



# Social Inclusion and Community Activation Programme (SICAP)

## Employment Supports

**Are you aged 15 or over, currently not working, or have never worked?**

**Do you have questions about how to look for a job, where to start, what to do, what help is available?**

**If so, our Employment Support Service can help you**

We provide a confidential one to one service that will work with you to find out what your options are. We will guide you to identify the type of work you want and develop a plan of action to help you in your search for employment. Some areas where you may need support could include:

- Building confidence
- Understanding what an employer wants
- Finding a suitable training course to develop your work skills
- Getting work experience
- Preparing you for the recruitment process – CV, Interview skills etc
- Looking at other barriers that might be preventing you from getting a job

### How can I access this service?

Just drop in or call any of the Employment Support Workers listed below and make an appointment.

The service is free!

Location/ Organisation	SICAP Contact Person	Contact Details
PAUL Partnership, Tait Business Centre, Dominic Street, Limerick	Ann Bourke	087 9158115 <a href="mailto:abourke@paulpartnership.ie">abourke@paulpartnership.ie</a>
Moyross CEC, Moyross Community Enterprise Centre, Moyross.	Catherine O'Shaughnessy	061 326057 <a href="mailto:catherine@moyross.ie">catherine@moyross.ie</a>
	Noelle Howard	061 326057 <a href="mailto:noelle@moyross.ie">noelle@moyross.ie</a>
St. Mary's AID, Widows Alms, Nicholas St.	Mary Quane	061 318106 <a href="mailto:mary.quane@stmarysaid.ie">mary.quane@stmarysaid.ie</a>
Our Lady of Lourdes CSG, Greenfields Cross, Rosbrien.	Gillian Jonker	061 228596 <a href="mailto:adult.ed@lolcsg.ie">adult.ed@lolcsg.ie</a>
	Denise Hannan	061 228596 <a href="mailto:denise.hannan@lolcsg.ie">denise.hannan@lolcsg.ie</a>
Tait House, Roxboro Road.	Ann McNamara	061-415340 <a href="mailto:amcnamara@taithouse.ie">amcnamara@taithouse.ie</a>



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European Social Fund



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