

# FRIENDS OF ABLE NEWSLETTER

WWW.FRIENDSOFABLECEPROJECT.IE



Wednesday  
10 April 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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## News

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Join in and take part as we get ready for the Cork City Marathon 2024. - [Page 3](#)

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### Rathass Cemetery CE Scheme:

Ensuring the cemetery remains a welcoming place for visitors and families. - [Page 4](#)

## Friends of Able

Remembering the fond memories we have of our friend Thomas Coffey on his 2nd anniversary, whose contributions to Tralee Tidy Towns and Friends of Able have left an everlasting impact on our hearts and community. As we mark the passage of 2 years since his passing, we reflect on the hours he devoted to making Tralee a more vibrant and welcoming place for all.

Despite Thomas no longer being with us, his legacy endures in all the flourishing gardens, bustling community spaces, and enduring bonds of friendship he helped cultivate.

In reflection of Thomas's life may we find solace in the cherished memories we hold dear and draw strength from the profound impact he made on our lives. Rest peacefully, dear friend. You live on in the hearts of all who knew you.



## Enable Ireland



Be a part of something special in 2024. The Vhi Women's Mini Marathon is a 10k road race, which takes place every June bank holiday weekend in Dublin city centre.

It is the largest women's event of its kind in the world and this year, Team Enable Ireland would like your support. Contact them for a fundraising pack which includes a running buff and tee-shirt. Help them raise the much needed funds to support their services.

Call 087 6868333 / 021 4666605 or email Siobhán on [sgreen@enableireland.ie](mailto:sgreen@enableireland.ie) for more information.

## Tralee Tidy Towns



The members of Tralee Tidy Towns are dedicated to maintaining cleanliness and tidiness in the town, putting in extra effort this April and consistently working to improve the surroundings for everyone.

They are working tirelessly to ensure that Tralee maintains its presentable appearance and complies with the town's standards while preserving the local environment.



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## Adapt Kerry Charity Shop

Browse the selection at Adapt Kerry Charity Shop in-store this April, where new stock awaits alongside items from their March window display, available for purchase starting April 2nd at 9:30am.

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

Whether you seek a stylish or casual look, explore their in-store collection featuring renowned brands like Tommy Hilfiger, Michael Kors, and Levi's.

The Adapt Charity store located at Matt Talbot Road, Tralee, Kerry, is open from Monday to Friday between 9:30am - 4:30pm.



## Enable Ireland

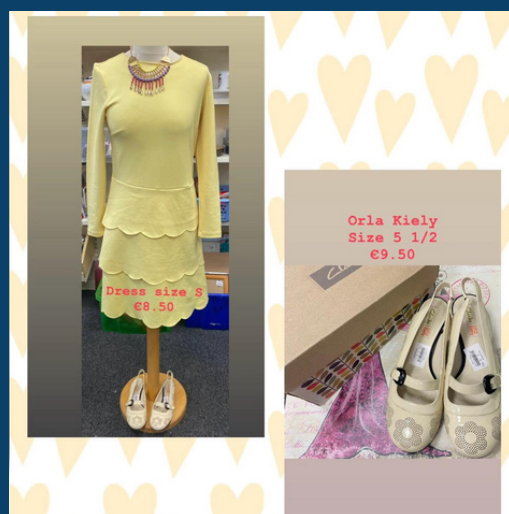


Entry is now open for the 2024 Cork City Marathon which is an official 42.195km (26 miles and 385 yards) marathon course. It is overall, a fast and flat course.

If you think the full Marathon is too much, why not try the Half-marathon or take on the new 10KM route through the heart of Cork City, a great way to take part in a great occasion! Team Enable Ireland need you! Be a part of something special.

Call 087 6868333 / 021 4663305 or email Siobhán on sgreen@enableireland.ie for more information.

## Oxfam Tralee



Are you seeking a fresh clothing style for April? Discover it in-store today!

Explore their assortment of women's, men's, and children's clothing, all available at bargain prices. They also have a varied selection of books, CDs, videos and a range of fashion accessories like hats, scarves and shades.

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

Enjoying the newsletter?

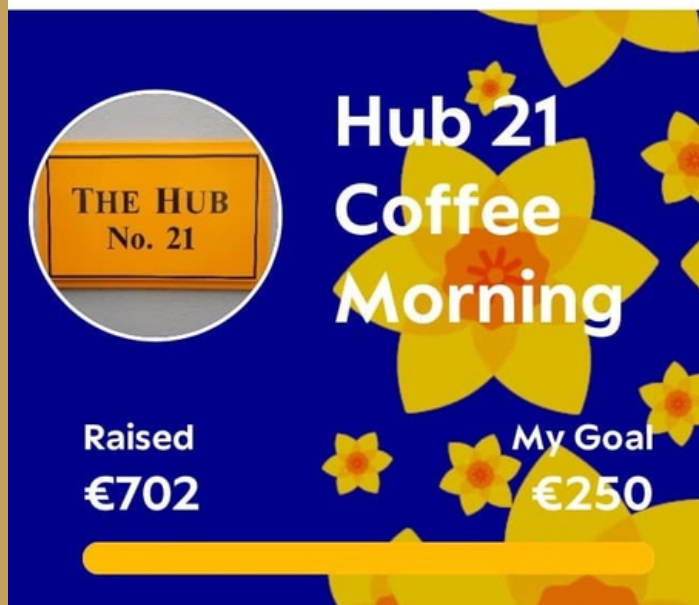
Why not share it with friends and colleagues!

## Kerry Parents and Friends Association

On Daffodil Day, the group from Hub 21, Listowel had organised a Coffee Morning fundraiser for the Irish Cancer Society. They had such fun welcoming so many people from around the town and beyond for a cuppa and some homemade treats.

It really was a great day with a total of €702 raised for such a good cause. The Kerry Parents and Friends Association along with the group from Hub 21 would like to say Thank You to everyone who supported the event.

The support and generosity that was shown has truly exceeded their expectations and helped them surpass their original fundraising goal which was set at €250.



## Available Job Positions We're Hiring

- **Maintenance Person**  
Enable Ireland Children's Service Tralee
- **Maintenance/Caretaker**  
Mount Eagle Lodge 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](http://www.facebook.com/friendsofable)

SEND YOUR CV TO [ANNE@FRIENDSOFABLECEPROJECT.IE](mailto:ANNE@FRIENDSOFABLECEPROJECT.IE)

## Rathass Cemetery CE Scheme



The dedicated team that is over in the Rathass Cemetery work tirelessly to maintain the beauty of the grounds. Rain or shine, they work diligently and attend to every detail, ensuring that the cemetery remains a peaceful and respectful place for all visitors.

Their hard work reflects their deep respect for those laid to rest and their commitment ensures that it remains a peaceful sanctuary for the generations to come.



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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.

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[www.instagram.com/friendsofable](https://www.instagram.com/friendsofable)

[www.friendsofableceproject.ie](http://www.friendsofableceproject.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](mailto:ANNE@FRIENDSOFABLEPROJECT.IE)

### Contact Us

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