



THE OLD PRIMARY SCHOOL, ARDOFOYLE AVENUE
BALLINTEMPLLE, CO. CORK | T12XDH2
(021) 4666180 | www.socialandhealth.com



Nuacht

Edition 52 | FEBRUARY 2023

SOCIAL & HEALTH EDUCATION PROJECT CLG (SHEP) NEWSLETTER

Doing the Right Things with What we Have

Welcome to our February 2023 Newsletter. A huge thank you, on behalf of the SHEP Management Committee, to everyone involved in the SHEP Project and who supported us during 2022. We are also very appreciative of the on-going support of all our collaborators and funders, including the HSE, which this year secured for us two new streams of funding (for Lib Counselling and Advocacy). At the same time, it has never been more difficult to balance our budget for the year ahead. With the cost-of-living crisis increasing day-to-day operation costs (for example light/heat, increased training delivery costs etc.) we will need to draw on part of the remaining, small SHEP reserve in 2023 in order to balance our income and expenditure. It will also require significant cost savings as well as reductions in concessions for training and counselling. We are a resilient and resourceful Project and our intention for the year ahead is 'to do the right things with what we have'. You will get a sense from this newsletter of the range of work we continue to be involved in and of how the Project continues to evolve. Finally, we are really excited as we start our preparations for the celebration next year of our 50th anniversary. There is a great deal to which we can look forward!

Carrie Shanahan, Chairperson (SHEP)

Photo above: Participants on the first 'Youth Mental Health First Aid' training offered by SHEP and Mental Health First Aid Ireland facilitated by Fern Higgins Atkinson (SHEP/Relationships in Practice) and Lisa Fox (MHFAI). This two-day training was fully funded in partnership with the HSE. Youth Mental Health First Aid (Youth MHFA) is designed for adults who live with, work with or support young people aged between 12 and 18. This evidence-based training programme is particularly suited to parents/guardians, school staff, sports coaches, community group leaders, and youth workers.

IMPORTANT NEWS

New HSE Funding for LIB counselling

We are delighted to have been granted new funding (€54,000) to support the Lib Counselling and Outreach Programme. This programme, founded by Toufik Messabih and coordinated by him under the auspices of SHEP, has been working since 2018 to provide supports to people in direct provision and to other newcomers seeking support.



Lib

Multicultural Counselling &
Support Programme

Additional HSE Funding for SHEP Advocacy

Our Advocacy Service is over 21 years old and was established initially with seed funding from Janssen. Originally it was called COPAS: Cork Older People's Advocacy Service. The Southern Health Board (and subsequently the HSE) provided funding for the service for almost two decades now. The service has had one part-time staff position and has relied heavily on support from a wonderful team of volunteers. The HSE has now provided an additional €30,000 to the service which is a significant milestone. This funding is in recognition of the service's supports to older people.

Cost of Living Crisis Impacting On Us

We have been promoting both our Facilitation course and our Continuing PD courses. However, the number of applications is significantly down on last year. We are extending the closing date and will do another round of promotion. Our sense is that the cost-of-living crisis is having an impact of people's ability to engage in training programmes such as ours. Please help us by bringing these two courses to the attention of anyone whom you feel might be interested. Thank you.

PUTTING SUSTAINABILITY AT THE CENTRE

SHEP entering into a New Collaboration around the Environment

An important new opportunity has emerged – an invitation for SHEP to collaborate with other projects in Cork City in an important environment-focused, community-based project. Our volunteers in SHEP Earth Aware area very excited about this opportunity and see this as an important way in which SHEP can continue to contribute to collaborative efforts in the city. The Management Committee see this as very much fitting with SHEP's commitment to supporting initiatives around climate and biodiversity. We will have more news on this in the coming months.



A wonderful event at the 'Gathering Garden' in the Horticulture LTI Project, in the late Autumn, to mark the harvest. All the produce shown was grown by the Horticulture Project.

WHAT WE ARE EXCITED ABOUT



Participants on a recent ABLE training, held at Northridge House, with trainers Una King and Rose Crowley. Also included are Relationships in Practice programme staff members Robyn Pinkham and Norma Roche as well as Programme Manager, Fern Higgins Atkinson.

GeoDome – Collaborative Project

We are very excited to be involved in a new collaborative venture with Cork Migrants Centre, Nano Nagle Place, the International Garden at Ardfoyle, the Horticulture LTI at Ardfoyle, and the OLA Sisters. A GeoDome has been rescued from the former Voxpro site: it has been dismantled and is now being refurbished. The plan is to erect it here in Ardfoyle in the spring-time and create a new garden around it as a new shared space. SHEP has contributed €5000 to the project from funding provided to us by the Perry and Sandy Massie Foundation.

Starting to Plan for our 50th Anniversary

The Project will celebrate its 50th anniversary next year. We have already started planning. This year – 2023 – will be a year of reflection and preparation; and 2024 will be a year of celebration. A good number of ideas are emerging: we will need to discern which are the ones to pursue. We started in 1974 as a programme of Ogra Chorcaí. We became an independent Project during the 1980s. We celebrated our 40th Anniversary in 2014 with a number of events including a formal event at Nemo Rangers GAA club in Cork where the Projects' co-founders were all in attendance. Sadly, a number of people who were involved in the setting up of the Project, including Canon Donal Linehan, have died in the intervening years.

Companion Training - Adolescent Seasons for Growth Programme

SHEP has previously offered the Adult Seasons for Growth Companion training to facilitators. Developing SHEP's facilitator base has enabled that course to be a strong element of our ongoing community education programme. Through grant support under the 2022 'Sharing Knowledge Fund' we were able to offer the Adolescent Seasons for Growth Companion training to our facilitators and some external education practitioners. The two courses - one in Cork and Limerick – have now been completed and the feedback from participants was very positive.



A picture taken by Eleanor Walsh of the Cork Seasons for Growth Adolescent Programme Companion training on 25th & 26th November 2022 in Northridge House funded through the 'Sharing Knowledge Fund' What Works Grant.

New Reflective Practice Courses

Our reflective practice work, which started in 2013, continues to gather momentum and to provide an important support to a large number of practitioners in various fields. Three new reflective practice groups have recently started: two on-line and one in-person. A big thank you to Frances Day and Dee O'Sullivan who recently finished a fully on-line reflective practice programme with participants joining in from all over the country. It was a very positive experience and the feedback was excellent.

Planned Erasmus Learner Exchange 2024

We have started discussions with our partner LUR in Slovenia regarding a first Learner Exchange in Summer 2024. Our idea is that a group of twelve Slovenian adult learners would come to us in May 2024 for a four-day programme – with an Irish group travelling to Slovenia in June for a four-day programme.



COLLABORATIONS – Some Examples



Fionnuala O'Connell, Dr Maeve Hurley, Dr Naomi Masheti, Fern Higgins Atkinson and Jim Sheehan at the Heart of Frontline Practice Touchpoint in November.



Some of the members of the CESCA Alliance, with Niamh Kelleher, CESCA Coordinator, at the January meeting of the alliance hosted by SHEP at Ardfoyle. SHEP has been a member of the Alliance since its inception in 2014.

Strengthening Links with the Horticulture LTI at Ardfoyle



Robert O'Herlihy, SHEP presenting Alison Kavanagh, Ardfoyle Horticulture LTI, with a number of laptops donated to the LTI from the SHEP Laptop Loan Scheme.



Eoin Hanover and Dario Vekić from the Ardfoyle Horticulture LTI, with Alison Kavanagh and Jim Sheehan – presenting the gift of a Christmas wreath to SHEP in December 2022.

SHEP COURSES – Places Still Available

SHEP Certificate in Facilitation Course

In-Person (Cork)

March – December 2023

Some Places still available: extended closing date: Tuesday, 14th February 2023

Please visit our website for detailed course description, eligibility, application form and a course schedule of dates.

<https://www.socialandhealth.com/training/shep-certificate-facilitation/>

or from info@socialandhealth.com or course co-ordinator liam.mccarthy@socialandhealth.com

This is an opportunity for those who would like an intermediate-level training in group-work facilitation. It is intended for those who, having themselves undertaken foundation training in social and health education, now wish to begin training so as to be able to support other people in their development. The course involves the development of the personal awareness, skills and knowledge to be able to be present in a facilitative way with others. As a stand-alone intermediate course in facilitation, participants will find that the skills they develop have general application in a wide range of settings. The course will involve 111 hours in total (20 weekly on-line Wednesday sessions and 10 weekend days). In total, this is 60% in-person time with the group. We are aiming for one course to run (subject to sufficient applications) commencing in early March 2023; we are planning for a group of 16 participants. The cost is €800 which continues to be significantly subsidised. In exceptional circumstances, and depending on grant funding, a limited number of bursaries (usually €300) may be available. A Mid-West region bursary option is also available.

SHEP Continuing Personal Development

Online (possibly blended)

Tuesday evenings (and six weekend days)

March – December 2023

Facilitators: Marian Crowley and Aine Finn

SHEP Continuing Personal Development

Fully in-person (SHEP Ardfoyle, Cork)

Wednesday evenings (and six weekend days)

March – December 2023

Facilitators: George Wallace and Una Good

The SHEP Certificate in Continuing Personal Development is an important opportunity to do more personal work in an experiential group setting. While preference is given to those who have completed the SHEP Foundation Programme it is not essential to have completed Part 2 (Social Awareness and Community Empowerment) to apply. You can also apply if you previously completed this course. (i.e. you can participate in this course a number of times.) A free payment plan is available. For more information and the application form go to the SHEP website: <https://www.socialandhealth.com/training/shep-certificate-continuing-personal-development/>

PEOPLE NEWS

Team News

We are delighted to welcome Zilma to the Coisceim Team. Zilma has been working on the front of house team for some time now, and she will fill in for Lorraine who is taking some leave until October. A big welcome also to Niamh Findley who has joined the accounts team and to Robyn Pinkham who has joined the Relationships in Practice Team. We have a new 'Meet the Team' section on our website, where you will be able to see the full team <https://www.socialandhealth.com/meet-the-team/>. We were sad to say goodbye recently to Sabrina Moris, who has moved to an exciting community engagement role in one of the tech companies, and to El Shaddai who has moved to a new job in one of Cork's hospitals. Finally, congratulations to our Advocacy Co-Coordinator, Marge Lysaght and her family on the birth in December of her daughter Líadan.



The full Coisceim and LIB teams – Sheila, Carmel, Lorraine, Zilma, Nuala and Toufik at a team meeting in November 2022. In addition to working for Coisceim, Sheila will be working a half-day per week with Toufik on the LIB programme.



Aleks, El Shaddai, Geraldine and Jim at a gathering in November to wish El Shaddai well in his new role.

COMING UP

Date for your diary!

SHEP/ UCC Diploma in Social and Psychological Health Studies Information Evening for SHEP Participants

Wednesday, 17 May, 2023 (7-8.30pm)

SHEP ARDFOYLE - Ash Training Room

The next round of the Level 7 SHEP/ UCC Diploma in Social and Psychological Health Studies will begin in UCC in September 2023. This programme has been running in association with UCC for over twenty years.

The application process will commence shortly - interest can be expressed to SHEP and or ACE. Application is directly to UCC Adult Continuing Education. Full course information is available on the UCC website or the SHEP website. We hope to be able to provide two bursaries to SHEP-trained Tutors who wish to undertake this programme (with funding from the Perry and Sandy Massie Foundation).

THE HEART OF FRONTLINE PRACTICE

Touchpoint Series

hosted by Dr. Maeve Hurley

"Exploring Psychological Safety in Teams"

with

Martin O'Connor

Tuesday, February 28th 2023

11 am - 1 pm

Northridge House, Blackrock, Cork

This in-person continuing professional development session is open to all practitioners. The intention is to create a supportive and reflective space - where we can come together as committed practitioners to connect, share, learn and to deepen our understanding of what it means to be truly engaged in values-based, heartful practice.

Martin O' Connor is a Chartered Psychologist with the Psychological Society of Ireland (PSI) and works independently as a Clinical & Coaching Psychology Consultant. Martin provides training, mentoring, supervision and coaching to disability service organisations and early intervention services in Ireland, as well as clinical and coaching supervision to individuals across the statutory, voluntary and small-business sectors.

Martin is a lecturer and is also co-author of a book: 'Coaching Psychology for Mental Health: Borderline Personality Disorder and Personal Psychological Recovery' (O' Connor & O' Donovan, 2022, Routledge).

Tickets €30 via Eventbrite

For queries contact:

robyn.pinkham@relationshipsinpractice.ie

or call (087) 1466011

www.heartoffrontlinepractice.com

DR. MAEVE
HURLEY



SHEP is an Irish Charity (Registration No. 20025120)

SHEP COMMUNITY OF PRACTICE



SHEP Facilitators' Gathering

Friday, 21st April 2023

6pm - 9pm

Cork (Venue to be confirmed)

All SHEP Facilitators welcome

An opportunity for all those involved in facilitating groups in SHEP – in any project area (e.g. training, advocacy, counselling/outreach; reflective practice etc.) to meet, to explore issues of interest and to contribute to the life of the Project.

Light refreshments will be available at 6pm.

RSVP: Info@socialandhealth.com

Connection for Insight & Being

Last year we piloted a new initiative open to SHEP practitioners – ‘Connection for Insight and Being’, facilitated by Pat McCarthy. There were two groups (both coming together for eight half days during 2022). The feedback has been very positive and the intention now is that both groups will continue during 2023, with some new members joining. Both groups are now full for the year ahead.

Collaborative Training with LUR, Slovenia



SHEP Community of Practice Workshop Transactional Analysis : An Introductory Workshop.

Monday, 12th June 2023 (9.30am to 4.30pm)

Oak Training Room, SHEP Ardfoyle.

co-facilitated by Mateja Rozman Amon and Mojca Šolar Perko
from LUR, Slovenia.

Open to any SHEP Practitioners.

12 places – offered on a first come first served basis

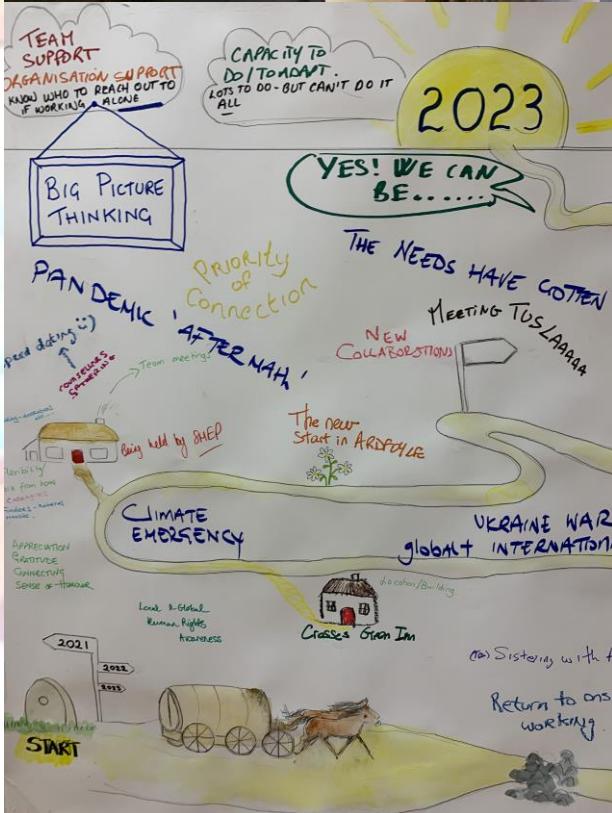
Kindly supported by Erasmus Plus (no charge to participants).

Light lunch provided.

RSVP: Jess.Bowen@socialandhealth.com



WHAT WE ARE LEARNING



Some of the graphic harvesting at the SHEP team review of 2022, in preparation for the writing up of our Annual Report 2022.

OTHER NEWS

SHEP Self Advocacy Course

We are delighted that the first open-access SHEP Self-Advocacy course has been delivered and the feedback has been very positive.

'One of the best, informative, interactive, inclusive, supportive courses I've attended and thoroughly enjoyed being at. The three facilitators were incredible and worked together extremely well. Great dynamic between them, Thank You.'

Deirdre Lillis, with the three Self-Advocacy Course facilitators – Sarah Harrington, Mary O'Leary and Sharon Galvin.



Modest Increase in SHEP Facilitator Fees

The Management Committee has agreed a small increase in fees for SHEP Facilitators, with effect from 1st January 2023. The increase is modest: and we are mindful that in general fees for facilitators needs to be collected from participants (in course fees) unless we secure grant fund to further subsidise the training.

New Management Committee Members Needed

The Management Committee is putting out a call for new volunteers to join the committee – we need people from advocacy, counselling, SHEP Earth Aware and SHEP Training and Development. It is an important time to be on the Management Committee, especially as the Project will celebrate our 50th anniversary next year. This is an important opportunity to contribute as a volunteer to the life and development of the Project. The current SHEP Directors are Carrie Shanahan (Chairperson), Dolores McCashin (Company Secretary) and Gearoid Condon (Treasurer). The other members of the Management committee are: Rosarie Coleman, Lorna Rice Davis, Eithne Sparling, Liam McCarthy, Anita Murphy, Aoife Corcoran and Francis Cooley.

Supporting the Travelling Community in Kerry

We were delighted to work recently with a group of 18 Traveller Women in Kerry. In December they were presented with their Certificates on completion of a 20-hour Introduction to Personal Development course in Rathonane Community Centre Tralee.

Supporting Ukrainian Women – Dingle Peninsula

Also in Kerry, another very special piece of work is happening. SHEP has been supporting a group of Ukrainian Women on the Dingle Peninsula. Abigail Joffe is facilitating a 'Time for Me' programme with the women. This piece is also in collaboration with the Kerry ETB who are very committed to supporting the SHEP work in Kerry.

SHEP Sanctuary Scholars

SHEP is providing support to two women (who are living in Direct Provision in Killarney) to participate in the SHEP Foundation 1 (PD) programme in Tralee.

Important SHEP-Nepal Fundraiser

We are delighted that more than €2,400 was raised at the SHEP Nepal Fundraiser. A huge thank you to everyone who supported this event. SHEP has committed to publicly raising in the region of €5,000 per year over the next three years in order to be able to draw down Irish Aid funding to support the work of Sahakarmi Samaj.



Mary Cunningham and Aoife Corcoran at the Nepal Fundraising event in Cork in December 2022.



Eithne Sparling, Abigail Joffe and Bernadette Kenny at the Nepal Fundraising Event in Cork in December 2022.



SHEP Tutors from the Mid-West Region at a gathering in Limerick in late 2022. The programme in the Mid-West continues to grow and develop with the support of Anita O'Shea and the Mid-West Regional Drug and Alcohol Forum.



Jim Sheehan with Lorraine Griffin, CEO of Léargas (second from left), and other participants from Ireland at the Erasmus Conference in Brussels in December to mark the 35th anniversary of the Erasmus Programme. SHEP has been participating in Erasmus since 2014.

SHEP SINGERS



SHEP

Capacity for Personal
& Social Transformation

Recruiting new voices
for 2023 

No auditions
necessary!

The Ursulines,
Blackrock



THURSDAYS
7PM - 9PM



021 4666180

for more info

www.socialandhealth.com/shep-choir/

**'Yes, I am a dreamer.
For a dreamer is one who can find his way by moonlight
and see the dawn before the rest of the world.'**

Oscar Wilde

SIGNPOSTING

A NEW YEAR IS DAWNING!



Maybe it's a good time to begin your adventure into what's real and true.

Using AH Almaas's book entitled 'The Unfolding Now' we will engage in one of our main practices, the practice of Inquiry. The practice of inquiry is a beautiful way to deepen understanding and make contact with who we really are ... revealing true potential and possibilities to live our life in this way.

In this book study group, inspired by each chapter, we will explore themes such as being real, making space for our experience, allowing ourselves to simply Be ... We get to know our own experience experientially and deepen within.

We will support our inner adventure with meditation, some simple breath and movement practices.

We meet fortnightly on Tuesday evening at 6.30 pm GT and 19.30 CET.

The evenings last for 2,5 hours.

Costs are € 225,- for 10 meetings

Starting date is February 7th

No experience with inquiry or meditation is needed, and inquiry and Diamond Approach experience welcome also.

Zoom meetings are recorded and available for catch up if meeting missed or for repeat listening.

Please email annamariaroos@hetnet.nl or geoffcaird@gmail.com

FROM THE ARCHIVES



Forty years ago – 1983: The Social and Health Education Programme is a programme of Orga Chorcaí and has now been working with schools and youth projects for nine years.



Thirty years ago – 1993: Cork Presentation of Certificates
– Margaret Reid receiving a CSHEP certificate.



Twenty years ago – 2003: The first group of SHEP participants receive their UCC Diplomas following a two-year programme.



Ten years ago – 2013: Cork Advocacy Service Volunteers Helen Mackessy and Margaret Murphy with Deirdre Lillis (Coordinator) and Deborah Birmingham (Guest Speaker) at the first Advocacy Gathering in Bessborough.