

NEWkd | SICAP NEWS

SPRING 2022

NEWKD



Spring is here and as we come out of our Covid bubble it is a good time to reflect on the impact the pandemic has had on us and the supports that may be needed by communities and individuals as we adjust to a life with fewer restrictions. Some are still nervous of Coronavirus and the opening of society. Some will have lost loved ones or become isolated during lockdown, many will have been impacted economically or are waiting to access services.

There is also however opportunities to link into supports services and NEWKD will continue to provide support to those who need it most through a range of programmes and of particular focus here is the SICAP programme which provides funding to tackle poverty and social exclusion.

Here there are examples of positive work taking place which has a real impact on people lives. Some examples of that work include –Community development work in Estates, support for unemployed people to set up business, support for Young People who are not participating in education or work, for social enterprises, supports for those suffering from educational disadvantage and supports for people with disabilities to name a few. In this issue the work we feature includes an Independent Parenting Group which is going from strength to strength and on Mental well-being information and supports.

If you know people who need social supports or if you see a gap in your community where we may help please feel free to contact us.

Robert Carey, SICAP Manager - NEWKD

FREE CLASSES

Conversation English Classes

Tuesdays on Zoom | 7pm - 8pm

To Register Email:
LorraineBowler@newkd.ie

The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative.

NEWKD

fáilte isteach
Welcoming Everyone Through Conversation
English & Gaelic

TRALEE CTC

MONAVALLEY IND ESTATE, TRALEE

We are currently recruiting young people aged between 16-21 for QQI Level 3 and Level 4 courses

These courses are a pathway to further education or employment

- **CATERING,**
- **CONSTRUCTION**
- **TECHNOLOGY**
- **HAIRDRESSING**

CONTACT US TODAY ON 066 7125415
Email: traleectctd@gmail.com
FOR INFORMATION ON ANY OF THESE COURSES

IT'S NEVER TOO LATE TO APPLY, CONTINUOUS INTAKE

TRAINING ALLOWANCE PAID WHILE YOU LEARN

NEWKD
Area Offices
Email: info@newkd.ie
www.newkd.ie



TRALEE
Aras an Phobail,
Croílár na Mistéalach, Tralee
Tel: 066 7180190
Local Employment Service
Tel: 066 7129675

CASTLEISLAND
Craigeens, Castleisland
Tel: 066 714 2576

JOBS CLUB
Tel: 066 714 2211

LISTOWEL
Williams St.
Tel: 068 23429 **JOBS CLUB** Tel: 068 24981

DINGLE
Cúillín Business Park, Dingle
Tel: 066 714 2788

If you would like to contribute to future newsletters, please contact: **Pat O'Donovan, Community Links Worker, NEWKD, Aras an Phobail, Croílár na Mistéalach, Tralee, Co. Kerry** - Email: patodonovan@newkd.ie



Ireland's European Structural and Investment Funds Programmes 2014-2020
Co-funded by the Irish Government and the European Union



EUROPEAN UNION
Investing in your future
European Social Fund



Comhaltas, Pobal agus Blaise Áirí
Environment, Community and Local Government



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"According to research published by the ESRI in May 2021, Inequality in disposable income stood at its lowest recorded level on the eve of the pandemic. The one exception to this were lone parents and their children who continued to record consistently high incidence of low-living standards and high rates of income poverty and material deprivation. This is the only sector of society with such stark inequality. This high incidence of low living standards amongst lone parent's pre-dates the Great Recession and has been an enduring feature of Irish society since at least the early 1990s. It is apparent that the raft of well-intentioned policy measures has not been as effective as was hoped for and we need to look for new and more creative ways to lift lone parents out of the poverty and deprivation trap."

The life of a single parent can be challenging to say the least. Already marginalised within society they tend to fall through the cracks of the education system, funding, supports and understanding the reality of parenting alone. There are many reasons women find themselves parenting on their own through a variety of circumstances."

<https://www.esri.ie/publications/poverty-income-inequality-and-living-standards-in-ireland-0>

NEWKD worked closely with a core group of women in 2021 following on from initial developmental work at the start of the pandemic in 2020. Opportunities in the pandemic afforded the development worker to go back to basics and spend time on the ground listening to the voices of single parents.

Single parents are alive and well and full of energy and enthusiasm a force to be reckoned.

One woman told me that being a single parent is a gift and curse as it gives her a sense attitude, pride and a feeling like you have something to prove to the world.

The Indie-Pendant Parent group (IPG) has come into its own in the last 12 months, establishing itself as a unique support network for the members within it. What makes this group so special is that much of the work is done by the women themselves. NEWKD'S role has been listening and following up on issues as they occur.

This group could run the country, discussions and conversations that could govern nations. Topics are shared a problems and joys are celebrated. Such as how to navigate homework at the kitchen table with a stubborn teen!

The group is so diverse with a broad spectrum of needs and wide range of talents. From recurring mental health issues, learning difficulties, early school leavers, mainly women who have overcome adversity, returned to the workforce, training and education, or want to find a tribe a place where they belong.

This group show up day in and day out with the group WhatsApp, meeting up for coffee, trips away and support courses. Last summer a plan was put in motion to arrange a camping trip. Together the women dug deep and brought together all the equipment needed, food, games and their children!

Some of the women are running households juggling jobs, early school leavers or for one reason or another were unable to access third level education.

Some have availed of other SICAP resources, such as the laptop loan scheme, attended workshops, seminars, Women's Returner Group, Parenting, Empowering Women, Moving On programme, courses with some amazing outcomes.

A sample of achievements:

One woman was retained by Connect Kerry and is on work experience on a part time basis, with an opportunity to become employed as a feature editor with the magazine.

Six women have gained employment in areas of their training. Five are volunteering with services in their community, one woman felt she learned that she had the confidence to go in to an FRC and deliver cooking lessons, something she would never have dreamed of.

Two women are gone into full-time education to pursue a qualification to enhance employment opportunities.

Social trips have included, camping, outdoor picnics with kids' coffee meet ups. The group meets weekly and one to one sessions are also provided. Children's activities are provided such as art and crafts, yoga for kids and quizzes.

Sometimes for single mothers, there are times in their lives where outside factors affect their day to day living. This could be situations or circumstances with ex partners, mental health issues coming back or problems with their children. This is where the IPG really shines. They lift one another up without judgement, use their own knowledge of situations they have been in and try to guide each other.

They regularly meet up in Tralee at Corrib oil or Fenit for a coffee and a chat. It is important to note that for some this is their only source of positive adult interaction or friendship.

Illustrating the mental health benefits of this group alone are worth their weight in gold. When it comes to the meeting up, absolutely no one is left behind. Everyone is encouraged to attend, and they carpool to include everyone, this also applies to women who live out of Tralee and don't drive, it's not a problem because between the group, they organise a lift for those that do not have it.

With IPG, egos and judgements are left at the door and nothing but love, support and compassion are brought through, these women will be game changers and are always willing to go the extra mile for each other.

Through continued support from NEWKD the IPG can only grow from strength to strength they have been noted by the LCDC and are in the process of working towards creating initiatives for enhancing education and family life for single parents in the county encouraging the women to become the CEO's in their own lives. C for confidence O for Opportunities, E for Education.



For further details contact:

Dee Keogh on 0876356353 or email deekeogh@newkd.ie

Moving On with A Spring in Our Step



Moving On Graduation at MTU in 2021. We are looking forward to the 2022 programme Moving On - this Spring

the KETB. to build on digital skills for women. The pandemic has shown us how important it is to have strong digital skills to be able to adapt to a changing workplace and access remote working jobs".

The project has a new mentoring programme in place for 2022 with Dr Nadia Ramoutar which will enable women to develop their dreams and ambitions. Moving On also ran a recent workshop with TV stylist Orla Diffily on how to dress with style on a budget. Throughout the year they project will be running several workshops for employers as well as participants.

Stay up to date on our Instagram page [@movingonkerry](https://www.instagram.com/movingonkerry). For more information and to check out the podcasts and testimonials from the women go to www.movingon.ie.

Moving On is managed by NEWKD and is co-funded by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning (PEIL) 2014-2022.



How to Start a Community Walking Group Workshop

This 2 hour workshop aims to support members of the community that are interested in setting up a community walking group. The workshop is delivered by HSE Health Promotion Officers and looks at the following:

- Getting Started - practical advice on how to establish a group
- Methods to promote a walking group
- How to maintain and keep a walking group motivated
- Available resources and trainings

If you are interested to set up a walking group in your area and would like to avail of the above training please e-mail: lorrainebowler@newkd.ie

Once we have the numbers we will organise for the HSE Health Promotion Officer to deliver this workshop to you.

TIME TO RE-CONNECT

Connecting and spending time with other people is important. For almost two years we have found a lot of our 'human' interactions have been done through technology like email, texting, zoom, phone and social media. But it's important not to forget the significance of real human interactions. As our country and county starts to open back up and hopefully we return towards our pre-Covid 19 normality, it's important that we also try to re-connect with people and our community. Try and make time every day to interact and connect with others. This can be done by arranging to meet a friend for a cup of tea or going for a walk together or simply a chat with a neighbour over the garden fence.

Alternatively, you could try and be more active in your community. It can take a lot of courage to join a new group or return to one you used to attend, however through this you could meet like-minded people, build a new network of friends, and get involved in activities you enjoy.

Remember that connecting with others is great for your mental health. Connecting is one of the "Five Ways to Wellbeing" along with Being Active, Taking Notice, Keeping Learning and Giving.

For more information and supports go to www.yourmentalhealth.ie

Donagh Hennebry
HSE Suicide Resource Officer
for Suicide Prevention

Need to talk?
Help is a phone call away

SAMARITANS

Freephone 24/7 on 116 123
Email: jo@samaritans.ie

pieta

Call 1800 247 247
Email: info@pieta.ie

Childline
ISPC

Freephone 24/7 1800 666 666
Text "Talk" to 50101
www.childline.ie

your mental health
your mental health

Tel: 1800 111 888
www.yourmentalhealth.ie

Cork



connectingforCork.ie

text about it

50808

hello@text50808.ie
www.text50808.ie

Kerry



connectingforKerry.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access: www.bereaved.ie

Issued by the HSE/Cork Kerry Community Healthcare



The Beauty of the Bogs

in North, East and West Kerry

NEWKD Farm Families launch a new booklet called "The Beauty of the Bogs" exploring the biodiversity and beauty of the peatlands in North, East and West Kerry.



There are 8 protected areas as well as expansive areas of bog in this region. The booklet gives an overview of the importance of the bogs and is beautifully illustrated with images by photographer Rena Blake.

It was compiled by Lisa Fingleton with support from Nuala Madigan, Education Officer with the Irish Peatland Conservation Council. According to Lisa, "I feel that this is a really important project as it highlights the unique and precious ecosystems of our bogs. Bogs provide habitats for a vast array of plants and animals and have a crucial role to play in terms of climate change and biodiversity loss. By understanding our bogs, we have a better chance of understanding how to protect them".

Rena Blake says, "The beauty of the bogs here in Kerry is amazing and it was great to have the opportunity to photograph the unique plants that grow there such as sphagnum moss, matchstick lichen and bog cotton. I hope the photographs will encourage people to go out and visit the bogs throughout the year as they vary so much in every season".

The booklet was designed by Elaine Foley and funded under the Peatlands Community Enhancement Programme. It will be available online via the NEWKD website and hard copies will be available through Kerry Library and also available to order by schools: gerbrosnan@newkd.ie 10 copies per school max.

For further information contact:

Ger Brosnan (Project Coordinator) 087 934 3469



Show Castleisland Cares are a group of local people that are promoting positive mental health and awareness within our town. We are supported by NEWKD and Castleisland Chamber Alliance.

We are compiling booklet of mental health and

wellbeing support available in the local community, Castleisland and surrounding areas.

This will include sports, recreation, and holistic therapies. It is free to have your service included.

If interested, please contact showcastleislandcares@yahoo.com.

Emily O Doherty
Youth Support Worker

NEWKD (Castleisland)
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V92 E894
Tel: 066 7142576



Prepare Your Household

In an **Emergency** Call 999 or 112

Local Garda Station _____

Always have your Eircode close by. You can find your Eircode on: www.finder.eircode.ie

Electricity MPRN Number

Electricity ESB: www.powercheck.ie / 1800 372 999

Irish Water: www.water.ie / 1850 278 278

Kerry County Council

Contact: 066 718 3500 | Emergency 066 718 3588 | www.kerrycoco.ie

Weather Warnings: www.met.ie

Be Aware | Be Prepared | Take Action

HSE Advice Line: Callsave 1850 24 1850

Call from 8am-8pm Mon to Fri and 10am-5pm Sat and Sun

Kerry Public Participation

Contacts:

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