co. Cavan (Anywhere)**



Team Hope Cavan

Team Hope is an Irish Christian International Development Charity that works to help children affected by poverty in Eastern Europe and Africa. Through its annual Christmas Shoebox Appeal and Sustainable Development Projects, Team Hope aims to bring about positive long-term change.

Current Opportunities:

- **Raise Funds While Watching TV – Co. Cavan (Anywhere)**
- **Children's Gift Knitter – Co. Cavan (Anywhere)**
- **Early Gift Shoebox Makers – Co. Cavan (Anywhere)**



Cavan Connects Network

Cavan Connects Network is a dynamic organisation dedicated to fostering connections and collaboration across communities in Cavan and beyond. Our mission is to create a vibrant network where individuals, businesses, and organizations can come together to share resources, ideas, and expertise for the betterment of our region.

Current Opportunities:

- **Digital Champion – Co. Cavan (Anywhere)**



Creative Places Ballyconnell

Creative Places Ballyconnell aims to create connections and opportunities and understand the possibilities for arts participation and a sense of place in Ballyconnell. The approach is inclusive and diverse and rooted in socially engaged arts practice and community development principles. It builds on existing cultural strengths and is led by community participation and ideas and supported by artists.

Current Opportunities:

- **Event Support for Older Person's Concert – Ballyconnell**
- **Creative Workshop Assistant – Ballyconnell**
- **Mural Workshop Assistant – Ballyconnell**



Mullagh/Cross Friendship Club

A voluntary committee runs the Mullagh Friendship Club and meets on the last Wednesday of every month in the People's Hall, Main Street, Mullagh. They enjoy music, games, bingo, dancing, chat, laughter and friendships, all served with a cup of tea! All of their activities are aimed at keeping older people active and well. Active Retirement Associations such as theirs are a lifeline for many older people who would otherwise feel isolated and lonely. All older people aged 50 and over are welcome to join Mullagh Friendship Club to have fun and have their voices heard, regardless of age, gender, culture or any other grounds.

Current Opportunities:

- **Friendship Club Volunteers – Mullagh**



Cavan Volunteer Centre

Cavan Volunteer Centre supports people who want to volunteer to find suitable roles and helps organisations in need of volunteers to find suitable people to fill those roles.

Current Opportunities:

- **Letters to Nursing Home – Belturbet (Anywhere)**
- **Letters to Nursing Home – Bailieborough (Anywhere)**
- **Letters to Nursing Home – Mountrugent (Anywhere)**
- **Letters To Nursing Home – Cavan Town (Anywhere)**



Cavan GAA Club

Cavan GAA has open doors for volunteers who would like to get involved in the local GAA Club. The club has a variety of volunteering opportunities, from coaching, stewarding, and helping on the matchdays to administration roles.

Current Opportunities:

- **Cavan GAA Club Volunteers – Cavan Town**



Con Smith Park Run

Con Smith Park Run is a free, fun, and friendly weekly 5k community event. Volunteering at Parkrun is an opportunity to get outside, make new friends, have fun, learn new skills and be a valuable part of your local community.

Current Opportunities:

- **Timekeepers/Marshalls – Cavan Town**



Kingscourt Farmers & Craft Market

Craft market supporting local and small businesses. It takes place on the first Sunday of every month at The Kingscourt Community Centre from 11 AM to 3:30 PM.

Current Opportunities:

- **Market Set-Up and Clean-Up Assistant – Kingscourt**



Keep up to date with the most recent volunteering opportunities on www.volunteercavan.ie.

If you require support or more information in relation to a particular volunteering posts please contact integration@cavancoco.ie or Cavan Volunteer Centre directly on 049 4331957

Training & employment



Запрошення на презентацію програми MORE:
Коли: 12 грудня 2024 року
Де: місто Каван, Farnham Arms Hotel (H12Y6E4)
Час: 10:00-12:00

! Кількість місць обмежена. Будь ласка, зв'яжіться на цю пошту integration@cavancoco.ie, щоб підтвердити свою участь.

Можливості для мігрантів
щодо
перекваліфікації та
працевлаштування



МИ ПРОПОНУЄМО: НАВЧАННЯ - ОТРИМАННЯ КВАЛІФІКАЦІЇ - ПІДТРИМКУ В ПОШУКУ РОБОТИ

 /MOREprogrammecavanmonaghan  MOREprogramme_ networkpersonnel.ie/MORE



Rialtas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-Funded by the
European Union

MORE is co-funded by the
Government of Ireland and the
European Union. www.eufunds.ie.



EPIC Programme

EPIC helps unemployed asylum seekers, refugees and migrants living in Ireland to increase their chances of finding a job through online training, individual support and partnering with businesses.

How the programme works

EPIC is a free online programme focused on career development and integration. Over 6-weeks you will:

- Improve your job applications with direct advice from recruitment professionals.
- Identify your transferable skills and strengths.
- Explain gaps in your CV.
- Improve your interview skills and get feedback from business volunteers (face to face, phone, and online).
- Network with our business partners, mentors, and recruiters.
- Integrate and understand Irish work culture.
- Develop your IT and LinkedIn skills.
- Develop a career plan and get guidance from a Career Counsellor.
- Access different services (health, education, employment rights, social welfare, and much more).
- Explore your further education and employment options.
- Improve your confidence to achieve your goals.

Contact details via the link below:

<https://bitc.ie/programmes/jobseekers/epic-programme/>

EPIC is open to unemployed adults living in Ireland with an intermediate level of spoken and written English who are:

Asylum seekers with work permits.

Refugees, people with Subsidiary Protection or Leave to Remain and with Stamp 4.

People with Temporary Protection Certificates.

Migrants with Stamp 4, dependent Stamp 1G or EU/Irish citizenship (conditions apply).



Guidance and Information Service

Drop in Service

Upcoming dates

Ballyconnell 10am - 1pm

Thursday 14 November
Thursday 12 December

Virginia 2pm - 4.30 pm

Wednesday 13 November
Wednesday 11 December

Mullagh 2pm - 4.30pm

Wednesday 23 October
Wednesday 27 November

Bailieborough 2pm - 4.30pm

Wednesday 06 November
Wednesday 04 December



Free confidential information and guidance to help you make the correct decisions regarding your education, training and career choices

No Appointment Necessary

For more information

049 4377001 or cavanguidance@cmetb.ie

www.cmetbadultguidance.ie



Riailtas na hÉireann
Government of Ireland



Có-mhaoinithe ag an
Aontas Eorpach
Co-funded by the
European Union

We have jobs

on our Community Employment (CE) scheme

Clerical Assistant

Work includes answering telephone calls, data entry and general office tasks

Catering Assistants

Work includes housekeeping, general cleaning and helping out in the kitchen & dining areas.

(Some weekend work in this role)

We'd love to hear from you if you're:

- Aged over 21, unemployed at least 52 weeks
- Currently receiving a Social Welfare payment
- Available to work 19.5 hours each week over 3 days.

Заявки приймаються від громадян України, які відповідають вищезазначеним критеріям

Minimum payment on CE is €259.50 and retain secondary benefits e.g. medical card, fuel allowance

***The Cavan Centre
Kilnacrott, Ballyjamesduff***

Contact TERESA for further info or send on your CV
Tel: 049-854 4436 Email: teresa@cavancentre.ie

Useful websites for job search:

www.irishjobs.ie

www.indeed.com

<https://www.cmetb.ie/job-finder/>



The banner features a teal background with a white QR code on the right side. At the top right is the cmetb logo, which includes a stylized sunburst icon and the text 'cmetb' followed by 'Work Opportunities across Cavan, Monaghan and surrounding areas' and 'Cavan and Monaghan Education and Training Board'. Below the logo, the text 'Job Finder' is written in large, bold, black letters, followed by 'New Job Advertising Service' in a smaller, white font. Underneath, it says 'Connecting job seekers with employers in the Cavan/Monaghan and surrounding region'. A list of bullet points follows: 'Find local job opportunities all in one place' and 'Connect with employers in your region'. At the bottom, there are five chairs in a row, with the fourth one from the left being yellow and the others teal. In the bottom left corner, there are logos for the Government of Ireland and the European Union, with text indicating funding from both. In the bottom right corner, it says 'Visit our Job Finder today' and provides the website 'www.cmetb.ie/job-finder'.

Job Finder
New Job Advertising Service

Connecting job seekers with employers in the Cavan/Monaghan and surrounding region

- Find local job opportunities all in one place
- Connect with employers in your region

Visit our Job Finder today
www.cmetb.ie/job-finder

Useful Facebook Pages



Cavan County Council

Government organisation · 27.4 km · Opening soon · 16K followers



Cavan County Library Service

Library · 100% recommend (6 reviews) · 27.4 km · Open now · 5.8K followers



Cavan Sports Partnership

Sport & recreation · Not yet rated (4 reviews) · 27.7 km · Open now · 7.2K followers



FOCUS Family Resource Centre

Community organisation · Not yet rated (0 reviews) · 28.3 km · Open now · Pick-up, Online services, See posts for service changes · 1.8K followers



Teach Oscail Family Resource Centre

Charitable organisation



TFI Local Link Cavan Monaghan

a day ago · 🌐



Cavan Volunteer Centre

Charitable organisation · Not yet rated (1 review) · 27 km · Open now · 1.3K followers



Cavan Cross Cultural Community

Community organisation · Not yet rated (4 reviews) · 27.3 km · Open now · 800 followers



Cavan County Local Development

Community organisation · Open now · 2.7K followers



Cavan and Monaghan Education and Training Board - CMETB

6 days ago · 🌐



Citizens Information

Public and government service · 37K followers



The Anglo-Celt

Newspaper · 49K followers



Activities for Children in Cavan

Thank You!



As we wrap up this edition of our newsletter, we want to extend our thanks to everyone who has taken the time to engage with us over the past number of months, identifying the needs and supports required by people throughout the county.



Your continued engagement and support enables us to deliver meaningful support and content.



As always, your input and feedback is welcome.



Please feel free to contact us with if you require support or assistance on integration@cavancoco.ie



Comhairle Contae
an Chabháin
Cavan
County Council