

FRIENDS OF ABLE NEWSLETTER

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Thursday
15 May 2025



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.

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Oxfam Tralee:
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We are involved with various projects and community partners in Tralee.
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Kerry Traveller Health Development Project

Traveller Pride event this year will be hosted in partnership with the Munster Technological University (MTU).

The Theme of Traveller Pride 2025 is "Empowering the Future: The Next Generation of Irish Travellers"

Date: Friday, 23rd May 2025

Time: 10:00 AM – 1:00 PM

Location: MTU Kerry North Campus, Tralee

The event will include a Traveller Heritage Market, the play 'No Fixed Abode', a presentation on Traveller women and youth, a bread-making demo, student storytelling, and the launch of "Soonigh an Gamman" children's activity book. All are welcome to the event!!

Kerry Travellers Health & Community Development Project and Munster Technological University Presents

TRAVELLER PRIDE 2025

23RD MAY

10AM - 1PM

All Welcome

"Empowering the Future: The Next Generation of Irish Travellers"



Tralee Chamber

EMPLOYMENT AND INFORMATION FAIR

Join us for a day full of career-focused events:

- Meet employers from all over Kerry
- Discover support services
- Explore CE & TUS schemes
- Get career advice at our clinic
- Attend practical job workshops



Join us on Tuesday, 20th of May, from 10AM to 4PM at The Rose Hotel for the Kerry Jobs Fair 2025. Over 30 leading employers will be offering jobs across sectors like IT, finance, hospitality, retail, and more.

Free and open to all job seekers, with on-site registration, CV support, interview prep, and info sessions on upskilling, migrant employment, and entrepreneurship.

Organised by Newkd, in partnership with Tralee Chamber Alliance and The Rose Hotel.

Tralee Chamber



#VisitTralee Tralee Chamber Alliance

Summer is here which means the #VisitTralee Kiosk is now officially open for the season! Whether you're a local or a visitor, this is your go-to spot for all things Tralee.

If you're out and about exploring Tralee, make sure to swing by! Our friendly volunteers are ready to provide you with local tips, helpful recommendations, and all the info you need to make the most of your time in Tralee. From hidden gems, to the best spots for a bite to eat or places to relax, we've got you covered.

Follow us on our social networks to stay updated on our projects and partners.

Kerry Parents and Friends

Join us for a beautiful evening of music at Music for a Summer Evening, a special fundraiser benefiting Kerry Parents and Friends Association in Tralee.

Date: Saturday, 24th May 2025
Time: 8:00 PM

Come along and enjoy a wonderful performance by the Kerry Choral Union, with special guests, The Allegri Ladies Choir. The event promises to be a fantastic night of music and community spirit.

All proceeds will go towards the vital work of the Kerry Parents and Friends Association, helping to make a difference in the lives of individuals with intellectual disabilities in the Tralee area.

Music for a Summer Evening



Kerry Choral Union

Musical director Sharon Reidy & Accompanist Aine Murray

in concert with guests from Derry

The Allegri Ladies Choir

Musical director Maurice Kelly



*Church of St John the Evangelist, Ashe Street, Tralee
Saturday May 24th at 8pm*

Austin Stacks GAA Club

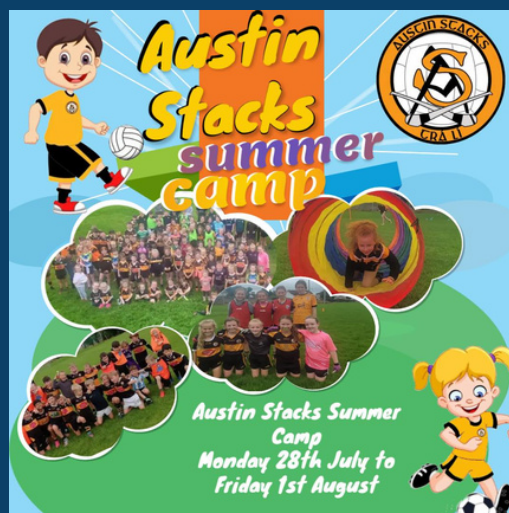


Get ready for a night of music, fun, and fantastic prizes at the Austin Stacks Club with our exciting fundraiser event — SONGO Music Bingo!

Date: Friday, 30th May 2025
Time: 8:00 PM
Tickets: €10 (Available from Saturday)

Don't miss out — grab your ticket this weekend and join us for an unforgettable evening!

Austin Stacks GAA Club



Save the date as the Austin Stacks Club Summer Camp approaches. This Years Austin Stacks Summer Camp will take place from Monday 28th July to Friday 1st August.

Our camp promises a week of sports, games, and outdoor fun. Participants will engage in activities designed to improve athletic skills, build teamwork, and have plenty of fun.

More details to follow in the coming weeks.



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Coolmine

We're getting excited for our Annual Golf Event at Castleknock Golf Club!

We hope you'll join us on Thursday 22nd May 2025 for what promises to be a great day. Teeing off at 3:30pm, this year's event will feature a shotgun start, followed by food, fun, and prizes back at the clubhouse.

All proceeds go to Coolmine's transformative Recovery services which help our clients to overcome addiction and live fulfilled and productive lives. Our holistic approach treats the root causes of addiction and addresses issues such as underlying trauma and social and economic disadvantage.

Your support can help us to continue providing these life-changing services.

Proudly Sponsored by

CHANNOR
REAL ESTATE GROUP

ANNUAL GOLF EVENT

Castleknock Golf Club

22 MAY 2025 | **TEE TIME 3:30PM**
SHOTGUN START

ONE WEEK TO GO

COOLMINE
OVERCOMING ADDICTION, SUPPORTING RECOVERY



Tralee Tidy Towns CE Scheme



The members of the Tralee Tidy Towns CE Scheme are deeply committed to maintaining the cleanliness and tidiness of the town. Throughout May, they have been going above and beyond to enhance all the surroundings for the benefit of everyone.

Their dedication ensures that Tralee not only retains its presentable appearance but also meets the town's high standards, all while actively working to preserve and protect the local environment.

Rathass Cemetery CE Scheme



At Rathass Cemetery, the dedicated team work tirelessly to maintain the beauty and serenity of the grounds. Attending to every detail with great care, they ensure that the cemetery remains a peaceful and respectful place for all visitors.

From cutting the lawns to carefully tending to flowerbeds, their efforts ensure Rathass Cemetery will continue to be a place of peace and remembrance for generations to come, and provide solace to families and visitors.

Enjoying the newsletter?

Why not share it with friends and colleagues!

Adapt Kerry Charity Shop

Explore the offerings at Adapt Kerry Charity Shop this May by browsing their in-store selection. New stock awaits alongside items from their April window display, all available for purchase starting this May.

Please be aware that items from their window display cannot be reserved or held.

Whether you're aiming for a stylish or casual look, featuring esteemed brands such as Tommy Hilfiger, Michael Kors, and Levi's. You'll be sure to find something to suit every taste and occasion.

Located at Matt Talbot Road, Tralee, Kerry, the Adapt Charity store welcomes visitors Monday through Friday from 9:30am to 5:00pm, and Saturday from 10:00am to 2:00pm.



Available Job Positions We're Hiring

- **Van Driver / Environmental Worker**
Tralee Tidy Towns CE Scheme
- **Bus Driver / Cleaner**
Coolmine Drug & Alcohol Service Tralee
- **Community Link Worker**
Kerry Travellers Community Development Project Tralee
- **Environmental Worker**
John Mitchel's Football Club Tralee
- **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 items 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.



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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 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/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.

Coolmine Therapeutic Community



Coolmine Therapeutic Community is a leading drug and alcohol treatment centre in Ireland, established in 1973, with a mission to empower individuals and their families to overcome addiction and support long-term recovery. Their programs are designed to provide personalized care, with a focus on community-based support and evidence-based therapeutic interventions. Over the years, they have expanded nationwide, providing services that address emerging trends in addiction. Coolmine's comprehensive approach includes residential programs for men, women, and mothers with children, as well as community-based support aimed at building a positive future.

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.

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