



Re-emerge

The Next chapter is for you



ciste na
gcuntas díomhaoin
the dormant
accounts fund

Annual Carers Forum: 17th May 2023

Presented by Zoe Hughes, Senior Policy & Research Officer



Care Alliance Ireland: Some Background

- Umbrella Organisation supporting not-for-profit groups who provide supports for family carers
- Focus mainly on policy, research and macro-advocacy
- Since Covid19, we have increased our online support offerings for family carers;
 - 5,000+ members of our Online Family Carer Support Group
 - Employment readiness supports; Kaleidoscope, Return-Ready and Re-Emerge



Liam O'Sullivan - CEO



Zoe Hughes - Senior Policy
& Research Officer



Tara O'Connor - Project
Coordinator Online Family
Carer Support Group



Lisa Dunne - Project
Coordinator Re-emerge
Project



Amy Lavelle - Project
Manager Re-emerge Project

Re-emerge Project Objectives & Outputs

In keeping with Pobal objectives, we aim to support;

- The personal and social development of persons who are economically or socially disadvantaged.
- The educational development of persons who are educationally disadvantaged.

Our goal outputs are;

- 16 family carers progressing to further education
- 80 family carers engaged in employment training
- 12 family carers returning to paid employment



Outcomes

Direct Outcomes:

- Increased opportunities for career progression for Family Carers
 - Increase in employment skills/employability for Family Carers
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Indirect Outcomes:

- Decreased feelings of social isolation and loneliness
- Increased feelings of confidence
- Increase feelings of over all wellbeing

Unique Aspects of the Project

- In addition to family carers returning to employment, the project is open to family carers who have recently returned to employment with the aim of increasing retention.
- Training budget, replacement care costs and assistive technology to support learners.
- Increase in well being interventions.
- Increase in 1-2-1 supports. Project staff are trained in IT and life coaching.
- Delivered completely online. Workshop recordings stored in secure portal for flexibility.



How does it work?

Family carers complete registration form and are contacted by staff to arrange induction.

Participants receive monthly timetable of activities. All workshops are delivered via Zoom. Zoom links to join live are sent via email.

Participants can avail of 1-2-1 meetings with project staff to support with life coaching, IT training, job search/prep, course sourcing etc.

Participants choose which workshops are most relevant to them and they can take part for the entirety of the project, March '23 – March '24.

Sample Timetable



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APRIL TIMETABLE

Contact Amy with any questions

T: 085 2683589

E: amy@carealliance.ie

DAY/DATE	TIME	TOPIC	TIME	TOPIC
TUESDAY 18.04	9:30 10:30	Siel Bleu Exercise Class Week One REC		
WEDNESDAY 19.04	11:00 12:00	Introduction to LinkedIn REC		
THURSDAY 20.04	10:00 12:30	#IAmRemarkable - learn the importance of self-promotion	14:00 16:00	Reflexology for relaxation & rejuvenation by Ciúnas Centre REC
TUESDAY 25.04	9:30 10:30	Siel Bleu Exercise Class Week Two REC	14:00 15:00	Starting point with finding a career REC
WEDNESDAY 26.04	11:00 12:00	IT Skills - This session will also cover the ICDL entry exam REC	14:00 16:00	IT 1-2-1 open slots - with Amy
THURSDAY 27.04	10:00 12:00	Core Values - Listen & discuss	14:00 16:00	1-2-1 Check In/PDP open slots - with Lisa

Registration
required

Please book with
Lisa/Amy if you would
like a 1-2-1 meeting.

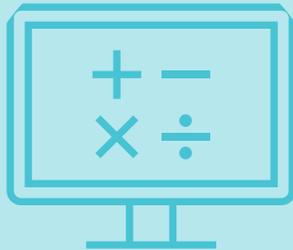
No registration required.
Zoom link will be
sent to all participants

REC = Recorded
All other sessions are
not recorded

Project Activities

Practical Training

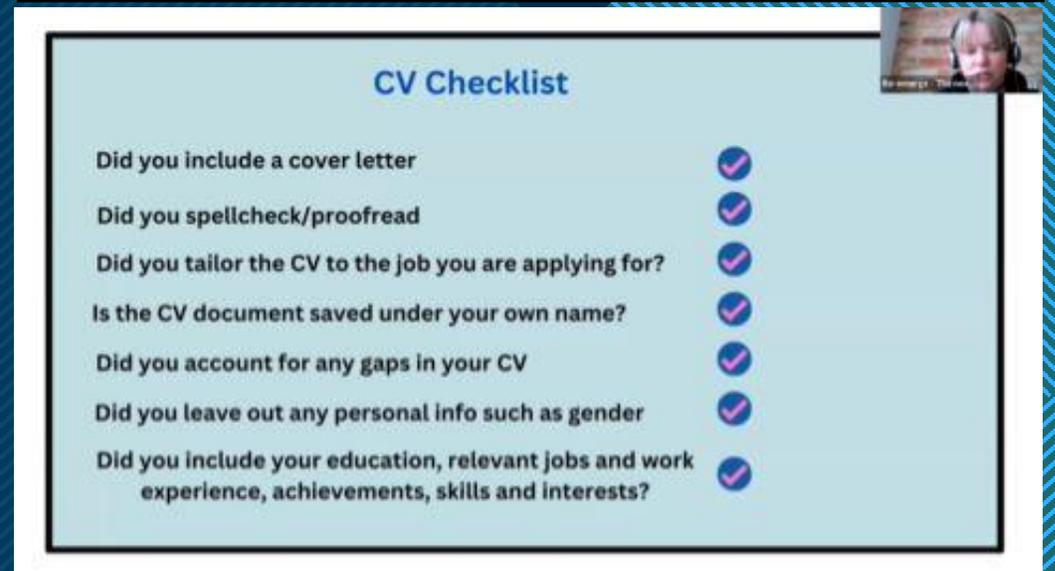
- Career coaching
- CV & Interview prep
- IT training
- Job sourcing
- Further education support



Web Browser
What is a web browser?
A web browser is an application for accessing websites.
The most popular examples of these are:



Chrome Safari Firefox
Edge Opera Internet Explorer



CV Checklist

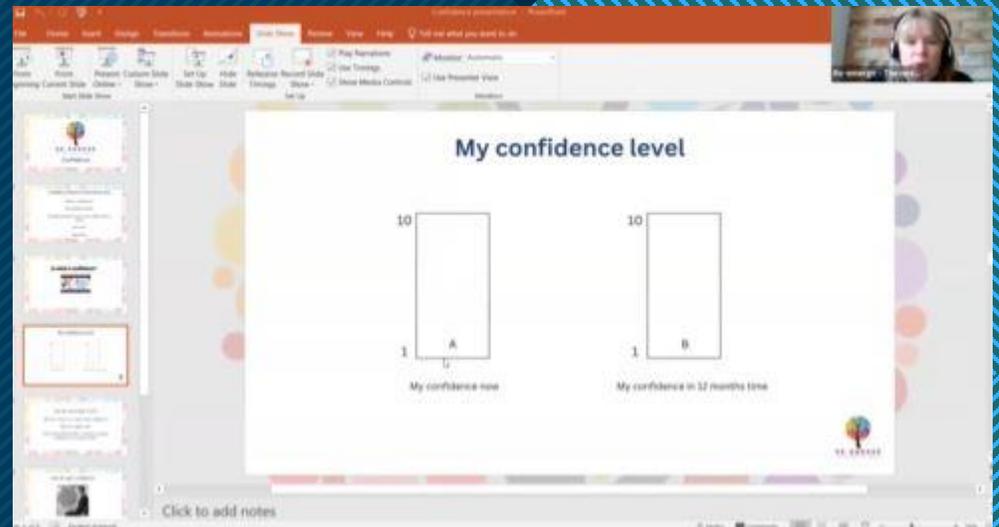
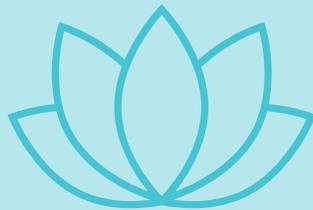
- Did you include a cover letter
- Did you spellcheck/proofread
- Did you tailor the CV to the job you are applying for?
- Is the CV document saved under your own name?
- Did you account for any gaps in your CV
- Did you leave out any personal info such as gender
- Did you include your education, relevant jobs and work experience, achievements, skills and interests?



Project Activities

Mental Health Support

- Access to mental health support groups
- Mindfulness/Meditation
- Confidence building
- Peer interaction



Project Activities

Physical Health Supports

- Nutritional Education
- Yoga
- Exercise classes



Project Status

- First group of fully inducted participants began taking part in workshops in April.
- Registration and screening is ongoing until end of June 2023.
- We are delighted to be collaborating with numerous Irish not for profits throughout the project. We are currently working with Siel Bleu, Ciunas Centre, Empower with intentions to develop content with Aware & Irish Hospice Foundation in the near future.
- We are actively engaging with other grantees of the *DAF Supports for Family Carers including Young Carers 2022 – 2024* measure to support and advise one another.



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“

“ I'm so grateful to you all at Care Alliance that I can be a part of this journey.”

- Re-emerge Participant



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