



The Social and Health Education Project

Annual Report

2019

Foreword



2018 was another very important year for The Social and Health Education Project (SHEP); with over two thousand persons and over twenty groups directly supported by the Project through training, counselling, and advocacy or through other supports.

SHEP has made very good progress in 2018 with the implementation of our 2018 work-plan across all of the SHEP's eleven key areas of work. The granting of some €70,000 once-off funding to SHEP, and the securing of significant, additional funding from non-HSE sources, allowed the Project to implement most of the 2018 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 appeared to us.

Like all community and voluntary groups, there have been significant challenges over the last number of years and 2018 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.

In 2018, we reflected on the journey over the last ten years and at the same time continued our work to discern our future path. We recognise that the world we live in is changing rapidly. As a Project, we need to consider what is the most appropriate work for us over the longer term: the process we have chosen to do this is important.

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.



Key Developments 2008-2018

During 2018 we reflected on some of the major developments in the Project in the period 2008-2018. Nationally, this was a time of economic recession and an austerity programme which had a far-reaching social impact. Despite cuts to funding and other pressures, a number of very important developments happened in the Project:

1. **Limerick Programme:** over 30 courses delivered over the ten years - representing a major programme of work.
2. **Reflective Practice:** a significant new programme emerging from a pilot course in 2013.
3. **SHEP Earth Aware:** a new programme within SHEP emerging from the On-going Development Programme driven by volunteer input.
4. **South East Region:** work commencing in this region for the first time in 2015, now focusing on reflective practice
5. **Facilitation of Group Advocacy & Self-Advocacy Training** commenced
6. Availability of **concessions & DSP fully funded places** for SHEP Personal Development Courses supporting at least 80 applicants each year.
7. **Accredited Training:** a number of level 6 courses offered by SHEP with FETAC, later QQI accreditation.
8. **Increased Core Funding** - €190,000 per annum now available (including €90,000 for Coisceim)
9. **CDP funding maintained** and transferred to HSE for annual disbursement
10. **Additional Staffing:** Three new part-time positions (Coisceim; Training & Development; & Earth Aware)
11. **SHEP Bursary Fund & Fund-raising** for Sahakarmi Samaj commenced
12. New Link established in 2018 with **Development Fund Norway** – to co-fund applications to Irish Aid to support the work of Sahakarmi Samaj in Nepal.



Ammar Air and Siobhan O'Connor signing the new Partnership Agreement between SHEP and Sahakarmi Samaj at the SHEP Management Committee Reception on June 21st.

Key Developments in 2018

There were a number of important developments during 2018. Five were particularly important:

Long-term Planning Process Commenced: During 2018, we commenced a new 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'. This followed on from an innovative process of organisational enquiry, facilitated by Helen Ruddle in 2016, and the completion a new three year Development Plan (2018-2020). By late Autumn 2018, a number of key questions had been surfaced and explored. These will form the basis of the concluding phase of the work which will take place in 2019.

First Limerick Tutor Training Completed: For the first time ever, a SHEP Tutor Training was completed in Limerick in October 2018. A group of 13 participants completed the year-long Tutor Training course. This is a significant milestone. A number of the newly trained tutors commenced their apprenticeships in Autumn 2018. These tutors will be available to support the delivery of SHEP short courses in the Mid-West region.

Limerick Healthy Ireland Funding: A second important development in the Mid-West has been the securing of some new funding from Healthy Ireland. Grant funding for eight short SHEP courses in County Limerick was secured, with the support of Ballyhoura Development, West Limerick Resources and a number of local partners.

Fourth Irish Aid Grant Secured: Following three successful grant rounds (and nine years of funding) a new application to Irish Aid was submitted in early 2018, with the support of a new partner- Development Fund Norway. This application was successful. This new grant will support Sahakarmi Samaj to roll-out a new programme of support for three years, 2018-2021.

New Funding for South East Reflective Practice: In with support of over ten community and voluntary organisations, we successfully secured grant funding of €20,000 to support the roll-out of four reflective practice groups in the South East Region along with providing in-house staff training to two youth organisations - Youth Work Tipperary and Ossory Youth.



Some of the staff from Ossory Youth, the Youth Service for Kilkenny, at the second day of their four day training programme being delivered by SHEP, at the Ossory Youth Head Office in Kilkenny on 11th October.

Core Questions for SHEP (Oct 2018)

What might change in our current Name, Vision, Mission and Values, Who we serve, if we reflected in them the intentions emerging through the dialogue of the planning process?

How do we connect with the wider community and become aware of our blind spots?

How can we continue to build relational and organisational learning processes internally?

How can we retain who we are at the core, while at the same time staying flexible and open to new information and change?

Ought we commit to and name our intention to impact on wider systems for change and social justice (e.g. community, society, ecology) and clearly define our strategies?

Is how we and our programme are organised, open and loose enough to respond to what we want to emerge?



Other Important Developments

Incorporation of Earth awareness work: In 2018, significant work was done to include Earth Awareness work in the SHEP Foundation Programme (Part 1 – Personal Development). A one-day workshop has now been incorporated into the programme with the support of a large number of volunteer facilitators.

New QQI-accredited ‘Group-work Theory and Practice’: For the first time, SHEP offered those who had completed the SHEP Certificate in Facilitation the option to do the assessment for the Level 6 minor award ‘Group-work Theory and Practice’. Nine people complete this process and all were awarded the QQI accredited certificate.

SHEP Certificate in Facilitation (Cork): In 2018, unexpectedly, the demand for this course was significantly less than expected and did not proceed. This was the first time in many years when SHEP did not have this course commencing in Cork. A review showed that there are a number of potential contributory factors.

Facilitation Training in Schools: Well-being is a national priority in the Junior Cycle curriculum and so SHEP’s resumption of work in schools was timely. During 2018, we were successful in our application to TUSLA for funding to support the training of staff teams in three schools to facilitate ‘Seasons for Growth’ with their students. The programme was very well received. Feedback from participants included “[The training] allowed me to come to terms with grief and loss in my own life that I now know I had not dealt with. It allowed me to be much more aware and cognisant of what my students may be going through; and it also helped me explore the benefits of listening..” “I feel I have developed personally, but also I hope to

be in a better position to help our students... It was a journey of reflection and self-discovery that I recommend any person should do.”

Introduction to Group Facilitation: During 2018, SHEP designed and provided short training course ‘Introduction to Group Facilitation’ for Matt Talbot Adolescent Services (MTAS), which was a great success.



The MTAS group who completed the ‘Introduction to Group Facilitation’ course facilitated by Claire Barry. They were presented with their certs by the Lord Mayor, Tony Fitzgerald. The photo also includes Claire Barry, members of MTAS management committee, the Lady Mayoress and Mary Mangan, Course Coordinator.

First Teachers’ Summer Programme: For the first time, we collaborated with Cork Education Support Centre, to offer a ‘Caring for Our Well-being’ summer course to primary teachers. The course was booked out with twenty-four participants.

First Open Reflective Practice Group in Kerry: In 2018, the SHEP reflective practice programme was offered for the first time (as an open group) in Kerry. 12 persons from a variety of professional backgrounds completed the 30-hour training. A number of reflective practice groups had already been run in Kerry but these were all in-house trainings with Kerry Education and Training Board.

Third Erasmus Plus KA1 Grant Awarded: In 2018 we were successful in securing additional Erasmus Plus Funding. This is our third grant under this EU-funded programme to support SHEP staff/trainers/tutors to access adult education-related in-service training in Europe.

First Erasmus Plus KA2 Programme: In 2018, we were successful in our joint application with four European Partners for a two-year project to exchange good practice in the area of ‘outreach, motivation and guidance in adult education’. The partners are in Czech Republic (lead partner), Slovenia, Finland and Spain. Each partner undertakes to organise a three-day training event with three participants from each of the four partners participating each time. The first visit (to Slovenia) took place in November 2018.

SHEP Community Choir established: 2018 saw the establishment of The SHEP Community Choir under the direction of Pat Sheehan Corbett. The choir meets regularly and has over fifty members. The benefits to individual health and well-being from singing in groups is now more fully understood and appreciated.

Training & Development



Personal Development: Eight groups were successfully organised in 2017-2018 (five in Cork, two in Kerry and one in Limerick) with 122 completing the course. 25 people were awarded fully funded places through DSP. In September, eight new courses commenced: in Cork (4), Mallow, Mitchelstown, Killarney & Limerick. A total of 134 people started. Unusually, there was only one group in Kerry. One third pay the full fee, one third gained a full bursary from the DSP, and just one third (43 persons) received a concession.

Continuing Personal Development: In 2018 we delivered two groups, as planned: one in Cork and one in Limerick, with all 21 participants receiving Certificates. All the participants in Limerick were heavily subsidised and two thirds of the applicants in Cork were awarded concessions (from the SHEP Bursary Fund).

On-going Development Programme: Twelve courses were organised in the On-going Development Programme during 2018. Nine workshops/short courses went ahead, with a total of 152 participating. There was a wide variety of workshops/courses including a residential mindfulness weekend, 'Sing Your Heart Out' (singing for well-being), Embodied Presence, the Transformation Game, The Excitement & Process of Playback, Mindfulness & Meditation with a Creative Component, Coming Home – Somatic & Authentic Movement, and Dancing with Life – 5 rhythms.

Mindfulness Retreat on Oileán Chléire: We had the 6th annual mindfulness retreat on Cape Clear with Mary O'Callaghan in early September. It was a beautiful weekend, with lots of meditation, mindful walking, vegetable preparation and swimming (for some). The theme was 'Looking Deeply with Kindness' – and kindness was much in evidence throughout the weekend. The volunteer organisers were Noreen Leahy and Nuala McDonnell.

Social Awareness & Community Empowerment: *Part 2 of SHEP's foundation course is a ten day course in Social Awareness and Community Empowerment – based on the Training for Transformation Programme.*

In 2018, two groups with 38 people in total participated in this training – one in Cork and one in Kerry. Nine of the participants were men. Over half of the participants were awarded the concessionary rate. Since 1994, SHEP has organised 66 of these training courses across the three counties, involving 1556 persons. Two apprentice trainers successfully completed their training.

Community Education for Health and Well-being *SHEP's Community Education for Health and Well-being offers a range of short courses in the community.* In 2018, 882 people participated in 75 community-based personal development courses/workshops in community centres across Counties Cork, Kerry and Limerick arranged through SHEP. The completion rate was 85%. The number of men participating was 25%. An important development in 2018 was the securing of funding from Healthy Ireland, through Limerick Local Authority, to deliver eight short courses in County Limerick. The first of these were offered in Autumn 2018 in Abbeyfeale, Newcastlewest, Croom and Castleconnell. Our research shows significant progression from short courses to foundation level training – with 28% of those in Foundation I (personal development) having previously completed at least one short course.

Facilitation Training: The SHEP Facilitation course didn't go ahead in Cork as is usually the case. However, for the first time, a group of nine participants completed the assessment for Level 6 Group-work Theory and Practice (based on their previously completing SHEP Facilitation Training).

Tutor Training: Two Tutor Training courses were completed in 2018. Significantly, 13 people completed a year-long SHEP Tutor Training Programme in Limerick. All are now available to commence apprenticeships as Community Tutors in the Mid-West Area. This was a very significant development in the Programme in the Mid-West. 17 people in total were involved in apprentice training in 2018.

'I found the course a great experience, a life changing outlook on myself and others.. I feel after doing this course that I could take on anything (within reason) and I just hope the opportunities will come about to make it possible to encourage others to be the best version of themselves.'

UCC Diploma Programme: 14 people successfully completed year one of the two year Diploma. This is a collaborative programme with Adult Continuing Education (ACE) in UCC. Four finished up with the Level 6 Award of Certificate in Social and Psychological Health Studies. Ten students also commenced year 2 in September.

Reflective Practice: In 2018 three groups were delivered in Cork with financial support from Bon Secours Health System, including one focusing on inter-agency practice. An open group was also delivered in Kerry for the first time. Two groups were completed in Waterford in May (which were the first offered in this region). The total number completing Reflective Practice Training with SHEP in 2018 was 55. There have been 17 reflective practice groups completed to date. Additionally, four new groups started in Waterford in September 2018 with financial support from The Wheel which was very significant.

'I learned new skills of reflective practice which I hadn't known so that's great, but the interesting thing for me as learning from all the other participants about their challenges and experiences and being inspired by their commitment and passion for social justice and having a positive impact through their work.'

Supporting Organisations: Throughout the year we provided customised training, facilitation and technical support to more than 20 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.

Earth Awareness

SHEP Earth Aware were very active in 2018. During this period, our partnerships with the ERI, Cork Climate Action Group, the North Side Energy Hub and Farranferris were consolidated. Additionally, new partnerships were made with the Law and Environment Department in UCC, Trocáire Cork Healthy Cities amongst others. We increased our mailing list (one of our means of communicating and measuring interest in SHEP Earth Aware) triple fold. We embarked on exploratory talks about forming a Sustainable Energy Community with the NCE, we have since started this Community of approximately 30 people). Some of our talks attracted higher audiences and we moved to larger venues when necessary. We continue to have a steering committee of approximately seven members. SHEP Earth Aware also held several *Caring for a Small Blue Planet* courses at Carrigaline, Bessborough, the North Cathedral. In November a new group; *Elders for Change* was formed. Our hosting of public talks continues to be a popular means of attracting and encouraging discussion and debate around the issues of Climate Change.

Examples of SHEP Earth Aware Seminars 2018

January 2018: Our Unhealthy and Unsustainable Food System. A talk hosted by SHEP Earth Aware given by Dr Colin Sage of UCC and the Cork Food Policy Council.

February 2018: Climate Change, Opportunity or Threat? A public talk by Prof Peadar Kirby founder of Cloughjordan Eco Village. This talk hosted by SHEP Earth Aware and delivered at Boole Lecture Room 1 in UCC was well attended.

April 2018: The Problem of Stuff. A talk hosted by the Environmental Research Institute and Earth Aware given by Eoin Flynn.

June 2018: A Spirituality of Eco Justice. A talk by Donal Dorr presented by SHEP Earth Aware and the Wilton Justice Group

September 2018: Sustainable Energy Communities. Caitriona Courtney from the NCE spoke about what a Sustainable Energy Community is and how the public can access grants.

October 2018: Soil for Life. SHEP Earth Aware hosted the highest attended talk at the Nano Nagle Centre for the Cork Food Policy Council's Harvest Festival.

November 2018: How Do We Engage People in Climate Change? by Dr Claire Watson

Community Advocacy

During 2018, SHEP's advocacy service continued to respond to requests for one to one independent advocacy support. 48 enquiries included: 20 long term cases opened; 7 short term advocacy cases

attended; 21 responses with information and support; 5 persons were signposted to other advocacy services. 5 long term cases were carried over from the previous year.

- Independent advocacy facilitation of groups supported three residential services and was available to a total of 180 residents.
- An Advocacy Gala Day was organised for all residents, staff and family of a residential service with speakers presenting their experiences of independent living to the participants. A total of 90 people attended this event.
- The Introduction to Self-Advocacy course was delivered and co-facilitated with the Centre for Independent Living to a group of nine adults with disabilities.
- Ongoing work with the Advocacy Network in preparation for a spring 2019 event.

Volunteer advocacy roles extended to utilising the skills of volunteers who are interested in developing networks of solidarity through advocacy events and involvement in human rights based policy and legislative developments.

As access to independent advocacy develops nationally, it is our intention to review our work in 2019 to ensure that we are making the best possible use of a relatively limited resource (one part time Co-ordinator and a group of 10 volunteers) to build capacity for change.

Low Cost Counselling

The Coiscéim Low-Cost Counselling Programme once again supported a very large number of clients during 2018 with 501 supported including 148 men and 9 couples. There were 369 adult clients assessed and referred for counselling in 2018. The total number of clients aged 6-19 years in 2018 was 108

- 72% received a subsidy: the vast majority received a subsidy in the €10-€20 range. The greatest number (40%) of adult clients received €15 subsidy per session. 100% of the 132 clients from the ages of 7 to 25 years inclusive assessed in 2018 received subsidy.
- The majority of clients self-refer to Coiscéim. Referrals to the service come from a large number of sources and the number of referrals being made is increasing.
- The total number of counsellors available to us was 115; the total number of counsellors referred was 99. The total number of counselling hours provided by Coiscéim Counsellors was 4,333.

The complexity of cases continued to increase, reflecting the difficult circumstances in which many people find themselves. The service had to close to new entrants a number of times during year in order to cope with the increased demand.

International Partnership

The main development of 2018 was the successful application to Irish Aid, by SHEP, for a fourth round of three-year Civil Society Funding to support the work of our partner Sahakarmi Samaj. Funding of €90,000

per year for three years was awarded. This is the fourth grant secured by SHEP to support Sahakarmi Samaj's work. The project is co-funded by Development Fund Norway. The new project commenced on July 1st 2018.

- SHEP hosted a very successful visit by Ammar Badahur Air, Executive Director and Amina Singh of Sahakarmi Samaj in June. The visit incorporated the participation of both Sahakarmi Samaj and SHEP in the World Community Development Conference in Maynooth; where Ammar and Amina made a presentation on Sahakarmi Samaj's 'Facilitation for Empowerment and Social Transformation' Approach. Their presentation – which included a ten-minute video of their work - was very well received.
- During the Learning Partnership Visit in June the SHEP Management Committee was delighted to present a cheque for €10,000 to Ammar to support Sahakarmi's work over the next year. This represents €5,000 raised from general fund-raising (including proceeds from the Cara O'Sullivan Concert in March 2018) and €5,000 donated very generously by the Presentation Sisters.



Mr Ammar Air and Dr Amina Singh at their workshop on the 'FEST approach' at The 2018 World Community Development Conference at Maynooth University in June.

Collaborations & Supporting Other Organisations

SHEP is fully committed to working collaboratively and has a long history of successfully doing this. In 2018, as in previous years, we collaborated with a large number of groups and agencies. Our partnership with local CDPs, FRCs and other community Groups remain very important to us and are deeply valued. Our collaborations with Kerry ETB, Cork ETB, CESCO and have all also been very important. Our partnership with UCC to deliver the Diploma in Social and Psychological Health Studies remains very strong and fruitful.

The Coiscéim Programme continued to collaborate with a large number of groups including; Shine A Light; St Vincent de Paul, Carrigaline Family Support Network, Newbery House (Mayfield) and Fermoy.

In 2017 we supported a number of networks, including the Cork Community Health Network, the Mental

Health Connection Sharing Network and the Cork City Community Education Network. We also supported the establishment of a new network – Cork Intercultural Dialogue Initiative (which is a collaboration among SHEP, Cork City Partnership, CESCA, Cork City of Sanctuary and New Communities Partnership.)



Some of the participants at the Cork Intercultural Dialogue Meeting on 22nd February at Nano Nagle Place.

Of particular note in 2018 was our success in being awarded €20,000 funding under The Wheel's 'Training Links Programme'. SHEP was one of only eight groups in Ireland to be funded. The funding is to support a second, wider round of training in the South East, by SHEP, in the area of reflective practice (for community and voluntary personnel). The application required bringing together a network of over 13 diverse organisations including The National Youth Council of Ireland, Foróige, and SHINE. In addition to supporting four new reflective practice training groups (for Community & Voluntary personnel), the funding supported specific work in-house, with full staff teams in two youth organisations, Ossory Youth (Kilkenny) and Youth Work Tipperary.

Strengthening SHEP's Organisational Effectiveness

During 2018 the Project continued to support improved organisational effectiveness:

Policy Development: Considerable energy was put into policy development: several new policies were progressed including an important policy on Inclusion. We also completed a review and up-dating of our International Partnership Policies.

Garda Vetting: In line with new regulations, SHEP continued to secure Garda vetting for all new personnel becoming involved with SHEP where Garda vetting was required.

Child Safeguarding Statement: A new statement was prepared and is displayed in all our offices.

DATA protection: The new GDPR regulations came into force in May. A number of actions were required in order for SHEP to be GDPR compliant.

Information Management Systems: During 2018 work continued, through the support of Apple's 'Benevity Scheme', to help us design and develop a new project database.

Killarney Office: We moved our office in Killarney to a new location at Park Road. In addition to office space we have access to a training room.

New South East Volunteer: Joan Frawley started volunteering with SHEP in Waterford to help promote SHEP's Reflective Practice programme in the South East.

New staff: Cliona Hurley finished up as Financial Compliance Officer (p/t) and Aleksandra Rogulska was recruited to join the Finance Team.

Challenges

Responding to increased need: As a Project, we remain under-resourced to meet the needs which are presenting and growing. This was also the case in 2018. This causes considerable organisational pressure and stress on staff. It is clear that the need for the Project's supports and services continue to grow: this is particularly evident in our counselling and advocacy work. Our involvement in Limerick over the last number of years has added pressure on the Training & Development Services.

Funding: We remain very reliant on securing additional once-off HSE grant funding and the securing of additional funding (which is difficult to source). €70,000 extra funding secured from the HSE for 2018. The last three years have been the most challenging for the Project, financially. Operating costs continue to increase putting further pressure on the Project. We remain committed to not raising fees for training courses because of our desire to keep the training as accessible as possible and because of our belief that if prices increase, numbers participating will drop. At the end of 2018, we were very pleased to secure a much needed €100,000 additional funding for SHEP for 2019.

SHEP Fund-raising: Owing to financial pressure on the project, we commenced a fundraising scheme in 2014 to establish a SHEP Bursary scheme. This has proved to be an invaluable scheme to support the provision of concessions to participants. However, the numbers supporting this scheme continues to be relatively small and is declining. In 2018 we continued a fundraising initiative started the previous year to raise funds for the work of Sahakarmi Samaj in Nepal. It is challenging to raise funds from the general public when so many groups are competing for limited resources. Additionally, compliance requirements regarding public fundraising place an additional burden on the Project.

Maintaining a participatory structure: We remain fully committed to maintaining a participatory structure in the Project. However, this takes considerable time and effort. During 2018, there continued to be meetings of various fora but participation rates in some of the fora remain low.

SHEP Premises: SHEP has been based in Ballincollig for over ten years. During 2018 we gave some time to looking at alternatives to both Ballincollig and The Granary (at Bessborough). Two interesting options surfaced in late 2018 and it is intended to explore these further in 2019.



Aoife Power and Rosaleen Maguire on the ferry to Cape Clear for the 2018 Annual SHEP Mindfulness Retreat

Governance

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

Two new Advisory Groups: The Mid-West SHEP Advisory Group and The SHEP Earth Aware Advisory Group continued to meet throughout 2018. The establishment of both groups the previous year represented important milestones. There are now six advisory groups in the Project supporting the Management Committee and staff.

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: Three members of the Management Committee retired during 2018: Catherine Richardson, Niamh Sheridan, and Anne O'Reilly. Four new members joined: Roy Kelleher, Carrie Shanahan, Vera Stojanovic and Sinead O'Connor. At the end of December, the following were members of the SEHP Management Committee:

- Siobhan O'Connor (Chairperson)
- Angela Murphy (Vice Chairperson) (Advocates' Nominee)
- Ann O'Sullivan (Co-optee) Retired CEO Cork City Partnership
- Stephen Griffin (Co-optee) Industry
- Rosarie Coleman (Trainers' Nominee)
- Dolores McCashin (Trainers' Nominee)
- Ber Nolan (Tutors' Nominee)
- Alice Foley Tague (Tutors' Nominee)
- Deirdre Lillis (Staff Nominee)
- Vera Stojanovic (Co-optee) Community Involvement
- Carrie Shanahan (Co-optee) Industry
- Roy Kelleher (Co-optee) Industry
- Sinead O'Connor (Tutors' nominee)

Priorities for 2019

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

1. Delivery of Year 3 actions from our Development Plan (2018-2020).
2. Completing the next phase of our Inquiry Process regarding future directions
3. Finding alternative premises/Training rooms to replace Ballincollig and Bessborough
4. Complete a review of our QQI-accredited Training and agree a position regarding re-engagement with QQI
5. Develop a new programme for the selection and induction of new SHEP Facilitators
6. To commence an independent Evaluation of Coiscéim Low-cost Counselling Programme.



Jim Sheehan and Rebecca Loughry, HSE, at the CESCA annual conference on 'What works for Women' at Nemo Rangers on 11th December. SHEP is a member of the Cork Equal and Sustainable Communities Alliance (CESCA).

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 2018. The support of our main funders - the HSE in particular - is greatly appreciated. Total funding in grants and fees was €1,147,656. Total expenditure by SHEP in 2018 was €1,142,519. Total expenditure of HSE funds in 2018 was €751,207.

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 2018 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, The Wheel to support a range of community projects during 2018.

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

SHEP - promoting health and well-being since 1974

The Social and Health Education Project,

Village Centre, Station Road, Ballincollig, Co. Cork & Park Road, Killarney.