



SHEP Nuacht

The newsletter for trainees, service users, trainers, tutors, counsellors, advocates, committee members, staff & friends of

The Social and Health Education Project CLG

Training & Development • Low-Cost Counselling • Advocacy • International Partnership • SHEP Earth Aware



Happy New Year • Szczęśliwego Nowego Roku • Bonne année • Athbhliain faoi mhaise daoibh

Dear Friends,

On behalf of all of us in SHEP we want to wish you and yours a very Happy New Year. The last year has been an extraordinary year. Joanna Macy, in her 'Work that Reconnects' encourages us always to start from a place of gratitude. As we reflect on 2020 and where we are now, there is indeed much for which we can be grateful: for example, a strong community of people; our programmes have been able to continue; lots of resilience, resourcefulness and solidarity. And yet we need to honour the loss: loss of what we do so well in SHEP – facilitating transformative learning in groups in person, and the loss of opportunities for coming together and connecting in person. And though we are in a bleak situation right now we have turned a corner also and 2021 should be a year of recovery, opening up, perhaps even flourishing. Joanna Macy encourages us to see things with new eyes – and this pandemic has given us – and continues to give us - many opportunities to gain new perspectives so that we can go forth confidently, doing what is needed. So a key intention for us this year is to 'see with new eyes': it's going to be another challenging year, undoubtedly, but we face into the new year with a lot of hope. Wishing you and yours well.

Jim Sheehan, Director

Mary Lane RIP

We were all very saddened to hear of the passing of Mary Lane in November. Mary was involved for many years with SHEP in a number of roles: as administrator, community tutor and advocate. She will be remembered as a kind, warm-hearted and very influential member of staff. She also worked in the early years of the Advocacy Service and worked for many years facilitating SHEP groups in community settings. She was a huge influence for good in peoples' lives and will be missed. Ar dheis Dé go raibh a h-anam dílis.



Congratulations! Awards for SHEP Earth Aware!

SHEP Earth Aware won first prize in the Community Climate Action Initiative category at the Pride of Place Awards in December. This is tremendous recognition of the work of this initiative. A big thank you to all the committee members of SHEP Earth Aware; Mary Cunningham, Denise Cahill, Frank Dorr, Eileen Lynch, Maureen Lancaster, Kathy Cunningham, Margaret Murphy, Kathy Foulds, Mike Foulds and also a special thanks to the members of the Advisory Committee. Separately, Frank and Eileen won an award from the Cork Environmental Forum for all the work they have done and continue to do for our planet. The award was for SHEP Earth Aware and Elders for Earth but in particular for Frank and Eileen and their contribution.

COVID19 – Project work continues but Staff working from Home

With the third lockdown staff continue to work mostly from home. This situation is likely to continue for some weeks.

Additional HSE Funding

We are delighted that the HSE has provided us with €100,000 once-off for 2021: this is significantly higher than we received last year and in 2019. All of this is needed as there are significant additional costs because of COVID19. Much of the funding will be used to subsidise participation in our courses to support inclusion.

Annual Gathering – Nov 6th

We had a very successful and enjoyable SHEP Annual Gathering on Friday, November 6th. Over 100 people participated. This was our first on-line Annual Gathering, and it facilitated easy attendance by people from at least seven counties. We are planning an informal gathering in February, to keep the momentum going.

**You're
Invited!**

SHEP Informal Gathering

(On-line)

Friday, 12th February 2021

6.30-9pm

Welcome & Some Project Updates

Guest Speakers

Draft New Logo

Small Group/Breakout Rooms & Short Break

Open Space/Large Group

Join Zoom Meeting
<https://us02web.zoom.us/j/87651915941>
Meeting ID: 876 5191 5941

Everyone welcome! If you can only come for part of the meeting please do still come along. Looking forward to seeing people from Cork, Limerick, Kerry, Clare, Waterford, Wexford and further field!

Welcome to Two New Staff

We are delighted to welcome two new part-time staff to SHEP for 2021: Carmel Savage joins the Coisceim team, working two days per week, on the new TUSLA funded initiative to provide counselling supports to adolescents and young adults. Robert O'Herlihy also joins us, also working part-time, in a new role (Communication and Technical Support and Worker). Robert has strong technical experience and will support us in the Project to continue our work to develop new or modernized internal systems. This position is part-funded by our American supporters Perry and Sandy Massie Foundation. As a result of this recruitment we now have a team of 3 full time staff (Jim, Liam & Ger) and 13 part-time staff: this means that for 2021 we have the equivalent of 10 full time posts.



SHEP Tutor Training 2021-23 Important Expression of Interest/Consultation Meeting

Friday, 29th January

(On-line via zoom) 6pm sharp – 8pm

If you have an interest in participating in the next round(s) of SHEP Tutor training please attend this important meeting, even if you have not already responded to our recent call for expressions of interest.

RSVP: jim.sheehan@socialandhealth.com

Meeting ID: 837 7819 0723

<https://us02web.zoom.us/j/83778190723>

Dial by your location

+353 1 536 9320 Ireland

SHEP Computer Loan Scheme

With the COVID19 pandemic we are very aware that many are being left behind, and of an increasing 'digital divide'. In order to help address this we have started a number of initiatives, including a computer loan scheme. We are pleased that under a recent round of Mitigating Disadvantage Funding SHEP secured €5,000 which we will now use to purchase a further 10 laptop devices and headsets. This will mean we will now have 21 devices in our computer loan scheme.

New Vision and Mission Statements

One of the items considered at the November Annual Gathering were the draft new Vision and Mission Statement. Some further changes have now been made and the revised statements can be read on the SHEP Website: <https://www.socialandhealth.com/about-us/mission-core-values/>

Our Vision

SHEP's vision is of a radically transformed world: that is compassionate, just and fair; where we cherish and celebrate ourselves, each other, and all the web of life; and where each generation passes on a flourishing world to the next.

Our Mission

In solidarity and partnership with others we seek to foster the well-being of people, families, communities and the wider web of life and to contribute to building a healthy, loving, socially just and sustainable way of living.

Update on Current Courses

It's truly extraordinary that all SHEP training is on-line (for the moment at least). We started six Foundation Part 1 (Personal Development) courses in October (all fully on-line). We also started three (fully on-line) Foundation Part 2 (Social Awareness & Community Empowerment) courses. Two Continuing Personal Development Groups have just finished after a year working together (mostly on-line) and a new Continuing PD group has started in Limerick (again fully on-line). The two Facilitation Groups (which started in person last February) are continuing their training programme and will complete the course in March. The Advocacy course was successfully completed before Christmas. In addition a large number of short courses and workshops (all on-line) were delivered reaching people in a large number of counties across the country. This would have been unthinkable only twelve months ago.

SHEP Earth Aware

The popular Greening Our City Series webinar continues; on Tuesday January 26 at 2.30pm our guest is Gitty Korsuize an urban ecologist from Utrecht and the title is Building with Nature, examples from Utrecht. Email: shepearthaware@gmail.com for details. We also continue our very popular Friday's for Earth series on the second Friday of every Month at 7pm. Next month we will be looking at the importance of wetlands and the month of March will be dedicated to trees, so do join us for our lively informative talks with our partners Cork Environmental Forum.

SHEP Community of Practice (Spring Workshops)

In order to support SHEP Facilitators to be involved in on-line facilitation in the Autumn we organised a series of on-line workshops and seminars for August/September which were open to facilitators from all backgrounds. The seminars were all over-subscribed so 13 workshops were organised in total. These were very well received and gave opportunities for SHEP facilitators from different backgrounds to meet up. We have now arranged a follow up series of on-line workshops which will commence shortly.

SHEP TRAINING PROGRAMME – Spring 2021

Applications now open for the following courses
Information on the SHEP Website

SHEP Certificate in Facilitation

Two blended courses (subject to sufficient applications) commencing in February/March 2021
€440 concession/bursary given to all offered a place: course price: €490
Closing Date: **Friday, 29th January**

SHEP Certificate in Continuing Personal Development

Two courses: One fully on-line & one blended group (subject to sufficient applications)
€340 concession/bursary given to all offered a place: course price: €490
Closing Date: **Monday 8th February**

SHEP Certificate in Reflective Practice

Four fully on-line groups
Fully funded (free) places for those who are offered a place
Extended closing date: **Monday 1st February**

SHEP Community Education

A huge amount of work has gone into support our community education courses in the context of COVID19. Most of the delivery for the coming months is now likely to be fully on-line. For further information call SHEP on 021 4666180 or visit the website: <https://www.socialandhealth.com/short-courses-in-the-community/upcoming-courses/>. This January/February 2021, SHEP is offering further courses, again all on-line and all with no charge to participants.

Working on a New Logo for SHEP

Over the next few weeks we will be working with Coolgrey (who did some pro-bono work for us last year) on a revised Logo for SHEP. We have given them feedback on their initial ideas. We hope to bring the second draft to the consultation meeting to be held on Friday, February 12th. Once the new logo has been agreed we intend doing some work later in 2021 to update and unify how we present our work to the public. We have agreed not to change the name and to continue to use both 'Social and Health Education Project' and 'SHEP'.

Updating the SHEP Website

We have started work to update and improve the content and layout of our website. You will see incremental changes over the coming weeks. Robert O'Herlihy is our new Communications and Technical Support Worker and he will be leading this project.



SHEP's Approach to Facilitation

The Generative Dialogue Group has done a good deal of work in recent months to explore and document SHEP's approach to facilitation. We expect this drafting work to be concluded before Easter and we will be able to share this widely in the Project.

Diversifying the Facilitator Base in SHEP

As you know, the Management Committee agreed last year that we need to step up our work to bring in new facilitators into the Project and in particular to diversify the facilitation team in SHEP. It is accepted that this is a complex initiative that will take many years. The Generative Dialogue Group has been asked by the SHEP Management Committee to explore ways in which we might approach this important dimension of our work.

New Foundation Part 1 (Personal Development) Facilitators

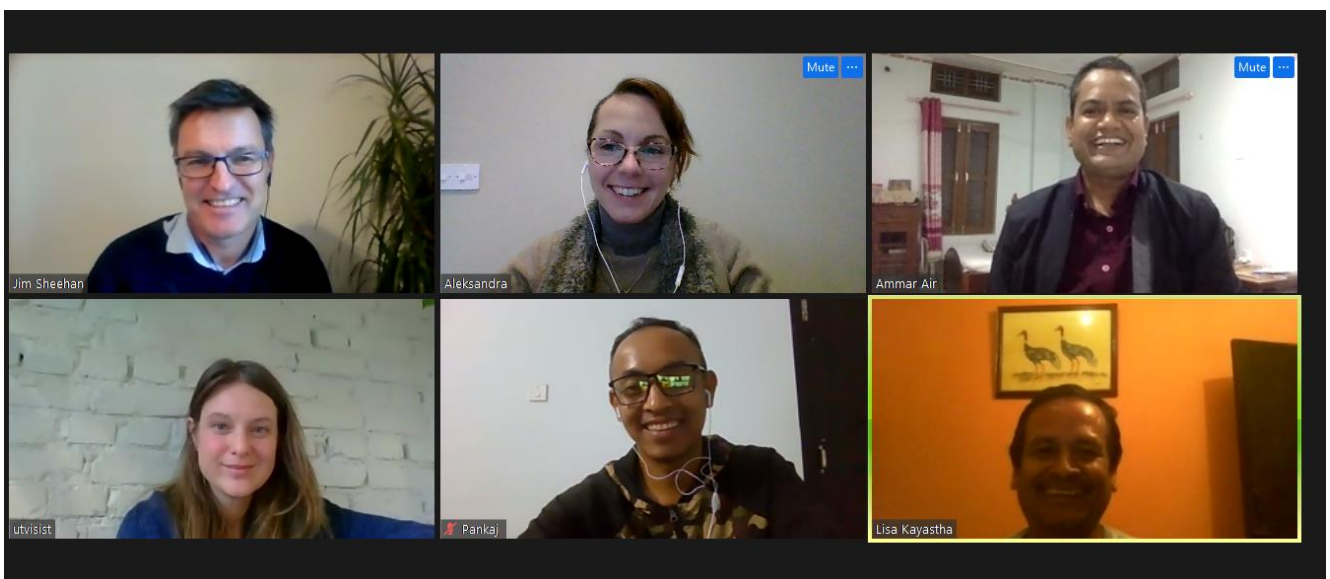
Phase one of a new process to bring new people into this level of training in SHEP commenced last year: 16 people were included. Year 2 of this multi-year process has now commenced. We are deeply appreciative of the support of long experienced facilitators in SHEP to bring in new people into what is very important area of training.

Innovative Peer Training programme for SHEP Community Tutors

In order to support our Community Tutors to facilitate on-line and to develop new course materials we developed a peer training programme for 12 SHEP Tutors in facilitating on-line and the design of new training courses. This programme is now complete and was a great success. We now have plans to start a second group for a further 12 Community Tutors in the coming weeks.

Sahakarmi (Nepal): Deepening our links with Development Fund Norway

The Coronavirus has also caused considerable disruption to programmes and daily life in Nepal. Restrictions on movement were lifted in November which meant that Sahakarmi Staff were able to return to work in the field, although the situation is worsening there again. COVID19 made it challenging to complete the intended work-programme for 2020 – but the team there have done trojan work in difficult circumstances and have met most of the targets set out with Irish Aid. This is our fourth three-year (Irish Aid funded) programme of support with Sahakarmi.



A zoom meeting between representatives of Development Fund Norway, Sahakarmi and SHEP (based in Oslo, Kathmandu and Ireland respectively) in November 2020.

New Management Committee members

During the year ahead we will be bringing on some new members to the SHEP Management Committee. We are particularly seeking nominees from the Advocacy Programme, the Counselling Programme and SHEP Earth Aware. We are also seeking a retired accountant who might be able to join us – if you know of anyone who might be interested do let us know. A very big thank you to Ber Nolan who is retiring from the committee after volunteering for a number of years.

Apprenticeships

Our Community Tutor Apprenticeship programme continues though it has been disrupted somewhat because of COVID19. We are hoping to support at least six to complete SHEP Tutor Training Apprenticeships over the coming months.

UCC Diploma Info Evening for SHEP Graduates

The UCC Diploma will be open for applications again in early Summer – as the intention is that the next course will start in September. The course will probably be open for applications (directly to UCC) in the early Summer. An information session for SHEP Graduates will take place on Wednesday, May 12th at 7pm (on-line).

New SHEP Scholarship Initiative

SHEP is pleased to announce a new Scholarship scheme for SHEP Community Tutors who may wish to participate in the SHEP UCC Diploma in Social and Psychological Health Studies, starting this September. Expressions of interest to Jim.sheehan@socialandhealth.com before February 12th.

Erasmus Plus – Programme Extended because of COVID19

We have secured an extension to our current Erasmus Plus grant funding – which allows us to support personnel to travel to Europe for training. The last training undertaken was in March 2020 when SHEP was able to send four of our facilitators to Germany to do the Foundation Training in ‘Theory U’. No mobilities are currently possible – and it will be some months before the situation will change. Do keep researching possibilities for late 2021 and early 2022.

Very Successful ‘Heart of Front-line Practice’ Conference – November 2020

Heart of Frontline Practice is an innovative collaboration involving SHEP and Ag Eisteacht. Our first conference took place in November (on-line because of COVID) and had over 70 participants at the one-day event. Feedback was very positive.

Work with National Youth Council of Ireland.

We are continuing to support the National Youth Council of Ireland. This year our focus will be on working with them to provide reflective practice training with youth workers.

Address: **The Old Primary School, Ballintemple, Cork.**
Phone: (021) 4666180
Email: socialandhealth@eircom.net
Website: www.socialandhealth.com



SHEP
CAPACITY FOR CHANGE

