



SHEP

Capacity for Personal
& Social Transformation

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Nuacht

Edition 51 | OCTOBER 2022

SOCIAL & HEALTH EDUCATION PROJECT CLG (SHEP) NEWSLETTER

Welcome

Welcome to SHEP Nuacht #51 – our October 2022 edition. We hope you find this newsletter interesting – as usual there is lots happening and this is one of the busiest times of the year. As we reflect back over the last few months we have lots for which to be grateful – including a great deal of reconnecting at a personal (and in-person) level. A number of highlights stand out including the Presentation of Certs Event in Cork and the Presentation of Certs Event in Limerick – both quite special gatherings for a number of reasons. Another highlight of the past few months has been the ‘Reconnecting with the Heart of Practice’ seminar which took place at Nano Nagle Place and was a collaboration involving Dr Maeve Hurley, Dr Nicola O’ Sullivan, SHEP and Relationships in Practice. It was a hybrid seminar with people joining in both in-person and on-line, including Dr Tom Hutchinson who joined in from McGill University in Montreal. Pictured above at the seminar are: Jim Sheehan, Patsy Atkinson and Dr Nicola O Sullivan, with keynote speakers Nicky Egan and Joan Fletcher. Over 60 people participated in the event and the feedback was excellent.

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

IMPORTANT NEWS

International learning Partnership

We are thrilled to have been successful in our most recent application to Irish Aid to support our International Learning Partnership with Sahakarmi in Nepal. €270,000 has been awarded for the next three years, representing 70% of the total costs. A key difference for this new project is that we don't have a third NGO partner as we did in previous projects: a number of the local authorities in the programme area will contribute some match funding; and both Sahakarmi and SHEP have committed to raising funds locally each year. We in SHEP have just started mobilising around this – our target is €5000 per annum in Ireland. If you are interested in helping with fund-raising you should contact Abigail.Joffe@socialandhealth.com.

Putting sustainability at the heart of all we do,

It is becoming more and more obvious that a climate breakdown crisis is unfolding around us. As a Project we have committed to putting climate justice, bio-diversity and social justice at the heart of all we do. Our Generative Dialogue Group, which meets monthly, is helping the Management Committee to explore what it is we can do as a Project. Key messages from the Generative Dialogue Group to the Project and Management Committee include: to be an urgent and courageous voice; that we have something unique to offer in terms of taking sensitive action with compassion and wisdom: to prioritise the urgency of responding to the climate, bio-diversity loss and social justice emergencies; to prioritise trauma-informed approaches; to integrate SHEP Earth Aware across the Project; to create generative spaces for listening and discerning; and to connect all of this in the context of preparing for and celebrating our 50th anniversary.

Additional funding for Relationships in Practice Programme

The new connection with the Relationships in Practice programme is working very well. Ag Eisteacht Foundation has agreed to fund an additional part-time position to support the practitioner development work, particularly the programme's award-winning advocacy work on resilience.



Mid-West Presentation of Certificates Event – 16th June: Lorna Rice Davis and Dolores McCashin, representing the SHEP Management Committee, making a presentation to our special guests at the event, Perry and Sandy Massie.

Strong interest in the Autumn Training Programme

We are happy to report very good levels of interest in the autumn training programme. It is interesting to note that people are 2-1 in favour of fully in-person training. This represents a significant shift since the pandemic. We are starting up eight personal development groups – seven in-person and one fully on-line. Interest in our short courses also continues to be very strong – with over 25 groups being started. We hope to start two Social Awareness and Community Empowerment Groups – both in person, including one which is a new variant, with a stronger emphasis on action for climate justice. The interest in these two courses, however, is not as strong as we normally experience. A similar situation faces us with the two reflective practice trainings being offered (one in person, and one online) which are not filling as they usually would. There is still time to apply if you are interested/know someone who might be interested.

New team members and larger staff team

We have new members joining and the team is expanding (see People news below). There is a real sense of a new chapter beginning, particularly as we reconnect more fully following the disruption of the last two and a half years. We are in the final phase of recruiting some part-time support in the finance team and there is one vacancy (on the Relationships in Practice team) currently being advertised. Once this position, is filled we will have a full team. On our website we have put up a new 'Meet the Team' section – this is on the homepage and gives a good sense of the team as it is at present.

Very challenging times ahead

Although the programmes are going very well, and despite easing of the COVID pandemic, the broader context of our work continues to become more challenging. We are living in an increasingly disrupted world, with great uncertainty and stresses. Financially, the pressures are increasing significantly for us. It is becoming harder each year to balance our books: costs are increasing; inflation is a very real issue now on top of everything else, adding new pressures; and energy costs are a real worry, as they are for everyone.

Official Opening of SHEP Ardfoyle

The pandemic disrupted our efforts to celebrate our move to Ardfoyle in Ballintemple but we finally got to have an official opening of the building on Wednesday, May 25th. Because of our wanting to limit the numbers present (to support public health measures) we invited special guests and those from the Project who have been involved in representative roles (for training, counselling, advocacy, earth aware). It was a heart-warming and significant event. Sr Kathleen, Provincial Leader with the OLA Sisters, spoke about the history and different uses of the building of the years and welcomed SHEP formally to Ardfoyle.



Rebecca Loughry, HSE, Denis Leamy, Cork ETB, Jim Sheehan and Sr Kathleen McGarvey at the official opening of SHEP Ardfoyle, in May. Rebecca and Sr Kathleen were among the keynote speakers at the event, which was a largely outdoor gathering.



Three of our former chairpersons - Siobhan O'Connor, Mary Cunningham and Angela Murphy - at the official opening of SHEP Ardfoyle. A presentation was made to Angela to thank her for work as Chairperson. Our current chairperson is Carrie Shanahan.

Management Committee membership

The SHEP AGM took place in May – and our audited accounts for 2021 were accepted. Carrie Shanahan was re-elected as our Chairperson. Dolores McCashin was re-appointed as our Company Secretary; Gearoid Condon was re-elected as Treasurer. Noírin Breen has recently stepped down as Deputy Chairperson (she has a new work role) and we want to thank her for her contribution. We also want to say a huge thank you also to Roy Kelleher, Laura Minahan and Jim Murphy who are stepping down from the committee. The remaining members of the Management Committee are Rosarie Coleman, Lorna Rice Davis, Eithne Sparling, Anita Murphy and Liam McCarthy.

Call for volunteers:

SHEP Management Committee

We urgently need some volunteers from the Project to join the SHEP Management Committee. We would really like to have some new people from the following areas: training and development; counselling; advocacy; SHEP Earth Aware. The Management Committee normally meets the last Thursday afternoon of the month. To express your interest you can contact Carrie Shanahan, Dolores McCashin or Jim Sheehan.

Vacancies on our CE Scheme

We are very reliant on this scheme for administration support to run our programme and we have been blessed over the years with wonderful people helping us on the team. However, we are finding it more and more challenging to recruit to our Community Employment Scheme – and this is becoming a significant challenge for us. We have a number of unfilled vacancies at the moment.

Call for volunteers

We are looking for some volunteers to help on a part-time basis with the running of our office and training centre in Ardfoyle. We are particularly looking for people with admin/reception skills. We would also love to have someone to help on a part-time basis with some basic caretaking. If you are interested, or would like more information, please contact Norma Roche (021) 4666180 or norma.roche@socialandhealth.com

WHAT WE ARE EXCITED ABOUT

Successful Garden Projects funding – ‘Reach Fund’

We are delighted that Cork Education and Training Board (CETB), through funding provided by SOLAS, has allocated €6044 grant funding to SHEP/SHEP Earth Aware with Green Spaces for Health to undertake community education developmental work with 10 Community Garden Spaces across Cork. We are really pleased that Dr Paul Doherty, former SHEP Director, will be facilitating this initiative for SHEP.

Successful ‘What Works Sharing Knowledge Fund’ Application

We are delighted to have secured €20,000 in funding once again from the national ‘What Works?’ Initiative. We have secured funding from the fund before: the focus each time is on early intervention for children and young people and the identification of good practice. Four initiatives will be funded: an ABLE training with a focus on early intervention; a reflective practice training for practitioners interested in early intervention approaches; a training of trainers in Seasons for Growth work for adolescents; and the new pilot course for parents of children with autism.



Relationship in Practice Staff (Sabrina Moris and Fern Higgins) and Trainers at the Annual Trainers Meeting which took place in Kilkenny in May. This was a hybrid meeting – meaning it was possible to participate either in person or remotely. There are lots of synergies emerging with the coming together of Relationships in Practice and SHEP – and it is a really good development in terms of providing a range of important supports to practitioners.

Strong Interest in pilot of new Training Course

SHEP has a long tradition of piloting new training in response to emerging need. We are very pleased that there has been a lot of interest in a new, fully on-line course ‘Empowering Parents of Children with Autism’ which will start shortly. This innovative parents’ course builds on recent work done in this area by SHEP.

‘Self-Advocacy: Developing our skills to speak up and speak out’

Another pilot which is happening is the commencement of a new eight-session self-advocacy course. This is an example of a ‘blended course’ – it will be held online through Zoom on Monday evenings starting in early October and will have two Saturdays ‘in person’. We are finding that there is a lot of interest now in blended training options as it allows people to participate who would not otherwise be able to join in.

Starting to plan for 50th Celebrations

It is hard to believe that the Project will celebrate its 50th anniversary the year after next, in 2024. We have already started planning – and we will be giving more time to this in the next six to nine months. It will be a big milestone and we want to find creative and joyous ways to celebrate the anniversary. Our Generative Dialogue Group will be supporting the Management Committee to look at ways that we can celebrate the 50th and at the same time anchor our celebrations in important commitments the Project has to playing our part in the climate and biodiversity crisis that is unfolding all around us. When our Erasmus visitors were here with us recently, from Latvia, Sweden and Spain, we used various storytelling methods to share with them something of the story of SHEP over almost 50 years. There were two main pieces of feedback from our visitors – how responsive the Project has been and continues to be; and how the Project works with people across different parts of the lifespan. It was also helpful for some of the new staff to hear about the story of SHEP over almost 50 years, and to reflect on the ups and downs of the journey, including the attempt to close down the Project in the late 1990s.

CORK PRESENTATION OF CERTS EVENT

Presentation of Certificates Event (Cork) – 8th June

Our first in-person Presentation of Certificates Event in Cork in three years took place on Wednesday, June 8th. We opted for the Silver Springs Hotel to give us plenty of space as it was a very big gathering. It was a really enjoyable event, with wonderful testimonies given by graduating participants. It was all the more special as it was the first gathering of its kind in three years because of the pandemic (our Certs Event in 2021 was a fully on-line affair).



We really appreciate that SHEP Choir, under the direction of Pat Corbett Sheehan, provided wonderful entertainment at the Presentation of Certificates Evening at the Silver Springs. The Choir has weathered the pandemic storm very well – and we are all delighted to have such an uplifting and nourishing initiative in the Project.

Paul Cudmore, Elaine Winters and Katherine Gallagher, SHEP Facilitators, at the Cork Presentation of Certificates Event.

Certificates were presented to 18 different groups, including THE SHEP Introduction to Advocacy course.





Niamh Meehan, Geraldine Healy, Ciara Burke and Leigh Anne Stack – participants in the SHEP Personal Development course (a fully on-line course) facilitated by Mary Kelleher and Geraldine Finnegan – meeting for the first time in person at the Silver Springs on June 8th.

Eithne Sparling, Dee O'Sullivan, Jessie Bowen, Liam McCarthy and Abigail Joffe at the Cork Certs Night at the Silver Springs in June. Eithne is a facilitator with SHEP and is also member of the SHEP Management Committee. Abigail Joffe is a facilitator with SHEP (Community Education and Social Awareness & Community Empowerment) and is now also on the SHEP team as our part-time International Partnership Officer.



PEOPLE NEWS

Deirdre Lillis moving to a new role

After ten years as Advocacy Programme Coordinator, Deirdre Lillis is moving shortly to a new advocacy consultancy role. She will provide specific support around our advocacy work with St Vincents and our self-advocacy training work. 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.



Graduation Congratulations!

Heartiest congratulations to Geraldine Flanagan who graduated with a BSc in Counselling and Psychotherapy (MTU) earlier in the summer. Geraldine has recently been promoted to SHEP Training and Development Officer.

New Advocacy Co-Coordination Model

We are delighted to welcome Marge Lysaght and Niamh Kelleher who will join the SHEP Advocacy Programme on a part-time basis as Programme Co-coordinators. This is a new model of coordination for us – but it allows us to benefit from the skills and expertise of two very experienced advocates. Marge is new to SHEP and Niamh has been involved previously as one of our Advocacy Trainers. Niamh will continue to work part-time as CESCA Alliance Coordinator.

New Position – Relationships in Practice

We are delighted to also welcome Norma Roche to a new, dual role: working three days per week with the Relationships in Practice team (a new part-time role funded by Ag Eisteacht Foundation) and two days a week to support the SHEP Training programme (supported by the Perry and Sandy Massie Foundation).

Congratulations

Our heartiest congratulations and best wishes to Sabrina Moris who has taken up a position with NetApp and to El-Shaddai Djankah who has taken up a new role with the Mater Private. Congratulations also to Zilma Exshaw, who will take on the role of Coisceim Admin Support, on a part time basis for one year, while Lorraine Vercuiel is taking special leave.



Deirdre Lillis, Jim Murphy (formerly of Janssen) and Marge Lysaght (new Advocacy Co-Coordinator) at the SHEP Office in September.



Dee O'Sullivan and Jim Sheehan - making a presentation to Dee Gubbins on her retirement from SHEP - in Killarney, in September

COLLABORATIONS – some examples

SHEP-UCC Diploma: a 21 year old collaboration!

The Diploma in Social and Psychological Health Studies continues to be a very important collaboration for SHEP, and a very important opportunity for many to study at third level. A big welcome to Orna Hayes, ACE, who takes over as Course Coordinator, from Dr Maria Lotty. A big welcome back to Dr Paul Doherty, who was previously very involved in the design and delivery of this Diploma. And a big welcome also to Nuala McDonnell who is taking over from Aileen Fitzgerald who was part of the teaching team for many years. Celine Griffin continues to co-facilitate the course tutorials with Jim Sheehan.



Some of the students on the last day of Year 1 – May 2022 at O’Rahilly Building, UCC Main Campus. The first semester was fully on-line and the second semester was blended.

We are delighted that the majority of the students have returned to Year 2. The team have agreed, given the nature of the course, that it will be delivered as a fully in-person training course.

The course will be open for new applicants early next Summer, as the course is on a two-year cycle.

Our Erasmus Programme restarts

We sent two more of our facilitators to The Theory U Foundation Course in Berlin, in July. Also in mid June, our first KA2 exchange visit for some years took place with three staff visiting our new partner in Latvia. We hosted a three-day exchange visit for all our partners in the Storytelling for Adult Education Project in September – and it was a great success. Separately, and for the first time, we delivered a short training for the staff of our Slovenian partner, LUR Adult Education Centre, in June. Next year we hope that two of the LUR staff will come to Ireland and facilitate a training for SHEP.

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) has come together very well. Phase 1 was completed in May and the ‘edible’ garden has flourished over the summer, with all kinds of foods growing and coming into season. This project is one of the pieces being very kindly supported by the Perry & Sandy Massie Foundation as part of our intention to deepen our collaborations and to create more supportive learning environments for our participants.



WHAT WE ARE LEARNING

ABLE Training for SHEP Staff

Twelve of the SHEP team participated in the three-day ABLE training during April and May. The training was a great success and supported the team to better understand the nature and scope of the ABLE training, and its importance for practitioners. The training took place at the OLA Hall in Ardfoyle and was the first training undertaken in-person by the SHEP team for some years.



Some members of the SHEP team at during the ABLE training, with trainers Dr Maeve Hurley and Una King. Participants included staff from the Training, Counselling, Advocacy and Finance sections of SHEP.

New Ways of Team Working

The pandemic has very required us as a Project to very rapidly scale up our learning in areas such as on-line and blended delivery, remote working and working more creatively as a team. The pace of learning has been very considerable and has been very challenging at times. The last few months have given us more space and opportunity to come together in person, to reconnect and to start finding new ways to work together as a team. In general, everyone is happy to be entering into this new chapter and excited about trying out ways of doing of our work that are satisfying, sustainable, and supportive to the Project.

Liam McCarthy, Robert Herlihy, Abdurhman Mayar and Lorraine Vercuiel taking advantage of the good weather and the grounds at Ardfoyle to do a socially-distanced group discussion as part of a staff workshop in June. The building in the background includes the OLA Chapel with the copper roof, and the OLA Infirmary (to the front) where the most infirm of the OLA community are cared for.



| SHEP COMMUNITY OF PRACTICE

SHEP Facilitator Gatherings

We are really looking forward to meeting our SHEP Facilitators again in person over the coming months. Rather than trying to organise one large event we have decided to organise regional gatherings, one in Limerick in September, one in Kerry in early November and one in Cork also in early November. We will be in contact again later with more specific details.

Community of Practice Workshops

We have invested hugely in organising training workshops for our SHEP facilitators and practitioners during the pandemic and it has been very worthwhile. We will be giving time to what needs are now current when we meet in our regional gatherings and we will base the next phase of this programme on your feedback and guidance.



Geraldine O'Connell receiving a small presentation at the SHEP Advocacy Gathering in September at SHEP Ardfoyle. The gathering was a lovely event: the gathering had been postponed twice during the summer because of COVID.

| COMING UP

SHEP Community Choir - Autumn Sessions 2022



Add this choral experience to your treasure chest of wellness.
All voices welcome without audition

The SHEP Community Choir has continued to find innovative ways to sing together throughout this time of pandemic. We have an inspirational Choir Leader, Pat Sheehan Corbett, who continues to work so very hard to keep our choir alive. Our choir is now growing again and singing together (with a zoom option for those who need it). We are now preparing for our Autumn 2022 Sessions. We are hoping our choir will continue to grow and we are inviting new members. Would you like to celebrate the joy of singing with the voice you were born with? Would you like to support your own health and wellbeing through the proven power of singing? Would you like to join a community of singers who follow the values shared across SHEP: Would you like to have some fun in the company of others with a shared love of singing? Then please do join us for our Autumn choir sessions. The choir sessions will begin on 6th October 2022 in Cork 7pm – 8.30pm for ten sessions (with a break for mid-term) and the cost is 65 euros. If you want to know more or have any questions, please contact Geraldine Flanagan at geraldine.flanagan@socialandhealth.com

Date for your Diary:

CESCA Equality Day

Monday, December 5th 2022

THE HEART OF FRONTLINE PRACTICE

Touchpoint Series

Inclusive Practice: Breaking the silence
around race and mental health.

Dr. Naomi Masheti

Tuesday, November 15th 2022
10.30am - 1 pm
Northridge House, Blackrock



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

Dr Naomi Masheti. Naomi is the Coordinator of Cork Migrant Centre. Originally from Kenya, Naomi has been living in Cork since 2001. Before joining the CMC, she attended UCC where she completed her PhD in 2015 specialising in the Psychosocial Wellbeing of Sub-Saharan African Migrant Children.

Tickets €30 via [Eventbrite](#)

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DR.MAEVE
HURLEY



Dr. Nicola O'Sullivan

SHEP is an Irish Charity (Registration No. 20025120)

OTHER NEWS

An update from Coiscéim and LIB

There continues to be increasing demand for our counselling supports – including assistance to more than 152 families in distress this year. Our funding for the year – both from the HSE and TUSLA - is now almost depleted. We will need to source additional funding to keep the service going at current levels until the end of the year. Lib counselling and Outreach also is doing fantastic work with newcomers who need support. Coisceim is also currently in the process of supporting a number of organisations to set up their own counselling service: our work with the Traveller Visibility Group is off to a good start with two designated Coisceim counsellors working out of Crosses Green. In addition, we are also providing support to Cuanlee Refuge as well as assigning one designated counsellor to the newly-opened Cork Stroke Support Centre in Mahon who wish to provide emotional support to stroke survivors and their families.

Mid-West Drug and Alcohol Forum

We are delighted that the Mid West Drug and Alcohol Forum has provided more than €26,000 to support the SHEP Programme in the Mid-West this Autumn/Winter. The MWDAF has kindly and generously supported SHEP's work in the area every year now since 2010.



Mary O'Donovan and Mary Mangan at the Limerick Presentation of Certs Event at the Greenhills Hotel in Limerick in June.

Certificates were presented to nine groups in all. It was the first in-person SHEP ceremony in Limerick since before the pandemic, and it was a most enjoyable evening, with special guests Perry and Sandy Massie.

SHEP Solidarity Bursary Fund

We are very appreciative to everyone who has contributed to the SHEP Solidarity Bursary Fund. We have used the funds each to help provide bursaries to a large number of applicants who are facing financial hardship. Our funds will be almost fully depleted by the end of this year – and we will need to work hard on this next year to ensure that we will have enough to support all those who need extra support to participate in the SHEP training programme.

SHEP VACANCY

Relationships in Practice – Job Title: Training and Development Coordinator

The role of full time/ part time Training and Development Coordinator is to administratively support the Relationships in Practice programme as well as support the development of associated training programmes. Relationships in Practice is a collaboration between the Ag Eisteacht Foundation and SHEP. The programme provides reflective spaces, tools and insight to support practitioners' understanding of how quality relationships impact positively on health and well-being outcomes.

The closing date for applications is 5pm on Friday 7th October 2022. The full job description and application form is available on the SHEP website.

Mary Fahy, Mary Murphy, Zilma Exshaw, Deirdre O'Halloran, Lorraine Vercuiel, Mary Murphy, Kay Murphy (Marymount) and Geraldine Flanagan at Ardfoyle, making a small presentation to Kay on her retirement as Community Employment Supervisor.



FROM THE ARCHIVES



Fiona Collins, director, Ógra Chordai Social and Health Education Programme, presenting a copy of their new handbook to Mr. Pearse Wyse, T.D., at the launching in the City Hall, Cork, today. Left is Mr. Malachy O'Kane, chairman, Ógra Chorcaí.



Two photographs from 40 years ago – 1982 – taken at the launch of the new SHEP Handbook at the City Hall, Cork. At that time, the Social and Health Education Programme was a programme of Ógra Chorcaí. The core ideas and approach of the programme, contained in this handbook, were later adopted and mainstreamed into what emerged as the SPHE programme in secondary schools. The original Social and Health Education Programme separated from Ógra Chorcaí in the mid 80s and became an separate entity – Cork Social and Health Education Project Ltd, with its own governance and Management Committee.

