

CORK CITY PARTNERSHIP BI-MONTHLY NEWSLETTER

Relaxation and Mindfulness Course

Starts Friday 5th March till 9th April 10:30am till 12:30pm

This six week free course will be on line via zoom. Support is available to help set up and use zoom. Some registration criteria apply. For more details and or to register, please contact Mary Sheehy at msheehy@partnershipcork.ie or 087 1962015.

This Course is organised by Cork City Partnership and funded by the Cork ETB.

Are you a Charity or Community Group that uses food as part of your service?

If you are, FoodCloud is looking for new charities to partner with local retailers to redistribute surplus food to the individuals they support. Surplus food is perfectly good food that for a number of reasons can't be sold by the retailer.

If you are a charity or community group that is interested in collecting food from a local supermarket, please get in touch with FoodCloud on 01 5313478 or charities@foodcloud.ie




PARENTS PLUS
Adolescent Programme
 An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.

Information Session: Thursday 25th February 2021 @ 10a.m

8 Week Course - 2 hours per week
When: Thursday 10 a.m - 12 midday
Programme Dates: 4th, 11th, 18th & 25th March
15th, 22nd & 25th April and 6th May
Venue: Online via Zoom

Facilitated by: Carmel O'Callaghan - Colaiste Eamann Ris,
 Barry O' Shea - Presentation Secondary School
 & Jacqueline Daly - Cork City Partnership

For more information, to reserve your place, or request an application form
 Contact: Carmel 087 2897931 / Barry 086 7509837 / Jackie 087 1962030

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.
www.parentplus.ie



MANUAL HANDLING

It's a new year 2021 and we are pleased to announce that we will be facilitating manual handling workshops again once government COVID-19 restrictions are lifted. Our manual handling workshops are **FREE** of charge for all eligible clients and will be facilitated in groups of 4 participants to ensure your safety while adhering to COVID-19 government guidelines. In the meantime If you are interested in taking part act now and book in either by phone on (021) 4302310 or email info@partnershipcork.ie and we will be in contact. 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 .

Free Online Job Seeking Skills Workshop

Now is a good time to review and improve your C.V., so that you will be better equipped to apply for as the economy starts to recover.

Cork City Partnership is providing free Online Job Seeking Skills workshops during the month of February.

Find out how to:

- Create a successful CV and cover letter
- Improve the design, structure and layout of your CV
- How to avoid common C.V problems

All participants will be given the opportunity to have their CV updated or to have new one created.

If you are interested in this workshop you can email Cork City Partnership at: info@partnershipcork.ie

HACCP – FOOD SAFETY TRAINING

This training takes place Wednesday, 3rd March, 2021 1.00am - Zoom

Contact Clare
clare.oshea@partnershipcork.ie or 087 1440263

Self –Employment Supports

Partnership and Enterprise event moves on-line.

We are delighted to be involved in the Enterprise Week 2021 organised by the Local Enterprise Office (Cork City). The 'Partnership & Enterprise' event moves on-line this year to Wednesday March 3rd as part of a week-long schedule of events.

Earn up to €960 and continue to receive PUP.

Self-employed people can earn up to €960 over an eight week period without it affecting their Pandemic Unemployment Payment (PUP). If you are self-employed this allows you to maintain a level of business activity and retain your PUP entitlement in full. There is no application required but you are obliged to inform the Dept. of Social Welfare if you can earn up to €960 while in receipt of PUP. - Helpline 1890 800024.

Enterprise information

To facilitate enquiries about self-employment supports we will hold our next Enterprise Information Session on Tuesday March 2nd. Contact 021 4302310 or toregan@partnershipcork.ie or yquilligan@partnershipcork.ie

Web Design for Beginners

Our Web design for beginners gets you up to speed with the basics so you will be able to design and launch your own simple website by the end of 8 weeks - 3 hours per week.

Requirements: Access to a computer / iPad/notebook and access to Wi-Fi No prior knowledge required just a willingness to learn No special software required to purchase/ we use open source and free software.

Commencing 10th March, 2021 10.30am -1.30pm

Contact Clare at clare.oshea@partnershipcork.ie or mobile no. 087 1440263

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

Cork City Partnership 021 4302310
info@partnershipcork.ie



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