

# CORK CITY PARTNERSHIP WEEKLY BULLETIN UPDATE

## Manual Handling Courses

It's great to be back up and running again with manual handling courses in our Spriggs Road facility. These are our first face to face training sessions since early March and we are delighted to be offering them again.

Our manual handling courses are free for eligible clients. At the moment we are running these courses every week in small groups of 4 participants to ensure that we adhere to COVID-19 guidelines. If you are interested in taking part you can book in by phone on 021 4302310 or email [info@partnershipcork.ie](mailto:info@partnershipcork.ie)

Participants will need to register before the course begins and this can be done over the phone, COVID-19 forms will also be sent to participants before the course begins.



Trainers - Yvonne & Patricia in our Spriggs Road facility

## RESIDENTS OF FAIRHILL- HAVE YOUR SAY!



Cork City Partnership holds the contract for the Social Inclusion and Community Activation Programme (SICAP) 2018 – 2022 for Cork City. As part of its SICAP Plan for 2020, we have an action in relation to Area Based Planning, specifying a number of areas/neighbourhoods and estates across Cork City. Fairhill is identified as one of the local areas for this action.

We have now started consulting the community in Fairhill, which we will be continuing for the next few weeks. This consultation includes carrying out door to door interviews (adhering to social distancing), getting the views of local community groups in Fairhill and collecting responses received through an online survey. The Area Based Plan will record the issues/needs of the Fairhill community and recommendations identified through the consultation. Once complete the Plan will be presented to the community and relevant local agencies and organisations.

We believe that this consultation provides a good opportunity for residents in Fairhill have a say on the future development and allocation of resources to the area.

**WE WANT TO HEAR FROM YOU!**

If you are not in when we call and would like to give some feedback, please contact Mary Sheehy on 087 1962015 or email: [msheehy@partnershipcork.ie](mailto:msheehy@partnershipcork.ie)

Or complete the questionnaire on the survey monkey link below, there are just 3 questions so it will only take a few minutes: <https://www.surveymonkey.com/r/GRJHP65>

## Substance Use Issues in and Community Work QOI Level 5 Course 2020/21

Promotion and planning for the safe delivery of the 2020-2021 course in collaboration with the College of Commerce has continued over the summer. This year, for the first time, the course will be delivered both on site in the College and on-line. We had a diverse range of applicants interested in a place this year and held their interviews this week using Zoom. We are looking forward to starting the course at the end of September.

## Mindful Parenting Course

Cork City Partnership Clg. will deliver a mindful parenting course in the coming weeks, dates and times tbc. Course duration is 8 weeks of one and a half hours per session. Through mindfulness you can develop skills to support you to become more aware of yourself, your strengths, of your stress triggers, as well as being more aware of your child as a whole person. This course will teach you simple mindfulness practices to improve our ability to listen, communicate and manage our emotions as parents.

For further information or to register for the course please contact Linda Mc Kernan, Community Development Worker, Cork City Partnership Clg., on 087 1962025 or email: [lmckernan@partnershipcork.ie](mailto:lmckernan@partnershipcork.ie)

## “Me Time” Development Course for women working in the home



Niamh Murphy, Geraldine O'Connor & Frances McCarthy at the launch of Growing Your Potential. Pic: courtesy of the Irish Examiner.

Cork City Partnership is starting a new course for women designed to draw on their experience of working in the home and put it to new use.

“Growing Your Potential” is a free ten-week course that supports women currently not receiving a Job Seeker payment and who are interested in working outside the home. Delivery of the course will be face-to-face with some online content.

The course will focus on: Confidence building, CV Preparation and Interview Skills, Dress Code for the Workplace, Communication & Customer Care.

This course will enable participants take some “Me Time” to build on their life experience, develop new friendships, learn new work skills, and explore the world of work.

If you are interested in finding out more – please contact:

Siobhán O'Neill, Employment Support Worker, PEIL Growing Your Potential, Cork City Partnership Clg. on 021 43023120/086185081 or email: [soneill@partnershipcork.ie](mailto:soneill@partnershipcork.ie)

CCP continues to work closely with all its clients during this difficult time for people.

Cork City Partnership 021 4302310  
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