

THE SICAP TEAM WELCOMES ZAID KASSOOB



My name is Zaid Kassoob and I am very happy to join NEWKD SICAP development workers team. I have a healthcare and law background and experience working with new communities. I will be working on mental health and supporting new communities and Roma in the area of North, East and West Kerry. I also will be working with the Ukrainian worker to support Ukrainians settled in the area.

I am the Fáilte Isteach English classes coordinator in the area and I am happy to say that we will be providing online English classes for those who need it and will look into delivering physical English classes in the new year.

I am very excited and looking forward to help where I can.

Fáilte Isteach

Free Online English Classes

**Безкоштовні онлайн-курси
англійської мови**

Contact: Zaid Kassoob on zaidkassoob@newkd.ie



FROM THE GROUND UP

**CELEBRATING BIODIVERSITY, LEADERSHIP
& COMMUNITY WELLBEING**

A massive thank you to all who participated in the "From The Ground Up" weekend.

Workshops and events took place in the Wetlands, Tralee Library, Tralee Allotments, in the Aras car park and in St John's Parish Centre.

**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
Crageens, 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



KERRY SOCIAL FARMING WORKING TOGETHER!

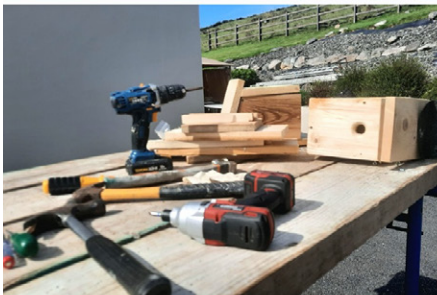
2022 has been a good year for Kerry social farming. We've seen a steady increase in the number of new horse farms this year. We have 33 active farms at present and six new potential farms currently at the Startup stage. We have received a lot of interest from the Castlemaine and the Dingle peninsula area. Currently we have 62 participants out on farms on a weekly basis, which is a great achievement for the project.

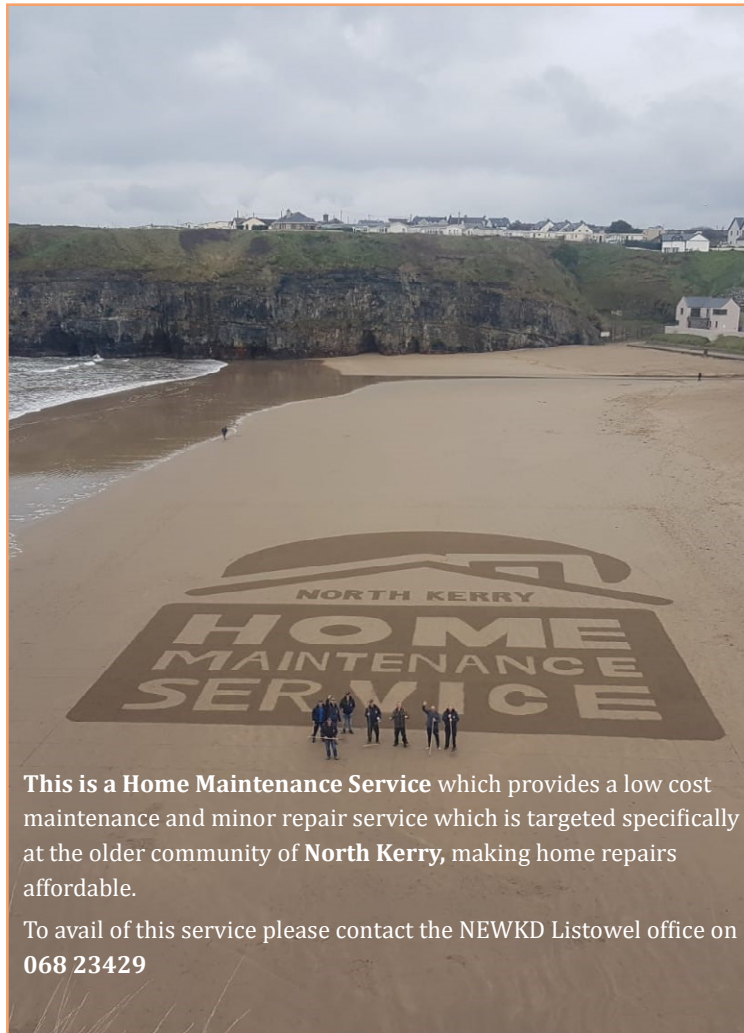
Other highlights for the year were our EIP and Eco Social Project. Where we rolled out a number of the biodiversity actions. These included pond building, wildflower and meadow areas and hedgerow improvements. Our host farm farmers carried out these initiatives throughout the year. We received incredible buy in from our Host farmers and Participants. We also had great feedback throughout the year.

Other actions have been a collaboration with Men's shed Tralee where they have made bird baths and owl boxes plus bug motels for all our farms. We received a number of these unassembled so the participants could help in making them.

Radio Kerry have championed Kerry Social Farming many times this year. The Saturday Supplement Program with Joe McGill. Which was produced and presented by our social farming participants was shortlisted and received third prize in the specialist Speak Out Category at the 2022 IMRO National Radio Awards. Another follow on from this show was one of our participants Antoinette O'Sullivan, who was a presenter, is now starting a yearlong Radio Karry training program with MTU. We wish Antoinette all the very best with a year of studies.

If anyone's interested in finding out more information about Kerry Social Farming, please contact me renablake@newkd.ie or davefitzgibbon@newkd.ie





This is a Home Maintenance Service which provides a low cost maintenance and minor repair service which is targeted specifically at the older community of North Kerry, making home repairs affordable.

To avail of this service please contact the NEWKD Listowel office on 068 23429

NEWKD

**Seniors
Alert
Scheme**

**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



FREE VACANCY ADVERTISING

EMPLOYERS

If you have a vacancy you want to advertise, send us details to

klaesinfo@newkd.ie

or message to our Facebook page

NEWKD Employment Supports

We can promote it for free on our Facebook page, website and weekly jobs newsletter.

NEWKD

Kerry Local Area Employment Service
North East & West Kerry Development
Áras an Phobail, Croilár na Mistéalach,
Deans Lane, Tralee, Co Kerry, V92 CRW8
Tel: 066 718 0190

Intreo
Partner

INTERNET SKILLS FOR FARMERS

Kerry Education & Training Board
Community Education Programme

Covering topics:

Searching Done Deal, Email, Kerry Agribusiness Online, Sheep Farming Sites, Registering Calves Online, Motor Tax Online, ICBF/ Herd Plus, Movement of Cattle / Sheep Regulations, other online farming sites and much more.

DATE: December 12th

LOCATION: Castleisland

TIME: 10-12pm

To register phone Nicola on 085-1617202





STREET PLAY

Can you remember the games you played as a child?

Get your warm clothes and raingear out and come and teach the children on your street. Good old skipping, football games, hopscotch, elastics and anymore that you can remember. Your suggestions are welcomed and encouraged. Contact Linda on 086 3686957

Coming soon to Rath Oraigh and Croilar na Mistealach.
Residents will be notified locally of dates and times



Let's Get Active!

...to improve health & wellbeing

We should all aim to achieve the following:

30 Minutes a Day
which can be
3 x 10 minute sessions

5 Days a Week

Perform at a Moderate Intensity

• You should feel warmer • Breathe faster • Raise your heart rate

Try Physical Activities such as:

Walking / Running / Cycling / Swimming / Gardening



REMEMBER - some physical activity is better than none!

For more information visit
www.getirelandactive.ie



Glanageenty

Why not discover one of Kerry's hidden gems and get your daily exercise at the same time



Glanageenty is a remote valley known as the Sherwood Forest of Munster or the Valley of the Fairies. It is one of Kerry's hidden gems. The geography and the landscape of the area make it unique and a sanctuary for wildlife. There are seats and picnic tables dotted around the forest at opportune points to allow you to take in the fantastic views.

The Glanageenty Walkways featuring 3 walking routes, are located in Ballymacelligott, suits family and advanced walkers. Comfortable walking shoes/boots, raingear and fluids are required.

Glanageenty Loop: This loop starts at Bernard Collins Memorial carpark. It is an easy to moderate walk with a climb of 107m. To take this trail follow the green trail way markings.

Lenihan's Loop: This loop starts at Bernard Collins Memorial carpark. It is a moderate walk with a climb of 110m. To take this trail follow the blue trail way markings.

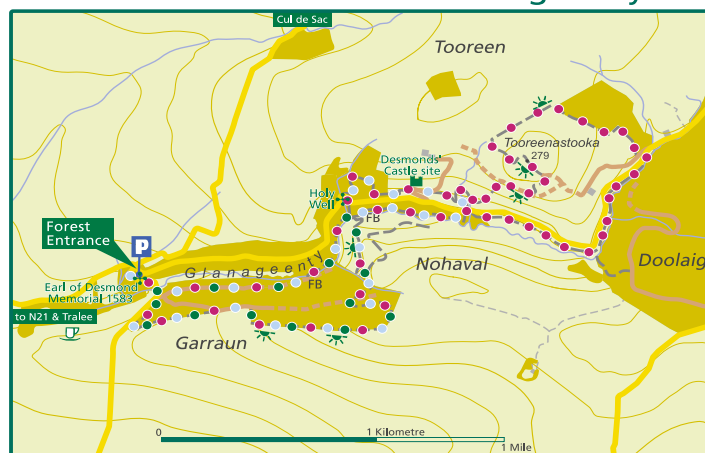
Bernard Brothers Loop: This loop starts at Bernard Collins Memorial carpark. It is a Moderate to Strenuous walk with a climb of 130m. To take this trail follow the purple trail way markings.

Location: From Castleisland, follow Tralee road and N21. After 7 km (4 miles), turn right at O'Riada's bar on L2014. Follow brown 'Trailhead' fingerposts. Park at Bernard Collins Memorial carpark. GPS: N 52 16.242 - W 009 32.745.

Some sections of the trails are not suitable for buggies or wheelchairs.



Gleann na Ginnte ~ Glanageenty



	Príomhbhóthar / Main Road		Glanageenty Loop ~ 4.0km
	Bóthar Foraoise / Forest Road		Lenihan's Loop ~ 5.5km
	Raon Foraoise / Forest Track		Bernard Brothers Loop ~ 8.5km
	Cosán / Path		Réadmhaoiné Coillte
	Ionad Amhairc / Viewpoint		Coillte Managed Properties
	Carrchlós / Car Park		
	Tús Trailhead		
	Lathair Oidhreacht / Heritage Site		
	Bia agus Deochanna / Refreshments		

Níor chóir go léiríneodh an léiriúchán ar an léarscáil de na bóithre, raonta agus cosáin taobh amuigh de réadmhaoiné Coillte mar go bhfuil ceart si tughtha. The representation on the map of roads, tracks and paths outside Coillte property should not be interpreted as conferring a right of way.

SICAP Programme Manager

Robert Carey, Listowel
T: 068 23429 • E: robertcarey@newkd.ie

Development Officer

Ms. Ger Brosnan, Rahoonane Community Centre, Tralee
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Family, Education and Social Supports

Deirdre Kearin, Tralee
T: 066 7180190 • E: deirdrekearin@newkd.ie

Equality and Employment Supports

Dee Keogh, Castleisland
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Enterprise Supports

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

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Enterprise Admin Supports

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Youth and Social Supports

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Community Development West Kerry, Farm Family Supports & Social Supports

Seamus O Hara
Tralee: 066 7180190 • Dingle: 066 7142788
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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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