

## THE SICAP TEAM WELCOMES OLYA MARYNTSEVA



Olya is working with SICAP full-time supporting the Ukrainian community. She is based in our Tralee office.

Great energy at the SICAP employment support workshop organised by NEWKD Ukrainian community with Mary Beary at the Rose Hotel, Tralee.



## FREE ONLINE WORKSHOP

### How to make and use Reels on Instagram and Facebook to market your business.



Knowing how to make Reels will be one of the most important skills when marketing your business on Instagram and in this course you will learn what you need to know.

Monday 3rd October, 9.30am to 12.30pm

To register email [elaineKENNEDY@newkd.ie](mailto:elaineKENNEDY@newkd.ie)

Delivered by  
The Marketing Crowd



Places  
are  
limited!

Available to people in enterprise supported by NEWKD or someone in receipt of a payment.



NEWKD  
Area Offices  
Email: [info@newkd.ie](mailto:info@newkd.ie)  
[www.newkd.ie](http://www.newkd.ie)



**TRALEE**  
Aras an Phobail,  
Croílár na Mistéalach, Tralee  
Tel: 066 7180190

**Local Employment Service**  
Tel: 066 7129675

**CASTLEISLAND**  
Cragreens, 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



# Social Enterprises in Ireland: how many are there?

As with anything, the more evidence you have, the more it can be measured and understood. It's much easier to place a value on something when you know its size and scale. That is why the Baseline Social Enterprise Research Project that is underway is so important.

Tendered by the Department of Rural and Community Development (DRCD), the consortium is made up of Amarach research, Social Enterprise Republic of Ireland (SERI) and Irish Local Development Network (ILDN). This is the first national census of social enterprises to take place in Ireland. Speaking about the project, Lorraine Corcoran, SERI Director and part of the project team, notes that "this is a key project, not only for the much needed data that will be produced, but it is also an opportunity for the Social Enterprise sector to come together, collaborate and gather evidence."

The project team have commenced the survey and will produce a detailed report on the findings for the DRCD. The survey is being sent out to all Social Enterprises by email this September and is designed to only take approximately twenty minutes.

All Social Enterprises are kindly requested to fill it out so that Government can make policy and allot the relevant resources to a sector that is doing so much for society, the economy, and the environment.

If you have any queries, email us at

[project.team@sedatacollection.ie](mailto:project.team@sedatacollection.ie)

**Exciting New Programme from NEWKD & TIRC**

## SEMI Project

Social Enterprise Migrant Integration Programme

Getting to know your community while gaining experience for a working future



If you answer yes to any of the below then this programme could be for you.

- Are you a Migrant who wants to get to know more people in your community? 
- Do you want valuable work experience and get to know what's going on in your community? 
- Do you want Personal Development training to give you more confidence? 
- Do you want to improve your skills and your chances of getting a job? 

**For queries and further information call or text PAT on 0877505445**

The SEMI Project is a programme that helps migrants, especially refugees and asylum seekers, get to know their local community, and which allows the local community to get to know them.

With:

- Flexible placements with community based social enterprises
- Personal development skills training
- Employment skills mentoring

Logos: EUROPEAN UNION Asylum, Migration and Integration Fund, An Roinn Dlí agus Cirt agus Comhionannais Department of Justice and Equality, TIRC Tralee International Resource Centre, Bon Secours Tralee Community Initiative Programme



**Calling all Jobseekers**

JobsPlus can help you find a job

Apply now at [www.JobsPlus.ie](http://www.JobsPlus.ie)

Build your future now




**TRALEE INTERNATIONAL RESOURCE CENTRE**

*Let's Learn English*

## English Classes

DAY	TIME	LEVEL
Monday	10am-11am	BASIC
	11am-12pm	INTERMEDIATE
	12pm - 1pm	ADVANCED
Tuesday	10am-11am	BASIC
	11am-12pm	INTERMEDIATE
	12pm - 1pm	ADVANCED
Thursday	10am-11am	BASIC
	11am-12pm	INTERMEDIATE
	12pm-1pm	ADVANCED

Classes starting Monday 5th September

**ALL WELCOME**

Please register in advance  
Call Bimpe on 089 9488827

*Let's Speak!*

This project is co-financed by the European Commission under the Asylum Migration Integration Fund and is supported by the Department of Justice and Equality, HSE - South, TUSLA, North, East and West Kerry Development, Kerry County Council, and the Department of Employment Affairs & Social Protection

Logos: EUROPEAN UNION Asylum, Migration and Integration Fund, HSE, TUSLA, NEWKD, TIRC, ULSA, Department of Employment Affairs & Social Protection

**Coming soon.....**

## Kingdom Education Trust Fund

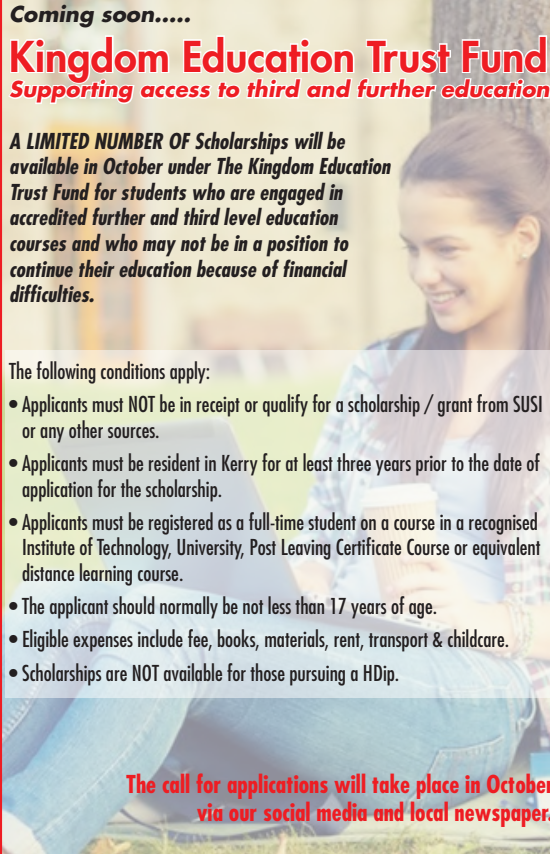
*Supporting access to third and further education*

**A LIMITED NUMBER OF Scholarships will be available in October under The Kingdom Education Trust Fund for students who are engaged in accredited further and third level education courses and who may not be in a position to continue their education because of financial difficulties.**

The following conditions apply:

- Applicants must NOT be in receipt or qualify for a scholarship / grant from SUSI or any other sources.
- Applicants must be resident in Kerry for at least three years prior to the date of application for the scholarship.
- Applicants must be registered as a full-time student on a course in a recognised Institute of Technology, University, Post Leaving Certificate Course or equivalent distance learning course.
- The applicant should normally be not less than 17 years of age.
- Eligible expenses include fee, books, materials, rent, transport & childcare.
- Scholarships are NOT available for those pursuing a HDip.

**The call for applications will take place in October via our social media and local newspaper.**



You may be eligible for JobsPlus if you are:

- Under 30 and unemployed for 4 of the last 6 months
- Over 30 and unemployed for 12 of the last 18 months, or
- On Jobseeker's Transitional Payment

Note: Time spent on the Pandemic Unemployment Payment (PUP), Work Placement Experience Programme (WPEP), signing for credits or other training activities count towards your eligibility for JobsPlus.

For more information  
Visit: [www.JobsPlus.ie](http://www.JobsPlus.ie)  
Email: [jobsplusinfo@welfare.ie](mailto:jobsplusinfo@welfare.ie)  
Telephone: 0818 927999

Logos: Rialtas na hÉireann Government of Ireland, EUROPEAN UNION Co-funded by the European Union

Brought to you by the Department of Social Protection. Participants under 30 years of age are co-funded by the Government of Ireland and the European Union.





# FROM THE GROUND UP

CELEBRATING BIODIVERSITY, LEADERSHIP  
&  
COMMUNITY WELLBEING

Friday October 7th (all day) & Saturday October 8th (half day)

Deanes Lane, Moyderwell, Tralee Bay Wetlands, St. John's Parish Centre, Castle St. Tralee

NEWKD & Transition Kerry invite you to:

A community nature based learning festive gathering which will include Creative practical workshops and demos - Discussion forums - Talks Networking opportunities - Exhibitions - Food / plant / seed swap Resources launch and barter stalls

focusing on wellbeing, sustainability and resilience.

Free with donations invited  
Fáilte roimh cách. All welcome.  
Have fun, be inspired and be part of the local solutions!

To register your interest email  
biodiversity@transitionkerry.org  
or  
transitionkerry 2020@gmail.com



www.transitionkerry.org



Funded by the Department of Rural & Community Development

# One Day Start Your Own Business Course

Thursday, 17th November - 10.00 am to 4.30 pm

Community Room, Aras an Phobail, Tralee

Facilitated by Tom O'Leary, OLATC.ie

To book a place email elainekennedy@newkd.ie

## Do you have a business idea?



This course is for someone who is in receipt of a social protection payment and thinking of turning their business idea into a viable enterprise



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2020

## Independent Parent Group

- Share and meet other lone parents
- Educational and parenting tips shared
- Practice health and wellbeing techniques to bring a bit of tranquillity into your day
- Get one to one supports
- Also your suggestions to enhance group are encouraged

If you are interested in any of the above please contact [deekeogh@newkd.ie](mailto:deekeogh@newkd.ie) or phone 087 635 6352

## Incredible Years Parenting Course

This free programme will help you as a parent to promote positive behaviours in your child.

Parents will learn how to promote their children's academic, social, and emotional skills.

This course is suitable for parents of primary school aged children.

The course will commence on:

Monday 3rd October 2022

9.30am - 12 noon

BUDS Family Resource Centre, Ballyduff.

To register / for further information please contact:

Deirdre Kearin, SICAP Officer, NEWKD

Ph: 066 7180190

Email: [deirdrekearin@newkd.ie](mailto:deirdrekearin@newkd.ie)





# PARENT SUPPORT CHAMPIONS

## 2 FREE WEBINARS TO SUPPORT PARENTS

### How to spot the signs of anxiety and management of anxiety in children

9th November 2022  
7pm - 8pm  
45 minute presentation followed by 15 minutes Q&A

This workshop will be delivered by Lindsay Fredman. She is a clinically trained Chartered Psychologist. Lindsay has worked in private practice and Mental Health Services with children, adolescents, and adults for 24 years in South Africa prior to coming to Ireland in 2016, and has vast experience with trauma, anxiety, depression, behavioural difficulties, relationship issues, and bereavement across the lifespan.



To register for either webinar:  
email [annareville@newkd.ie](mailto:annareville@newkd.ie)  
Phone: 066 7180190

### Supporting the Neuro-Divergent Child/Young Adult to Manage Anxiety

9th November 2022  
7pm-8pm  
45 minute presentation followed by 15 minutes Q&A

Anxiety in the neuro-diverse child  
Skills for life  
Calming the environment  
Surviving meltdowns  
Personal responsibility for self-regulation/emotional intelligence.  
Accommodations and modifications  
Why structure and routine?  
Increasing flexibility and adaptability  
Sensory profiling.  
SOS toolbox  
Effective listening  
Powerful questions  
Confidence and self-esteem.

This workshop will be delivered by Margaret Gilbert. Margaret is a Life and Parent Coach and holds a Dip. in Life Coaching and BSc (hons) Psy. She has set up her own Parent Coaching business @ changingtracks4life after 25 years working in different services, supporting parents in their parenting tasks. She has extensive experience in parenting the child with neuro-diversity, child to adult violence and abuse and supportive parenting for the anxious child. Margaret's work is done with parents and is based on parent behaviour change and the children are not required to attend or agree to the interventions. Parent, based interventions via specialist short, evidence based programmes such as the Non-Violent Resistance and S.P.A.C.E. (Supportive Parenting for Anxious Childhood Emotions).



## 7 STEPS TO HELP WITH Anxiety

### 1. Practice Deep Breathing



- Breathe in through your nose for 5 counts
- Breathe out through your nose for 5 counts
- Continue to inhale & exhale deeply for 5 minutes

### 2. Focus On Your Senses



5 things you can SEE



4 things you can FEEL



3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE

### 3. Exercise Regularly



Aim for thirty minutes of moderate activity each day to release built-up energy  
**This can include... walking, biking, swimming, dancing etc.**

### 4. Identify Your Warning Signs

Many people feel physical symptoms to anxiety. Learning to recognise these signs early on can help you manage your anxiety better.



### 5. Find Something Engaging



Redirect your attention to something you enjoy so your mind can move away from anxious thoughts.  
**Try activities like... reading, watching a movie, journaling, writing or listening to music etc.**

### 6. Find The Funny Side

Humour is a great way to break up tension and realign your mood. Finding something funny to focus on may help you to take your mind off stressful thoughts.



### 7. Prioritise Sleep



The quality and quantity of your sleep affect everything in your life. Make sure you're getting plenty of replenishing rest each night.

This bookmark was developed by the parent support champions kindly supported by Tusla. Copies are available free by contacting Deirdre Kerin, NEWkd, Tralee  
Email: [deirdrekearin@newkd.ie](mailto:deirdrekearin@newkd.ie), Phone: 066 718 0190

#### SICAP Programme Manager

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#### Development Officer

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#### Family, Education and Social Supports

Deirdre Kearin, Tralee  
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#### Equality and Employment Supports

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#### Enterprise Supports

Elbhills Hanrahan, Listowel and Tralee  
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#### Enterprise & Social/Enterprise Supports

Elaine Kennedy Castleisland, Tralee and Dingle  
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#### Enterprise Admin Supports

Rita Griffin, Tralee  
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#### Youth and Social Supports

Jennifer O Sullivan Coffey, Castleisland  
T: 066 7142576 • E: [jenniferosullivan@newkd.ie](mailto:jenniferosullivan@newkd.ie)

#### Community Development West Kerry, Farm Family Supports & Social Supports

Seamus O Hara  
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E: [seamusohara@newkd.ie](mailto: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

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