

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)
- Caring for Our Wellbeing
- 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

**WOMENS HEALTH &
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



Course on Women's Well-being

Who is this course for?

The course is open to all Women interested in exploring together issues that are relevant to their lives and in particular to their physical and emotional health. The course will focus on exploring and demystifying health issues and on prevention of ill-health. The course focuses on the giving of information, exploring attitudes and imparting skills.

What is this course about?

The course usually consists of 20 hours over ten weekly sessions of two hours each (or over eight weeks with two and a half hours each week). They involve a mixture of discussion, sharing of experiences, input from the course tutor and practice in such things as communicating assertively, relaxation techniques etc.

Participants will also have an opportunity to explore ways they might care for their health in all its various dimensions and to set further goals and priorities in order to secure a healthier life for themselves.

What will the group be like?

Up to sixteen people will be in the group. 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.

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



What is covered in the course?

The topics explored in the group will depend on the interests of the group, but topics that usually come up include self-confidence and self-esteem, dealing with feelings, relating better, learning to listen, managing stress, etc.

Course content

The contents of each course will be determined by the needs of each group. However, the topics covered will usually include:

- Osteoporosis and its prevention.
- Healthy Eating, Food and Body Image.
- Stress management and prevention.
- Mental & Emotional Health.
- Assertiveness and Health.
- Cancer: prevention.
- Heart disease and prevention.
- Bereavement and loss.
- Motherhood
- Female cycles – Menstruation and the Menopause.
- Staying Healthy.

What is the course like?

The course involves a learning approach that is quite unlike what most people probably experienced in school. It is recognised that participants bring a wealth of life experience and the learning approach enables them to learn from this experience, as well as from the experience of the others in the group.

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.

How long does the course last?

The course runs over eight weeks with weekly two and half-hour sessions making a total of twenty hours (or 10 weekly sessions of two hours)

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!

Where are courses available?

Each term SHEP offers a number of courses at its venues in Cork & Kerry & Mid-West region 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.