

# South Kerry Local Employment Services

## Head Office



### Cahersiveen

West Main St

Cahersiveen

Tel:0669473068

## Killarney Office

37A High St

2nd Floor

Killarney

Co. Kerry

Tel:0646636966

## Killorglin Office

Library Place

Killorglin

Co. Kerry

Tel:0669762444

## Kenmare Office

21 Henry St.

First Floor

Kenmare

Co. Kerry

Tel:06466641930

**Call into your local office for a free, friendly & confidential service**

- ✓ Job Searching
- ✓ Career Guidance
- ✓ Information Service
- ✓ Education & Training

**Our offices are open from Monday to Friday  
9:00 – 17:00 (Except lunchtime)**

## Killarney Jobs Club

- ✓ Curriculum Vitae (C.V s)
  - ✓ Cover Letters
  - ✓ Jobs Club Training
- 37A High Street, 2<sup>nd</sup> Floor, Killarney.  
Tel: 064 – 663 7833

## Administration / Office /Professional

**Manager – Permanent     Ref: IR-M-18-54**

**Senior Support Workers – Permanent, Full/Part-time     Ref: IR-SSW-18-55**

**Support Workers – Permanent, Full/Part-time     Ref: IR-SW-18-56**

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**Employer:** Inspire  
**Location:** Tralee  
**Hours:** Permanent - Full time 37:5 hours  
**How to apply:** Full details of the positons are contained in the application pack.  
Apply on line or download an application pack on  
[www.inspirewellbeing.org/work-with-us](http://www.inspirewellbeing.org/work-with-us) or send a large SAE quoting the  
appropriate reference  
**Closing Date:** Thursday October 18<sup>th</sup> 2018

### GRAPHIC DESIGNER

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**Employer:** Kerry's Eye Newspaper  
**Location:** Tralee  
**Requirements:** Advance working knowledge in ( Adobe Creative Suite (InDesign, Photoshop, Illustrator).  
Excellent time management and good interpersonal skills.  
**How to apply:** Send your CV to [recruitment@kerryseye.com](mailto:recruitment@kerryseye.com)

### SUPPORT PHARMACIST - Full-time

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**Employer:** C.H. The Mall, Tralee  
**How to apply:** Contact peterharty@chchemist.com

### LEGAL SECRETARY

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**Location:** Deirdre Flynn, Solicitors, Tralee.  
**Requirements:** Proficient in Work, Excel, Outlook and dictation with strong typing skills. Legal experience is preferable. Case management experience in Expd8 a distinct advantage.  
**How to apply:** Email a copy of your CV and your covering letter to,  
[info@deirdreflynnsolicitors.ie](mailto:info@deirdreflynnsolicitors.ie)

### RECEPTIONIST / OFFICE ADMINISTRATOR – PERMANENT POSITON

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**Employer:** O'Rourke & Co, Chartered Accountants  
**Requirements:** Previous experience in a reception role is essential.  
**How to apply:** Email a brief letter of application and CV to  
[seanorourke@orourkeandco.ie](mailto:seanorourke@orourkeandco.ie). See [www.orourkeandco.ie/careers](http://www.orourkeandco.ie/careers) for more details.

## CUSTOMER SERVICE REPRESENTATIVE

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**Location:** Killarney  
**Requirements:** IT Skills, Adaptability, Team player, communication skills.  
**How to apply:** Send CV to to : [accounts@nixas.ie](mailto:accounts@nixas.ie)  
**Closing Date:** 12<sup>TH</sup> of October 2018

### Hotels & Catering

## BARISTA INSTRUCTOR POST

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**Location:** Causeway  
**Requirement:** City and Guilds (level 2) Qualification in Barista training and customer Service.  
**Duties:** Experience working as a Barista.  
**How to apply:** Please complete application at [jobs@kerryetb.ie](mailto:jobs@kerryetb.ie)  
**Closing Date:** Monday 8<sup>th</sup> October 2018

## COMMIS CHEF APPRENTICESHIP INSTRUCTOR POST

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**Location:** Kenmare  
**Requirements:** One year fixed contract  
**How to apply:** No CV. Official application form only.  
[Send to jobs@kerryetb.ie](mailto:jobs@kerryetb.ie)  
**Closing Date:** Monday 8<sup>th</sup> October 2018

## CHEF - FULL TIME

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**Employer:** Direct provision ACC Centre, Killarney  
**How to apply:** Contact Elaine O'Connor on 066 7180177  
Email [jmarian@eircom.net](mailto:jmarian@eircom.net)

## BAR STAFF

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**Location:** Killorglin  
**Requirements:** 2 Years Work Experience Necessary.  
**Duties:** Experience with Cocktails.  
**Hours:** part-time  
**How to apply:** Send CV to [info@solysombra.ie](mailto:info@solysombra.ie)

## WAITER

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**Location:** Killorglin  
**Requirements:** 2 Years Work Experience Necessary  
**Hours:** part-time  
**How to apply:** Send CV to [info@solysombra.ie](mailto:info@solysombra.ie)

## COOK/DELI PERSON

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Location: Killarney  
Requirements: Must like working with food.  
Hours: Full-Time/Part-Time  
How to apply: Email : [ashsheahan@gmail.com](mailto:ashsheahan@gmail.com)

## BAR PERSONNEL

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Location: Killarney  
Requirements: Experience, Friendly personality,  
Customer care skills& Fluent English  
How to apply: Send CV to [info@solysombra.ie](mailto:info@solysombra.ie)

## FOOD&BEVERAGE PERSONNEL

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Location: Killarney  
Requirements: Experience, Fluent English, Excellent customer care & skills.  
How to apply: Applications in writing to : [info@killarneyparkhotel.ie](mailto:info@killarneyparkhotel.ie)  
Closing Date: 12<sup>TH</sup> of October 2018

## HEALTH FITNESS CLUB ATTENDANT

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Location: Killarney  
Requirements: Lifeguard Qualification, Customer care skills.  
Experience, Fluent English.  
Hours: Sort Term  
How to apply: Applications in writing to [info@killarneyparkhotel.com](mailto:info@killarneyparkhotel.com)

## CONCIERGE

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Location: Killarney  
Requirements: Full Driving Licence, Fluent English.  
How to apply: Applications in writing to [info@killarneyparkhotel.com](mailto:info@killarneyparkhotel.com)

## SPA THERAPIST

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Location: Killarney  
Requirements: Excellent Customer care skills Fluent English, Experience.  
How to apply: Applications in writing to [info@killarneyparkhotel.com](mailto:info@killarneyparkhotel.com)

## KITCHEN PORTER

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Location: Sneem  
Requirements: Experience,  
How to apply: Send CV to : [nicoladuggan@sneemhotel.com](mailto:nicoladuggan@sneemhotel.com)

## WAITING STAFF/BARISTA STAFF/BAR STAFF

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Location: Killarney  
Requirements: Outgoing, friendly, Customer service.  
How to apply: HR Department: [hr@odrhotels.com](mailto:hr@odrhotels.com).

## FLOOR STAFF WANTED – FULL-TIME POSITION

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Employer: Brown Sugar Café, Killarney  
How to apply: Contact Derek: 087 2608508

## Construction /Mechanical

Qualified Electricians, General & Skilled Operatives, Groundworkers, 360 Machine Drivers, Teleporters Drivers, Carpenters, Roofers and all trades people

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Location: Kerry & Munster Region  
How to apply: CV to [cork@clsrecruitment.ie](mailto:cork@clsrecruitment.ie)  
Phone: 021 2409058

## GENERAL OPERATIVES

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Location: Charleville  
How to apply: HR Dept, BCD,  
Railway Road, Charleville, CO, Cork.  
Closing Date: Friday 19<sup>th</sup> October 2018

## GENERAL LABOURER

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Location: KDwyer Roofing Carpentry & Building Services - Killorglin, County Kerry  
Requirements: A general knowledge of all aspects of building preferred good English essential and a team player heights can't be an issue safe pass and manual handling a must. This position is full-time. One year experience preferred. B licence preferred.

## TRAFFIC MANAGEMNT OPERATIVE

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Requirements: Previous experience in 'Stop & Go' an advantage  
Apply: Phone: 087 2841424

## EXPERIENCED ROAD WORKERS WANTED

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Location: North Kerry / West Limerick  
Position: Sub ducting and civil works  
Apply: Phone: 087 2841424

## PLUMBER & TILER REQUIRED

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Requirements: Must have experience and be familiar with bathroom renovations /installations  
Apply: Phone: 087 4659871

## ELECTRICAL FOREMAN / ELECTRICIANS

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Employer: David Doyle Electrical Ltd  
Requirements: This is long term position for ongoing works with a minimum of 5 years post Apprenticeship experience in running medium scale project  
Apply: CV to [infor@doyleelectrical.ie](mailto:infor@doyleelectrical.ie)  
Closing date: Friday, October 12<sup>th</sup> 2018

## MOTOR MECHANIC - TECHNICIAN - PART-TIME POSITION

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Requirements: Fully qualified  
Apply: CV to [tubridmotors@gmail.com](mailto:tubridmotors@gmail.com) or call 066 7115993

## QUALIFIED MECHANIC

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Requirements: Experience essential  
Apply: Box No DS 661C, The Kerryman, 9 Denny Street, Tralee

## STEEL DETAILER

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Employer: O'Carroll Engineering  
Requirements: Experience in Tekla Structures modelling, creating and interpreting technical drawings for steel  
Knowledge of EN1090 Standard  
Apply: Applications to [hr@ocarrollengineering.com](mailto:hr@ocarrollengineering.com)

## ESTIMATOR

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Employer: O'Carroll Engineering  
Requirements: A working knowledge of estimating & QC, an ability to calculate full project costings.  
Experience in working with architectural metal works  
Relevant qualification i.e. Construction studies, Engineering.  
Apply: Applications to [hr@ocarrollengineering.com](mailto:hr@ocarrollengineering.com)  
Closing date: Wednesday the 10<sup>th</sup> October 2018

## CARPENTER

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Employer: 3d personnel - Tralee, County Kerry  
Requirements: 3D Personnel require Carpenters for on-going project in Tralee Co Kerry.  
Must have experience with Metal Stud Partitions and Slabbing.  
Must have own tools and transport and be able to work on own initiative  
Safe Pass (Required)  
Manual Handling Certificate (Required)  
Apply: Please apply with CV to the address provided or call 021 6017333

## HAIR & BEAUTY

### SENIOR STYLIST/3<sup>RD</sup> / 4<sup>TH</sup> YEAR APPRENTICES

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**Location:** Killarney  
**Requirements:** Motivated, supportive, like minded  
**How to apply:** Contact Brenda on: 0872100276

### CHAIR AVAILABLE TO RENT FOR HAIRDRESSERS

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**Location:** Ruby Tuesday Hair Salon, Killarney  
**How to apply:** Contact Derek, 087 2608508

## SALES

### Stores Operative

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**Employer:**  
**Location:** Killarney  
**Job Summary:**  
**Duties:** Receive goods in  
Prepare orders for delivery  
Organise daily deliveries  
**Requirements:** Experience of working in a stores desirable but not essential.  
Good Communication and ability to work on own initiative  
**Hours:**  
**Salary/Benefits:**  
**How to Apply:** Please send CV to: Joanne Griffin, South Kerry Development Partnership,  
Library Place, Killorglin, Co. Kerry or [jgriffin@skdp.net](mailto:jgriffin@skdp.net)  
**Closing Date:** October 12<sup>th</sup> 2018

### SHOP ASSISTANT /YARD PERSON

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**Location:** North Kerry Business  
**Hours:** 5 Days a week 8.00am – 6.00pm  
**Apply:** Box No. 4555 Kerry's Eye Newspaper, Ashe Street, Tralee

### SALES EXECUTIVE

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**Location:** Kerry  
**Hours:** Full-time position in the media industry  
**Requirements:** Sales experience is essential and a full drivers licence is required.  
**How to apply:** Apply to [salesjobskerry@gmail.com](mailto:salesjobskerry@gmail.com)

### SALES EXECUTIVE

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**Location:** Sneem Hotel, Golden's Cove, Sneem, Co. Kerry  
**Requirements:** Applicants applying need experience of at least one year or more in a similar position  
**How to apply:** CV for the attention of [nicoladuggan@sneemhotel.com](mailto:nicoladuggan@sneemhotel.com)

## CHRISTMAS SUPPORT TEAM

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**Location:** NEXT PLC, Tralee, Co. Kerry.  
**Requirements:** Be working on the sales floor, in the stockroom, or both. Help get stock to the sales floor as quickly as you can. Keep the sales floors looking fantastic and easy to shop from.

### DRIVERS / TRANSPORT

## 1 Part-time Driver / Passenger Assistant and Relief Drivers/ Passenger Assistant

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**Location:** Kerry Flyer, Kealgorm House, Limerick Road, Castleisland  
**How to apply:** Applications form available from [info@kerryflyer.ie](mailto:info@kerryflyer.ie)

## BUS ESCORT

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**Employer:** St. Joseph's Foundation, Charleville, Adult Services, Co Cork  
**Days:** Monday & Tuesday on the Kanturk to Charleville route 7-9am  
Monday & Tuesday on the Charleville – Kanturk route 4-6pm  
**Requirements:** Occasional holiday cover will be required  
**Apply:** Contact 063 21671 for application form and further details  
**Closing date:** Friday October 20<sup>th</sup> 2018.

## TAXI DRIVERS WANTED

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**Requirements:** Must have S.P.S.V licence  
**How to apply:** Contact 0877730777

### CHILDCARE / HEALTHCARE

## CHILDMINDER

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**Location:** Farmers Bridge area  
**Days:** Mid November & December  
**Requirements:** School collection & light housework. Own car essential  
**Apply:** Contact 087 3669524 or email [psugrue@securmail.ie](mailto:psugrue@securmail.ie)

## EXPERIENCED CHILDMINDER

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**Location:** Tralee/ Listellick area  
**Days:** 3 days a week for after school and school holidays in children's own home  
**Requirements:** References required. Full drivers licence  
**Apply:** Box No 2268 Kerry's Eye, 22 Ashe St. Tralee.

## CARER REQUIRED

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**Location:** Kenmare area  
**Details:** Carer required for elderly lady. Live in. Full/part time position.  
**Apply:** Contact 086 1936242



## CARER REQUIRED

Hours: 4 nights a week for 1 hour each night  
Details: Carer required to assist elderly lady.  
Apply: Box No 2269, Kerry's Eye, 22 Ashe St. Tralee

## Preschool Aim Support Worker – Maternity Leave

## Childcare Worker – Maternity Leave

## Childcare Worker for duties in Creche, Preschool and Afterschool services

## Relief Panel Staff

Employer: The Caha Centre, Adrigole FRC Ltd, Adrigole, Beara, Co. Cork  
Details: FETAC Level 5 or equivalent qualification essential  
Apply: Forward CV and covering letter or enquire for further information / Job Description from Louise. Phone 027 60909 / 083 1066914  
Closing date: Friday 12<sup>th</sup> October 2018

## HEALTH CARE ASSISTANT

Employer: Ocean View Retirement Home, Camp, Tralee, Co. Kerry  
Apply: Email CV to [oceanviewnh@gmail.com](mailto:oceanviewnh@gmail.com)  
One can contact the management team on 066 7130267 for further information

South Kerry Development Partnership  
Are Currently Recruiting for the

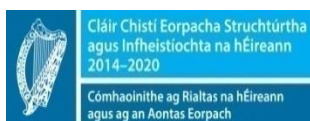
## TÚS-Community Work Placement

### Initiative Participants

- ✓ Are you Unemployed for 12 months or longer and interested in working in Local Community Projects?
- ✓ Tús provides work opportunities for all unemployed people in South Kerry.
- ✓ If you are less than 25 years of age there will be a major financial incentive for participating.
- ✓ Class A social insurance paid.
- ✓ 12 month contract.

### Come in and talk to us in:

- Library Place, Killorglin; Tel: 087 414 6379: Paudie O'Shea, Tus Supervisor
- 21 Henry Street, (First floor), Kenmare: Tel: 064 664 1930: John McCrohan, Tus Supervisor
- West Main Street, Cahersiveen; Tel: 066 947 2724: Joseph McCrohan Tus Manager
- 37A High Street, 2nd Floor, Killarney: Tel: 064 663 6572: Lisa Murphy & Gerard Moynihan Tus Supervisor





**'There is no charge for this service'**



Do you need help with your CV?

Do you need help writing a cover letter?

Have you an interview coming up and need help preparing?

**We can compile a professional CV & Cover Letter to suit your needs**  
**We can arrange to do a mock interview for you so you are well prepared**

**Please contact Mary or Paul for an appointment Tel: 064 663 7833**

## Community Employment Scheme Positions

### How to Apply

Please contact your Local Employment Service Offices (details below). Eligibility to participate on CE is generally linked to those who are **21 years old** or over for all areas. Applicants must also be in receipt of an Irish social welfare payment for 1 year or more.

Job Title	Location	No. of positions	Closing Date	Job Ref. No.
CHILDCARE ASSISTANT	KILORGLILN FAMILY C	2	12/10/2018	2085488
CHILDCARE ASSISTANT	MILTOWN	1	12/10/2018	2085479
CHILDCARE ASSISTANT	RATHMORE	1	12/10/2018	2085478
CHILDCARE ASSISTANT	SCARTGLEN	1	12/10/2018	2085485
CHILDCARE ASSISTANT	SHANAKILL	4	12/10/2018	2085476
CHILDCARE ASSISTANT	ST BRIGIDS	3	12/10/2018	2085483
CHILDCARE ASSISTANT	GLENBEIGH	1 (maternity cover)	12/10/2018	2085489
RECEPTIONIST	RECOVERY HAVEN	1		2085945
<b>Receptionist/Administrator</b>	KDYS TRALEE	1		2086751
ASSISTANT YOUTH WORKER	KDYS KILLARNEY	1		2086754

ASSISTANT YOUTH WORKER	CAHERSIVEEN	1		2085967
CARE ASSISTANT (KILGARVAN COMMUNITY DEVELOPMENT LTD)	KILGARVAN	1	12/10/2018	2080388
Athletics Coach	Castleisland	1	14/10/2018	2087220
Track Caretaker	Castleisland	1	14/10/2018	2087221
Receptionist	Tralee	1	14/10/2018	2087795
Caretaker/Maintenance	Farranfore/Firies	1	14/10/2018	2087219
GROUPS PERSON ( KILGARVAN COMMUNITY DEVELOPMENT LTD)	KILGARVAN	1	12/10/2018	2080419

### Services from the Local Employment Services

#### Job Seekers

Local Employment Services are providing you with free and confidential information, guidance and job-searching support as well as training & educational opportunities.

#### Employers

Save time and costs associated with recruiting by using our free quality service.

### Volunteering Opportunities

#### Volunteer to increase your chances of employment

On the path to finding a job, why not consider volunteering? Your jobseekers allowance will not be affected if you volunteer, as long as you remain available to take up paid employment.

To find out more, contact Linda, the Placement Officer, at Kerry Volunteer Centre on 066-7117966 or [linda@volunteerkerry.ie](mailto:linda@volunteerkerry.ie) or visit our website [www.volunteerkerry.ie](http://www.volunteerkerry.ie)

**Please note that it is important to seek approval for volunteering by contacting your DSP Case Officer.**

### Services from the Killarney Library

**The Killarney Library offers free online courses in many areas, such as IT and for learning new languages.**

**Opening Hours:** Monday, Wednesday, Friday, Saturday 10:00 a.m. - 5.00 p.m.  
Tuesday & Thursday: 10:00 a.m. - 8:00 p.m.

**Address:** Rock Road, Killarney, Co. Kerry

**Librarians:** Eamon Browne, Kathleen Rice, Noreen Dennehy, Hazel Joy.

**Phone:** (064) 663 2655

**Fax:** (064) 663 2967

**Email:** [killarney@kerrylibrary.ie](mailto:killarney@kerrylibrary.ie)

## **Wanted**

### **Farmers and Fishermen to join the**

**South Kerry Development Partnership CLG**

## **Rural Social Scheme (RSS) in**

## **Killarney, Caherdaniel, Sneem & Blackwater**

*South Kerry Development Partnership CLG received an additional 21 Rural Social Schemes places in 2018. We have 12 remaining places to fill.*

The Benefits of the Rural Social Scheme are:

- Increases your income.
- Payment each week to your bank account.
- Work alongside other farmers and fishermen.
- Opportunity to work locally.
- Indoor and Outdoor work available
- Opportunity to work on community projects.
- Opportunity to use your many skills.
- Meet new people and reduce isolation.
- Contribute to you pension entitlements.
- One to one confidential advice and support with all paper work on farm and household entitlements.
- Indoor and outdoor positions available.

For further information please contact **Mr. Joseph McCrohan**, South Kerry Development Partnership CLG, West Main Street, Cahersiveen, Co. Kerry.

**[jmccrohan@skdp.net](mailto:jmccrohan@skdp.net)**

**Tel: 066 9472724 or 087 2849165**



## SKDP working in partnership with Staffline for recruitment of temporary workers for Amazon Customer services



### Virtual Customer Service Associate – working with Amazon

Would you like to **work from home** as part of a world-renowned organization?

Unable to commit to a full-time role all year round but want to gain valuable experience at a large multi-national organization? Have a passion for helping customers but wish to do so from the comfort of your own home without the hassle of commuting? Then keep reading because we have the role for you!

Staffline is looking for candidates with great communication skills, who are comfortable talking to people via phone, email or chat, with a passion for customer service and self-development to join Amazon's virtual customer service network. The exact same role as if you worked in one of our contact centres but with one great benefit – no commute!

In addition, you will be part of a virtual team consisting of over 60 Customer Service Associates based in over 20 towns and cities across UK and Ireland!

You will receive 6 weeks of online training, either trainer-led or group-based, which will allow you to meet your new team virtually and learn together on how to offer the best customer service experience.

#### ***As a Customer Services Part Time Flex Associate, you will:***

- Work **40 hours** per week for 6 weeks. After this, you will switch to the part-time model of 20 hours per week \*
- Work a flexible shift pattern based on a minimum of 20 hours as a normal working week
- Have the ability to flex your schedule to meet the needs of Amazon's customers
  - If contacts are busier than planned and overtime is available, you can volunteer to work additional hours
  - If it's a quieter period and want additional time off, you can volunteer to reduce your hours
  - Evenings and weekends are critical times for Amazon so if you have a preference for those types of shifts, or for working split shifts we can accommodate that!
- In July and during the Christmas period (mid Nov to late December, please note these dates may be subject to change based on customer demand), Amazon experiences an increase in customer requirements. During this time, you will be required to commit to working 40 hours per week\*\*

\*Part time (20 hour) schedules will have shifts typically between 6am to 12pm and 5pm to 10pm Monday to Friday and anytime within 6am to 10pm at weekends

\*\* During peak periods, 40 hour schedules will include shifts within the hours of 6am to 10pm Sunday to Saturday

#### **Requirements:**

- Minimum broadband connection of **10MB download speed and 5MB upload speed** (evidence of speed tests will need to be provided at recruitment stages)
- **A dedicated workstation**, free from distraction and ergonomically appropriate, for home working.

**To be a successful Virtual Customer Service Associate at Amazon, you'll need to have the following skills and attributes:**

- Fluent English with excellent communication skills, both written and verbal
- Excellent typing and phone skills
- Ability to navigate the Internet, multiple browsers, email, and Instant Messenger tools
- High flexibility during Amazon's busiest periods
- Ability to empathize with and prioritize customer needs
- Exude patience and ownership with each customer
- Ability to determine customer needs and provide appropriate solutions, setting expectations with customers

- Ability to deal with ambiguity and make sound judgements on behalf of Amazon's customers
- Technically savvy with an ability to diagnose basic connectivity problems

*Please note that, in order to meet Amazon's customer requirements, you must be willing to work over Christmas, at weekends and public holidays (this may be inclusive of Christmas day, St Stephens day and New Years day) and annual leave may not be taken in November and December, unless there are exceptional circumstances. In addition, you must be able to commit to full attendance during a 6 week training period.*

The start dates for this position will be discussed with you on application – you must be available to start on that date and no holidays can be taken over the initial 6 weeks.

This vacancy is for a temporary contract with Staffline. There may be opportunities for permanent employment with Amazon, depending on Amazon's resourcing requirements.

If this flexible, part time virtual role sounds like it's for you, then **click on the link below** to start the application process, you will need to complete an online assessment which takes 35-45mins and must be done on a laptop or desktop (not a mobile or tablet).

[https://amazon.force.com/JobDetails?Agency=1&isApply=1&reqid=a0R0G000017DHXD&setlang=en\\_GB](https://amazon.force.com/JobDetails?Agency=1&isApply=1&reqid=a0R0G000017DHXD&setlang=en_GB)

*If you require further information please contact Bridie on 087 2934440 or any South Kerry Local Employment Service office (see front page for details)*



Jigsaw is a free and confidential service that supports young people aged 12-25 years experiencing mild to moderate distress. Jigsaw offers brief therapeutic interventions, based on building resilience and supporting development of coping strategies in young people. We can meet with a young person up to 8 times. We accept referrals from young people, parents and professionals.

To contact us call **066 7186785** or email us at **kerry@jigsaw.ie'**

It's Ok not to feel ok, and it's absolutely ok  
to ask for help



## SATURDAY 6<sup>TH</sup> OCTOBER

- 1 PARK RUN** In Tralee Town Park, Killarney National Park, Listowel Town Park and Inch Beach. Now is the time to try Park Run (or walk) for yourself. Tea and coffee provided afterwards, stay for a chat. See [www.parkrun.ie](http://www.parkrun.ie) for details of your local run, start times change at inch due to tides.
- 2 MATES WALKING GROUP** In Killarney Town Park, Kings Bridge Entrance. Weekly walking group for adults with a focus on mental health recovery through befriending & support. Contact Des Teahan: 087 6600100

## SUNDAY 7<sup>TH</sup> OCTOBER

- 3 JUNIOR PARK RUN** There will be fun activities following the run! See [www.parkrun.ie](http://www.parkrun.ie) for details.

## MONDAY 8<sup>TH</sup> OCTOBER

- 4 MEN'S ENGAGE TRAINING** Training for professionals on how to engage with young men. Registration essential, spaces limited. Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)
- 5 CONNECT OVER A COFFEE** Buds, Ballyduff Family Resource Centre. Coffee morning, all welcome. Contact: 066 7148883
- 6 'DO GOOD, FEEL GOOD'** Workshop - Learn about volunteering in your local area. Explore how volunteering enhances physical, emotional and mental wellbeing. Registration required. Tea/Coffee provided. Contact Siobhán Johnston: 066717966 or [siobhankvc@gmail.com](mailto:siobhankvc@gmail.com)
- 7 'I AM' Integrating Art and Mindfulness Workshop** for parents, exploring how art materials help promote emotional resilience and wellbeing. No artistic talent required! Registration essential, spaces limited. Info@southwestcounselling.ie or 064 8636446
- 8 GRIEF AND LOSS** The Tralee Bereavement Support Group will host this talk delivered by the Social and Health Education Project. All welcome, refreshments kindly sponsored by the Meadowlands Hotel. No need to register. Contact Lorraine Bowler: 066 7180190.
- 9 LISTOWEL COMMUNITY WALKING GROUP** This social walking group meets every Monday. Join us for some fresh air and a chat. Contact Mary Ellen Browne at Listowel Family Resource Centre 068 23584.
- 10 ONE GOOD COACH WORKSHOP** A workshop for sports coaches hosted by Killarney Rugby Football Club and delivered by Jigsaw Kerry. Aims to increase awareness and understanding of mental health. Registration essential, spaces limited. Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)

## TUESDAY 9<sup>TH</sup> OCTOBER

- 11 TAKE FIVE COFFEE MORNING** Community Development Project, Upper Rock Street, Tralee. Supporting you to talk, share information and find ways through life's challenges. Information about different support services will be available on the day. All welcome. Contact 066 7120877.
- 12 'DO GOOD, FEEL GOOD'** Seminar - with the Kerry Volunteer Centre. Explore how volunteering enhances physical, emotional and mental wellbeing. All welcome. Tea/Coffee provided. Contact Siobhán Johnston: 066717966 or [siobhankvc@gmail.com](mailto:siobhankvc@gmail.com)
- 13 AWARE WELLNESS AT WORK** Two workshops kindly sponsored by South Kerry Skilnet and the Glenageary Group, on Positive Mental Health at Work: Building Strength for the Future. Aimed at business managers and supervisors. Registration essential, spaces limited. See Eventbrite to book your space: <https://bit.ly/2hV3PZC> Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)
- 14 MIX AND MATCH ART AND CREATIVITY GROUP** This social group meets every Tuesday morning for all types of creativity from baking to flower arranging. All welcome. Contact Mary Ellen Browne at Listowel Family Resource Centre 068 23584.
- 15 SEAN CHAÍRE MINI INDOOR BOWLS TOURNAMENT** A mini bowls tournament with local teams including demonstration, tea, coffee and chat. A social event for older or retired people, kindly sponsored by SKDP. Registration not required. Contact Margaret Sweeney: 066 1882635.
- 16 TENI TRANSGENDER AWARENESS WORKSHOP** This workshop aims to develop your knowledge and understanding of transgender and of the different identities under the trans umbrella. Aimed at Health & Social Care professionals, teachers, members of An Garda Síochána, Counsellors. Note: No registration essential, spaces limited. Contact [info@kenmarefrc.ie](mailto:info@kenmarefrc.ie)

## WEDNESDAY 10<sup>TH</sup> OCTOBER

### WORLD MENTAL HEALTH DAY

- 17 'ADD FRIENDS TO YOUR TEA'** Kenmare Family Resource Centre. Coffee morning. Contact 064 684 2790.
- 18 'ADD FRIENDS TO YOUR TEA'** Tralee International Resource Centre, Boharbee, Tralee. Women's Group host a coffee morning. All welcome. Contact 066 7127918.
- 19 KERRY PEER SUPPORT NETWORK** A discussion on recovery from mental distress to wellness. All welcome, no registration required. Contact Sinead 066 401110 [kpsinfo@gmail.com](mailto:kpsinfo@gmail.com).
- 20 'ADD FRIENDS TO YOUR TEA'** Men's Sheds in Tralee, Ballyduff, Ballyheigue and Ballyvaughan. These four Men's Sheds will be open for a cuppa and a chat. All men welcome. See <http://menssheds.ie/shed-directory/> for contact details.
- 21 'FEET ON THE STREET'** 10am - 1pm in Cahersveen and Dingle. 2pm - 4pm in Killarney. The Samaritans will be out and about stop for a chat!
- 22 PSYCHED** Wellbeing in the Workplace for Employers. Learn more about PSYCHED (Positive Support You Can Have Every Day), an initiative centred around mental health and wellbeing in the workplace. Light lunch provided. Registration essential, spaces limited. Contact Kerry Employability Service: 066 7181958.
- 23 SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH** Two one hour information sessions for parents or guardians who wish to gain an understanding of the key issues impacting on the mental health and wellbeing of young people. For more information contact: Kenmare Family Resource Centre 064 6842790
- 24 'DO GOOD, FEEL GOOD'** Information Seminar - with the Kerry Volunteer Centre. Studies have shown that when teens or young adults volunteer they develop enhanced self-esteem, confidence and increased self-worth. For more information about Kerry Volunteering support services we will be available on the day. Contact Siobhán Johnston: 066717966 or [siobhankvc@gmail.com](mailto:siobhankvc@gmail.com)
- 25 GRIEF AND LOSS** The Dingle Bereavement Support Group will host this talk delivered by the Social and Health Education Project. Refreshments provided, all welcome. Contact Lorraine Bowler: 066 7180190.
- 26 THE CHANGING ROLE OF WOMEN IN KERRY** - How this impacts on Health and Wellbeing. Panel Discussion. Hosted by Kerry Women's Interactive network, with guest speaker Dr Cliona Loughane, Health Coordinator with the National Women's Council of Ireland. No registration required, refreshments kindly sponsored by The Rose Hotel. Contact Lorraine Bowler: 066 7180190.
- 27 FOOD FOR MOOD** A workshop by Dr Ailsa Brannon on nutrition and how it can benefit your mental health and wellbeing. Registration details to be advised. Contact: 065 772 5133.
- 28 PILGRIM HILL** Starting the Conversation. Kerry Macra na Feirme will host this showing of Pilgrim Hill. Directed by North Kerry producer Gerard Barrett, the film portrays the struggles faced by people experiencing rural isolation. Refreshments will be provided. No registration required. Contact Cathrina Shanahan (087) 6964616 or Emma Cranin (087) 7508415 for more information.

## THURSDAY 11<sup>TH</sup> OCTOBER

- 29 MINDFULNESS WORKSHOP** An introduction to mindfulness techniques, breath control and meditation. Bring water and a yoga mat. Registration essential. Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)
- 30 'ADD FRIENDS TO YOUR TEA'** Castleisland Family Resource Centre. Castleisland Peer Support Group will host a coffee morning, all welcome. Contact 087 7553066.
- 31 'ADD FRIENDS TO YOUR TEA'** Killarney Family Resource Centre. Coffee morning, all welcome. Contact Margaret Wrenn or Kathleen Morris for more information 066 87 62533
- 32 INFANT MENTAL HEALTH INFORMATION SESSION** Dr Anne Hill, Principal Psychology Manager HSE will give an introduction to infant mental health philosophy and its benefits. For parents of infants or toddlers, as well as professionals working with young children and families. No registration required. Contact Jonathan: 066 719 5636

## \* FIVE WAYS TO WELLBEING \*



**CONNECT**  
with the people around you at home, work, school and in your local community.



**TAKE NOTICE**  
Savour the moment whether you are walking, eating or talking. Be aware of the world around you and what you're feeling.



**BE ACTIVE**  
Step outside. Go for a walk, cycle, garden or dance. Discover a physical activity that suits your lifestyle.



**GIVE**  
Do something nice for a friend or a stranger. Thank someone. Volunteer. Join a community group.



**KEEP LEARNING**  
Try something new, rediscover an old interest. Take on new responsibilities. Fix a bike. Learn how to cook your favourite meal.

- 33 'FEET ON THE STREET'** The Samaritans will be out and about from 10am - 1pm in Kenmare, stop for a chat!
- 34 EXERCISE AND NUTRITION FOR HEALTH AND HAPPINESS** A fun fitness class promoting exercise to improve your wellbeing, followed by a D-A with Cathrina Mulhern, Community Dietician. Registration essential, spaces limited. Contact Line: 066 22244.
- 35 'DO GOOD, FEEL GOOD'** Information Session - with the Kerry Volunteer Centre. Pop along to meet Siobhán and hear about how volunteering positively impacts health and wellbeing. Contact Siobhán Johnston: 066717966 or [siobhankvc@gmail.com](mailto:siobhankvc@gmail.com)
- 36 WRAP INFORMATION SESSION** Wellness Recovery Action Plan or WRAP is a self-designed programme that can be used by anyone to get well and stay well. It is an evidence-based programme that is used by health care and mental health systems all over the world. Open to all, no registration required. Contact Mary Young: 087 633 4682.
- 37 EATING WELL FOR YOUR HEALTH** A public workshop with Sarah Dowling, Senior Community Dietitian on nutrition and how it can benefit your wellbeing. No registration required. Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)
- 38 CO-BULLY NO MORE** - Come and listen to Listowel writer Judith Canady read from her book and present on its key messages, followed by questions and answers. Aimed at adults, no registration required. More info at <http://www.co-bully.com/>
- 39 UNDERSTANDING AND SUPPORTING PEOPLE WITH EATING DISORDERS** Hosted by Parent Action and Care, a support group for parents and family members of children with mental health issues, including eating disorders. This talk delivered by Bodybys will explain the different eating disorders and how to support a person with an eating disorder. Refreshments kindly sponsored by the Meadowlands Hotel. No registration required. Contact Joyce: 087346392.
- 40 FROM SURVIVING TO THRIVING** Tralee International Resource Centre, Boharbee, Tralee. The International Friends Group will host a talk by Life Coach Astrid Longhurst. All welcome, no charge. Contact 066 7127918.

## FRIDAY 12<sup>TH</sup> OCTOBER

- 41 SOS WELLNESS WORKSHOP** This workshop will help you understand and take charge of your own mental health. The workshop (aimed at adults) is for anyone and everyone as we all have mental health! Registration essential, via this link: <https://tinyurl.com/TraleeWellness>. Contact Lorraine Bowler: 066 7180190.
- 42 INCREASE YOUR WELLBEING WORKSHOP** Learn about strategies to increase your happiness and improve your coping skills. Aimed at adults. Registration essential, spaces limited. Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)
- 43 MINDFULNESS WORKSHOP** An introduction to mindfulness techniques, breath control and meditation. Bring water and a yoga mat. Registration essential. Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)
- 44 KILLARNEY WOMEN'S GROUP AFTERNOON COFFEE** Everyone welcome for a cuppa and a chat. No registration required. Contact Eadaoin Moylan, SKDP on 0871906450 for more information.
- 45 'DO GOOD, FEEL GOOD'** open day - with the Kerry Volunteer Centre. Come along for a tea or coffee and a chat at our open afternoon to discuss local volunteering opportunities throughout Kerry. Open to all. Contact Siobhán Johnston: 066717966 or [siobhankvc@gmail.com](mailto:siobhankvc@gmail.com)
- 46 FIVE WAYS TO WELLBEING** Events in all KERS Youth Clubs. Contact your local club for details. <http://kays.ie/>

## SATURDAY 13<sup>TH</sup> OCTOBER

- 47 PARK RUN** In Tralee Town Park, Killarney National Park, Listowel Town Park, Inch Beach. See [www.parkrun.ie](http://www.parkrun.ie) for details
- 48 INCREASE YOUR WELLBEING WORKSHOP** Learn about strategies to increase your happiness and improve your coping skills. Aimed at adults. Registration essential, spaces limited. Contact Máiréad O'Sullivan: 066 9761615 [masullivan@skdp.net](mailto:masullivan@skdp.net)

## SUNDAY 14<sup>TH</sup> OCTOBER

- 49 JUNIOR PARK RUN** See [www.parkrun.ie](http://www.parkrun.ie) for details.



@healthykerry  
@healthycountykerry  
www.healthykerry.ie

**OCTOBER  
6TH - 14TH**  
**ALL EVENTS ARE FREE**

KERRY'S FIRST  
**HEALTH &  
WELLBEING  
WEEK 2018**

*Celebrating World  
Mental Health Day*

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