



AN INITIATIVE CO-ORDINATED BY:



Ireland's European Structural and Investment Funds Programmes 2014-2020
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Óglaigh na hÉireann
DEFENCE FORCES IRELAND



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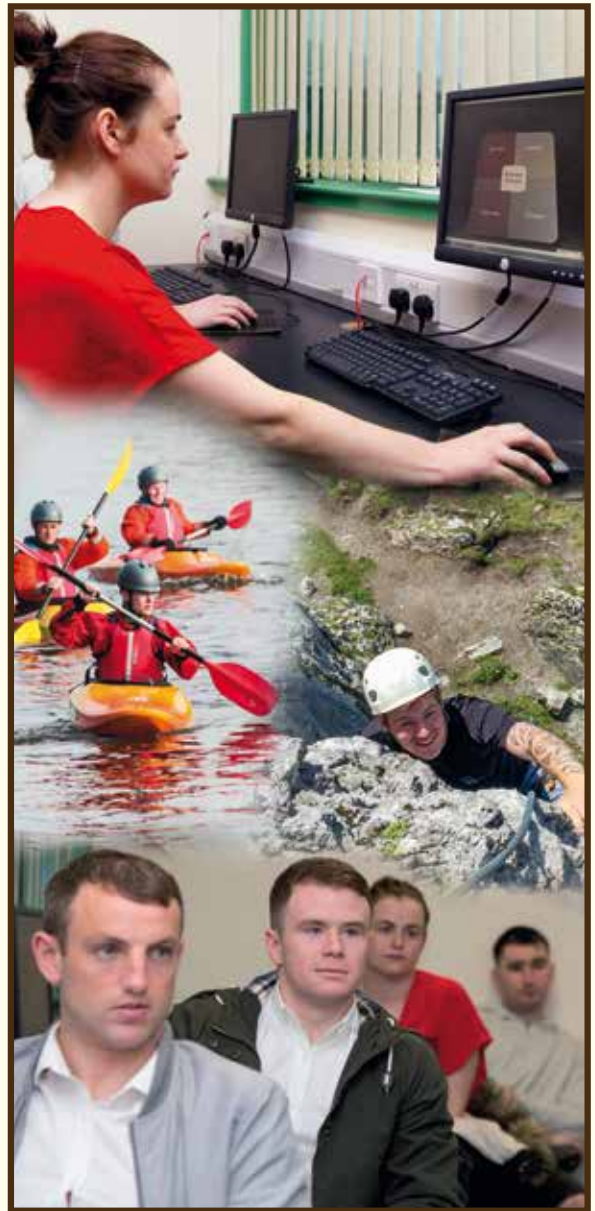


An Roinn Cosanta
Department of Defence



An Roinn Gnóthai Fostaíochta agus Coimirce Sóisialai
Department of Employment Affairs and Social Protection

**SKILLS FOR LIFE
EMPLOYMENT SUPPORT SCHEME
"Helping You To Reach Your Potential"**



- What does the Programme Involve?

The Employment Support Scheme is an initiative coordinated by the Defence Forces (DF), Department of Employment Affairs and Social Protection (DEASP), Department of Defence (DoD) and Cork Education and Training Board (CETB) Training Centre Bishopstown. It is designed to provide you with skills for life; skills which will assist you to enter the workforce or to pursue further education.

The scheme takes place over 10 weeks. The first 2 weeks of the programme will be fully residential. The remaining 8 weeks will be residential Monday to Friday only. Participants will be selected from the Cork area and they will be accommodated in Collins Barracks, Cork. Accommodation, travel and catering costs will be incurred by the Defence Forces. A Medical Card will be required to pay any medical bills that may be incurred during participation in the scheme.

- How Will Taking Part Help Me?

On successful completion of the scheme you should be able to demonstrate:

- a. Enhanced social and team work skills.
- b. An increased sense of self-confidence, self-discipline, self-motivation and self-worth.
- c. Practical skills and qualifications which will enhance employment and further education opportunities.



- d. Increased levels of physical fitness and motivation.
- e. Increased confidence when communicating with employers.



Participants that successfully complete the full programme will receive the following awards:

- a. HACCP (Hazard Analysis & Critical Control Point) certificate from The Defence Forces School of Catering.
- b. A variety of I.T. modules will be offered during the programme by CETB Training Centre Bishopstown. Participants may receive one or all of the following:
 - ECDL (Full/Start of Progress Certificates) in Computer Essentials, Online Collaboration, Word Processing, Spreadsheets, Databases, Presentation Software, Online Essentials, IT Security,
 - ECDL Secure User Award – Security Essentials and Data Protection Essentials,
 - Microsoft Office Specialist Access, Power Point, Outlook, Word, Excel,
 - Microsoft Office Specialist Word Expert, Excel Expert.
- c. SOLAS Safe Pass - CETB Training Centre Bishopstown.
- d. Basic Medical Training Certificate.
- e. Manual Handling Training Certificate.



- f. Certificate of Participation and Reference from the Defence Forces and Department of Employment Affairs and Social Protection.

- How do I take part?

- The Employment Support Scheme is open to jobseekers between the ages of 18 and 24.
- Participants will be selected by the Department of Employment Affairs and Social Protection in conjunction with the Defence Forces.
- Information open days concerning the Employment Support Scheme will be hosted by DEASP at various locations throughout Cork.
- Subsequent interviews will be conducted following a shortlisting of all applicants.

- Where can I get more information?

All queries can be addressed to your local Intreo Centre, Cork City or County.

For further information please contact CDFESS@welfare.ie

The DF ESS is co-funded by the Irish Government, the European Social Fund and the Youth Employment Initiative as part of the ESF Programme for Employability, Inclusion and Learning 2014-2020.