



NEWKD Youth Employment Initiative
funded under Sicap program . Advice,
Guidance & Mentoring Service for
Young people under the age of 25

If you are under 25 and would like to find out more about
the service contact
Jennifer 0879493451
jennifersullivan@newkd.ie
or Louise 0876411271
louiselyons@newkd.ie



NEWKD YEI officers Jennifer O'Sullivan & Louise Lyons
at the jobs fair in Tralee

NEWkd | SICAP NEWS

SUMMER 2022



ENERGY SAVING TIPS

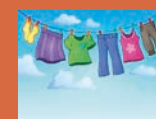
A full dishwasher uses less than half the energy than a person does when washing the dishes by hand and uses gallons less water too. So if you have one, use your dishwasher.



When using an electric kettle only boil as much water as you need



The tumble dryer is one of the most expensive appliances in our homes, using around 2.5 kWh per hour so if you have one use it sparingly.. When you can use the line



USE APPLIANCES TO THEIR FULL POTENTIAL.

Leaving electrical appliances on standby, or leaving phone chargers plugged in when you're not using them costs money.

Unplugging all non-essential electrical appliances could reduce the average household electricity bill by more than €100 a year.

Take a shower instead of a bath

It can cost the same amount of money to heat the water for 1 bath as it does for 5 showers



You can reduce your water heating costs by 30% just by insulating your tank correctly and installing a lagging jacket can pay for itself within three months.

Don't leave it up to guesswork when it comes to your bills. Never settle for estimates, provide your own readings.

KERRY JOBS FAIR

Over 600 people attended the Kerry Jobs Fair at The Rose Hotel Tralee on Monday 25th April. The Event was run by NEWKD under the Moving On and SICAP programmes with support from the Kerry Chamber.

Event Co-ordinator Lisa O Flaherty said

"We are delighted with the response to the day. There was a lovely relaxed and informal atmosphere and people really appreciated the opportunity to talk face to face with employers. It can be difficult to make a direct connection with an employer so we were happy to be able to remove some of the barriers. It was also great to see the response to the 'Careers Clinic' where local organizations supported people with their CVs and provided information on progression opportunities"

Jennifer O Sullivan from the SICAP programme at NEWKD was delighted that the event attracted

"such a diverse group of people from all over Kerry. Our work is very much about equality so it was great to have such an inclusive event. We organised buses and translators for Ukrainian refugees and it was great to be able to connect them with employers". NEWKD are part of the Kerry Community Response Forum facilitated by Kerry County Council which is supporting Ukrainian Refugees in Kerry and employment is a key part of this.

According to Lisa Fingleton, also from Moving On,

"The response from employers was fantastic. Over 30 employers were present on the day and their feedback was really positive".

Breda O Flaherty, the Organisation Development Manager with Dairy master said

"I've been to a lot of fairs in my time but this was the best set up. It was super altogether. There was a great flow of people all day who were genuinely interested in the positions. We got a substantial amount of very good applications. We also got to meet a lot of Ukrainians and hopefully we can give them employment too".

Employers were offering hundreds of jobs across a range of sectors including technology, office admin, accounts, hospitality, food production and tourism. Employers were interviewed and filmed about their ongoing recruitment needs and this footage will be available in a webinar over the coming weeks.

NEWKD's Moving On employment project and SICAP social inclusion programme came together to fund this event. Moving On 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.

Contact: Lisa O Flaherty 0877647446
lisaoflaherty@newkd.ie



NEWKD TECHSPACE CASTLEISLAND



NEWKD Techspace Castleisland is a creative space where young people are inspired to create, produce and have fun with digital technology, science projects, arts and crafts and lots more.

Young people get the opportunity to work with likeminded people, make friends and have fun creating.

Techspace is support by SICAP programme and ran by Volunteers.

NEWKD Techspace classes cater for 8+ Years. They meet every Wednesday @ 4pm-5:30pm.

Contact details:

Michelle O'Sullivan - Techspace
Phone Number: 083-8186209

Email: techspacecastleisland122@gmail.com

Social Media:

Facebook - NEWKD Techspace Castleisland
Instagram- techspace.castleisland

Recruitment Training Retention and Upskilling Opportunities

Hotel, Culinary Arts and Tourism Department.
MTU Kerry Campus



Certificate in Culinary Skills

(funded through Springboard +)

1 Year
2 days per week
Fee: Free

Core Topics Include:
• Culinary Skills
• Butchery
• Fishmongery
• Food Safety
• Teamwork
• Health and Well Being

* Knives & Uniforms will be provided at no additional cost

Higher Certificate in Culinary Arts

(funded through Springboard +)

1 Year
2 days per week
Fee: Free

Core Topics Include:
• Culinary Events
• Bakery and Patisserie
• Sustainable Practices
• Food Safety Management
• Food and Cost Control
• Modern Techniques and Technologies

* Knives & Uniforms will be provided at no additional cost

Graduates of the Commis Chef Apprenticeship start here

Bachelor of Arts (Hons) in Culinary Arts

(Level 8)
National Sous Chef Apprenticeship

2 Years
1 day per week
Fee: €750 per annum

Core Topics Include:
• Food Futures
• Food Blogging
• Contemporary Trends
• Strategic Management
• Independent Research

* A fee of €320 applies (if required) to purchase uniforms & knives

Bachelor of Arts in Culinary Arts

(Level 7)
National Chef de Partie Apprenticeship

2 Years
1 day per week
Fee: €750 per annum

Core Topics Include:
• Advanced Pastry Arts
• Product Design and Development
• Business Management
• People Management
• Advanced Culinary Techniques

* A fee of €320 applies (if required) to purchase uniforms & knives

Do you qualify for advanced entry due to your qualifications or industry experience?

Talk to us about advanced entry

All courses commence in September
For Further Information: Telephone 066-7191701
or email parttimekerry@mtu.ie
or www.mtu.ie www.springboardcourses.ie



SICAP Programme Manager
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Family, Education and Social Supports
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Equality and Employment Supports
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Enterprise Supports
Elbhills Hanrahan, Listowel and Tralee
T: 068 23429 • E: elbhilshanrahan@newkd.ie

Enterprise & Social/Enterprise Supports
Elaine Kennedy Castleisland, Tralee and Dingle
Tralee: 068 23429 • E: ElaineKennedy@newkd.ie

Enterprise Admin Supports
Rita Griffin, Tralee
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Youth and Social Supports
Jennifer O Sullivan Coffey, Castleisland
T: 066 7142576 • E: jennifersullivan@newkd.ie

Community Development West Kerry, Farm Family Supports & Seamus O'Hara
Tralee: 066 7180190 • Dingle: 066 7142788
E: seamusohara@newkd.ie

Youth and Disability Supports
Louise Lyons, Listowel
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Estate Management, Social Enterprise and Social Supports
Dave Fitzgibbon, Listowel
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Community Mental Health, Equality and Social Supports
Lorraine Bowler, Tralee
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**NEWKD
Area Offices**
Email: info@newkd.ie
www.newkd.ie



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

TRALEE
Aras an Phobail,
Croilár 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
Cúilín Business Park, Dingle
Tel: 066 714 2788



New website officially launched.

www.phoenixwomenscentre.ie

Women can sign up for membership, the news blog, register for events and make a donation through the website.

The Phoenix Womens Centre provides supports, guidance, counselling, advocacy and signposts women to specialist agencies depending on their needs and difficulties.

A large part of their work is devoted to preventative strategies, workshops and training. Their aim is to prevent women from being excluded from participation in learning, upskilling, jobs, self-employment, social events and importantly preventing women from experiencing a lack of confidence to speak up on their own behalf.



Phoenix Women's Centre,
Market Place, Maine Street, Tralee, County Kerry.
Tel 066 9130430
Email: info@phoenixwomenscentre.ie
Website: www.phoenixwomenscentre.ie
www.facebook.com/PhoenixWomensCentreMarketPlaceTralee



Kingdom Pride in Kerry returns this July

Kingdom Pride in Kerry (KPINK) is delighted to announce their second annual Pride celebration, which will take place July 15th-17th. Numerous events will take place around the county across the three days of the festival, with something to suit everyone.

Events include sea swims, a beach clean, beach workout, a quiz night, drag night, and an afternoon in the park. There will also be a display of LGBT+ books in all Kerry Libraries during that week.

Follow Kingdom Pride in Kerry on Facebook ([thekingdompride](https://www.facebook.com/thekingdompride)) and Instagram (@thekingdompride) for event details as they are announced. If you are interested in getting involved or helping out, please do get in touch at info@kingdompride.ie.

NEWKD is supporting Kingdom pride In Kerry and wishes them every success with their pride celebration.

MEETING ROOMS AVAILABLE

Contact Mary on
066 718 5248

or email:
marycahill@newkd.ie

Meeting Rooms Available

Rahoonane Community Centre

Suitable for

1. Community Meetings
2. Training / Classes
3. Group Work etc

Contact
Mary on 066 718 5248
or email:
marycahill@newkd.ie

NEWKD Staff at the Employability Progressive Pathway Fair at the Rose Hotel



Living in North, East & West Kerry?

65 or older?

Looking for peace of mind?

Free monitored personal alarms for older people

Contact:

Dympna or Siobhán
087 3579515 / 068 23429

NEWKD (old Post Office)
20 William Street Upper • Listowel • Co. Kerry



As part of the North Kerry response to the ongoing and growing refugee situation a local response team has been formed to co-ordinate supports for the refugee community and to ensure that all available resources and supports are mobilised to provide assistance and practical supports to the families.

The local response team is part of the countywide, Kerry County Council led, response to the unfolding crisis that will result in more and more refugees coming to Ireland and to Kerry. The local response team in North Kerry is led by NEWKD and Listowel Family Resource Centre and also includes Listowel Business Alliance, Gardai, Listowel Community Centre, KDYS, HSE, Listowel Town Council, LINK and others.



A task group was formed to deliver a Flag Day collection in support of the St Vincent de Paul work in providing immediate and vital day to day practical supports to refugees on arrival in Kerry. NEWKD, Listowel FRC, Listowel Town Council and Listowel Community Centre co-ordinated the Flag Day with collection points on the streets of Listowel as well as in both Supervalu and Lidl hour long collection slots throughout the day.

In total they raised an impressive €5,000 on the day.



Ukrainian Flag Day

All of the monies raised will provide support to the refugee community in North Kerry. The needs of this community will only grow and deepen as the numbers increase as this war continues.

David Fitzgibbon (NEWKD) commented that 'the NEWKD office in Listowel remains open to receiving donations of clothes, medical and sanitary supplies and other appropriate items and this will continue into the future.

Our office is open Monday to Friday from 10.00 am to 4.00pm



Eating for less



Write a shopping list

Draw up a weekly meal plan using up ingredients you already have and make a shopping list of any missing items.



Waste nothing

The average family with children throws away almost €60 of good food every month. Be strict about buying only what you'll actually eat.

Plan your meals so all the ingredients on your list get used. Freeze any unused food. Food storage bags and boxes will come in handy.

Eat leftovers for lunch

Cook extra portions for your evening meal so you can have the leftovers for lunch the next day



Look up cheap recipes

Cheap does not have to mean less tasty. There are plenty of websites offering recipes for cheap eats and leftover ingredients.

Know your kitchen

Know what's in your kitchen store cupboard, fridge and freezer. You may find you have got enough ingredients to make a meal. Plan your week's meals to include ingredients you have already got in and avoid buying items you already have. Check use-by dates to make sure you use up ingredients before they go off.



Huge congrats to all who completed the recent NEWKD YEI Get started in beauty course with Touched by Tori and Hair Works Hair and Beauty Tralee . The Girls completed five sessions in Beauty with the tutors . Supported by SICAP programme