



THE OLD PRIMARY SCHOOL, ARDFOYLE AVENUE  
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# Nuacht

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**SOCIAL & HEALTH EDUCATION PROJECT CLG (SHEP) NEWSLETTER**

In May, at the 2022 LAMA (Local Authority Members Association) All Ireland Community & Council Awards, 'Relationships Matter; Building ACE Awareness in the Community' won the Best Community Health Initiative and also the overall national Award – the Grand Prix Award. 'Relationships Matter' is one of the initiatives that comprises Relationships in Practice (formerly Ag Eisteacht) which is now part of SHEP. The prestigious Grand Prix Award is awarded to the initiative that received the highest average mark from the judging panel. We are all delighted with this award which recognises the importance and value of this initiative. Huge congratulations to Dr Maeve Hurley, who developed the initiative, Sabrina Moris and all those involved. It is a great honour for us all and tremendous recognition of the value of positive, supportive relationships in frontline practice.

The newsletter for participants, service users, group facilitators, counsellors, advocates, committee members, staff & friends of SHEP  
Training & Development | SHEP Earth Aware | Advocacy | Counselling & Outreach | International Partnership





### LAMA GRAND PRIX AWARD WINNERS 2022

The aim of 'Relationships Matter' is to use an innovative approach to promote community health by raising frontline practitioners' awareness of Adverse Childhood Experiences (ACEs) and highlighting the role supportive relationships play in buffering the negative impact of adversity.

## Continuing COVID challenges – but brighter days ahead

The Omicron wave has continued to cause a great deal of disruption but we have done relatively well over the last few months to continue all of our programmes and services. We have followed a 'leave no-one behind' approach and we have had to be thoughtful and innovative about how to do this. As the situation has improved there have been more and more opportunities for in-person training sessions and other in person events. It has been wonderful and exciting seeing a return to in person events.

## WHAT WE ARE EXCITED ABOUT

### Official Opening of SHEP Ardfoy

The pandemic disrupted our efforts to celebrate our move to Ardfoy in Ballintemple but we are ready now to have an official opening of the building. It will take place on Wednesday, May 25<sup>th</sup>. Because of our wanting to limit the numbers present (to support public health measures) we are inviting special guests and those from the Project who have been involved in representative roles (for training, counselling, advocacy, earth aware). We will create other informal opportunities for others to visit later on in the year – as we would love everyone to see our new home.

### Mid-West Presentation of Certificates Event – 16<sup>th</sup> June

The Limerick Presentation of Certificates Event will take place on the evening of 16<sup>th</sup> June in Limerick, at the Green Hills Hotel. We are delighted that our special guests will be Perry and Sandy Massie.

### Presentation of Certificates Event (Cork) – 8<sup>th</sup> June

Our first in-person Presentation of Certificates Event in Cork will take place on Wednesday, June 8<sup>th</sup>. We have opted for the Silver Springs Hotel to give us plenty of space for what will be a big gathering.



## We are starting to think about the SHEP 50<sup>th</sup> Anniversary

It is hard to believe but SHEP will be 50 the year after next! We are really excited that our Generative Dialogue group is developing a plan for the coming two years - with a focus being on the 50<sup>th</sup> Anniversary. The theme will be 'Learning our way forward together in context of climate, bio-diversity and social justice crises'. We hope this will be an engaging and exciting process, with lots of opportunities for people in the Project to come together, connect and celebrate. The process will draw on our new Vision and Mission statements, as well as the numerous, important influences on the Project over the years.

## PEOPLE NEWS

### A big welcome to Fern!

We are delighted that Fern Higgins Atkinson has been selected as the new Programme Manager for Relationships in Practice. Fern has been working most recently for West Cork Development Partnership. Fern will start later in the month and will join Sabrina on Relationships in Practice team. We all wish her well in her new role.



Sabrina Moris, Aleksandra Rogulska, Linda Geasley, Carmel Savage, Sheila Kelleher, Deirdre O'Sullivan and Lorraine Vercuiel at a recent staff outing in Blarney Castle Garden in April. There are more than twenty people now on the team.

### Deirdre Lillis moving to a new role

After ten years as Advocacy Programme Coordinator, Deirdre Lillis will move to a new advocacy role in the autumn. Deirdre will continue to be involved in elements of the advocacy work, but in a consultancy role. We are really pleased that Deirdre will be able to continue to be involved in this way, as it gives us the opportunity to support the programme in a very strong way as it starts a new chapter.

### New Vacancy: Advocacy Programme Coordinator

We are actively looking for a new Advocacy Programme Coordinator. Applications are now invited for the half-time (19.5 hours per week) position. For details and an application form visit the recruitment section of our website. Closing date for applications is Monday, 9<sup>th</sup> May 2022. The new Coordinator will be a senior member of the SHEP team.



## COMING UP

The Heart of Frontline Practice collaborative group proudly presents:



# Reconnecting with the Heart of Frontline Practice

'Connecting and Relating in Dynamic and Complex Settings'

For the third consecutive year, this one-day seminar for frontline practitioners will feature stimulating guest speakers, interactive Q&A sessions and facilitated break-out spaces as one of a series of initiatives by the Heart of Frontline Practice collaborative group exploring focussed ways of supporting frontline workers.

Open to all frontline practitioners working in healthcare, social care, education and the justice sector in public, private or community roles.

#HeartofPractice 

A national seminar to provide Ireland's frontline practitioners with a safe and nourishing space to reflect on the impact of their work.

## Speakers:

**Joan Fletcher**

Independent Social Worker, Psychotherapist, Clinical Supervisor and Trainer

From eggshells to allyship: creating a culture of inclusion through courageous, critical conversations about "race"

**Dr Tom A Hutchinson**

Professor, Department of Medicine and Department of Oncology and Director, McGill Programs in Whole Person Care, Canada

'Communication in Professional Relationships: Insights from the Work of Virginia Satir'

**Nickie Egan**

Principal of North Presentation Primary School, Cork

'Be Curious Instead Of Furious'

**Tuesday 24th May 2022 at Nano Nagle Place, Cork and online**

Morning session: 9:30am - 1:00pm

Afternoon session: 2:00pm - 3:45pm

Spaces are limited and booking is required before 13th of May 2022. Tickets available for €50 via [Eventbrite](https://www.eventbrite.com).

For more information contact [sabrina.moris@relationshipsinpractice.ie](mailto:sabrina.moris@relationshipsinpractice.ie)

[www.heartoffrontlinepractice.com](http://www.heartoffrontlinepractice.com)

## KA2 Erasmus Programme – in person exchanges about to restart

Our first KA2 exchange visit for some years is planned for mid-June, with four staff hoping to travel to visit our new partner in Latvia. We are very excited about this visit. All going well we will be hosting a three-day exchange visit for all our partners in this Storytelling for Adult Education Project in September. Separately, our Slovenian partner, LUR Adult Education Centre, has submitted a new KA2 proposal on 'Bee Keeping & Adult Education' (and SHEP is a partner in this new application along with two other countries). Slovenia has a particularly strong tradition in Beekeeping.

## COLLABORATIONS – some examples

### Cork Community Education Network

The first in-person gathering of this network since the pandemic took place recently and was a huge success. The theme of the event was 'Reconnect and Regenerate at the Everyman'. Keynote speakers included Maria Young (Green Spaces & SHEP Earth Aware), Denis Leamy (Cork ETB), Dr Judith Butler (MTU), Anne Doran (poet and mental health advocate) and Sophie Motely (Artistic Director, Everyman).



Mary Ryder, Liam McCarthy, Denis Taylor, Anne Doran, Tian Herbert and Jim Sheehan at the April 2022 Cork Community Education Providers Gathering at the Everyman Theatre. Anne Doran was one of the keynote speakers – Anne spoke very eloquently of her experience of lifelong learning with a number of organisations in Cork including SHEP, The Lantern, SHINE and UCC.





## Bessborough Horticulture LTI

We are delighted with the collaboration at Ardfoyle with the Bessborough Horticulture Long-term Training Initiative. The new outdoor learning space (photographed on the left) is coming together very well. Phase 1 will be completed in the coming weeks. This project is one of the pieces being very kindly supported by the Perry & Sandy Massie Foundation as part of our intention to create more supportive learning environments for our participants. We are very pleased to have secured €2000 from the city council from their 2022 Capital Grants Scheme to contribute to the project.

## Cork Community Health Network (CCHN)

The Cork Community Health Network was established by a number of Community and Voluntary Projects in Cork almost 10 years ago and usually meets three times a year. A key focus of this informal network is to create a space for community organisations in Cork to share their experience of using community development for health approaches.



Some of the participants at the April 2022 CCHN meeting – which took place outdoors at the Ballyphehane Library. Siobhan O'Dowd, Katherine Harford and Jim Sheehan are the members of the CCHN steering group.



## Cork Equitable & Sustainable Communities Alliance (CESCA)

CESCA is a unique and important alliance of 18 Community and voluntary organisations and the HSE to support equality and sustainability in community life. The Alliance is going from strength to strength and supports several important events each year including the Annual CESCA Conference. The next conference will be in December.



Jim Sheehan, with Ailsa Spindler (Coordinator, The Gay Project & Co-chair CESCA) and Niamh Kelleher (Coordinator, CESCA) at a recent meeting of CESCA at the Quay Coop in Cork City.

## WHAT WE ARE LEARNING

### Important Shifts in Language

In the SHEP Advocacy project, in particular, there is increasing discussion about the shift in language from 'People with Disabilities' to 'Disabled People'. This is an important topic that we need to consider more in SHEP. This article may be of interest: <https://ilmi.ie/why-we-need-to-talk-about-the-disability-sector/>



Four of the participants from the 2021/22 SHEP Leadership Programme – at one of their in-person training days at the OLA Hall in Ardfoyle, in April 2022. This is a scene from one of the group projects exploring contemporary themes in community leadership. The Training Programme has been a 'blended' programme – with the group meeting online on Tuesday evenings and coming together for three Saturdays. This model has worked very well and is likely to be continued into the future.



# SHEP COMMUNITY OF PRACTICE



2 Day-Weekend Workshop

## ‘The Dream Catcher’

Redemptorist Center, Limerick

May 21<sup>st</sup> & 22<sup>nd</sup>

with Anita O’Shea, Fergus Finucane and Ray Wallace.

Individuals, families and communities can go through difficult patches in their lives. The negative experiences can block out hope, and people can lose sight of possible sources of support and give up on their own dreams for themselves. In this workshop, we will use the Native American story ‘The Dream Catcher’ to help participants find support to face the ‘nightmares’ and to follow their positive dreams for themselves, their families and community. This highly experiential weekend will involve a variety of approaches including meditation, dramatization, movement and music, opening our imagination, and engaging our sense of play.

Cost to participants will be €50 – SHEP is subsidising the course to keep it as low as possible for the participants.

## OTHER NEWS

### News from Nepal!

A few new souvenirs from Nepal have arrived in the SHEP office, including this beautiful singing bowl bought in a small music shop in Kathmandu. Please feel free to use the bowl for groups or meetings at Ardfoyle to begin and end your meditations or ‘getting here’ exercises. Another item available for use is a brightly coloured handwoven basket that was made by Navadurga women’s group in the village of Likma in Far West Nepal. The group has been facilitated by SHEP’s Irish Aid funded partnership with Sahakarmi Samaj and the gift was presented to SHEP on behalf of her group by Sita Chaudhari. Sita (pictured below) was chosen by the other women to be a recipient of a Covid Support Grant funded by SHEP’s 2021 Cork to Kathmandu fundraising campaign. This enabled Sita to go into small scale pig farming in order to support her family and alleviate some of the economic hardship caused by the pandemic.





## Training Link & Reflective Practice

We have now completed the two -year training project, sponsored by The Wheel and Bon Secours Health System, to support the roll out of the Reflective Practice Training in the South-East and East. A key development from this work has been the introduction of this way of working into the National Youth Council of Ireland.

## SHEP Community Choir

The SHEP community choir is open to new members for our 8 summer sessions 2022. No auditions. Just bring your voice and enjoy. We follow natural voice principles. Pat Sheehan Corbett, our fantastic choir leader continues to inspire us, creating beautiful music with our voices. Read more about the Natural Voice Network here:

<https://naturalvoice.net/#:~:text=What%20is%20Natural%20Voice%3F,judgmental%20communities%20that%20sing%20together.>

It has been proven that singing supports our physical and emotional health and well being , creates community and connection and can even impact on social and climate injustice; through social inclusion and intercultural awareness to activism: Sing for Water is one example of a campaign we supported prior to the pandemic. We hope to do more. We sing in the Ursulines Secondary School in Blackrock, Cork on Thursday evenings with a zoom option if needed. Please contact [info@socialandhealth.com](mailto:info@socialandhealth.com) for an application form. You can also contact Deirdre at [Deirdre.lillis@socialandhealth.com](mailto:Deirdre.lillis@socialandhealth.com) if you have any questions. Singing together has so many benefits. Go on. Give it a try. 🎵 🎵

## FROM THE ARCHIVES



A photograph from almost 40 years ago – 1983. This was taken at the launch of the SHEP Handbook in Cork.

This was the same year that work first commenced with the Mid West Health Board so it could establish its own Social and Health Education Programme.

