

What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 40 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

Respect will be shown to you, regardless of your situation or opinion.

Other courses available from SHEP's Community Education for Health & Well-being Programme

- Introduction to personal development
- Effective Communication for Better Relationships
- Managing Stress in Our Daily Lives
- Supporting Yourself as a Parent (Family Communication and Self-esteem)
- Women's Well-being
- Men's Well-being
- Growing Still: Facilitating Well-being and Empowerment with Older Adults
- Seasons for Growth: Living with Grief, Loss and Change in our Daily Lives
- Inter-Cultural Awareness
- Parents, Infants and Toddlers: Developing Relationships
- Children and Bullying: A Course for Parents
- Child Abuse and Neglect

These courses usually consists of twenty hours done over 8 or 10 weekly sessions. Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

For further information contact:

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SHEP Community Education
for Health & Well-being

**CARING FOR OUR
WELL-BEING**

A **short course**
which uses an experiential group-work
approach and will take your needs into
account.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Caring for Our Wellbeing course

As a community, we care for each other, but we make little time to focus on ourselves and our own well-being. This short course will give you an opportunity to learn how to care better for you.

Who is this course for?

It is for people in the community who have an interest in their own health and well-being, people who experience emotional distress at times (that's all of us!), and who would like to work together with others in a supportive environment to explore ways to enhance their well-being.

What is the purpose of the course?

- To give participants an opportunity to explore the idea of well-being
- Identify what supports their well-being and what undermines it
- Identify what helps them with their distress
- Take responsibility for their well-being, developing a plan for themselves which is realistic, and which takes account of the reality of human vulnerability and distress in life.
- Enjoy time to care for themselves.

What will the course be like?

The course will be facilitated in a way that is interactive, supportive and enjoyable. It is recognised that participants bring a wealth of life experience—the approach used will enable them learn from this experience, as well as from the experience of others in the group.



“Well-being is not a beach you go and lie on. It’s a sort of dynamic dance...” Nic Marks

Course Content

Participants will have the opportunity of exploring questions in an enjoyable, interactive way, questions such as::

- What is well-being?
- How do I know when I’m well?
- What helps me stay well?
- What happens me when I’m feeling stressed and distressed?
- What can I do about it?

Depending on the needs of the group, the course will include topics such as:

- communication for health and well-being
- self-support and self-esteem
- setting healthy limits for myself
- understanding my feelings
- stress management skills
- gathering resources to support my well-being
- developing my own wellness plan
- identifying my networks of support.

The course will include **nourishing, creative activities**, and opportunities for **fun** and relaxation

Who will be leading this course?

The group will be facilitated by one (on occasions two) facilitators who are trained facilitators with extensive experience in creating a supportive atmosphere and in helping personal learning.

Who can join?

The course is open to people who are interested in looking at the issues which have an impact on their lives. Life experience is the only entry requirement! Join with others who are looking to support their health and well-being! There are normally 12 to 14 people in the group.

How long is the course?

The course will involve 8 weekly sessions, each lasting two and a half hours

Where are courses available?

Each term SHEP offers a number of courses at its venues in Cork & Kerry and you can ring us to find out about these.

Courses are also regularly organised by a range of local community groups, including Community Development Projects, Family Resource Centres, Local Development Partnerships, community associations, parents’ associations and special interest groups and agencies.

If you are thinking of organising a group of twelve to sixteen people and have access to a suitable venue, SHEP can help you find a tutor by contacting the Project office. Funding for the tutor can often be secured from the ETB or other agencies.