

FRIENDS OF ABLE NEWSLETTER

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Thursday
8 February 2024



FRIENDS OF ABLE

A better life for everyone!

About Us

Friends of ABLE Community Employment Scheme strives to promote the abilities of its participants, give opportunities to train for a chosen career path and provide support in the search for employment.

The CE Scheme gives participants the time to demonstrate to potential employers their commitment to full employment while contributing to the fabric of the community, the spirit inherent in all Kerry communities and promote the volunteer ethos that is the structure behind all Irish community groups.

Friends of ABLE demonstrates that if one achieves their full potential, this will in turn ensure equal opportunities and full participation in all aspects of the lives of its participants. With the support of the sponsoring committee we aim to promote a better quality of life for all people in the community, we have an expert awareness of the barriers faced by people in long term unemployment and have adopted a broad and realistic method towards breaking these barriers.

We are involved with various projects and community partners in Tralee.
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Massive proceeds raised for the panto performance 'Puss In Boots'. - [Page 2](#)

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Kerry Parents and Friends Association

Rathmore's panto 'Puss in Boots' emerged as a roaring success all round with huge attendances enjoying excellent performances packed with great songs and dance routines, sumptuous sets and special effects.

At the close of the panto on 'Patrons Night' on Bank Holiday Monday evening, a standing ovation greeted all involved in the production before proceeds from the panto - a whopping €24,000 - were presented to the Kerry Parents & Friends Association representative, Helen Power.

Over many years the panto has helped raise over €400,000 down through the years for Kerry Parents and Friends Association.



Enable Ireland

Don't discard, donate
Support Enable Ireland's vital services



The Enable Ireland Spring Clean Campaign is back!

We invite you to join the Enable Ireland Spring Clean Campaign. Declutter your homes and donate your unwanted items. Show your once-loved items one last act of love by donating to our charity shops. Clear out your wardrobes. Organise your kitchen presses. Tidy your chest of drawers. Give your unwanted items a second life!

You'll be helping our charity shops raise funds to support our vital services for people with disabilities. We provide services to 13,000 children and adults.

Kerry Traveller Health Community Development Project



An Garda Siochana are reaching out to Ethnic Minority Groups in their latest Recruitment for 2024. If you or anyone you know is interested in becoming a member of An Garda Siochana, please check out the detailed information on role of Gardaí, a Candidate Information Booklet.

Closing Date: 3pm Thursday, Feb, 8th, 2024. Please Contact Kerry Travellers on 066 7120054 if you would like support in your application.



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Tralee Chamber

The Square in Tralee will come alive to the sights and sounds all things Chinese on the 17th February to welcome in the Year of the Dragon.

The people of Tralee and beyond are invited to immerse themselves in the culture, history and traditions of China with traditional music, instruments, dress, and for the first time the Dragon Dance.

We hope to see a big gathering Saturday 17th in the Square from 1-4 pm to enjoy our very popular Chinese dumplings, singing, dancing, musical and martial arts performances.

There will be lots of entertainment and exciting events lined up for all the family including calligraphy, paper cutting and Peking Opera mask painting. Everyone is welcome.



Chinese Restaurant & Take Away
Hillbilly's FAMILY RESTAURANTS
DAYBREAK Daybreak, Castle Street

Kerry Chinese Community Presents

Chinese New Year 2024

February 17th from 1 pm

Celebrate the Year of the Dragon with us in the Tralee town square

- Dragon Dance
- Cultural Performances
- Food tasting
- Chinese arts and crafts
- Learn about your animal year
- Chinese calligraphy
- Paper cutting
- Tai chi and more....

Contact us for more information
kerrychinesecentral@gmail.com

Comhairle Contae Chiarraí
Kerry County Council

The Kerry
Up to the Point Club



Tralee Chamber



Participate in Tralee St. Patricks Day Parade 2024!

Embrace the theme of “**A World of Colour**” and be part of our cherished tradition celebrating Irish culture and camaraderie. Whether you're a dance troupe, musical ensemble, community organisation, or group of friends, we want you to shine in our parade!

Closing Date for Entries: February 24th

To secure your spot and bring your creativity to life. Let's make this St. Patrick's Day Parade unforgettable!

Tralee Tidy Towns



The lads in Tralee Tidy Towns are working hard this February in Tralee and have been busy over the past months keeping the town tidy & litter free, and are committed to making it a better place for the public.

They work to make sure that Tralee stays presentable and keeps within the towns standards and surrounding environment.

Enjoying the newsletter?

Why not share it with friends and colleagues!

Adapt Charity Shop Window Display

Check out Adapt Kerry Charity Shops range in store this month of February with new stock available in store along with items from their January window display being made available to purchase from, 6th February at 9:30am.

Please note that the store cannot hold any items from their window display.

Looking for something stylish or casual, check out in store today with brand names like Tommy Hilfiger, Michael Kors, Levi's and BMW. The Adapt Charity store located at Matt Talbot Road, Tralee, Kerry, is open from Monday to Friday between 9:30am - 4:30pm.



Available Job Positions We're Hiring

- **Maintenance Person**
Enable Ireland Children's Service Tralee
- **Hydrotherapy Pool Attendance**
Enable Ireland Children's Service Tralee
- **Healthcare Assistant**
Kerry Parent & Friends Mount Eagle Lodge Tralee
- **Community Link Worker - Killarney**
Kerry Travellers Health Community Development Project
- **Bus Driver**
Enable Ireland Adult Services Tralee
- **Building Maintenance**
Adapt Women's Refuge Tralee
- **Administration Assistant**
Enable Ireland Children's Service Tralee
- **More vacancies can be found on our Facebook page**
www.facebook.com/friendsofable

SEND YOUR CV TO ANNE@FRIENDSOFABLEPROJECT.IE

Oxfam Tralee



Do not miss out on our massive end of winter clearance sale. All sale rail items are reduced to €1 each. Sale ends this Saturday the 10th (or sooner if stock sells out!).

Oxfam Tralee also has a new range in store as Valentine's Day is almost here and we're getting into the spirit of things with a selection of clothes, gift ideas and romantic books.

Oxfam Tralee store is open from Monday to Saturday between 9:30am - 5:30pm.



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Kerry Parents & Friends Association



Established in 1973 to support families of people with an intellectual disability and the Franciscan Sisters of the Divine Motherhood in their work at St Mary of the Angels, Beaufort near Killarney. The Association became a service provider in its own right in 1978, in response to an urgent need for services for adults with an intellectual disability in Kerry. KPFA now provides Residential and Day Services, Training for Life, Community Integration Programmes and Individualised Services for more than 200 adults, in various locations throughout Kerry. Being a member of the National Federation of Voluntary Bodies it works in partnership with the HSE to provide quality services.

Oxfam Tralee



Oxfam has been located near the popular town square since 1998, and has been operating for over 24 years with a great selection of clothes for women, men, and children, along with music, books, jewellery, and bric-a-brac. The Oxfam store always accepts donations of quality undamaged items that others no longer want. Volunteers who join the Oxfam team are involved in the work that takes place within the heart of the shop which is a hive of activity with lots of chats, opportunities to meet new people, and learn new skills while having plenty of fun.

Enable Ireland - Adult and Children Services



Enable Ireland works in partnership with those who use their services to achieve maximum independence, choice and inclusion in their communities and focuses on the person, not the disability. They believe that access, inclusion and equality are basic rights for all people and assert that society must recognise and accommodate individual needs.

“All of us have a responsibility to adapt our world for the person with a disability rather than demand that that person adapts to us”

John O’Sullivan
CEO, Enable Ireland

Rathass Cemetery CE Scheme



Rathass / Ratass cemetery, the largest graveyard in Kerry and the main burial place for Tralee, dates from the early medieval Christian period, and the Ogham Stone in the church suggests the area had significance from an even earlier period. Today Rathass cemetery is maintained under the Rathass Cemetery CE Scheme which works alongside the Kerry County Council to help keep the cemetery clean, litter free and presentable to the towns standards. The scheme participants will complete industry standard training in manual handling, safe pass, pesticide distribution and several other environmental related courses.

Tralee Tidy Towns



The Tralee Tidy Towns group work alongside the Kerry County Council and other groups with the ambition to keep the town of Tralee and its’ environs clean, litter free and presentable to the towns standards. The group is made up of people who are committed to making Tralee a better place for all. They carry out general maintenance of the town on a daily basis covering various areas of the town. Main activities include but are not restricted to painting, litter picking, etc. They aim to ensure that the town’s position in Tidy Towns is improved. Scheme participants will complete industry standard training in manual handling, safe pass and several other related courses.

Tralee Chamber Alliance



Tralee Chamber Alliance is to put more emphasis on promoting the business community in the town with a view to attract more jobs to Tralee. The core principal of the Alliance is to promote the growth of the town industrially and to foster pride in the town among the community of Tralee. Its board is made up of twenty business and community leaders of the town, with sectors including - Town Image & Community Pride, Retail, Parking and Planning, Enterprise & Employment and the Chief Executive heading up the Tourism & Marketing Sector. They aim to develop tourism, a positive attitude and pride within the town, and present a positive picture of Tralee.

Follow us on our social networks



www.facebook.com/friendsorable

www.instagram.com/friendsorable

www.friendsorableproject.ie

Kerry Travellers Health & Community Development Project



It has been established since 1997 and is based on an acknowledgement of the separate and distinct culture of the Traveller Community. Participants working within the project work as either a community link worker or as an information officer. These officers are tasked with setting up group meetings within the Travelling Community, help improve integration into full time work or education, and making sure that members of the Travelling Community have full knowledge of all activities and events that are taking place within the project. They are also involved with working closely with the project Administrator as well with helping with the running of the office.

Adapt Kerry - Women's Refuge and Support Services



Established in the early 1990's by a group of parents in Tralee who were supporting their own adult daughters through the issue of Domestic Violence and were concerned about the impact of this trauma and the absence of a dedicated domestic violence service in the County. This local group fundraised for the construction of a refuge in Tralee to provide a place of safety for women and children in Kerry whose lives were affected by Domestic Violence. The local group was officially incorporated in 1992 as ADAPT Kerry Limited and opened its doors to its first families in 1996. Their aims are to offer support to female victims and their children, and to raise awareness of the issue.

Tralee Community Bridge Club



The Tralee Bridge Club provides an avenue for the bridge lovers to come together and participate in either a competitive or fun environment. The group meets most week nights and is open to all ages. The only pre-requisite to joining in is that you must love bridge! The participant will follow the ethos of providing a fun but competitive environment for people to meet and play a game they love.

Tralee Pitch and Putt Club



It was established in 1969 and it has provided an avenue for people who are passionate about the game to come together in a relaxing atmosphere. The Tralee Pitch and Putt Club is located in a quiet area, far from the hustle and bustle of the town and is open to every member of the public. The Club has membership options available, and also offers green fee rates for tourists, visitors or those who just only play it once in a while. Scheme participants will all receive extensive training in course management, landscape caretaking and maintenance including all relevant certification in health and safety requirements. Guidance in event and venue management will also be provided.

Austin Stacks GAA Club



Austin Stacks is an urban GAA Club in the heart of Tralee which caters for nearly 40 teams and 500 members. The Complex located in Connolly Park is in need of constant maintenance and the participants will be trained in Field maintenance, event management and will take part in the various training schemes run by ABLE which will allow them to round out their certification with regards to green keeping, general maintenance and caretaking. This partnership with a local volunteer organisation shows the community integration which is the foundation of the success of Community Employment.

JOIN FRIENDS OF ABLE TODAY

WE ARE HIRING!



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SEND YOUR CV TO
ANNE@FRIENDSOFABLEPROJECT.IE

Contact Us

Email: anne@friendsofableproject.ie

Tel: (066) 712 0455 / (086) 124 7644

Address: Lime Tree House, Killeen, Oakpark, Tralee, Co. Kerry, V92 VHY2



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