

## What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 40 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

**Respect** will be shown to you, regardless of your situation or opinion.

## Other courses available from SHEP's Community Education for Health & Well-being Programme

- Introduction to Personal Development
- Effective Communication for Better Relationships
- Managing Stress in Our Daily Lives
- Supporting Yourself as a Parent (Family Communication and Self-esteem)
- Women's Well-being
- Men's Well-being
- Caring for Our Well-being
- Seasons for Growth: Living with Grief, Loss and Change in our Daily Lives
- Inter-Cultural Awareness
- Parents, Infants and Toddlers: Developing Relationships
- Children and Bullying: A Course for Parents
- Child Abuse and Neglect

These courses usually consists of twenty hours done over 8 or 10 weekly sessions. Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

### For further information contact:

The Social and Health Education Project  
The Old Primary School,  
Ardfoyle Avenue, Ballintemple,  
Cork T12 XDH2

**Phone: Cork** 021-4666180

**Kerry** 087-7728089

**e-mail:** [info@socialandhealth.com](mailto:info@socialandhealth.com)

**Website:** [www.socialandhealth.com](http://www.socialandhealth.com)



SHEP Community Education  
for Health & Well-being

STILL GROWING  
FACILITATING  
WELL-BEING AND  
EMPOWERMENT  
IN MATURE ADULTS

A **short course**  
which uses an experiential group-work  
approach and will take your needs into  
account.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## Is this course for me?

This eight week course is designed to suit a wide range of “Mature Adults” from those who are actively retired (or planning to retire) to those who are less active, those visiting a day care centre or who are in a nursing home setting.

The main aim of this course is to help people to stay in charge of their own lives and well-being whatever their age or circumstances. An important part of this involves encouraging participants to believe in their own worth as human beings and to value their own life achievements and what they have to contribute—it seeks to help participants to maintain and build up their self-esteem. It also involves improving the ability to relate well to those around them by listening and communicating better. The course will also encourage participants to take sensible steps to look after all aspects of their own health, by eating wisely, exercising safely, and managing the stresses in their lives.

## What is the course Like?

The course involves a learning approach that is quite unlike what most people probably experienced in school. It is recognised that participants bring a wealth of life experience and the learning approach enables them to learn from this experience, as well as from the experience of the others in the group.

## What is covered in the course?

The topics explored in the group will depend on the and interests of the group, but topics that usually covered include:

- Ageism.
- Attitudes and images found in the media and in society in general towards older people.
- Grand-parenting....Joys and challenges.
- Gains and losses along life’s journey (including bereavement).
- What I have achieved in my life so far....What I am proud of and enjoy remembering (reminiscence).
- Planning ahead into the future.
- Accessing information regarding advocacy, rights and entitlements.
- Active citizenship/staying involved in the community/volunteering.

The following are examples of ways these topics are covered in a group:

- Thoughts and feelings about getting older
- Maximising good health as I get older.....having an awareness of and education around the following:
  - Emotional Health
  - Physical Health
  - Mental Health
  - Spiritual Health
- The positive parts of getting older
- The negative aspects about getting

older.

- How to live the life I want
- What are my own resources and what resources can I draw on to help me live this life
- Examples of these areas are
  - good nutrition
  - simple and safe exercises so as to maintain mobility and physical fitness
  - coping with stress
  - learning how to improve communication for better relationships and friendships
  - listening skills
  - assertiveness training
  - aids to improve/maintain good memory

All of this is done on the course in a way that is **enjoyable** and that **encourages social contact**.

## What will the group be like?

Up to sixteen people will be in the group. The group will be facilitated by one (on occasions two) facilitators who are trained facilitators with extensive experience in creating a supportive atmosphere and in helping personal learning.

## How long does the course last?

The course runs over eight weeks with weekly two and a half hour sessions making a total of twenty hours (or 10 weekly sessions of two hours)

## Where are courses available?

If you are thinking of organising a group of twelve to sixteen people and have access to a suitable venue, SHEP can help you find a tutor by contacting the Project office. Funding for the tutor can often be secured from the ETB or other agencies.