



Wednesday
22 January 2025

FRIENDS OF ABLE NEWSLETTER

WWW.FRIENDSOFABLECEPROJECT.IE



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.

News

John Mitchels GAA Club:

Our Juvenile Academy is back for an exciting season of skill-building and fun. - [Page 2](#)

Austin Stacks GAA Club:

Join us weekly as we participate in the Every Step Counts Challenge 2025. - [Page 2](#)

Enable Ireland:

Donate any of your unwanted items in our upcoming Spring Clean campaign. - [Page 2](#)

Kerry Traveller Health Community Project:

Join us and the HSE for a Diabetes Awareness session on prevention and self-care. - [Page 3](#)

Oxfam Tralee:

Be sure to stop by the store and discover a wide range of fantastic products. - [Page 3](#)

Available Job Positions:

Have a look at the job openings we have available. We're Hiring. - [Page 3](#)

We are involved with various projects and community partners in Tralee.
Learn more about - Pages 4 & 5

John Mitchels GAA Club

John Mitchels GAA Club Juvenile Academy is back and we couldn't be more excited to announce the return of this fantastic program on Sunday, 26th January at 10:30 AM!

The Academy is open to boys and girls from Under 6s to Under 10s, and we are eager to welcome back our wonderful young players for another fun-filled season.

We're also extending a warm invitation to ALL NEW PLAYERS to come along and join the action. Whether you're an experienced player or just starting out on your GAA journey, the Academy is the perfect place to learn new skills, make friends, and be part of the John Mitchels family.

So, mark the date, spread the word, and get ready for an exciting season ahead!

John Mitchels GAA Club Juvenile Academy Boys & Girls U8s to U10s



**SUNDAY 26TH
JANUARY 2025
10:30 AM**

**John Mitchels GAA Club,
Ballyseedy, Tralee, V92 N522**



johnmitchelsgaa1@gmail.com

Austin Stacks GAA Club



Austin Stacks is taking part in this years Every Step Counts Challenge which is a weekly group walk from Jan 8th - Feb 12th.

If you wish to join the challenge this year you can by downloading the MyLife App, and selecting the Austin Stacks GAA Club under EveryStepCounts which is located within the app.

Registration is completely FREE, join us and start getting your steps counted. Don't forget every step counts.

Enable Ireland



Our 2025 'Spring Clean' campaign launches next month. Before then, we'd like to know – what rooms in your home are most in need of a Spring Clean? Let us know!

Declutter your homes by donating any of your unwanted items.

Donate items you've fallen out of love with to us at any time. Bring your items to your local Enable Ireland charity shop or donation bank. Alternatively, to your nearest TK Maxx store.

Enjoying the newsletter?

Why not share it with friends and colleagues!

Kerry Traveller Project

Kerry Travellers Project and the HSE invite you to a Diabetes Awareness session in Shanakill Family Resource Centre on Thursday 30th January from 10.30 - 12.30.

There will be information on how healthy eating and being active can help prevent diabetes, as well as information on how to mind yourself if you are living with diabetes. It's an opportunity for you to ask any questions you have about diabetes from people who know.

Nurses will also be offering blood sugar and blood pressure measurement on site.

All are welcome. For more information you can talk to a member of the team or contact the project on 066 712 0054.

Diabetes Awareness

The HSE and Kerry Travellers Project invite you to a discussion about diabetes

Diabetes Prevention

How healthy eating and being active can help prevent diabetes

Living with Diabetes

What are the signs of diabetes?
How does diabetes affect my health?
What treatment and support is there for people with diabetes?

Nurses will also be offering blood sugar and blood pressure monitoring

Shanakill Family Resource Centre

Thursday 30th January

10.30am - 12.30pm

All Welcome

Refreshments provided

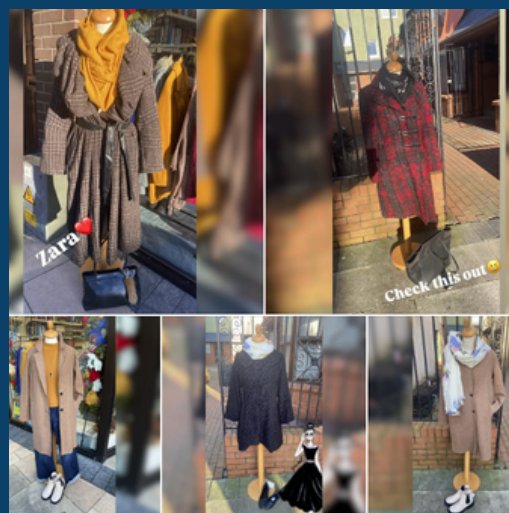


Available Job Positions We're Hiring

- **Maintenance Person**
Enable Ireland Children's Service Tralee
- **Relief Van Driver / Environmental Worker**
Tralee Tidy Towns CE Scheme
- **Maintenance / Caretaker**
Mount Eagle Lodge Tralee
- **Community Link Worker - Tralee**
Kerry Travellers Health Community Development Project
- **Bus Driver**
Enable Ireland Adult Services Tralee
- **Housekeeper**
Adapt Women's Refuge Tralee
- **Green Keeper**
Tralee Pitch & Putt Club
- **More vacancies can be found on our Facebook page**
www.facebook.com/friendsofable

SEND YOUR CV TO ANNE@FRIENDSOFABLECEPROJECT.IE

Oxfam Tralee



Discover new styles in-store today!

Explore their extensive collection of women's, men's, and children's clothing, all offered at unbeatable prices. In addition to clothing, you'll find a diverse selection of books, CDs, videos, and a variety of fashion accessories like hats, scarves, and sunglasses.

The Oxfam Tralee store is open Monday to Saturday from 9:30am to 5:30pm, providing plenty of time to shop and find great deals.



FRIENDS OF ABLE
A better life for everyone!

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 Tralee



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 Tralee



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 CE Scheme



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/friendsofable

www.instagram.com/friendsofable

www.friendsofableproject.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 Tralee



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.

John Mitchels GAA Club Tralee



John Mitchels GAA Club, based in Tralee, County Kerry, is a historic and vibrant club with a strong presence in Gaelic football and hurling. Named after Irish nationalist John Mitchel, the club has a rich tradition of success and community involvement. It provides sporting opportunities for all ages, from youth development to senior teams, and is known for producing talented players who contribute to county-level teams. With a focus on teamwork, skill development, and fostering a sense of camaraderie, John Mitchels GAA Club plays a key role in Tralee's sporting culture.

Contact Us

Email: anne@friendsofableceproject.ie

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

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



FRIENDS OF ABLE

A better life for everyone!