



# Nuacht

Edition 47. May 2021

Social and Health Education Project CLG - NEWSLETTER

## Welcome to the new-look SHEP Nuacht

Dear Friends of SHEP. Welcome to the April/May 2021 edition of SHEP Nuacht, our three-times yearly newsletter for everyone connected with the Project: participants, service users, group facilitators, advocates counsellors, committee members, staff & friends.

There has been so much change and disruption during the last year our newsletter is more important than ever to keep you all up-to-date on our news and important developments. We hope you find this edition informative and that you like the new format. On behalf of all of us on the Management Committee I wish to thank you all for the huge levels of support we have received which have helped us find our way through what has been an exceptionally challenging year. Brighter times are ahead. *Angela Murphy, Chairperson*

## Welcome to four new Management Committee members

We want to say a very big thank you to Ber Nolan and Stephen Griffin who stepped down recently from the Management Committee. We are delighted, now, to welcome Laura Minahan to the Management Committee. Three new people will be co-opted onto the management committee (through Boardmatch): Gearoid Condon, Noirín Breen and Anita Murphy.

## Pat McCarthy retiring after 20 Years

The last year has brought huge changes in the Project. Mary Mangan, Mary Murphy Dolores McCashin and Helen Godsell all retired in the past twelve months. Now we get ready to say goodbye to Pat McCarthy, who will shortly retire from her staff role as Coiscéim Coordinator, a position she has held for over 20 years. Pat will be retiring in June and we will greatly miss her.



## Upcoming Events

- 20th Anniversary Celebration of Counselling in SHEP (28th May)
- SHEP Presentation of Certificates Ceremony – (June 10th)
- UCC Diploma: Information Session for SHEP Graduates Wednesday, (12th May, 7-9pm) (on-line)

# SHEP Remembrance Gathering

Over the last twelve months we as individuals and society at large have not been able to come together to grieve and offer each other support when someone who is important in our lives has died. On Friday last, 23rd April, we organised a Remembrance Gathering to create an opportunity for people to come together to acknowledge our losses of all kinds and feel the collective support and holding from the presence of all those in attendance. Among those remembered was our dear friend and former colleague, Mary Lane. We extend our deep sympathies to all of you who have lost loved ones during the last year.

## Spring has Sprung!



## SHEP Presentation of Certificates Ceremony - June 10th

Because of the on-going COVID19 situation we have decided to organise an on-line presentation of Certificates ceremony in June. Participants and Facilitators involved in 13 SHEP Training courses will all be invited. This is our first time doing an event online. We hope to be able to revert to in-person ceremonies in 2022.

## Date for your Diary!

We are planning a gathering of SHEP group facilitators in early September – on Friday 10th September. The meeting will be an on-line meeting.

## Dates for your Diary

### 20th Anniversary Celebration of Counselling in SHEP (28th May)

We are organising a celebratory gathering on Friday, 28th May to mark the 20th Anniversary of the establishment of Coiscéim. You are all invited. It will have to be an on-line event because of COVID19. The link is below – and no need to RSVP. Do come along to hear about key moments on the journey and important new developments happening now, including Lib Multicultural counselling and our TUSLA - funded work with young people.

### Join Zoom Meeting

<https://us02web.zoom.us/j/82848607025>

Meeting ID: 828 4860 7025

Dial by your location +353 1 653 3897 Ireland

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### UCC Diploma: Information Session for SHEP Graduates Wednesday, 12th May (7-9pm) (on-line)

The UCC Diploma in Social and Psychological Health Studies is now open for applications (directly to UCC). The next course will start in September. We are organising an information session on this course on Wednesday, May 12th at 7pm (on-line) for anyone interested SHEP Graduate. The zoomlink is below. It is important to note that you do not have to have or the SHEP Certificate in Facilitation, or even the Foundation Programme, completed to apply for this course. However, completion of these courses will give an advantage. Everyone is welcome to attend the information session – even if you are not considering it for this year it might be something for 2023-25. No need to RSVP.

### Join Zoom Meeting

<https://us02web.zoom.us/j/86868059872?pwd=SEo1TIVJV3ErL2FVNjRZTFUrVmMvdz09>

Meeting ID: 868 6805 9872

Passcode: 612974

## Sahakarmi compound - Phase 2



Building work continues at the Sahakarmi compound in Kolhalpur in South West Nepal. Phase 1 (a new office) has already been completed. This is phase 2 - an accommodation block for course participants. Sahakarmi's vision is to have develop a training centre to train people in the FEST approach and to support project sustainability.

### Nepal Sahakarmi Programme - Year 3 now started

The Covid19 situation in Nepal is deteriorating at the moment, and there are worries now about the current surge in India. The current Irish Aid supported programme has entered its final (third) year. This is the twelve year of Irish Aid funding for Sahakarmi, through SHEP. We have now started working with Sahakarmi and Development Fund Norway on the next application to Irish Aid which will be submitted at the end of the year. We are delighted that Abigail Joffe has joined our team in a part-time capacity to provide development and capacity building for Sahakarmi.

### SHEP Short Courses – all online but increased reach

We have put huge effort since last summer to support our Community Education programme – and there has been extraordinary interest. The Autumn 2020 programme was fully on-line and was a tremendous success. A key factor was that in most cases we were able to support co-facilitation. Currently more than 35 short courses are being delivered supporting over 400 people – all on-line. A huge thank you to our very committed SHEP Tutors for rising to this challenge.

### Strong Demand for all SHEP Training Courses

All our training continues to be fully on-line for the moment, though we will returning to in-person training. This Spring all of our training courses have been adapted for on-line delivery and all have been oversubscribed. Currently there are two Facilitation groups underway, and three Continuing Personal Development Groups. The feedback is very positive and retention rates are very high. For most people it is not their preferred mode of delivery – but one

of the upsides is that it allows some people to participate who would not be able to travel for an in-person course. When the pandemic is over we are likely to continue with some on-line or blended offerings, alongside an in-person programme.

### Our Reflective Practice Training moves on-line

Our work with practitioners continues to gain momentum. There are seven reflective practice courses on at the moment – all fully on-line because of COVID. This work is currently supported by The Wheel and Bons Secours Health System.

### Second round of Peer (on-line) Tutor Training

We are delighted that 13 SHEP Tutors are participating in a second Peer Training Programme to upskill in on-line facilitation. The first course was a great success. This training is being coordinated by Geraldine O'Connell.

### Next Tutor Training to be offered in the Autumn

We are currently drawing up plans the next rounds of SHEP Tutor Training and SHEP apprenticeships. Our intention is to offer the next course in the Autumn and to start the training in early 2022. We expect there to be lots of interest. The course is likely to be blended (a mixture of on-line and in-person) as many of those interested live in areas far from Cork.

### Improvements to the SHEP Website

We are continuing to work to update and improve the content and layout of our website. Robert O'Herlihy is our new Communications and Technical Support Worker and he is leading this project. A big milestone is that we have recently piloted on-line applications for some of our courses – and this has proven very successful. We have also piloted on-line payments and donations.

## New 'Reflect & Engage' course in strong demand

In response to the pandemic we developed a new short eight-hour programme to support practitioners which we have called 'Reflect and Engage'. This new programme – which is delivered two hours over four weeks - has been a great success. We are currently delivering this programme in partnership with Kerry ETB, PSYCHED (Mental Health in the Workplace), and the South East Regional Network of Family Resource Centres.

## Lots of interest in SHEP 'Community of Practice' seminars

We were delighted with the continued interest in our 'Community of Practice Seminars. All of the

our 'Community of Practice Seminars. All of the training was online and provided important opportunities for our facilitators to meet and upskill. The topics for the Spring series included: 'Communicating & Relating from the Inside Out - Part 2' (Dr Helen Ruddle); 'An introduction to Psychodynamic Approaches to Group-work' (Dr Nicola O'Sullivan); 'Group-work and the creation of Sacred Space' (Dr Noel Bradley); 'The Art of Hosting' (Kevin McCaughey); and 'Cultural Sensitivity and self-awareness in Group Facilitation' (Dr Naomi Masheti). The Autumn programme will focus mostly on exploring the new work done on documenting SHEP's Facilitation approach.

The poster is for a seminar titled 'Reconnecting with the Heart of Frontline Practice'. It features a central graphic of a heart with the words 'VULNERABILITY, HUMILITY AND COMPASSION AT THE FRONTLINE' written around it. The text on the poster includes: 'The second national seminar to provide Ireland's frontline practitioners with a safe and nourishing on-line space to reflect on the impact of their work.' The date is 'Tuesday 25th May 2021' from '9.30am - 3.30pm'. It lists speakers: Dr Tim Dartington, Dr Aisling McMahon, and Dr Kate Lucre. It also mentions 'The Compassionate Kidz: practical ways to develop our compassionate identity'.

## New SHEP Course now available: 'Connecting from the Heart'

In response to COVID19 and the fact that almost all our training has had to move on-line a group of SHEP Tutors have designed a new twenty-hour course which is called 'Connecting from the Heart'. The first course is currently underway – with 14 participants (all of whom have completed SHEP Facilitation and are interested in SHEP Tutor Training).

## 'RECONNECTING WITH THE HEART OF FRONTLINE PRACTICE'

## Elders for Earth - Spirituality and the Earth Series & Fridays for Earth

**SHEP Earth Aware** continues our partnership with the Cork Environmental Forum to present speakers on environmental topics and suggest films you might watch in advance. On Friday April 9th we were delighted to host Emeritus Professor John Sweeney of the Irish Climate Analysis and Research Unit (ICARUS) as part of the department of Geography at Maynooth University. Over the intervening 42 years John has taught courses in climatology, biogeography, geomorphology and environmental resource management at Maynooth University and a number of

Earth Awares Maria Young getting stuck in.



universities in North America and Africa.

The second in a series of talks hosted by **Elders for Earth** – took place on Wednesday April 21st - exploring issues such as eldering and earth activism from the perspectives provided by a variety of spiritual traditions. Our guest was Donal Dorr: Donal Dorr is a missionary priest and theologian who has spent many years facilitating workshops on ecology, spirituality and justice both in Ireland and in Africa. The title of Donal Dorr's talk was 'A personal view of a catholic through the lens of poetry'.

## Moving Forward with Advocacy

Changes in the SHEP Advocacy Team & SHEP Advocacy Team move back into residential settings.

We want to say a huge thank you to Geraldine O'Connell and Una Furey who have formally retired from their advocacy work with SHEP. They have made a huge contribution over the past twenty years and we thank them sincerely for all their efforts and commitment. A big welcome to Sharon Galvin, Laura Minihane, Mary O'Leary and Siobhan Hamblin who have joined the SHEP Advocacy Team.

The SHEP Advocacy Project was in a state of transition (shifting the focus from one to one to group advocacy) as we went into the first lockdown in 2020. This meant that the direct group advocacy facilitation work had to be put on hold in the three residential settings where we have an established presence; St Raphael's Centre, St Vincent's Centre and Cobh Community Hospital. Over the year this has shifted alongside shifting restrictions and we are now moving back to providing advocacy support in these three settings. The advocacy project continues to provide one-to-one signposting and some advocacy support in these difficult times but has kept to the principle of focussing on group advocacy.

### We are working on a new Strategic Plan 2021-2026

The Management Committee have agreed that over the next few months we will bring together the main decisions of our inquiry/generative/planning process by compiling a short, rolling strategic plan for 2021-2026.

*Dr. Nicola O' Sullivan & Dr. Maeve Hurley, Ag Eisteacht, with Jim Sheehan - Organisers of 'Reconnecting with the Hearth Frontline Seminar'*



### 'Our Rights and Medication' Advocacy Group

SHEP is proud to hold and facilitate the 'Our Rights and Medication' Advocacy group. This is a network of interested individuals and organisations that have come together to address our rights to informed consent and informed decision making with regard to medication. There is evidence that raises concerns, in particular the overuse of psychotropic medications in the areas of intellectual disability, mental health and in older age, especially where people are living in residential care. We have recently made contact with a UK NHS project that has been leading on this work following independent reports that have identified the seriousness of this problem. Zoom has allowed for this space and it will be a very helpful link.

### Generative Dialogue Group - Diversifying the Facilitator Base in SHEP

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 just completed a series of five sessions, facilitated by Dr Anne Rath, to consider what is involved. A key conclusion is that in order to support a diversifying of the facilitation team SHEP must support diversity more fully across the whole organisation and in all aspects of our work. A number of practical idea and next steps have been identified.

### SHEP On-going Development Programme

This important SHEP programme continues to be on hold for the moment. We are hoping to re-activate this programme in Spring 2022.

## 'SHEP's Approach to Facilitation': new resource finalised

The Generative Dialogue Group has also done a good deal of work in recent months to explore and document SHEP's approach to facilitation. This work has now been concluded and it will be an important new resource to the project. The group is meeting shortly to consider how we might share this widely in the Project.

## Supporting Parents of Children with Autism.

We are very pleased that a second round of support sessions for Parents of Children with Autism has commenced. The first round was a great success.

*'We have to walk in a way that we only print peace and serenity on the Earth. Walk as if you are kissing the Earth with your feet.'*

*- Thich Nhat Hanh*

## SHEP Choir

The SHEP Choir has started meeting again after a break. A big thank you to Pat Sheehan Corbett for all her work to support the choir members in difficult times for singers!

## SHEP continuing to support Organisations

We are pleased that, despite the extra pressures of managing our work in the pandemic, that we have still been able to work to support a number of other organisations. Recently we have been working with The National Youth Council of Ireland (NYCI), Cork Education Support Centre, PSYCHED, ADODE, COPE, Headway, Brothers of Charity and staff of the Cork-Kerry Traveller Projects. We are also pleased to start a new initiative to support health staff working with Bon Secours Health System.

*SHEP Cert. in Personal Development course participants 2019.*



## Planning for the Autumn Programme

We have started working on plans for the autumn, though it is difficult at present, to speculate what public health guidelines will allow us to do in the Autumn. We are hoping to arrange eight Foundation Part 1 (Personal Development) groups and three Foundation Part 2 (Social Awareness & Community Empowerment). Feedback on the foundation training offered over the last few months has been very positive, despite it all having to be fully on-line

## Please support the SHEP Solidarity Bursary Fund

The SHEP Solidarity Bursary Fund was established in 2014 to mark the 40th Anniversary of the Project to support those who have the least resources and also the many individuals who want to do SHEP training courses but cannot afford to pay the full fee. The number of applicants who have asked for concessions continues to grow each year and we have been able to provide a concession to almost 500 participants since it was established. The Bursary Fund continues to be a vital source of income for this purpose.

In order for the SHEP Solidarity Bursary Fund to continue its vital support we would be most grateful if you would become a SHEP Sponsor for 2021 and donate to the fund. Any contributions, no matter how small, will be graciously received. 100% of your donation will go into the fund – there will be no deductions for administration. A minimum donation of €250.00 can be worth €362.00 to the Bursary Fund as SHEP with your permission can claim a 31% tax rebate from Revenue. You can choose a monthly donation or a once-off donation. If you are willing to help and would like further details please contact Aleksandra Rogulska at the SHEP office 021-4666180 or email [aleksandra.rogulska@socialandhealth.com](mailto:aleksandra.rogulska@socialandhealth.com)



## WIT MA in Advanced Facilitation Skills for Health & Well-being

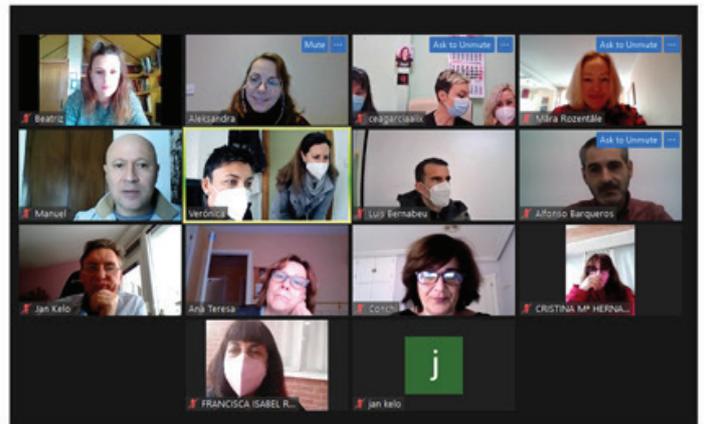
“Do you want to become a highly skilled facilitator and advance within your chosen profession or seek new employment opportunities? The Master of Arts in Advanced Facilitation Skills for Health and Well Being is an innovative practice orientated programme, the only one of its kind nationally. It is designed to enhance personal growth and development to advance knowledge, skills, attitudes and competencies required for effective facilitation for promoting health and well-being with groups, individuals and key populations.

The skills acquired on this programme are essential when engaging with individuals or working with groups. This is a full time course and its delivery reflects the flexibility required for adult learners. The programme is delivered in Dublin on one Friday and Saturday per month per semester and 3 residential weekends dispersed across the 3 semesters from September 2021. See attached flyer for more details. For further information check out [www.wit.ie/wd591](http://www.wit.ie/wd591) or contact the Course Leaders directly at [PCarroll@wit.ie](mailto:PCarroll@wit.ie) / [MLBarry@wit.ie](mailto:MLBarry@wit.ie)”

### SHEP ERASMUS Plus Programme

The EU funded KA1 programme (Staff training abroad) is also on hold for the moment. We managed to send four personnel to Germany last March (to do the Theory U Foundation Programme) – but no training has been possible since then. We are hoping to reactivate this programme in the late Autumn or early next year. Our new KA2 Programme (a Strategic Partnership with four European Partners with the theme of Storytelling as a tool for Adult Education) has started but all the work is on-line for the moment.

A Zoom meeting of the Strategic Partnership with four European Partners with the theme of Storytelling as a tool for Adult Education.



## OUR SHARED VISION AND MISSION

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



Be compassionate, just and fair;



Cherish ourselves & each other;



Pass on a flourishing world

