

UNEMPLOYED in the Ballinrobe Area?



This Publication was developed as part of a work plan by Ballinrobe Interagency Unemployment Working group & funded by South West Mayo Development Company.



A guide to help you find your way!

Unemployed in Ballinrobe? ***Here are some handy contacts for you-***

Losing your Job?

You can find information about your employment rights on **www.employmentrights.ie** or phone **1890 80 80 90** or for information on redundancy entitlements **www.redundancy.ie**

Citizens Information

For advise about social welfare payments, Employment rights, entitlements, rent allowance, Mortgage support, tax etc
– **contact Citizens Information – 094 9025544.**
Clinics available in Tacú family Resource Centre, Ballinrobe.

MABS

Experiencing Financial difficulties ? Problems paying off Debts ?
Need Advice on Money Management ?
Contact MABS for an Appointment in Ballinrobe.
Phone: 094 9028888

Social Welfare Office Ballinrobe

Opening hours: 9.30am – 12pm & 2pm – 4pm Monday – Friday.
Contact: 094 952 0070
Or see **www.welfare.ie** to download necessary forms.

Help With housing issues & other supports

Supports with rental payments, medical cards or other emergency Issues
– contact the **Community Welfare Officer** in Ballinrobe on Fridays –
Phone 094 9541642
Finney/Cong on Wednesdays - Phone 094 9546347
Shrulle on Thursdays – Phone 093 31248

Free Legal Advice Centre

Ring for an appointment 094 9025544 / www.flac.ie
Location: Castlebar Information Centre, Cavendish Lane,
Cavendish House, Link Road, Castlebar.

Tacú Family Resource Centre

Location: Main Street , Ballinrobe.

Opening Times: 9.30am – 5pm

Contact Information: 094 9542908

Email: ballinrobefrc@eircom.net

Supports offered:

Tacú Family Resource Centre was established in 2003 and provides supports & services to the local Community. A Confidential friendly drop-in service, Affordable Counselling computer training, internet access, Meeting rooms, Faxing, photocopying, laminating, English Classes, Money Advice & Budgeting , Citizens Information service, Aware support group, Al Anon, Mayo Cancer Supports services & general family supports.

South West Mayo Development Company

Location: Carey Walsh Building, Georges Street, Newport, County Mayo

Opening Times: 9am – 5pm

Contact Information: 098 41950 **Fax:** 098 41952

Email: info@southmayo.com **Website:** www.southwestmayo.com

Local Outreach Clinic: Tuesday Mornings at Tacú Family resource Centre, For appointments contact Breda Murray on 087 2242133.

Supports offered: Under the Local Community Development Programme (LCDP) operated by South West Mayo Development Company, a range of supports are offered to Unemployed people, the under-employed, and those who are outside the workforce altogether. South West Mayo Development Company supports individuals in accessing suitable and sustainable employment opportunities through targeting actions in the areas of education, training, work experience, job placement, enterprise, self-employment and social economy. Employment guidance is a major part of the work. South West Mayo Development Co also delivers the Rural Development Programme (Leader) RDP, supporting enterprise, analysis and development and training for rural dwellers in South West Mayo

Rural Social Scheme (RSS) & Tús (South West Mayo Development Company)

Location: Main Street, Balla

Opening Times: 9am -5pm

Contact: 094 366692

Email: rss@southmayo.com

Web: www.southmayo.com

Supports Offered:

RSS The aims of the RSS are to provide income support for farmers & fisherpersons who are currently in receipt of certain social welfare payments, and to provide services of benefit to rural communities. The RRS allows low-income farmers and fisherpersons to earn a supplementary income by working on local community projects. Tús will operate in rural and urban areas and will be delivered in the same way as the Rural Social Scheme is delivered. Tús will provide short-term, quality opportunities for people unemployed more than one year to work in community and voluntary bodies.

The Local Employment Service – LES

Location: New Street, Ballinrobe.

Opening Times: Mon /Tues – 9am-1pm & 2pm-5pm Wed 9am-1pm.

Contact Information: 094 9542169

Email: kathleenmorley@mayoles.com

Supports Offered:

The Local employment service is free and confidential service & provides career guidance & counselling, interview techniques & C.V preparation, information & advice on Training courses & further education, information on Job vacancies, employer contact, free typing, faxing & photocopying.

Crann Mór Employment Service **Western Care Association**

Location: Crann Mór Centre, Neale rd, Ballinrobe

Opening Times: 9.30am-4.30pm

Contact Information: 094 9541472/087 9178744

Email: bmccormack@westerncare.com

Supports offered:

Enables people with varying abilities to find and maintain employment in the Ballinrobe area. With the assistance of an Employment Facilitator, individuals are supported in planning their career, based on their skills and interests.

The Employment Facilitator can provide on site support to the individual entering into new employment. On-going support is available to both the individual and employer as required.

JobFit Castlebar

Location: 1st floor, Market Square, Castlebar, Co.Mayo

Telephone: 094 903 5688

Freephone: 1800 303 365

Email: castlebar@jobfit.ie

Supports Offered:

JobFit is a full time programme that includes employability training, work placements & vocational training. It offers all participants the opportunity to achieve FETAC level 3 Preparation for work and FETAC level 3 Work Orientation qualifications. In addition, participants will have the opportunity to work towards vocational qualifications such as those listed below:

Consumer Awareness, Information Technology Skills, Health & Social care, Manual Handling, Workplace safety & Food hygiene

Fás – Castlebar

Location: Humbert Mall , Castlebar.

Opening Times: 9am – 4.30pm , Monday – Friday

Contact information: 094 9034300

Website: www.fas.ie

Supports Offered: Employment Authority promotes job opportunities & training for school leavers, Job Changers, Unemployed, post-graduates & professionals.

Appointments necessary in advance. Fás Officer available in Ballinrobe on Wednesdays in LES office, please make appointment in advance.

VEC - Further Education Services

Location: Neale Road, Ballinrobe

Opening Times: 9am – 9pm Monday – Friday

Contact Information: 094 9542288

Email: gerohaire@gmail.com

Web: mayovec.ie

Supports offered: What ever a learner is interested in, the first step is to come in and talk to us about it. Our service is confidential, free of charge and open to everyone. Our work can support learners with their reading, writing or maths. Our classes may be part-time, lead to a national qualification and learners may develop new skills.

VTOS Ballinrobe

Location: Neale Road, Ballinrobe
Opening times: 9.30am-5pm
Contact Information: 094 9542995
Email: vtosb@eircom.net
Website: www.ballinrobevtos.com

Supports Offered: VTOS provides further education for those in receipt of a social welfare payment.

Employability Mayo

Location: Mosaic Centre, Harlequin Plaza, Garvey Way, Castlebar.
Opening Times: 9.30am – 5.00pm
Contact Information: 094 9043008
Email: info@employabilitymayo.ie

Supports Offered: FAS funded Supported Employment service that enables people who by virtue of condition, illness, impairment or disability who require support towards integration into employment in the open labour market leading to independence and career progression in Mayo. Support is also provided to employers in Mayo who would like to include a person with a disability in their workforce.

A little information for your Personal Health & development!

Link2BActive

Link2BActive offers discounted rates for physical activity opportunities for job seekers in Mayo. Regular physical activity is a vital component of healthy living. The National Physical Activity Guidelines recommend that adults do 30 minutes of moderate exercise on at least 5 days per week. Further information can be found on www.getirelandactive.ie.

Applicants who are in receipt of Job Seekers Allowance (JSA) or Back to Education (BTE) payments are eligible for the Link2BActive Programme and discounted leisure rates.

The following Clubs & organisations in the area offer this discount:

Lakeside Sports Centre-Ballinrobe

Balla Golf Club

Claremorris Leisure Centre

McWilliam Park Hotel Leisure Centre

See link 2b Active website for further information.

Sli Nua Careers

Need to improve your Interview Techniques so you can get that job? In the west of Ireland, look no further to sharpen up on your interview skills. CV Preparation a specialty too. Sli Nua Careers will help you help yourself.

Main Street, Headford, Co. Galway

Tel: 094 95 42965 / 087 9185 867 / 086 8219 863

Web: www.slinuscareers.com

Please go to website for much more information and a free

"Get That Job" E-book

Believe me, it's all about belief!

By Fidelma Wallace & liam Horan , Sli Nua Careers.

"Belief! – believe in yourself. Believe and act as if it were impossible to fail" (Charles F.Kettering)

- *Put the employer's needs first. You do this by specifically identifying the employer's needs and then relating your own achievements to their requirements.*

- *Active listening is key - do not interrupt. Interviewers have key areas that they need to cover in the interview. You will aggravate the Interviewer if you interrupt them.*
- *Always be positive, especially about previous employer's even when things have gone badly for you, try to think positively about what you have learned from the experience. NEVER speak about your previous experiences in a negative manner as it comes across really badly in the interview.*
- *Honesty is always recommended in interview. However this does not mean that you completely divulge all of your thoughts.*
- *If you do not understand the interviewer's question, just ask them to repeat it again or tell them that you are not sure but that from your interpretation, the "following answer" would apply...*
- *Maintain eye contact with the interviewer. Natural eye contact involves looking up and down and away when thinking about your answers too. A healthy amount of direct eye contact is necessary to interact well but it's absolutely fine to look away or down at your notes when speaking.*

Computer Classes

One to One Computer Classes are available at Tacú Family Resource Centre. Classes can be structured to your needs and time frame. Contact Tacú on 094 95 42908 to make your booking.

Affordable Counselling

Affordable Counselling service is available through Tacú Family Resource centre. This service day and evening and is very confidential. To access this service contact Tacú on 094 95 42908.

Ballinrobe Library

Ballinrobe Library, Main St.

Librarian: Mary Farragher.

Phone: 094 95 41896

Monday: Closed **Tuesday:** 12pm -7pm **Wednesday:** 12pm- 7pm.

Thursday: 11:00am - 4:00pm. **Friday:** Closed

Saturday: 11:00am - 4:00pm.

Membership for unemployed only €1 per annum.

Internet Access/ Books/DVD's/CD's/Book club/ Driver Theory Tests/ Motoring & Taxation application forms.

Mayo Volunteer Centre

Mayo Volunteer Centre is a local agency that exists to improve the extent, range and quality of volunteering. They do this by providing guidance and support for anyone wishing to volunteer and to any not-for-profit organisation that involves volunteers in their work.

Location: Le Cheile Family Resource Centre, Tucker Street, Castlebar.

Contact: Shauna Jackson on 087 6796937/ 094 9250706

Безработные в Баллинроб

Некоторые полезные контакты для вас

Занятость человека: Потеря работы - нужно больше информации - звоните: 1890 808090

MABS: Если вам нужна финансовая совет или поддержку -
Call 094 9028888 для назначения

Сообщество бытовым вопросам: Помогает с жилищным вопросам и другие поддерживает чрезвычайной ситуации.
Офис в Баллинроб по пятницам - Call: 094 9541642

Социального обеспечения Office Баллинроб:
Часы работы: с 9:30 утра - 12 вечера и 2 вечера - 4 вечера с
понедельника по пятницу
Контакт: 094 9520070

Или См. www.welfare.ie скачать необходимые формы

آپ کے لئے کچھ مفید روابط

روزگار حقوق : آپ کا کام ہار -- کی ضرورت ہے مزید معلومات کے
1890 808090 کو فون

MABS : اگر آپ کو مالی مشورہ یا مدد کی ضرورت ہے -- ایک وقت مقرر کے لیے
9028888 094 فون

کمیونٹی کی بہبود کے افسر : ہاؤسنگ کے مسائل اور دیگر ایمرجنسی کی حمایت کے ساتھ
مدد کرو۔ جمعہ کے دن Ballinrobe میں آفس -- 094 9541642 کو فون

سماجی بہبود کے دفتر Ballinrobe

کھلنے کا وقت 9.30 am -- 12 pm اور 2 pm -- 4 pm پیر سے جمعہ
094 9520070 سے رابطہ کریں
یا ضروری فارم ڈاؤن لوڈ کرنے کے www.welfare.ie دیکھیں

Bezrobotni w Ballinrobe

Niektóre przydatne numery dla Ciebie

Prawa pracownicze: Kontakt 1890 808090

MABS: Jeśli masz problemy finansowe, kontakt 094 9028888

Pomoc z obudowy i inne podpory –

Urządник opieki społecznej jest w piątki w Ballinrobe

Kontakt: 094 9541642

USEFUL LOCAL NUMBERS:

Ballinrobe Garda Station: 094 9541002

Ballinrobe Fire Station: 094 95 41070

Mayo General Hospital : 094 9021733

Ballinrobe Post Office: 094 9541013

West Doc: 1850 365 000

Joanne Hynes Pharmacy: 094 9542088

Tracey's Pharmacy: 094 9541087

Ryder's Pharmacy: 094 9541016

Parochial House Ballinrobe: 094 9541784

Notes:
