



# SHEP

Capacity for Personal  
& Social Transformation

THE OLD PRIMARY SCHOOL, ARDFOYLE AVENUE  
BALLINTEMPLE, CO. CORK | T12Y304  
(021) 4666180 | [www.socialandhealth.com](http://www.socialandhealth.com)



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

# | PUTTING SUSTAINABILITY AT THE CENTRE

### **SHEP joins 'Green Spaces for Health' Project**

SHEP is delighted to have been invited to join the next phase of the Green Spaces for Health Project. This is an important project in the city, and the opportunity to join fits really well with SHEP's new commitment to put environmental action at the heart of all we do. The Green Spaces Project is a collaboration involving Cork Healthy Cities, the Lantern and Cork Environmental Forum. It will be supported by a number of agencies, including Cork City Council, Healthy Ireland and the HSE. Maria Young is the Project Coordinator. In the photo above, Claudia Dille and Caroline from PBW-Theuringia, in Thuringia, Germany are being shown one of the gardens, accompanied by Niamh Findley (SHEP, second from left) and Maria Young (on the right).



## Climate Action Funding 2023

As part of our new commitment to put climate change and biodiversity at the heart of all we do we have recently applied for funding under Cork City Council's Climate Action Programme. Our ultimate vision is that SHEP, and our centre, would become a centre for sustainability education and action. We hope to have news in the autumn.

### Noel Bradley, RIP



Noel Bradley, speaking at the 40 Anniversary of SHEP Celebration Event at Nemo Rangers in Cork in 2024.

Sincerest condolences to Rosanna, Peter and Ruth and all Noel's family and friends on Noel's sad passing last week. All of us in SHEP will greatly miss Noel. He was a very special human being - with great heart, good nature, and such a wonderful commitment to serving others. Noel was a long-standing trainer on SHEP's Foundation Part Two (Social Awareness and Community Empowerment) course for over twenty years. He also had long connections with Partners Training for Transformation. He will be hugely missed by the those who got to know him over the years and particularly those he worked closely with on the Foundation Part Two programme. He really was an inspiration to so many of us, modelling in his life and words a very genuine and passionate commitment to community, justice, equality and inclusion. We loved his good humour, his light-heartedness, his 'can do' attitude and his energy. He was a gentleman, a scholar and very gifted man who carried his learning and wisdom lightly. He was a superb community educator and facilitator and his work with us over several decades, along with this work with others, has touched the lives of very many. May his kind and gentle soul rest in peace.



# IMPORTANT NEWS

## New HSE Liaison Person

We would like to express our huge thanks to Rebecca Loughry, who finished up in her role liaising with SHEP. David Lane, who has taken over from Rebecca, came to meet the Management Committee in May.

## SHEP Facilitators' Gathering - SMA Wilton

We had an important gathering of SHEP facilitators at the SMA centre in Wilton in April. This was the first in person gathering in over three years. Themes discussed during the session included the on-going significant financial pressure on SHEP, particularly given increases in costs, important challenges in maintaining a strong facilitator body, and the increased pressure on the staff team.

## Mid-West: still no core funding

The work in the Mid-West continues to be very impactful. However, a very urgent and significant issue being considered by the Management Committee is the lack of core funding in the Mid-West towards the SHEP Training programme there. The Mid-West Drug and Alcohol forum have been very supportive over the years (and have provided a grant of €21,000 towards the autumn programme) but the HSE in the Mid-West urgently needs to step up if we are to sustain the work we are doing at current levels.

## Changes in the Training and Development (TDS) team

There continue to be changes on the Training and Development Team – change seems to be a regular part of life! In order to better support the work, and the team, we are going to restructure the team. It is also very clear that additional resourcing (including staff resourcing) is needed on the team, including in the very short term.



Carrie Shanahan (SHEP Chairperson), Rosarie Coleman (Trainer & Management Committee), Dolores McCashin (SHEP Company Secretary) with Sandy and Perry Massie at the Cork Certs Event at the Silversprings Hotel, in May.

## Entirely New Finance Team

As you know, we now have an entirely new Finance Team. Tatenda, Niamh and Breda will be working hard over the next few months to orient themselves fully to the programme (and all the very considerable financial administration needs of the programme.)



# PROJECT UPDATES

## Relationships in Practice

A key, recent development in the Relationships in Practice programme has been the first meeting of our Expert Advisory Group. We are delighted that a number of expert stakeholders have volunteered to give their time to support and advise the Programme as it responds to the needs of Practitioners through training, advocacy and research.

## Counselling & LIB Update

Demand for all our counselling services and supports continues to be very high. The pandemic has had an impact on people's mental health. Long waiting lists in other services is also having an impact.

## Advocacy Update

Our advocacy work continues, including supporting significant numbers of vulnerable older people. This work is often very sensitive, time intensive and not very visible. It is incredibly important work and we are privileged to be able to support people through advocacy.

## Foundation Training Programme – general update

We have very strong interest for the foundation Part 2 (Social Awareness & Community Empowerment) course to take place in Cork this Autumn. We also have had strong interest for the new round of Foundation Part 1 (PD): we are organising four Cork groups, one on-line group, one group in Kerry and one group in Limerick.



Patricia Davoren, Marie O'Flynn, Pat McCarthy, Aine Finn, Una Good and Claire Barry – at the SHEP Facilitators' Gathering at SMA Wilton, in April.

## Next SHEP Tutor Training

We are planning to start the next SHEP Tutor Training in early 2025. There is already lots of interest. We had a meeting in June with a large group of those interested. Importantly, some pathways have been created for those who have already completed Foundation Part 1 (PD) in Cork, Kerry and Limerick (and elsewhere) - to complete the Foundation Programme and complete the SHEP Certificate in Facilitation in 2024.

## Innovative approach for Kerry and Mid-West courses 2024

We have been innovative in our approach to meeting current training needs emerging in Kerry and Limerick. We are arranging a shared (and hybrid) Foundation (Part 2) SACE in the spring as well as a shared (and hybrid) Facilitation Course. We are encouraged by the level of interest expressed.



## Continuing PD

We have one group this year (a fully in-person group, based in Cork). We had hoped for two, but there were not enough applicants. In future, we will be aiming to normally have one group each year. Applicants will need to have completed the SHEP Foundation Programme.

# WHAT WE ARE EXCITED ABOUT

## Plans emerging to celebrate our 50<sup>th</sup> Anniversary

As you know, the Project will celebrate its 50<sup>th</sup> anniversary next year. We have already started planning. This year – 2023 – continues to be a year of reflection and preparation; and 2024 will be a year of celebration. A good number of ideas are emerging: over the next few weeks the Management Committee will be finalising our plans for next year. Our intention is to celebrate simply, with the focus on people and sustainability.

## The collaborative GeoDome starts to take shape!

We are very excited to be involved in a new collaborative venture with Cork Migrants Centre, Nano Nagle Place, the International Garden at Ardfoyle, the Horticulture LTI at Ardfoyle, and the OLA Sisters. A GeoDome has been rescued from the former Voxpro site, has been repurposed and re-erected at Ardfoyle. With support from the National Lottery, phase one of a new garden surrounding the dome has been completed. SHEP has contributed €5000 to the project from funding provided to us by the Perry and Sandy Massie Foundation.



Sr Kathleen, Provincial leader, with some of the LTI participants and some SHEP staff celebrating an important milestone in the Dome & Garden Project

# PEOPLE NEWS

## Staff team Changes

A big congratulations to Sarah Harrington who has now taken over as CESCA Alliance Coordinator. We have already said a fond goodbye to Justyna and Aleksandra (from our Finance Team) and we now welcome Tatenda Zira and Breda Power to the team. We also say a fond goodbye to Deirdre O'Halloran who did great work on reception. Finally, heartfelt congratulations to Linda on the birth of her twins and to Robyn on her very recent marriage to Johnny.



# SHEP COMMUNITY OF PRACTICE

## **Date for your Diary!** **SHEP Facilitators' Gathering**

We are planning a second Facilitators' Gathering on  
**Friday, 10th November 2023**  
6pm to 9pm

This will give us all a further opportunity to connect. It will give space for a follow-on to the conversations from the Gathering in April. Please save the date!



Some of the members of the Relationship in Practice Training Team with staff members Fern Higgins Atkinson, Robyn Pinkham and Norma Roche at the Annual Trainer Day in Horse and Jockey in May.



Kerry-based SHEP Trainers, Tutors and Facilitators, at a gathering in Tralee in May.



# COMING UP

## Self-Advocacy Training

SHEP is organising an introductory course to self-advocacy, which will be run in person, in Cork, in October 2023. The 'Self-Advocacy: Developing Our Skills to Speak Up and Speak Out' course will be of interest to people who want to improve their skills to speak out on issues affecting their lives and who wish to develop their own self-advocacy skills. Attached please find the course brochure, flyer, and application form. Please could you pass on the information to anyone you think might like to know of the opportunity. The closing date for applications is September 18<sup>th</sup>. Information is available on the website here: [SHEP Advocacy Training - Social and Health Education Project \(socialandhealth.com\)](https://socialandhealth.com/training/self-advocacy-training) or contact Marge Lysaght at SHEP offices on (021) 4666 180 or on [marge.lysaght@socialandhealth.com](mailto:marge.lysaght@socialandhealth.com).

## Reflective Practice – four new courses

SHEP is organising two Reflective Practice for Practitioner courses this Autumn 2023, one on-line and one in person. The courses are highly subsidised. Please could you pass on the information to anyone you think might like to know of the opportunity. Information is available on the website at <https://socialandhealth.com/training/reflective-practice> or contact Liam McCarthy SHEP (021) 4666 180. A further course is being offered in Waterford, with support from Healthy Ireland. A hybrid course for Managers & Supervisors, based in Dublin, is also being organised, to commence in November.

### Heart of Frontline Practice - Touchpoint

Sylvia Smith will be joining Dr Nicola O'Sullivan for an online morning seminar on October 17<sup>th</sup> 2023 (11-1pm)

***'Relationship-based practice in social work and social care management'.***

*For more information see the Relationships in Practice Website.*



Most of the students in the 2021-2023 SHEP-UCC Diploma in Psychological Health Studies in UCC in April, just before they completed their course. The group will have their graduation in November.



# COLLABORATIONS – Some Examples

## First Erasmus Learner Exchange planned for 2024

For the first time ever, SHEP will participate in an Erasmus Learner Exchange. We are doing this with our partner, LUR, in Slovenia. Twelve of our learners will travel to Slovenia in May and a group of twelve learners from LUR will come to SHEP shortly after in late May.

## Piloting bringing 'ABLE' training to a European Audience

We are excited to be planning an ERASMUS version of ABLE4Teachers in summer 2024. We have met with partners in Hungary and The Netherlands who have adult education staff who would be very interested to participate in an ABLE programme offered through ERASMUS.

## Collaborating with Slovakian Teachers around Experiential Learning

We have started a new collaboration, as part of our Erasmus work, with the University of Exeter and The League of Mental Health in Slovakia. We have been working online over the last number of months to explore health and well-being in the school setting. A group of ten Slovakian teachers/adult educators will visit SHEP at the end of September to get a better understanding of the SHEP experiential approach.



Participants on the Youth Mental Health First Aid Training organised in the Spring through SHEP and Mental Health First Aid Ireland, with Trainers Fern Higgins Atkinson and Lisa Fox.

### The Sisters of Our Lady of Apostles (OLA) VACANCY

#### OLA Justice Officer

The Sisters of Our Lady of Apostles (OLA) wish to recruit a Justice Officer, working full-time. The mission of the OLA Justice Officer is to promote social and environmental justice through public policy advocacy and awareness raising, from the perspective of Catholic Social Teaching. The Sisters of Our Lady of Apostles (OLA) and the Society of African Missions (SMA) share a Joint Justice Committee, and the OLA and SMA Justice Officers work in partnership for the promotion of Justice, Peace and Integrity of Creation (JPIC). Our strategic approach is to work collaboratively with others who share our values.

See the full job description at <https://www.olaireland.ie/ola-justice-officer-job-description/>

Closing date for applications: 18 September 2023



## NEWS FROM NEPAL

In March of this year Abigail Joffe, our International Learning Partnership Officer, travelled to Nepal to carry out the first monitoring visit of SHEP's new Irish Aid Funded project, Shakti (named after the Hindu goddess of feminine power). As well as spending time with staff at Sahakarmi's office HQ in Kohalpur, Abigail visited SHEP's new working district in Bajura, a remote hilly region in Western Nepal where Sahakarmi Samaj is collaborating with two local councils to empower local community groups to improve their living conditions and wellbeing. To give an idea of the remoteness of the place, it took the team 12 hours travelling by jeep on bumpy mountain roads to cover a distance of 110km! This area is where the devastating landslides took place in November – most likely attributable to human induced climate change - and it was shocking to see firsthand how the entire administrative centre of Jagannath (council offices, health centre etc. ) had been washed away. It is also an area where most working age men are working as migrant workers in Qatar, Dubai, India and elsewhere.



Newly trained community facilitators in Gaumul, Bajura

The positive news is that the community groups are thriving, the newly trained group of community facilitators are putting their training into practice out in the field and Sahakarmi Samaj has recruited two new female staff to work on the project: Raksha, the Monitoring & Evaluation Officer and Sujata, the Agroecology officer. Without exception everyone Abigail met in Nepal was thrilled that SHEP was reaching out across the world to support them and making the effort to come and visit. Thanks to all the team at Sahakarmi for their hard work, creativity and dedication. We look forward to welcoming some of them to Ireland in 2024. If you would like to help with this visit, please contact [Abigail.Joffe@socialandhealth.com](mailto:Abigail.Joffe@socialandhealth.com)





# PHOTO MOMENTS

