

As part of the North Kerry response to the ongoing and growing refugee situation a local response team has been formed to co-ordinate support 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 Lissowal Family Resource Centre and also includes Lissowal Business Alliance, Gentia, Lissowal Community Centre, KDYS, HSE, Lissowal Town Council, LORC 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, Lissowal FRC, Lissowal Town Council and Lissowal Community Centre co-ordinated the Flag Day with collection points on the streets of Lissowal as well as in both Supervalu and Lidl hour long collection slots throughout the day.

In total they raised an impressive €8,000 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 Fitzgerald (NEWKD) commented that 'the NEWKD office in Lissowal 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

Write a weekly meal plan using up ingredients you already have and make a shopping list of all you actually need.



Waste nothing

Re-use ingredients into different recipes using almost every scrap of vegetable and meat. Plan ahead to use up food. Avoid throwing away and reduce waste in the kitchen.

Use your freezer to store ingredients so you don't get stuck. Plan ahead to use up food. Avoid throwing away and reduce waste in the kitchen.

Eat leftovers for lunch

Think about 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 meals and leftover ingredients.

Know your kitchen

Know what's in your kitchen when you have fridge and freezer. Plan ahead so you have got enough ingredients to make a meal. Plan your meals to use up ingredients you have already got in and avoid buying those you already have. Check expiry 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



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, Main 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 (KPRK) 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](https://www.instagram.com/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.

NEWKD

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Scheme**

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& West Kerry?**

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older?**

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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



**MEETING ROOMS
AVAILABLE**

Contact Mary on
066 718 5248

or email:
marycahill@newkd.ie

**Meeting Rooms
Available**

Suitable for

- Community Meetings
- Training / Courses
- Group Work etc.

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

