



The Social and Health Education Project



Annual Report 2019

Foreword



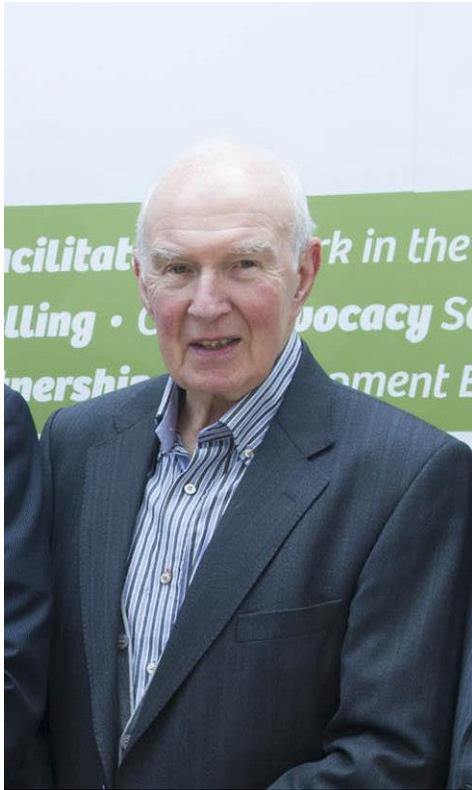
2019 was another very important year for The Social and Health Education Project (SHEP) with over two thousand persons and over thirty groups directly supported by the Project through training, counselling, and advocacy or through other supports.

SHEP has made very good progress in 2019 with the implementation of our 2019 work-plan across all of the SHEP's eleven key areas of work. The granting of €100,000 once-off funding to SHEP, and the securing of significant, additional funding from non-HSE sources, allowed the Project to implement most of the 2019 programme and in many cases to exceed our targets. It also allowed for some important innovations and modifications of the work-plan in response to needs that emerged.

Like all community and voluntary groups, there have been significant challenges over the last number of years and 2019 was no exception: we are continuing to do 'more with less'. We remain significantly under-funded and this is an on-going challenge.

At the same time the Project continues to grow and adapt, to be responsive to the needs in the community, and to demonstrate that it is contributing significantly to individual and community health and well-being. We are engaging in more and more collaborations, we continue to tailor our programme to local needs, and for the first time we delivered training in County Kilkenny.

The Project is a collaborative effort involving Trainers, Tutors, Counsellors, and Volunteer Advocates, a small staff team, and a large number of people who volunteer with us including those on the SHEP Management Committee. Together, we are doing important work building capacity for positive change. This is something we are very proud of.



Canon Donal Linehan, RIP

Co-Founder of The Social & Health Education Programme

It was with great sadness that we heard of the death, on July 19th, of Very Reverend Canon Donal Linehan, who was the co-founder of The Social and Health Education Programme. In 1974, Donal, along with a number of others, had the vision and drive to establish an innovative programme in Ógra Chorcaí to support the health and well-being of young people. Forty five years later the ethos he brought to this work continues to guide us in SHEP.

Many of you will know of Fr Donal or know him well. He made a huge contribution to Cork in many ways over several decades through his involvement in a number of initiatives as well as through his own personal ministry in the church. His concern for people and marginalised communities was always to the fore, as was his commitment to social justice. This continued right throughout his life, even into his retirement. A deeply spiritual man, he often worked quietly and modestly. The range of his work is wide and his legacy is considerable.

I came to know Donal for the first time when we were starting our preparations for the fortieth anniversary of The Social and Health Education Project in 2014. I found him to be a gentle, kind and very humble man embodying the qualities we hold dearly in our project: integrity; personableness; kindness, generosity, and a genuine concern for others. It was a privilege to get to meet him and to get a sense of the person who played a key role in establishing our Project. We are proud of our association with him, and are privileged to have benefited from his vision, leadership and pioneering spirit. He will be greatly missed.

Air dheis Dé go raibh a anam dílis.

Jim Sheehan

Canon Donal Linehan, RIP

At the SHEP 40th Anniversary Celebrations in June 2014

Key Developments in 2019

There were a number of important developments during 2019. Six were particularly important:

Move to The Old Primary School, Ardfoyle

In 2019 we left Ballincollig in September and moved to The Old Primary School at Ardfoyle, in Ballintemple. The new premises is the property of the OLA Sisters (Sisters of Our Lady of the Assumption). We were well served by the premises in Ballincollig which was our home for 12 years. This is the fifth move by the Project in 45 years. Previous homes have been Sheares Street, Grattan Street, Western Road, and Bessborough.



Move to Northside Community Enterprises, Farranferris

The move to Ardfoyle was part of a broader decision by SHEP to orient our programmes better to both sides of Cork city. In September we also moved into Farranferris in late August, where we now rent one large training room and two meeting/counselling rooms. This new venue replaces The Granary, at Bessborough, which was used by SHEP for training groups for many years.

Celebrating 10 Years in the Mid-West

In 2019 we celebrated the 10th anniversary of the current phase of SHEP work in the Mid-West. There were a number of previous rounds of SHEP training, stretching back many years. However, a sustained programme has been underway for the past 10 years and has involved the delivery of over 33 SHEP courses (involving over 330 participants). Our local partners include the Mid-West Regional Drug and Alcohol Forum, Limerick and Clare ETB, and the HSE Mid-West.

Long-term Planning Process Continued

During 2019, we continued the discernment process to explore some strategic questions relating to the longer-term direction of the Project. This process has been informed by Otto Scharmer's 'Theory U'. A number of key questions had been surfaced in late 2018 and these were the basis for the on-going inquiry in 2019, which was supported by an enlarged Strategic Development Sub-committee. Decisions have been taken with regard to the majority of the questions raised and action taken. The outstanding issues (such as revising the Vision and Mission statements) will be finalised in 2020.

Expansion of Limerick Healthy Ireland Funding:

Another important development in 2019 has been the decision to pursue Healthy Ireland funding, not just in County Limerick but also in County Clare, and to seek similar funding for pilot work in County Tipperary. This is part of a deliberate strategy to bring the SHEP Training more generally into the Mid-West Region. This is a long term strategy which is based on collaboration with local partners and an incremental approach.

New Chairperson

At the AGM in May 2019, Angela Murphy, who has been the Vice-Chairperson for the last two years, was appointed SHEP Chairperson, taking over from Siobhan O'Connor. Siobhan served as SHEP Chairperson for four years. Carrie Whitty has been appointed as the new Vice Chairperson.



Angela Murphy making a presentation to Siobhan O'Connor. Siobhan had volunteered on the Management Committee for ten years and was SHEP Chairperson from 2015-2019.

Important decisions in 2019

SHEP's Geographic Work Area

It was agreed that we should drop the 'regional' tag from our description. In future we will describe SHEP as 'Irish Community-Based Organisation, with its head office in Cork'. The Management Committee confirmed that as a Project we are committed to allowing the work to grow organically and incrementally in response to emerging needs. This enabled a number of important milestones (bringing the SHEP work to four new counties):

- First open Training course offered in **Kilkenny**: A Reflective Practice for Practitioners (Critical Reflection Model) in Kilkenny. The programme was funded by the Department of Children and Youth Affairs and was focused on those working in early intervention. The training was hosted by our local partner, Ossory Youth Service.
- SHEP short courses offered for the first time in **Clare**, with support from Healthy Ireland.
- SHEP course offered for the first time in **Tipperary** (Nenagh) – as part of a new collaboration with HSE Mid-West to provide support to their staff.
- First SHEP Training in **Dublin** (October 2019) – a day long customised training for the staff of The National Youth Council of Ireland.



Some of the staff of Youth Work Tipperary who are participating in a SHEP four day in-company training programme on reflective practice and organisational learning – Cashel, January 2019

Bringing in new SHEP Facilitators

In 2019 the Management Committee agreed that a new, long-term initiative to bring new people into the work as facilitators was essential and should be commenced as soon as possible. While extensive work has been done by staff over the last number of years to bring in new facilitators, it was agreed that a more ambitious and more innovative initiative is now required. A strong emphasis is to be put on broadening the facilitator base (including increasing its diversity) and the development of a community of practice among all ‘SHEP Facilitators’. Importantly, it has been agreed that this process should be informed by previous policy positions on the selection of Trainers but should not be constrained by them.

Part 1 of our new initiative to bring in new Facilitators to SHEP was commenced in 2019 with 16 people, mostly from the SHEP Tutor group, being selected for this phase of the process. Over the next few years, we will support them through apprenticeships or other pathways to become Facilitators of the SHEP Personal Development course. This phase will take a number of years to implement. Six of the group started in September 2019.

Community of Practice (Annual, Regional Meetings of SHEP Facilitators)

In 2019 the Management Committee agreed that we will try out, for two years, a new, simpler approach the which involves the coming together of all facilitators involved with SHEP in each geographic region area, once per year, i.e. All Cork Facilitators; All Kerry Facilitators; All Mid-West Facilitators; & All South-East Facilitators. It was agreed that the emphasis should be on supporting the development of a community of learning and practice. All four meetings took place in 2019 and the feedback was very positive.



SHEP Facilitators at the First Annual Gathering of Mid-West SHEP Facilitators, in Limerick on 27th February.

Drafting of New Vision and Mission statements

During 2019, the Strategic Development Committee worked on preparing a new set of guiding vision and mission statements for the Project. Drafts have been prepared and these will be finalised in 2020.

Strengthening the SHEP Training Programme

A good deal of work has been done in 2019 with regard to strengthening our foundation programme and strengthening certification in SHEP. A new set of actions has been agreed. Important work has also been done to document SHEP's approach to training, our approach to facilitation and what is expected of SHEP Facilitators.

Decision not to Re-engage with Quality and Qualifications Ireland (QQI)

Following careful deliberation in 2019 the SHEP Management Committee decided that SHEP will not re-apply to maintain our registration with QQI when it comes up for renewal. The experience of being registered with QQI was positive and helpful, but the Management Committee agreed that going forward our focus is to continue offering experiential training largely without assessment and to emphasise the value of and strengthen SHEP certification. SHEP will continue to collaborate with UCC to offer the UCC accredited level 7 Diploma in Social and Psychological Health Studies, which continues to be an important part of our Training Programme.

New Initiatives in SHEP Counselling

Two areas have been agreed with regard to the continuing development of SHEP' Coisceim Low Cost Counselling Programme:

- It was agreed, resources permitting, to expand our work with **vulnerable young people** seeking counselling support. We already provide such supports and this work is growing. The project is unable to address growing levels of demand. An application has been made to TUSLA for additional funding to support an expansion in this area of work.
- It was agreed that the second area of development should be in providing supports to those seeking asylum. A new initiative – **CAIRDE Counselling** – commenced with the support of a number of volunteer counsellors.



NEW FUNDING in 2019

US Donor funding for Limerick

In 2019 we received a grant of USD \$25,000 from the Sandy & Perry Massie Foundation to support the training programme in Limerick.

New Grant Funding from Department of Children & Youth Affairs

In 2019 we were successful in our application to the Department of Children and Youth Affairs - under their Quality and Capacity Building Initiative. We received a grant of €20,000 – for three important initiatives, below:

- Facilitating **Practice Dissemination Workshops** with 10 Family Support Networks in Cork in the use of network practice tools for effective Inter-Agency working.
- Establishing a **Reflective Practice Group** in Cork as a support for teacher-participants in the QCBI-funded Grief, Loss & Change facilitation training when they commence delivery of the 'Seasons for Growth' programme in school, and to share good practice.
- **Reflective Practice Groups in South East** – organise three, externally co-facilitated groups of 10 practitioners – mostly youth workers & family support workers); two in Waterford and one in Kilkenny; involving 30 hours of training.

New Erasmus Plus KAI grant secured

In 2019 we were successful in securing a new Erasmus KA1 education mobilities grant over two years, commencing July 2019 which is focussed on supporting the up-skilling of personnel involved with the SHEP Mid-West Programme. This is our fourth successful application to Erasmus KA1.



Other KEY Developments

HSE Mid-West Community Health Care Staff – Pilot initiative for Staff

As part of an important and exciting new pilot initiative we successfully organised three short courses in late 2019 for HSE Mid west staff – in Limerick, Nenagh and Co Clare.

SHEP Reflective Practice – first course in Limerick.

In 2019 a SHEP Reflective Practice Training group has delivered for the first time in Limerick City.

Collaboration with Ag Eisteacht & Caidreamh.

In 2019 we entered into a new collaboration with Ag Eisteacht and Caidreamh regarding developing a new initiative to support practitioners.

KAI Consortium

In late 2019 we were successful in securing additional Erasmus Plus KA1 funding for a consortium application of five Cork Groups, coordinated by SHEP.

Collaboration with Cork Education Support Centre

Important work took place in 2019 in collaboration with the Cork Education Support Centre. There was excellent feedback from the teachers' summer course.

New 'Social Awareness & Community Empowerment' Courses.

Significantly, for the first time in a long time we had two full Social Awareness Courses in Cork (one the standard offering, and one the new offering). A third course was delivered in Limerick.

New SHEP Policy on Inclusion

In 2019 the Management Committee approved a new organisation-wide policy on Inclusion in SHEP.

New Facilitators (South East – Reflective Practice)

Four new facilitators joined the team in 2018/19. Two participants were selected to be apprentices in delivering each of the two Reflective Practice Programmes in Waterford - i) Critical Reflection and ii) Personal and Professional Development.

World Community Development Conference.

Jim Sheehan and Amar Bahadur Air, (Executive Director of Sahakarmi Samaj) co-facilitated a very well received Practice Workshop on 'International Learning Partnership', at the World Community Development Conference in Dundee, in late June.

Personal Development Training

In 2019 eight groups in total completed the SHEP Certificate in Personal Development (which commenced the previous September). We completed six groups in Cork: two in Ballincollig, two in Blackrock (the Granary); one in Mallow and one in Mitchelstown. There was also one group in Kerry (Tralee) and one group in Limerick. 135 participants started. 106 people (86 women and 20 men) were awarded a Certificate having achieved more than 80% attendance on this 127 hour course over eight months.

In 2019 we continued to support people to access the programme – with 41 participants fully subsidised and 45 people receiving concessions. Funding from the Department of Social Protection continues to be a very important source of funding to support social welfare clients to access our personal development training.

In September 2019 we organised a further seven groups – five in Cork (including, for the first time, one morning group); two in Limerick and one in Tralee with 105 participants.

In 2019 we also organised four Continuing Personal Development courses - two in Cork and one in Kerry and one in Limerick – with 53 participants. This was the first time in SHEP's history that there were four CPD courses running in the same year.

Social Awareness Training

In Autumn 2019 organised and completed three courses (two in Cork and one in Limerick) with 73 participants (15men and 58 women). 64 participants (88%) (11m; 53f) received a Certificate (having achieved an attendance of more than 80%) and a further 5 participants received a Statement of Attendance.

Two of the courses followed the normal delivery pattern of 78 hours over 5 weekend workshops from September to December. We innovated with one of the Cork courses – 13 week-night sessions of 3 hours and 5 weekend days. This most definitely increased the demand for the course. The course in this format was very well received – 92% of the evaluations (n=14) indicated they would have found it extremely difficult to do the course if it had been on weekends only due to work and family commitments.

Community Education for Health & Well-being

SHEP's Community Education for Health and Well-being offers a range of short courses in the community.

In 2019, 1163 people participated in 99 community-based personal development courses/workshops in community centres across Counties Cork, Kerry, Limerick and Clare arranged through SHEP. The completion rate was 76%. The number of men participating was 27%.

71 of the 99 courses/workshops were 5-8 weeks in length (mostly 8 week,20 hours courses) and these involved 619 (53%) of the total participants on our Community Education Programme.

Introduction to Personal Development, Living with Grief, Loss & Change, Caring for Our Wellbeing, Effective Communication, Women's Health & Managing Stress were the most sought 8-week courses. The other 514

participants were involved in shorter (mostly one session of 2-3 hours) workshop type events such as Life Long Learning, Caring for Wellbeing for Carers, Schools and Inter-Agency trainings.

The programme involves a considerable investment of resources and much collaborative effort - 1400 facilitated courses hours with direct tutor costs involving circa €110.000 – these tutor costs were resourced in 2019 by a mix of funders and grants most prominently being Cork ETB, Kerry ETB, Healthy Ireland Limerick, Healthy Ireland Clare, HSE programmes, CVS grants and SHEP’s own programme resources. The programme involves over 50 collaborations with separate organisations across the work area.

The 2019 activity level represented a scaling up of the programme as per our work plan objectives over 2018 and exceeded the participation target of 1130.

Facilitation Training

There was one the SHEP Facilitation course in 2019 – in Cork - with 16 participants, 14 of whom received a certificate.

Also, a group of nine participants completed the assessment for QQI-accredited Level 6 Group-work Theory and Practice (based on their previously completing SHEP Facilitation Training).

Collaborative Training: SHEP-UCC Diploma



Some of the Graduates of the Diploma in Social and Psychological Health Studies at the UCC Graduation in November 2019, with Aileen Fitzgerald and Jim Sheehan.

All ten participants who started Year 2 of the two year Diploma programme in September 2018 successfully completed the programme and graduated in UCC in November 2019. This was the smallest graduating group ever (only 17 had started the course the year before),

A new group of 23 people commenced the SHEP UCC diploma on in September. Celine Griffin was selected during the summer (through an interview process) to be the new course co-tutor.

Reflective Practice

Four ‘Critical Reflection’ courses were run in 2019 funded by the Bon Secours Community Initiative Fund, each of 30 hours (typically 10 x 3 hours sessions from March to December). 46 participants from diverse backgrounds commenced: 39 (85%, 5 male and 34 female) received Certificates and a further 5 received statements of attendance. One of these courses was held in Limerick, the first time the course had been offered in that area.

“This course gave me the courage to speak out my truth whether it was positive or negative to people I would not normally have the courage to speak to. It gave me a sense of my true self and the courage to express my opinion” (Kerry Participant)

Feedback from participants in evaluations was hugely positive and affirming of the need being met for this type of reflective space and practice support in the field.

Four courses supported by The Wheel were completed in Waterford in May 2019 (having started the previous September). The participants were all drawn from the community sector across the South East.

Three further courses commenced in September in the South East, funded by the Department of Children and Youth Affairs, and aimed primarily at supporting frontline workers interested in early intervention approaches (Two in Waterford and one in Killkenny). A fourth course was commenced which was open to practitioners from any background – and this ran in SHINE DISCOVERY in Waterford.

Altogether in 2019 over 100 practitioners have engaged with either the Critical Reflection Model course or the follow on course that uses a blend of materials drawn from Theory U and other approaches.



*Beatrice Barry Murphy, Liam McCarthy, Paula Carroll and Anne Rath,
Who presented at SHEP's first Reflective Practice Seminar in Waterford on March 7th*

Training Supports for Other Organisations

Throughout the year we provided customised training, facilitation and technical support to more than 30 groups and organisations in Cork, Kerry and Limerick; though pressures on staff resources meant that less time could be devoted to this than we would have liked. Examples include training for teachers in Christ the King Secondary School, community planning with Tracton Community Council, facilitation support for Westgate Foundation, and staff supervision for some of the staff in Marymount Hospice. Training programmes were provided to organisations including Ossory Youth Service, Matt Talbot Addiction Services and Kerry Education and Training Board.

The in-house staff training to two youth organisations - Youth Work Tipperary and Ossory Youth – was a significant undertaking – and was co-funded by The Wheel. The aim of the four day training (for each organisation – was ‘Supporting a Culture of Reflective Practice and Organisational Learning.’



Some of the participants at the second session of the Intercultural Dialogue programme in Cork in February with co-facilitators Sam Afolabi and Vera Stojanovic. This was a new collaboration involving SHEP, Cork City Partnership, CESCA, New Communities Partnership and Cork City of Sanctuary.

Training work with Teachers

In 2019 we completed a 35-hour training with three groups of teachers funded by QCBI grant - Tusla/Dept. of Children & Youth Affairs: St. Aloysius Secondary School, Carrigtwohill: North Presentation Secondary School, Cork (including teachers also from North Monastery SS, Terence McSwiney Community College). In we also completed a 35-hour training with one group of teachers & Special Needs Assistants funded by Tusla/Dept. of Children & Youth Affairs at Glanmire Community College (including staff-members also from Colaiste an Phiarsaigh, North Monastery SS, Terence McSwiney Community College and Carrigaline Community School)

COUNSELLING

SHEP's Coisceim Low-cost counselling service continued to support a large number of people in 2019 with the support of a number of funders and in collaboration with a large number of locally based projects.

A total of 650 clients sought counselling (517 Adults & 133 under 18's) and of these 549 were assessed. 390 Adults (284 Females: 106 Males) were supported with counselling - including 16 couples. 55 Young Adults (19yrs-25yrs) - 42 Females: 11 Males, including one couple – accessed counselling. The service also supported 97 Under 18's (55 Females and 42 Males). 5 Women and 4 men were also supported through the new Cairde counselling initiative. In total over 4500 Counselling Hours were provided through the support of 94 counsellors.

Coisceim referral sources remain mainly word of mouth, GP's, SAL, SVDP, Respond Housing, Home School Liaison Teachers, Social Workers, SHEP Courses, SHEP Website, and Google.

The consolidation of Cairde Counselling continued in 2019 with the interim appointment of a Development Counsellor working 3 hours per week.

The Evaluation/Review of Coisceim also commenced in October 2019 and was carried out by Anne McCarthy, of Anne McCarthy & Associates, Dublin. The evaluation will be completed in 2020.

ADVOCACY

CAS has been offering one to one advocacy support, facilitating group/collective advocacy and facilitating various advocacy trainings for the past ten years. The resources that CAS has are limited and it is proving difficult to do all elements of the work well with the resources we have. In 2019 it was decided that CAS, instead of attempting to cover all the above elements of advocacy work, will focus on facilitating group/collective advocacy and advocacy training. This will mean a change of name to reflect the changes to our work and we will refer to the work as the SHEP Advocacy Project.

There are a number of other reasons why this decision has been taken and include: The development of national advocacy services that focus on one to one advocacy work and the emerging agenda for accreditation in and professionalization of the independent advocacy role; The increasingly complex nature of the one to one advocacy work which is demanding, requires access to resources and ongoing training and can be long term in nature leading to unreasonable demands on volunteer advocates; The general lack of access to group/collective independent advocacy facilitation and the potential for this work to support peer and self-advocacy; and the aims of SHEP to build capacity for change through experiential learning and participatory group work and these aims are supported in this change.

In 2019 CAS provided advocacy support to 30 individuals. The one to one advocacy work was closed for new referrals in September and a robust signposting process has been implemented to ensure people are supported to access one to one advocacy.

The SHEP Advocacy project continued with group advocacy facilitation in three residential settings. Where the advocacy service is available as group advocacy, flexibility is built in to ensure any immediate and relatively straightforward one to one advocacy enquiries in those services can be supported as required.

Some examples of activity in 2019 include;

- An eight week Introduction to Self-Advocacy course was delivered to a group of residents in one of the services.
- A facilitated piece of work that led to the development of a residents' rights handbook culminated in a co-facilitated session with staff to raise awareness.
- A service that went through a particularly difficult time after a HIQA inspection benefitted from regular independently facilitated residents' meeting to ensure residents' concerns were raised and information about changes was shared.
- The SHEP Advocacy project facilitated the 2019 Independent Advocacy Gathering. This has become an annual event and is always well attended by people using services, carers and workers.
- The SHEP facilitated advocacy group 'Our Rights and Medication' has continued to develop resources and deliver presentations and information sessions and will seek to strengthen this work in 2020.

We hope that through these service changes we will be able to focus on particular areas of advocacy that are generally neglected in the wider arena advocacy development in 2020.

INTERNATIONAL PARTNERSHIP

During 2019 SHEP supported Sahakarmi Samaj to complete Year One of the new Irish Aid and Development Norway Funded. This is the fourth three-year grant secured by SHEP from Irish Aid to support Sahakarmi Samaj's work with marginalised communities in South West Nepal. The programme is also significantly match-funded by Development Fund Norway. This project is an excellent example of international collaboration among different partners to deliver a progressive and innovative project which is improving the lives of very vulnerable people and communities in South West Nepal. Nepal is the poorest nation in South East Asia, and one of the least developed nations in the World. This International Learning Partnership (between SHEP and Sahakarmi) has been in existence for over 12 years and continues to grow and develop. The Learning Partnership has been supported by Irish Aid since 2007, with three grants during 2007-2017, and now this fourth project.

This Nepal Community Empowerment for Strengthening Local Government project started on 1st July 2018 and will now continue to the end of December 2021 (three and a half years in total) following a six months no cost extension of Year 1. The focus of this fourth project is somewhat different from previous work (where the focus was solely on promoting community empowerment and governance at local level in sustainable way. This new project builds on the success of the work over the last ten years (particularly the use of the FEST methodology), but has a much stronger focus on the connections between local grassroots community organisations and local development; in particular, it responds to important, recent changes in how local government is now organised in Nepal. At its core is a belief in the importance of Civil Society working with and supporting emerging (federal and local) government structures as a key way to sustainably support Nepali civil society.



Man Bahadur facilitating a training on public advocacy and leadership in Mahakali Municipality, Kanchanpur in September 2019.

The NCESLG project is being implemented in five target districts: Kanchanpur, Kailali, Bardiya, Jajarkot and Dang - spanning three Provinces (Sudarpachim, Karnali & Province No.5) in South West Nepal and including some work at national level (in terms of training and advocacy). At local level the NCESLG project intends to mobilize 10 Community-Based Networking Organisations (established by Sahakarmi), from the above mentioned targeted districts (7 already established, one being re-formed, and two new CBNOs). A no cost extension (six months) was granted by Irish Aid in November 2020, extending Year 1 to 18 months (finishing on 31st December 2019), and with the project end date now becoming 31st December 2021. The project will now be of 42 months' duration.



Jim Sheehan, Ammar Air & Aleksandra Rogulska: January 2019

Earth Awareness

During 2019 SHEP Earth Aware continued to provide a public platform for expert speakers across a number of fields. This included *Every Breath you Take* by atmospheric scientist John Sodeau, *Climate Change, Opportunity or Threat* by Dr Peadar Kirby of Cloughjordan, *Climate Changes Health* by Dr Christie Godsmark, *The Bride Project* by Tony Nagle, *Change the Landscape not the Climate* by Permaculturalist Donal Chambers, *Water, Privatisation Struggles and the Commons* by Órla O'Donovan, *Ecological Grief and Anxiety* by Ger Murphy, *Transforming Agriculture for People, Biodiversity and Climate Change* by James O'Donovan.

In October 2019 SHEP Earth Aware collaborated with Ecowell, the EPA, Cork Healthy Cities and the Environmental Research Institute on the presentation of a seminar at Cork City Hall titled *Cork, A Healthy City in a Changing Climate*. This popular seminar was well attended and was aimed at an audience of city council officials and public representatives.

In November SHEP Earth Aware collaborated with the SMA, OLA, Elders for Earth, Healthy Cities and the EPA on a unique Intergenerational Climate Justice Conference that took place at Cork City Hall in November. President Michael D. Higgins delivered an inspirational key note address at this conference designed by the partners mentioned above and school activists from secondary schools across the city. Invited speakers included Friday for Future Youth Activist Saoi O'Connor, Lorna Gold (Trocaire), Denise Cahill (Cork Healthy Cities), Fr Séan Healy (Social Justice Ireland) and Peadar Kirby (Cloughjordan Eco Village).

With the Elders for Earth, SHEP Earth Aware continued to support the Fridays for Future campaign outside the City Hall every week, and also were proud participants at the several climate marches that happened across the City over 2019.



Some of the large group gathered at Parc a'Tobair in Rosscarbery in April to mark the hand-over to The Green Sod. Pairc' Tobair have been key collaborators with SHEP to establish SHEP Earth Aware.

Key Challenges

In addition to managing the growing work-load there were two key challenges for SHEP in 2019:

Office Move: The move of the office from Ballincollig to Ardfoyle had to wait until September – which is one of the busies times of the year, with many courses starting. In the end, the move worked out well, though it put significant pressure on staff. The move has worked out well for SHEP though Ballincollig was a good location for the Project and the space their served us well.

Staff on Leave: three of our senior staff needed to take leave for personal /health reasons for a number of weeks or months which meant that there were additional pressures on staff to provide the necessary cover.

Governance

As a community and voluntary organisations SHEP continues to put considerable energy into promoting and further developing good governance in the Project:

Codes of Good Conduct; SHEP continues to subscribe to a number of codes of good practice including: The Wheel Governance Code; Dochas Governance Code; ICTR Code on Fundraising; and Dochas Code on Images and Messages.

SHEP Management Committee members: The following members of the Management Committee retired during 2019: Siobhan O'Connor, Ann O Sullivan, Alice Foley Tague, Sinead O'Connor, Deirdre Lillis and Vera Stojanovic. Four new members jointed: Jim Murphy; Rebecca O'Mahony, Lorna Rice Davis and Liam McCarthy. At the end of December, the following were members of the SHEP Management Committee:

- Angela Murphy (Chairperson)
- Stephen Griffin (Co-optee) Industry
- Rosarie Coleman (Trainers' Nominee)
- Dolores McCashin (Trainers' Nominee)
- Ber Nolan (Tutors' Nominee)
- Carrie Shanahan (Co-optee) Industry
- Roy Kelleher (Co-optee) Industry
- Jim Murphy (Co-optee)
- Rebecca O'Mahony (Cork Facilitators' Nominee)
- Lorna Rice Davis (Cork Facilitators' Nominee)
- Eithne Sparling (Cork Facilitators' Nominee)
- Liam McCarthy (new staff nominee)



The SHEP Choir, led by Pat Sheehan joined in a gathering of five community choirs in Cobh in June to celebrate World Ocean's Day and to raise funds for WaterAid, a nonprofit that works to supply clean water and hygiene in Africa and other developing regions.

Priorities for 2020

In addition to delivering all the actions set out in our 2020 work-plan we have identified eight key priorities for 2019 as follows:

1. Delivery of 2020 actions from our Development Plan (2018-2020).
2. Completing the Inquiry Process regarding future directions
3. Continue the selection and induction of new SHEP Facilitators
4. Supporting the introduction of the SHEP Programme to County Clare
5. Recruitment of new STDO
6. Setting up of New databases
7. Securing additional funding for 2020
8. Planning for Funding shortfall for 2021

Appreciation of Support

The Management Committee and staff of The Social and Health Education Project would like to sincerely thank everyone who supported our work in 2019. The support of our main funders - the HSE in particular - is greatly appreciated. Total funding in grants and fees received that year was €1,217,720.13. Total expenditure by SHEP in 2019 was €1,215,283.90. Total expenditure of HSE funds in 2019 was €798,169.24.

On-going support from the Cork Education and Training Board, Kerry Education and Training Board, TUSLA, The Department of Social Protection, and The Mid-West Regional Drug and Alcohol Forum all played an important role in enabling SHEP to deliver our extensive programme of work for 2019 in support of a wide range of people from a wide range of backgrounds. We are also very appreciative of grant funding made available by Mercy Solidarity Fund, Presentation Sisters, Bon Secours Health System, Perry & Sandie Massie Foundation, and The Wheel to support a range of community projects during 2019.

Copies of our most recent audited annual accounts are available on our website www.socialandhealth.com. Thank you for your interest and support.