Líonra Rannpháirtíochta Pobail Chiarraí
Public Participation Network Kerry

Kerry PPN Weekly Newsletter

Friday 23rd October, 2026

Welcome to the Kerry PPN Weekly newsletter packed with funding opportunities, opportunities, training, events and upcoming public consultations. Please share this newsletter with your groups and members can keep up to date.

If a group member would like to subscribe directly to the newsletter please ask them to email their name and email address to: coor@kerrycoco.ie

Due to the ongoing work to rule, we are only in a position to share local community news. We apologise for any inconvenience it may cause.

To have your community event included in our upcoming newsletter please email the details to coor@kerrycoco.ie

Kind Regards

Caroline and Kathy:

Tel: 087 1689363 / 0667183066 **Email:** coor@kerrycoco.ie
Website: www.kerryppn.ie

Contents:

Kerry PPN Update

- Work to rule update

Community News

- Don't Forget to Turn Back the Clocks!
- Tidy Towns Breaking News!
- Do Not Consume Notice issued to protect customers supplied by the Ballyheigue Public Water Supply
- NEWKD Craft Circle Newsletter
- Volunteer Opportunity: National Circus Festival of Ireland
- Volunteer at Buds
- Movember 2026

Upcoming Events

- **Kenmare MD**
  - Kenmare Drop-In information mornings
  - Kenmare Memory Café
  - Cahersiveen Coffee 'n' Chat
- **Killarney MD**
  - Quill Ireland Expo
- **Listowel MD**
  - Listowel New Club
  - Autism seminar with Dr Susan Crawford at Listowel Food Fair 2026
  - Positive Ageing Seminar
  - From Page to Stage: Family Literacy Through Creative Writing and Drama
  - Mid Kerry Moves – Line Dancing Classes
- **Tralee MD**
  - Halloween Fun Run
  - Kerry Women's Art Group Exhibition
  - Beginners Guide to The Water Cycle and The Role of Wetlands for Science Week 2026
  - Sustainable Kerry
  - Youth Drama Sessions
  - Halloween Scavenger Hunt 2026
  - Mono-Strong
  - Upcoming events at Kerry Women's Centre
  - Be Active Be Well Physical Activity Programme Autumn 2026
  - Samhain Chiarraí at Kerry County Museum
- **County Wide**
  - Submit Hedgehog Sightings
  - Upcoming Cater Meetings with Family Carers
  - NEWKD Craft Circle

Training & Education Opportunities

- LGBT+ Winter Webinar Series 2026
- Frontline Professionals supporting families after traumatic bereavement
- Equality and Human Rights Training Programme: Equal By Design

Have you news or an event you would like to share?

The Kerry Public Participation Network (PPN) is a network of 1,000+ community & voluntary, social inclusion and environmental groups in Kerry.

We connect Kerry County Council with our member groups facilitating community participation in local government decision making. We work to make sure our member groups have a say on local issues that concern them.

Check out more information at:

Write to us at: Áras an Chontae, Ratass, Tralee, Co. Kerry, V92H7VT

Kerry PPN Update

Due to the ongoing work to rule, we are only in a position to share local community news.

We apologise for any inconvenience it may cause.

Community News

Don't Forget to Turn Back the Clocks!

A little reminder that the clocks go back by one hour this Sunday, 25th October, as we move from summer time to winter time. Enjoy an extra hour in bed and remember to check your clocks before starting your day!

Tidy Towns Breaking News!

Congratulations to Traise Tidy Towns!

A huge congratulations to Traise, Co. Kerry, on being named **Ireland's Tidiest Large Urban Centre at the 2026 SuperValu Tidy Towns Awards!**

This fantastic achievement is a testament to the dedication and hard work of Traise Tidy Towns volunteers and the wider community, whose commitment to continues to make the town a cleaner, greener and more welcoming place for everyone.

Through their efforts to enhance public spaces, protect biodiversity and promote environmental sustainability, they demonstrate the positive impact that community spirit and collective action can have.

Congratulations to all the volunteers and community members who played a part in this well-deserved success. A wonderful achievement for Traise!

Announcement Post

Do Not Consume Notice issued to protect customers supplied by the Ballyheigue Public Water Supply

Customers supplied by the Ballyheigue Public Water Supply in Kerry are being advised not to consume their tap water until further notice. The notice has been issued following the detection of an issue affecting the raw water source. We have taken this measure to protect public health while our teams undertake emergency works to address the problem and restore a safe water supply.

All customers served by the Ballyheigue Public Water Supply should not use their tap water for drinking, preparing food, cooking, or brushing teeth. The Western Catchment region of the Clermanoo Group Water Scheme, which serves the townlands of Kerry Head, Ballyrungane, Boolennane,Clasnadore, Cloghanreesh, Dromnacarra, Ballincreaney and Rathmorel is also included in the Do Not Consume Notice.

Boiling the water will not make it safe to drink, and it is particularly important that water from the tap is not given to bottle-fed babies.

Customers can check if their property is affected by notices on Water Quality section of water is and entering their Eircode or by contacting Uisce Eireann's customer care team, available 24/7, on 1800 278 378. A map of the affected area is also available on the Supply and Service section of water is. Vulnerable customers who are registered with Uisce Eireann will be contacted directly.

This water should not be used for:

- Drinking
- Preparing drinks with water
- Food preparation, washing food or cooking food
- Brushing of teeth
- Making of ice
- In particular, children under 12 months old should not drink this water. This water should not be used for making up infant formula or bottled fed infants. An alternative source of water should be used. Bottled water can also be used to make up infant formula. All Bottled water, with the exception of natural mineral water, is regulated to the same standard as drinking water. It is best not to use bottled water labelled as 'Natural Mineral Water' as it can have high levels of sodium (salt) and other mineral minerals, although it rarely does. 'Natural Mineral Water' can be used if no other water is available, for as short a time as possible, as it is important to keep babies hydrated.
- Sterilising bottles or other items for infant formula it should be boiled once (rolling boil for one minute) and cooled in the normal way
- Ready-to-use formula that does not need added water can also be used.
- Domestic water filters will not make the water safe to drink
- Caution should be taken when bathing infants to ensure that they do not swallow the bathing water
- Special ice cubes in fridges and freezers and filtered water in fridges

What can you use water for?

- The water can be used for personal hygiene, bathing, flushing toilets, laundry and washing of utensils

NEWKD Craft Circle Newsletter

Check out the latest edition of the NEWKD Craft Circle Newsletter, October edition

Check out their newsletter

Volunteer Opportunity: National Circus Festival of Ireland

When: 5th–8th November
Where: Tralee, Co. Kerry – Munster Technological University, Siamsa Tíre Theatre and locations throughout the town

Ever wanted to join the circus? Here's your chance!

Volunteers are needed for the **National Circus Festival of Ireland**, taking place in Tralee from 5th to 8th November.

Volunteers will be required to support activities at **Munster Technological University** and **Siamsa Tíre Theatre**. Help is also needed for the **Tom Craan – Endurance Over Ice** exhibition, including the movement of the ice sculpture through the streets of Tralee.

If you'd like to be part of the Circus Crew and help bring this exciting festival to life, find out more and sign up.

Further Information

Volunteer at Buds

Bud's Resource Centre Ballyduff is looking for volunteers under the following positions:

- After Schools Positions
- Creche and Pre-school
- Reception
- Parent & Community Supports
- Fundraising
- Kitchen and Café Duties
- Administration and IT

It is a fantastic social aspect and a way of making new friendships

It is very fulfilling and satisfying to support a cause that helps others. You will be part of a welcoming, supportive and dynamic tea. 98% of people who volunteer say it makes them a happier person.

You will get experience and learn new skills, or maybe develop on skills you already have. This is helpful if you wish to pursue a career in social childcare/ community/ family support areas. Also, prospective employers like to see volunteering on CVs

It is great fun!

November 2026

Movember 2026 runs from November 1 to November 30, 2026, with the official global campaign themed **"Make a Government"** to raise funds and awareness for men's mental health, suicide prevention, prostate cancer, and testicular cancer.

For more details, check out: https://movember.com/

Upcoming Events

Kenmare MD

Kenmare Drop-In Information mornings

Recovery Haven's Kenmare Community Outreach Service is coming up!

Be sure to pop in for a cuppa, meet their staff and learn about the free supports and services available to those affected by cancer from Recovery Haven Kerry

Dates: Tuesday November 10th

Time:10am - 12.30pm

Where: Kenmare Community Nursing Unit, Hospital Road, Dromnevanne, V93 AR24

Contact them at: 066 718 2122 or reception@recoveryhavenkerry.com

Kenmare Memory Café

Recovery Haven's Kenmare Community Outreach Service is coming up!

Dates: Tuesday November 10th

Time:10am - 12.30pm

Where: Kenmare Community Nursing Unit, Hospital Road, Dromnevanne, V93 AR24

Contact them at: 066 718 2122 or reception@recoveryhavenkerry.com

Cahersiveen Coffee 'n' Chat

When: Wednesday 28th October, 11am - 1pm

Where: Kerry Coast Hotel, Frank's Bistro - 8/9 Church Street& Cahersiveen V23 RV07

Come for a chat, Stay for the company!

Everyone is welcome!

For more information, contact Niamh Murphy at niamh.murphy@healthmar.ie or 087 218 5104

Killarney MD

Quill Ireland Expo

Two days of workshops, exhibitions, vendor stands and community in the heart of Killarney.

Whether you are there to learn, to shop, to exhibit, or simply to be in a room full of people who understand exactly why you own that much fabric — there is a place for you!

When: 23rd and 24th October 2026

Where: Heights Hotel, Killarney, Co Kerry

Make a day of it

Shop Ireland's best quilting and craft vendors, see the quilt exhibitions, catch live demos and make a start on your Christmas shopping. Pop in for an hour or stay all day.

Bring a friend - everyone is welcome!

Day ticket: €10* Friday or Saturday

VIP: €99*

Workshops: from €33*

*Plus Booking Fee

FANTASTIC OFFER: The first 10 emails that they receive at hello@quillireland.ie will get 2 free tickets for Saturday 24th at the Expo

Further Information/Book Tickets

Listowel MD

Slua Spraoi New Club

Slua Spraoi have new club coming for the clanmaurice area !!

Tuesday-Ballyduff-Abbeydorney-Lixnaw-Ballyheigue etc

They provide voluntary social clubs for groups of people between the ages of 18 to 35 with outlets in sports, travel, fundraising, arts, rights unit, creativity and loads more!!

When: Thursday Nov 5th at 8pm

Where: Buds's Family Resource Centre, Ballyduff, Ballyheigue, Ballyduff, Tralee, Co. Kerry, V92 A2VC

Tea and coffee on the night

Autism seminar with Dr Susan Crawford at Listowel Food Fair 2026

Listowel Community Centre

Saturday 7th November 2026 11am

Dr. Susan Crawford is an Irish Autism researcher, lecturer, and founder of Get Autism Active, an organisation focused on fundamental movement skills for autistic individuals.

She will be imparting her knowledge and insight at Listowel Community on Saturday, November 7, as part of the 31st Listowel Food Fair.

Priced at €10, tickets are available via Eventbrite or at Listowel Community Centre. Proceeds go to Listowel Autism Friendly Town.

Booking Link

Positive Ageing Seminar

Discover the importance of staying active, healthy and connected at the Listowel Food Fair's Positive Ageing Seminar, hosted at **Listowel Community Centre**.

- **Friday 6th November 2026, at 7pm**
- **Listowel Community Centre**

The seminar will feature Prof. Niall Moyna, Professor of Applied Exercise Physiology at Dublin City University, who will discuss positive ageing and the benefits of exercise. We are also delighted to welcome Kieran O'Donnell TD, Minister of State with Special Responsibility for Older People and Housing, alongside speakers Brendan Garvey, Personal Trainer and Neuromuscular Therapist, Julian Cassarte, Certified Nutritional Coach, and Trevor Horan, General Manager of Listowel Community Centre, Personal Trainer and Online and Nutritional Coach. Our speakers will share inspirational and practical insights on fitness, nutrition and the positive impact of maintaining an active lifestyle as we grow older.

Tickets cost €15 and are available online via Eventbrite directly from Listowel Community Centre. Support a great cause. Proceeds from the seminar will go towards Listowel Day Care Centre.

Join for an informative and inspiring evening celebrating positive ageing and healthier living at every stage of life.

Booking Link

From Page to Stage: Family Literacy Through Creative Writing and Drama

Every family has its stories. This new 12-week workshop helps adults build confidence in reading, writing, speaking and listening through creative writing and drama, with practical activities to bring home and fly with your family.

No experience needed, just a willingness to give it a go. All welcome.

When: Every Wednesday, 11am–1pm

Where: Kerry Writers' Museum, Listowel

Book on 068 22 212 or kerrywritersmuseum@gmail.com

Co-funded by the Government of Ireland and the European Union, with SOLAS and Adult Literacy for Life.

Mid Kerry Moves – Line Dancing Classes

Get moving, make connections and have fun!

Looking for an enjoyable way to stay active and meet new people? Mid Kerry Moves line dancing at **Listowel Community Centre** offers a lively, welcoming opportunity to learn new steps, enjoy great music and connect with others in your community.

- **Friday mornings**
- **11am-12pm**

Whether you're completely new to line dancing or already have some experience, all ability levels are welcome. It's a great way to improve coordination, build confidence, keep moving and enjoy the social benefits of dancing.

Contact Carmel at 087 643 7086.

Come along, give it a try and discover the fun of line dancing!

Visit Upcoming Events webpage for the latest updates and further details.

Upcoming Events

Tralee MD

Halloween Fun Run

Tralee Girl Guides Fundraiser

When: 20th October, 11am - 1pm

Where: Tralee Town Park

Cost: €5 per person, pay on day, cash only!

2k & 5k

Fancy Dress Encouraged

All welcome

No Dogs Allowed

Kerry Women's Art Group Exhibition

The Kerry Women's Art Group is delighted to invite you to their upcoming art exhibition at **Tralee Library**, running from **Friday, 6th November to Friday, 13th November 2026**.

Join us for the official launch on **Saturday, 7th November at 2.30 pm**.

Come along, show your support for this wonderful local art group, and enjoy the opportunity to view and celebrate their creativity, talent and artistic achievements.

Everyone is welcome! We look forward to seeing you there.

Beginners Guide to The Water Cycle and The Role of Wetlands for Science Week 2026

Join the Tralee Bay Wetlands Ecology Park Team for Science Week 2026 for a **Beginners Guide to The Water Cycle and The Role of Wetlands** on Saturday, 7th & Sunday 8th November

Tralee Bay Wetlands Ecology Park partners with MTU and Research Ireland to present two days of events for Science Week 2026 under this year's national theme *Water: from Molecule to Ocean*.

Session Times: 10:30am - 2pm

Session Duration: 3 Hours

Traise Bay Wetlands Ecologists Alan Baffe and Aine Fraughen will present the following on Saturday 7th and Sunday 8th of November for Science Week 2026.

These sessions cover the following;

- Focus on the Water Cycle and The Role of Wetlands
- Explores the Water Cycle through the Irish lens
- Looking at rainfall and changing rainfall patterns
- How Wetlands act as natural regulators that protect our communities against flooding and drought

Wellington Boots and Rain Gear are a must for this event due to the terrain, please bring binoculars to enhance your experience.

Further information available at 066 712 6700 or info@traleebaywetlands.ie

Book online

Sustainable Kerry

When: Thursday, November 5th, 2 PM - 4.30 PM

Where: Ballygarry Estate Hotel and Spa, Tralee, Kerry

Kerry County Council and industry stakeholders invite you to join leading practitioners in Kerry's manufacturing, business and tourism sectors for an afternoon showcasing the impact of sustainability initiatives across Ballygarry Estate Hotel & Spa on Thursday November 5th. Speakers from a wide cross section of businesses in the county will present details of sustainability projects that have had a major impact in their areas.

Booking Link

Youth Drama Sessions

To develop a drama group!

Where: Traise International Resource Centre, 13-14 St Patricks Bungalows, Boherbee, Tralee, Co. Kerry

When: Tuesday evenings after school (4.30pm - 6.30pm)

Ages: 13 - 18

All welcome - No experience required

Work with a trained facilitator

Please register interest or get further information from: info@tirc.ie

Halloween Scavenger Hunt 2026

Join the Traise Bay Wetlands Ecology & Activity Park this October for a fun-filled Halloween adventure! The team at Traise Bay Wetlands needs your help find the monster this Halloween.

Ever wondered what creatures turk around Traise Bay Wetlands at autumn. During Halloween, take part in our Halloween Scavenger Hunt and see what spooky creatures might be hiding around the park. Follow the clues on the map to solve this case and enjoy hands-on activities along the way, leading you to whereabouts of the victim and the perpetrator.

Dates: 17th October - 31st October 2026
Times: 11:00am & 2:00pm
Price: €15 Child | €9 Adult
Perfect for ages 5–12 years

Pre-booking is essential – spaces limited!

Booking Link

Mono-Strong

Description: A six-week programme designed to support women through perimenopause and menopause by combining progressive strength training with practical, evidence-informed menopause education.

The programme aims to give participants the knowledge, confidence and practical strategies they need to understand the changes happening during menopause, improve their strength and fitness, and take a more proactive approach to their health and wellbeing.

Dates: Starts Mon 9th of November

Location: Austin Stacks GAA Club, James Connolly Park, Tralee, Co. Kerry, V92 X9S2

Times: 7:00pm-8:30pm

Cost: €40 plus booking fee

Booking Link

Upcoming events at Kerry Women's Centre

1 Hour ChakraDance Workshops

When: Every Tuesday in November from 11am to 12pm and December 1st, 8th and 15th from 7pm to 8pm

Where: Kerry Women's Centre, Tralee, V92PH32

Cost: €12 per person (per session)

Chakradance is a dynamic moving meditation, blending movement, music and guided visualisation to help you reconnect with your body, your emotions and your authentic self.

To book, contact Elaine at 086 404 5568 or lakrcollectivemail@gmail.com

Save the Date - Stop Violence Against Women and Children Conference

When: 19th November, 9am - 2.30pm

Where: The Rose Hotel, Dan Spring Road, Cloon Beg, Tralee V92 H6A4

Special Guest Speaker: Katriona O'Sullivan, Best Selling Author of Poor and Hungry

Register Here

Mindfulness and Ground Programme

When: Starting Wednesday 18th November, 7pm to 8pm

Where: Kerry Women's Centre, Tralee, V92PH32

Cost: €15 per session

A 4 Week Interactive and Sensory Experience

In partnership with Mindfulness4kids

Book your place, contact086 818 0430 or info@kerrywomenscentre.ie

Personal Development Course

8 week programme

When: Starting Wednesday, 4th November and will be every Wednesday from 10am to 12.30pm

Where: Kerry Women's Centre, Tralee, V92PH32

Embark on a Journey of Self-Discovery

Book your place, contact086 818 0430 or info@kerrywomenscentre.ie

Be Active Be Well Physical Activity Programme Autumn 2026

The **Shankill FRC Traise** programme will take place on Wednesdays from 10:30am-12:30pm

- **11th November**
- **18th November**
- **25th November**
- **2nd December**
- **27th January 2027**

Be Active Be Well

Are you ready to bring more activity into your life, but unsure where to start? The Be Active, Be Well programme is here to help. Be Active Be Well isn't an exercise class – it's a behaviour change course designed to empower you to make positive, sustainable changes to your physical activity habits.

What's it all about?
This programme is about helping you:

Discover your personal motivations for being active.

Overcome barriers in your life that prevent you from moving more.

Set realistic goals and find the support you need to succeed.

Through five engaging group sessions facilitated by HSE Health Promotion Officers, you will explore how to make activity a part of your life—on your terms.

How does it work?
The course includes:

- Session 1: Getting Motivated
- Session 2: Setting Goals
- Session 3: Overcoming Barriers
- Session 4: Finding Supports
- Session 5: Sharing and Celebrating

Each session blends expert guidance, group participation, personal reflection, and practical exercises to create a truly supportive and empowering experience.

Is it for you?
If you're someone who finds it hard to meet the physical activity recommendations of 2.5 hours of activity per week, but wants to make a change, this course could be exactly what you need.

To register contact: Leanne Moriarty 087 065 9627 or leanne.moriarty@hse.ie

Samhain Chiarraí at Kerry County Museum

Free Entry and Family Fun Events 15-31 October

Would you like to visit Kerry County Museum this mid-term break as part of Samhain Chiarraí – a Kerry Halloween.

Enjoy free entry to the Medieval Experience & Archaeology Hall, as well as drop-in arts and crafts workshops throughout the bank holiday weekend and themed guided tours with our education team.

All events are free and suitable for all ages and abilities.

Further Information

County Wide

Submit Hedgehog Sightings

Hedgehog Conservation Ireland is a self-organised group raising awareness and taking action to help Irish Hedgehogs.

Check out this website for more details.

https://www.irishhedgehogsurvey.com/

Submit Hedgehog Sightings

Upcoming Carer Meetings with Family Carers

Upcoming Peer Support Groups where family carers connect, learn and enjoy a cuppa together

To develop a drama group!

Where: Traise International Resource Centre, 13-14 St Patricks Bungalows, Boherbee, Tralee, Co. Kerry

When: Tuesday evenings after school (4.30pm - 6.30pm)

Ages: 13 - 18

All welcome - No experience required

Work with a trained facilitator

Please register interest or get further information from: info@tirc.ie

Halloween Scavenger Hunt 2026

Join the Traise Bay Wetlands Ecology & Activity Park this October for a fun-filled Halloween adventure! The team at Traise Bay Wetlands needs your help find the monster this Halloween.

Ever wondered what creatures turk around Traise Bay Wetlands at autumn. During Halloween, take part in our Halloween Scavenger Hunt and see what spooky creatures might be hiding around the park. Follow the clues on the map to solve this case and enjoy hands-on activities along the way, leading you to whereabouts of the victim and the perpetrator.

Dates: 17th October - 31st October 2026
Times: 11:00am & 2:00pm
Price: €15 Child | €9 Adult
Perfect for ages 5–12 years

Pre-booking is essential – spaces limited!

Booking Link

Mono-Strong

Description: A six-week programme designed to support women through perimenopause and menopause by combining progressive strength training with practical, evidence-informed menopause education.

The programme aims to give participants the knowledge, confidence and practical strategies they need to understand the changes happening during menopause, improve their strength and fitness, and take a more proactive approach to their health and wellbeing.

Dates: Starts Mon 9th of November

Location: Austin Stacks GAA Club, James Connolly Park, Tralee, Co. Kerry, V92 X9S2

Times: 7:00pm-8:30pm

Cost: €40 plus booking fee

Booking Link

Upcoming events at Kerry Women's Centre

1 Hour ChakraDance Workshops

When: Every Tuesday in November from 11am to 12pm and December 1st, 8th and 15th from 7pm to 8pm

Where: Kerry Women's Centre, Tralee, V92PH32

Cost: €12 per person (per session)

Chakradance is a dynamic moving meditation, blending movement, music and guided visualisation to help you reconnect with your body, your emotions and your authentic self.

To book, contact Elaine at 086 404 5568 or lakrcollectivemail@gmail.com

Save the Date - Stop Violence Against Women and Children Conference

When: 19th November, 9am - 2.30pm

Where: The Rose Hotel, Dan Spring Road, Cloon Beg, Tralee V92 H6A4

Special Guest Speaker: Katriona O'Sullivan, Best Selling Author of Poor and Hungry

Register Here

Mindfulness and Ground Programme

When: Starting Wednesday 18th November, 7pm to 8pm

Where: Kerry Women's Centre, Tralee, V92PH32

Cost: €15 per session

A 4 Week Interactive and Sensory Experience

In partnership with MindfulnessNoa

Book your place, contact086 818 0430 or info@kerrywomenscentre.ie

Personal Development Course

8 week programme

When: Starting Wednesday, 4th November and will be every Wednesday from 10am to 12.30pm

Where: Kerry Women's Centre, Tralee, V92PH32

Embark on a Journey of Self-Discovery

Book your place, contact086 818 0430 or info@kerrywomenscentre.ie

Be Active Be Well Physical Activity Programme Autumn 2026

The **Shankill FRC Traise** programme will take place on Wednesdays from 10:30am-12:30pm

- **11th November**
- **18th November**
- **25th November**
- **2nd December**
- **27th January 2027**

Be Active Be Well

Are you ready to bring more activity into your life, but unsure where to start? The Be Active, Be Well programme is here to help. Be Active Be Well isn't an exercise class – it's a behaviour change course designed to empower you to make positive, sustainable changes to your physical activity habits.

What's it all about?
This programme is about helping you:

Discover your personal motivations for being active.

Overcome barriers in your life that prevent you from moving more.

Set realistic goals and find the support you need to succeed.

Through five engaging group sessions facilitated by HSE Health Promotion Officers, you will explore how to make activity a part of your life—on your terms.

How does it work?
The course includes:

- Session 1: Getting Motivated
- Session 2: Setting Goals
- Session 3: Overcoming Barriers
- Session 4: Finding Supports
- Session 5: Sharing and Celebrating

Each session blends expert guidance, group participation, personal reflection, and practical exercises to create a truly supportive and empowering experience.

Is it for you?
If you're someone who finds it hard to meet the physical activity recommendations of 2.5 hours of activity per week, but wants to make a change, this course could be exactly what you need.

To register contact: Leanne Moriarty 087 065 9627 or leanne.moriarty@hse.ie

Samhain Chiarraí at Kerry County Museum

Free Entry and Family Fun Events 15-31 October

Would you like to visit Kerry County Museum this mid-term break as part of Samhain Chiarraí – a Kerry Halloween.

Enjoy free entry to the Medieval Experience & Archaeology Hall, as well as drop-in arts and crafts workshops throughout the bank holiday weekend and themed guided tours with our education team.

All events are free and suitable for all ages and abilities.

Further Information

County Wide

Submit Hedgehog Sightings

Hedgehog Conservation Ireland is a self-organised group raising awareness and taking action to help Irish Hedgehogs.

Check out this website for more details.

https://www.irishhedgehogsurvey.com/

Submit Hedgehog Sightings

Upcoming Carer Meetings with Family Carers

Upcoming Peer Support Groups where family carers connect, learn and enjoy a cuppa together

Tralee

"Evening Session instead of Morning session"

Location: Rahoonane Community Centre, Tralee, V92 D9HF

Time: Tuesday 10th Nov, 6.00pm-7.30pm

Details: Peer support group meeting and , with Helen Ryle doing ET (emotional freedom tapping) and CBT wellness workshop.

Killarney

Location: Torc Family Resource Centre, Ballysplillane, Killarney, Co. Kerry, V93 FD1H

Time: Thursday 12th Nov, 11.00am – 12.30pm

Details: peer support group meeting we will have a speaker Health and Nutrition Talk with Paula Dugdun of Balance Nutrition - www.balancenutrition.ie

Glenbeigh

Location: Glenbeigh Hotel, Curraheen, Glenbeigh, V93 KXW9

Time: Wednesday 18th Nov, 11.30am – 1.00pm

****carers asked to bring €€ for tea/coffee at hotel if desired.**

NEWKD Craft Circle

Creativity Thrives in Community

Join a NEWKD Craft Circle near you!

Everyone is welcome!

- Adults only
- All abilities welcome
- No previous crafting experience needed

Weekly groups meeting up all over Kerry

For more details, contact Kristina 086 600 2147 or Dee 087 936 6363

Check out their Facebook page for more information

Training & Education Opportunities

LGBT+ Winter Webinar Series 2026

Listowel Community and Family Resource Centre are running a free LGBT+ Winter Webinar series

When: Starting on Monday 19th October at 7pm and running every second Monday until 14th December.

Where: Online

All are open to anyone interested and are free to attend.

Please email daniel.clarke@listowelfrc.ie for the Zoom link.

- **Monday 2nd November 7pm**
  - Topic: **Understanding and supporting your LGBT+ child**
    - **Description:** This is a one-hour webinar open to parents and caregivers who would like to learn more about what it means to be LGBT+, and how this impacts the young person in our life. They will discuss how to support your child or young person in navigating school, family, and social lives, mental health, and figuring out their identity. They will also discuss how to respond to asking questions, fears, and what to say to friends and family, as well as best some myths.
- **Monday 16th November 7pm**
  - Topic: **Creating safe spaces for LGBT+ people**
    - **Description:** This is a two-hour webinar open to anyone who works or volunteers in the community and would like to make their organisation or group an open and safe space for LGBT+ individuals. They will discuss the meaning of LGBT+, as well as how to be an ally to the LGBT+ community, the ways in which we can make your organisation or meeting space open and inviting, make it clear that LGBT+ individuals are welcome, identify and address barriers to access, and how to create or adapt policies/ procedures and actions to make your group or organisation as inclusive as possible.
- **Monday 30th November 7pm**
  - Topic: **Debunking disinformation and the impact of hates**
    - **Description:** This is a one-hour webinar open to anyone who would like to learn more about misinformation, disinformation, and myths being spread about the LGBT+ community in recent years, and the impact that this is having on both LGBT+ people and the wider community. They will discuss the facts and fictions, where this is coming from, the impact it is having, how to identify and address it.
- **Monday 14th December 7pm**
  - Topic: **How to handle discrimination, bullying, and harassment**
    - **Description:** This is a one-hour webinar open to everyone who would like to learn more about discrimination, bullying, and harassment of the LGBT+ community. They will discuss the different forms of discrimination, bullying, and harassment one might encounter, and how to address it in different settings. They will go through scenarios and strategies on how to protect yourself and deal with hate in a school, work, family, and public situations.

Frontline Professionals supporting families after traumatic bereavement

The Aram Cara workshop for frontline professionals supporting bereaved families is now accredited by the **IACP for CPD Credits!**

Following the success of our in person workshops earlier this year, we are now hosting **two online workshops in October & November**

Who is the workshop for?

- Garda Síochana and PSNI Family Liaison Officers
- Emergency First Responders
- Paramedics
- Hospital and Hospice Staff
- Emergency Departments Medical staff
- Social Workers
- Chaplains/Clergy
- Therapists/Counsellors
- Community workers supporting bereaved families

Dates: Tuesday 10th November 2026

Cost: €20 per person

We encourage you to **register as soon as possible** for this event, as places are limited. Please find the attached flyer with anyone who may benefit from attending this workshop.

Register for Online Workshop on Tuesday 10th November

If you would like further information please get in touch with us on info@aramcara.ie or call 085 2888 888

Equality and Human Rights Training Programme: Equal By Design

"Transform your understanding transform your work."

In today's world, both locally and globally, the need for equality and human rights is more pressing than ever. This is now rightly reflected in organisational obligations across a range areas from Public Sector Duty to tendering and funding applications requirements. With increasing inequality and challenges to fundamental rights, fostering a strong culture of equality and human rights is crucial.

This training provides a comprehensive foundational framework to help you achieve that goal.

Who Should Attend?

- NGOs seeking to strengthen their capacity in equality and human rights
- Public sector professionals working with socially excluded groups
- Businesses committed to advancing diversity and inclusion

Delivery Format

Two half-day workshops (9:30 AM – 1:00 PM)

Workshop 1: Key Concepts and Historical Evolution of Equality & Human Rights (E&HR)

Workshop 2: Legal Frameworks and Practical Applications of E&HR

Both workshops are designed as standalone modules, so while attending both is recommended, it is not required.

If you would like further information or would like to discuss delivering the training in your area, please feel free to contact Robert at aramcarakoster@gmail.com

Check out more information about Kerry Public Participation Network at:

Write to us at: Áras an Chontae, Ratass, Tralee, Co. Kerry, V92H7VT