



Nuacht

Edition 48. October 2021

Social and Health Education Project CLG - NEWSLETTER

Welcome to our Autumn newsletter

Dear Friends of SHEP.

Welcome to the October 2021 edition of SHEP Nuacht, our newsletter for everyone connected with the Project. I am honoured to have recently accepted the role as Chairperson for SHEP. As a member of the board of directors since 2017 and most recently the Deputy Chairperson, I have witnessed the amazing work of SHEP first-hand. The call to action to meet the advocacy, counselling and training needs of our community, the flexibility and agility of moving to an on-line model during Covid19 whilst remaining dedicated to our mission and vision are extremely impressive! In my day to day world,

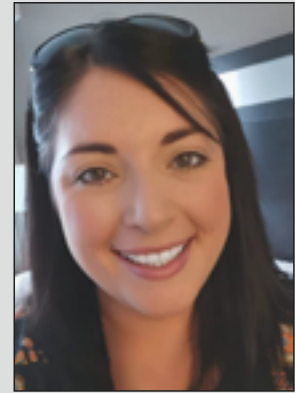
I am based in East Cork and hold a global senior leader role at Dell Technologies. I share my world with my husband, Darren and our animals. I have a keen interest in personal development, advocacy and have recently completed my postgraduate studies in Business Innovation & Digital Transformation.

I'd like to take this opportunity to extend our deepest thanks to Angela Murphy who has been our Chairperson for more than three years. Angela has guided me in that time and will forever remain a huge part of the SHEP family DNA! Thank you Angela for driving many programs and we look forward to our paths crossing again. Our Management Committee has recently expanded, and we're delighted to welcome new members - Gearoid Condon, Laura Minihan, Noreen Breen and Anita Murphy - who bring a vast wealth of experience to strengthen our committee even further! The Project is dynamically evolving with many exciting initiatives underway.

We're seeing strong interest in our Autumn Courses, Fieldwork has resumed in Nepal with Sahakarmi & Irish Aid, SHEP Tutor Training is now advertised and we look forward to the Second (virtual) Cork Conference on Intergenerational Climate Justice this October.

I'd like to take a moment and express our sincere thanks to the staff and everyone else who has been involved in all the work of the Project this year. You've set an exemplary standard of teamwork, agility and devotion to the project – THANK YOU!!!

As we enter Autumn 2021, let's reflect on the great work and acknowledge the huge body of work SHEP has completed to not only maintain the work but thrive under the global crisis, Covid19. Ireland is showing promising growth with vaccination numbers and restriction lifts. Let's look forward to brighter days ahead!



*Carrie Whitty,
Chairperson.*

Putting environmental sustainability at the heart of all that we do in SHEP

Given the escalation in the climate crisis and the seriousness of the global situation, the SHEP Management Committee have chosen 'Putting environmental sustainability at the heart of all that we do as a key theme for the coming months. With the climate crisis becoming more and more urgent - it is agreed that we need to put our own house in order and as much as possible be a model for other organisations about practical steps that can be taken.

20th Anniversary Celebration of Counselling in SHEP (28th May)

We organised a lovely, celebratory gathering on Friday, 28th May to mark the 20th Anniversary of the establishment of counselling work in SHEP. It had to be an online event because of COVID19. Over 100 people gathered online to hear about key moments on the journey, the growth of Coiscéim over the years and important new developments happening now, including Lib Multicultural counselling and our TUSLA-funded work with young people. A presentation was made to Pat McCarthy from the Management Committee to mark her retirement from SHEP after twenty years.

Deepening Partnership with Perry & Sandy Massie Foundation

The Perry & Sandy Massie Foundation has been kindly supporting our work over the last two years. We are exploring with them possibilities for scaling up their support to us given the particular circumstances we now find ourselves in as a Project in the context of COVID19. The current grant from the Foundation is helping us to develop our new on-line programme, to improve our communications and to modernise our internal systems.

'Our planet is on fire and it will require a global and whole of-society response ...What will be required is a merging of consciousnesses, – the consciousness of the younger generation fighting on ecological matters and those who have fought for equality and justice.'

- President Micheal D. Higgins (August 2021)

Important

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2nd Cork Conference on Intergenerational Climate Justice

Thursday 21st October 2021 (via Zoom)

This conference is being organised by SHEP Earth Aware / Elders for Earth, together with the Sisters of Our Lady of Apostles (OLA), with the Society of African Missions (SMA), the North Cathedral and Blackpool Parish Climate Justice Group, St. Anne's Shandon Justice Group and Eco-UNESCO. The conference is designed to be as interactive as possible within the constraints of Zoom, with both presentations and discussions interspersed with activities and an afternoon workshop to take place in breakout rooms.

The chairpersons are Alicia O'Sullivan, a university student and young climate activist and Denise Cahill, the co-ordinator of Cork Healthy Cities. Our speakers include: Professor Peadar Kirby (UL and Cloughjordan Eco-Village), Dr John Sharry (Psychologist), Rachel Power (Irish co-ordinator, Climate Reality Project), Amy O'Brien (school student and climate activist), Theresa Rose Sebastian (student and co-founder of the Re-Earth Initiative), and a panel of speakers from the Global South including Bishop Kevin Dowling (retired) of Rustenburg, South Africa and Evelyn Acham (Rise Up Movement, Uganda). Places are limited and will be allocated on a first come, first served basis.

You can register for the event on the conference website:

www.intergengclimatejustice.ie

SHEP LISTENING & CONSULTATION EVENT

'Environmental Sustainability & SHEP: Courage to put our own house in order'

Friday October 15th (7pm-9.30pm) - Facilitator: Maria Young

Climate change is widespread, rapid, and intensifying, and some trends are now irreversible, at least during the present time frame, according to the latest much-anticipated Intergovernmental Panel on Climate Change (IPCC) report, released in August. Many are saying it is 'Code Red' for humanity. The aim of this listening session: to explore ways SHEP might reduce its carbon footprint and put environmental sustainability at the heart of all our endeavours. Ideas and suggestions emerging will be considered by the Management Committee over the coming weeks and will inform a new plan. All very welcome.

Join Zoom Meeting

<https://us02web.zoom.us/j/83800990059?pwd=aENiMElKeHM0QzFsZVlyUk1oZGtCUT09>

Meeting ID: 838 0099 0059

Passcode: 876208



Great to see the SHEP team meeting for the first time in 18 months at Ard Foyle - Blackrock Cork.

Further Developing our work with Practitioners & Frontline workers

We in SHEP have been supporting practitioners since the establishment of the Project in 1974. Our support to practitioners over the decades has continued, has evolved and remains a very important dimension of our work.

In recent years the work in the reflective practice area has been very well received. We have also collaborated more strategically with other organisations and this has been very worthwhile. The pandemic has brought a spotlight to the supports SHEP can offer and there is increasing interest from organisations and practitioners for support. We are going to give this some time over the coming months to discern our path forward. There may also be important opportunities arising to collaborate more deeply with others in this area and to scale up our work to support practitioners.

Updated SHEP COVID19 Protocols for the Autumn

The staff team have been working to prepare revised protocols to guide our work in the autumn.

We have now agreed protocols to guide our in-person counselling and training work, and have agreed protocols to guide how we work together in person as a staff team. We will keep these constantly under review over the coming weeks.

First fully on-line SHEP Presentation of Certificates Ceremony (June)

Because of the on-going COVID19 situation we organised our first on-line presentation of Certificates ceremony on June 10th and it was a great success. Participants and Facilitators involved in 13 SHEP Training courses were invited. We hope to be able to revert to in-person ceremonies in 2022, all going well.

Collaboration in South East regarding SPHE training

We continue to liaise with the HSE in the South East regarding a potential new collaboration around SPHE training in the region. Some exciting developments are planned for next year. There is over 30 years' experience of SPHE training in the South East. We have also been working over recent months to bring together people in the region that have previously been involved in SPHE facilitation or those that are interested in it: a group of ten people have now agreed to meet at least once a month starting in October as a 'Community of Practice'.

Staff: a phased return to the workplace

Our staff have been super during the pandemic and have managed so well to keep the work going whilst mostly working remotely. Most of our staff continue to work mostly from home although over the coming weeks we will be piloting blended working, hybrid meetings and other new ways of team-working.

We had our first in-person gathering of staff at Ardfoyle yesterday Wednesday 22nd. The five members of staff who retired over the last 18 months (Mary Mangan, Dolores McCashin, Helen Godsell, Pat McCarthy & Mary White) were all able to join us for the lunch (which we had in a the car park at the front of the building in Ardfoyle).

Strong interest in our Autumn Courses

There has been very good interest in our autumn courses (despite the pandemic) and we are confident that most of the planned courses will go ahead (including seven Personal Development Courses and three Social Awareness & Community Empowerment Courses). 35 - 45 short course (phased from mid Sept to mid Oct, approx. 8 per week). We have also started the Leadership for Living & Social Action programme. We are seeing evidence of lots of interest in recommencing in-person training which is also very positive. The Autumn programme is mostly online, or blended, though we are committee to trying out a small number of fully in-person courses to learn and build up our experience so we are ready for Spring 2022.

'Heart of Frontline Practice' with Ag Eisteacht

We continue to work closely with Ag Eisteacht particularly with regard to how we support practitioners at the frontline. The 'Heart of Frontline Practice' Seminar was a great success in May and it will now become an annual conference. A series of morning workshops throughout the year has now also been planned, commencing with a seminar with Colm O'Connor in October.

News about Offices & NCE Farranferris

We recently extended our lease at Crosses Green for a further four years, which is great. Unfortunately, we heard recently that we won't be able to continue to have a small base (Training & Counselling Rooms in Farranferris). We also don't have an office in Killarney, but we will hold off on finding alternative premises for the moment given the uncertainty with COVID19.

SHEP will celebrate 50 years in 2024!

It is hard to believe that the 40th Anniversary Celebrations (in 2014) were more than seven years ago. We will start doing some initial thinking late next year with regard to how we might celebrate 50 years of SHEP in 2024, which is only a little more than two years away!

We are working on a new Strategic Plan 2021-2026

The Management Committee have agreed that over the next few months we will bring together the main decisions of our inquiry/generative/planning process by compiling a short, rolling strategic plan for 2022-2026. The main goals being worked on are:

HSE funding

We are very appreciative of the ongoing support from the HSE who provide core funding for SHEP through a Section 39 Grant. Rebecca Loughry met with the SHEP management committee recently to discuss what has been achieved by the Project over the past year across Training, Advocacy and Counselling and to explore possibilities for our need for additional HSE funding for the Project for 2022.

Caring for Our Well-being Tutor Training 2022: open now for applications**January – December 2022****Blended***Closing Date: Friday, October 15th 2021*

We are very pleased to announce that applications are now open for the above SHEP training course, the first of two planned SHEP Tutor Training courses. The second course (a revised version of Integrated Tutor Training) will start in September 2023. Our approach to this Tutor Training is innovative: it will be a 'blended' course – with the much of the course delivered on-line, using zoom. There will be 11 in-person day-long workshops – all on Saturdays - which will take place (subject to public health guidelines) at The SHEP Training Centre in Ardfoyle, Ballintemple, Cork and 28 weekly, evening sessions (all on-line). This course is open to those who have completed the SHEP Certificate in Facilitation course and who wish to train for the first time at this level. SHEP is heavily subsidising this course, through the support of the HSE. Further information on the course and the application form is available on the SHEP website: <https://www.socialandhealth.com/training/specialised-tutor-training/>

SHEP Facilitators' Gathering (September)

A gathering of SHEP Facilitators (online) took place on Friday, September 10th. A key piece on the evening was an acknowledgement of the retirement (as a trainer) Terry Coleman, who has been involved with the Project for over 30 years. Maureen Sheedy, Frank Dorr and Jim Sheehan all acknowledged Terry's contribution over the decades and Terry shared some of his memories of the journey.

Some time was given in small groups and plenary group to considering recent developments in the Project. A number of key themes emerged from the discussion: how incredibly mature the SHEP has become over the 46 years; a real sense of SHEP holding to our values base; how the SHEP has expanded and developed new practice and partnerships during COVID; that on-line work has created new opportunities for the Project (and that experiential training can work on-line); a sense that SHEP is now moving into a national space; how the Project has promoted a sense of community during the pandemic; that recent staff retirements have been very significant; the importance of more integration of people of different cultures into the Project; a real sense that the international learning partnership with Nepal has been mutually beneficial; that the Generative Dialogue Space has proven to be very important; the importance of the SHEP earth aware work and its new reach during COVID; and a sense for people feeling the need to connect with the new premises in Ardfoyle (most people have not been there because of COVID19).

SHEP as a 'Learning Organisation

The SHEP generative dialogue group have been asked by the Management Committee to work on a new theme over the coming months - SHEP as a Learning Organisation. The first meeting took place recently and the focus was on images we have of SHEP as an organisations. The image that had most resonance for people was that of SHEP as a 'Living Eco-system, guided by values, learning from experience, making choices.'

Mid-West SHEP

The Programme in the Mid West continues to go from strength to strength, with support from local partners including the Mid West Regional Drug and Alcohol Forum who have provided grant funding again this year for some of the training. The Healthy Ireland Fund has brought additional energy to the work in the areas, and is supporting SHEP short course provision across the region.



Spark Deely presents commissioned artwork 'Open Hands, Open Heart, Open Mind' to SHEP's Director Jim Sheehan.

Independent Advocacy Gathering 2021

The Independent Advocacy Gathering 2021 will be held online on November 17th. SHEP Advocacy have been involved in facilitating this annual event since 2012 and we are looking forward to talking about our rights and medication at this year's Gathering. Please contact Deirdre Lillis at deirdre.lillis@socialandhealth.com for more information.

Linking with Bessboro Horticulture Project to create a new Outdoor Learning Space

We continue to develop our connection with the Bessboro Horticultural Project which is based in the space behind the SHEP building in Ardfoyle. Together with the Horticulture Project Staff and their new students we are looking at the possibility of creating, over the next six month, an outside Learning Space for common use. This is very exciting.



Artwork by Spark Deely. Title - 'Open Hands, Open Heart, Open Mind'

We are working on a new Strategic Plan 2021-2026

The Management Committee have agreed that over the next few months we will bring together the main decisions of our inquiry/generative/planning process by compiling a short, rolling strategic plan for 2022-2026.

The main goals being worked on are:

RECONNECT & RESTORE - Creatively attend to the impact of the COVID pandemic on the Project

CREATE - Continue to create opportunities for personal and social transformation for those who come to the Project.

SUSTAIN - Put environmental sustainability at the core of all our work.

RESPOND - Respond creatively and appropriately to emerging needs

COLLABORATE - Work in partnership with other organisations where possible

CONNECT - Deepen our connection to the wider community

INFLUENCE - Take a stronger stance regarding systemic exclusion, inequity and injustice

Promoting Diversity in SHEP

Some important work has been done by the Project over recent months to look at ways in which we can promote greater diversity within the Project over the coming years. A key theme was the need to work at progressing Diversity at all levels in the Project. The Management Committee have affirmed our intention to scale up our work to diversify facilitator teams within the Project.

Continued Collaborations in Kerry

The SHEP programme in Kerry continues to be very strong and is supported each year, both financially and developmentally, by Kerry ETB. Our short course programme continues to be in high demand: examples of partners for our Autumn courses include TEAM (Tralee); Castlemaine FRC, and Phoenix Women's Centre.

IRHEC Grant funding

We are delighted that our application to the Irish Human Rights and Equality Commission's Human Rights & Equality Grant Scheme 2021-22 was successful. It was a very competitive scheme with only 28 grants awarded. The Project will support the Our Rights and Medication Initiative.

'SHEP Leadership for Living & Social Action' starts

We are delighted that there has been strong interest in our re-designed SHEP Leadership course. The course started in early September and is a blended course. It has appealed to a wide range of people (twelve women and three men), including many people new to SHEP. Participants come from seven counties - Cork, Kerry, Limerick, Clare, Cavan, Wexford, and Waterford. The facilitation team includes Kevin McCaughey and Norma Roche as well as a number of guest facilitators.



Liam McCarthy makes presentation to Geraldine Flanagan on completion of her Degree

SHEP/UCC Diploma Group (2019-21) to Graduate Soon.

Congratulations to the 16 students who successfully completed the two year diploma (14 women and 2 men). The graduating class included three SHEP Trained Community Tutors, and a number of others who had some SHEP Training done. Like many involved in training and education over the last two years their experience of the course was greatly disrupted by COVID19: all of their training was fully on-line since March 2020. Like all of the groups in SHEP who had to migrate to online, they showed remarkable courage, patience and resilience.

Strong Interest SHEP/UCC Diploma in Social and Psychological Health Studies

There has been particularly strong interest this year in the SHEP/UCC diploma. Nineteen people have started. For the first time in a number of years those who have done SHEP training comprise the majority. This is also the first time we have made SHEP Scholarships available to those who have completed SHEP Tutor Training. A huge thank you to Aileen Fitzgerald who is retiring from the lecturing team, having been involved for many years, and a big welcome to Nuala McDonnell who is joining the team.

Two Bike Donations Needed for Ardfoy.

We are planning to set up a small bike borrowing scheme at Ardfoy, so that course participants or others in the building may borrow a bike at lunch time and enjoy the surrounding amenities at the Marina, and the Blackrock Cycle Way. We are so lucky that our training centre is so close to the River Lee, the Atlantic Pond, the Marina area and the new amenity area being developed at Pairc Ui Chaoimh. We need donations of two bicycles in good condition, along with some bicycle helmets. If you can help you might contact Robert O'Herlihy: Robert.oherlihy@socialandhealth.com. Thank you!

Nepal Sahakarmi Programme – Great work happening in context of Pandemic

The Covid19 situation in Nepal is still very challenging at the moment though the situation is stabilising. Only 4 million of the 30million population are fully vaccinated. The current Irish Aid supported programme has entered its final (third) year. Many of the COVID restrictions in Nepal have now been lifted and the Sahakarmi team is working hard to complete the full programme of activities planned for 2021. This is the twelfth year of Irish Aid funding for Sahakarmi, through SHEP.

We have now started working with Sahakarmi and Development Fund Norway on the next application to Irish Aid which will be submitted at the end of the year. We are delighted that Abigail Joffe has joined our team in a part-time capacity to provide development and capacity building for Sahakarmi.



New building of Sahakarmi Research and Training Center(STRC)in operation

New Sahakarmi Research & Training Centre Opens!

Huge congratulations to all our colleagues in Sahakarmi Samaj on the completion of phase 2 of their plans for a Training Centre in Kohalpur – this second building is a training venue and accommodation block for course participants. Sahakarmi has had a plan, for many years now, to develop a training centre to train people in the FEST approach and to support project sustainability.

News From Nepal

The support needs around Covid can change fast. Since the time of our fundraiser for Sahakarmi a lot of government and international resources have come into the country to meet the emergency needs for food and medical supplies. Case numbers are also down. As a result, the Home Care Kits no longer look like a good use of resources and what's really needed are financial supports to help people get back to work, particularly migrant workers who have returned to Nepal and those who have lost a family breadwinner. Sahakarmi's idea is to use the funds raised by the SHEP community (€6,500) to offer small start-up grants

... Partnership
International

Cont. - to 20 – 30 people who are starting new businesses, thereby boosting the local community and economy. They will be selected via Sahakarmi's network of community based organisations. This is very much in keeping with Sahakarmi's usual community development work and so was given the thumbs up from our fundraising committee on behalf of SHEP. We hope to bring you more news about this as the project develops. SHEP's monitoring visit is also going ahead in November and Abigail is very much looking forward to representing SHEP on her first trip to Nepal.

You are invited to

A Nepalese Cultural Evening



Tuesday June 15th
7-8.30pm on Zoom

Celebrating the International Learning Partnership between
SHEP & Sahakarmi Samaj

And launching SHEP's COVID Fundraising Appeal for Nepal



SHEP
Cooperatives for Personal & Social Transformation



SAHAKARMI SAMAJ
सहकर्मी समाज

Nepal Cultural Evening (June) & Fundraising

In response to the very challenging COVID19 situation in Nepal in recent months we organised very successful online awareness raising event/fundraiser on June 15th. We are delighted that a total of €6500 was raised.

The intention is to use the funding to provide longer term support particularly to returned migrant workers and their families. The idea is to support 20 new entrepreneurs with a grant to help them get set up in business and therefore remain in the area rather than having to leave home to find work.

...Partnership International



It is 20 years since the first group (pictured about at their graduation in 2003) started the Diploma course in UCC. This collaboration with ACE in UCC has been very successful over the years.

New Foundation One (PD) Team members

The Project has been working hard over recent years to bring new Facilitators into the Foundation (PD) programme – and this work continues. New facilitators to come into this work recently includes Lorna Rice Davis, Bernadette Nolan, John Horgan, Nuala McDonnell, Barry Morley and Norma O'Brien. People starting this year include Kathleen Rohan, Mags Liston, and Rebecca O'Mahony.

PSYCHED Collaboration

In association with Ag Eisteacht we have worked in collaboration with the PSYCHED (Mental Health in the Workplace) initiative over the last 18 months and the feedback has been very positive on the three 'Reflect and Engage' courses completed. A review meeting took place in June. SHEP Facilitators involved in this include Michelle Fitzgerald, Rebecca O'Mahony and Susan O'Regan.

SHEP Introduction to Advocacy Course (2022)

We intend commencing our 45 hour part-time course again in January 2022. The sessions will be delivered in the evening 7-9.30pm (most likely Tuesdays but yet to be confirmed) with three Saturday commitments. The course will be offered as a blended course with evening sessions on-line and Saturday sessions in person if regulations allow.

Applications Open: SHEP Advocacy Course Facilitators

We are looking for suitably experienced and trained people to facilitate the SHEP-certified Introduction to Advocacy course. We are looking for people who: Are in agreement with the principles of the SHEP approach to facilitation; have a strong commitment to the principles of advocacy and social justice; have some experience in advocacy be that personal and/or professional; and have an understanding of facilitating groups within the framework of experiential learning and participatory group-work. Applications forms can be downloaded from the SHEP website or by contacting info@socialandhealth.com

SHEP ERASMUS+ KAI Programme

The EU funded KA1 programme (Staff training abroad) is on hold for the moment because of COVID19. We managed to send four personnel to Germany last March (to do The Theory U Foundation Programme) – but no training has been possible since then. We are hoping to reactivate this programme in the late Autumn or early next year. Our new KA2 Programme (a Strategic Partnership with four European Partners with the theme of Storytelling as a tool for Adult Education) has started but all the work is on-line for the moment.

Erasmus+ Accreditation

We have benefitted considerably over recent years from being able to access Erasmus Plus funding. Even though activity is stalled at the moment because of the pandemic we are nonetheless now planning to apply to Léargas to become an accredited member of the programme.

SHEP hosting of CESCA

SHEP has been an active member of the CESCA alliance over the last seven years – and we support the alliance through being the host and employer organisation for the alliance (Niamh Kelleher is the alliance Coordinator). The HSE has recently mainstreamed its core funding for CESCA and this is a very positive development.

The Wheel & Bon Secours Funded Reflective Practice Programme 2021-22

Five new reflective practice groups were offered and started as part of this important national programme – all online because of COVID19. Three of the five groups have now finished and the feedback has been very positive. This is our third collaboration with The Wheel.

National Youth Council of Ireland

We have worked with NYCI over the last two years with regard to building capacity for reflective practice and we are now starting phase two. This involves NYCI staff organising reflective practice spaces for youth workers with SHEP providing background support.



SHEP Supporting Organisations

SHEP has a long tradition of working to support organisations with training and development. Organisations that we have recently we have worked with so far this year include The Traveller Projects of Cork & Kerry and Abode.

Our Annual Report 2020

Our 2020 Annual report was published during the summer and is available on the SHPE website Because of the arrival of the COVID19 pandemic, 2020 was an extraordinary year. There were already considerable changes underway in the Project – and the pandemic has resulted in extraordinary disruption, adaptation and unprecedented levels of change.

These changes include transitioning the entire SHEP programme to online; the need for staff to work remotely; significant programme changes to respond to the circumstances of the pandemic; important staff changes; and the introduction of new systems to allow both on-line work and remote working by staff. We have decided that this Annual Report will have a more reflective focus than usual in order to capture and present the key learnings from our experience of what has been a truly extraordinary year.



Recently retired project members enjoying the staff lunch at Ard Foyle - Dolores McCashin, Mary Mangan, Pat McCarthy, Mary White and Helen Godsell

Current SHEP Management Committee members:

Carrie Whitty (Chairperson); Rosarie Coleman, Dolores McCashin, Gearoid Condon; Roy Kelleher, James Murphy, Liam McCarthy, Lorna Rice Davis, Eithne Sparling; Rebecca O Mahony, Laura Minihan, Noreen Breen & Anita Murphy.

NCE – Farranferris

We received news recently that NCE are not in a position to renew our licence agreement at Farranferris – which means we are on the look out again for opportunities to have a small base/outreach space on the Northside of the city.

Book Donations for the SHEP Library

We continue to develop the SHEP library as a resource for our participants. We are always very happy to receive donations of books in good condition that are relevant to SHEP areas of work, particularly contemporary books and new publications. We appreciate all the donations we have received in recent years. Thank You!

New SHEP Mural at Ardfoyle now complete

We want to express our deep appreciation to Spark Deeley for helping us with this fabulous mural at Ardfoyle.



Recently commissioned mural by Spark Deeley at SHEP Offices in Ard Foyle Cork

OUR SHARED VISION AND MISSION

In solidarity and partnership with others we seek to foster the well-being of people, families, communities and the wider world and to contribute to building a healthy, loving, socially just and sustainable way of Living.

