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*Tatenda Zira, Carmel Savage, Carrie Shanahan, SHEP Chairperson, at a recent meeting of the SHEP Management Committee - with Fern Higgins Atkinson, Robyn Pinkham, Norma Roche and Jim Sheehan who have worked on the Relationships in Practice Programme during 2022-2024*

# Nuacht

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SOCIAL & HEALTH EDUCATION PROJECT CLG (SHEP) NEWSLETTER

## Marking our 50<sup>th</sup> Anniversary – focusing on people, keeping it simple & sustainable

**Dear SHEP Friends.** Welcome to our May 2024 newsletter which is focusing on some recent, important events as we celebrate our 50<sup>th</sup> anniversary. Our intention with regard to this important milestone is to focus on people while keeping it simple and sustainable. We have just had a wonderful learning exchange with our Nepali visitors as part of our on-going partnership with Sahakarmi Samaj – I hope you enjoy the pictures! In June we will be organising three very special, in-person, regional SHEP 50<sup>th</sup> anniversary events for all involved in delivering the SHEP training programme - in Cork, Kerry and Limerick (see details below) - which will include presenting certificates to this year's participants. These will be important gatherings for all SHEP Facilitators and we hope you can join us. Looking forward to seeing you then. **Jim Sheehan, Director.**

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

## Relationships in Practice

The initiative which placed Relationships in Practice in the Social and Health Education Project (SHEP) came to an end on May 11<sup>th</sup>. We would like to thank everyone who contributed to the initiative. Relationships in Practice can be contacted at [training@relationshipsinpractice.ie](mailto:training@relationshipsinpractice.ie).

## Mid-West Programme

As you know, the Mid-West Steering group has been actively working for sometime to establish a sustained core funding base for SHEP Programme activity in the region. While progress has been made, at this moment in time, this has not been achieved. This means that while we can plan locally in the Mid-West for the near term, planning for the long-term becomes more difficult. We now have a very solid Tutor based trained up in the Mid-West region. We also have a significant programme of work in the Mid-West at present, supported by the Mid-West Drug and Alcohol Forum and Healthy Ireland. We are committed to delivering on this while at the same time taking first steps towards reducing our activity level in the region to a level which can be sustained within available budgets and regional core funding. We had planned a Limerick-Kerry Facilitation Training Course for this year but this is not now going ahead – such a training makes sense when the resources are secure to sustain a longer-term programme vision.

## ETB-funded Ardfoyle Horticulture Project

SHEP has been asked to take over the sponsorship and management of the ETB-funding Horticulture Training Initiative at Ardfoyle, commencing September 2024. The SHEP Management Committee sees this as an important opportunity to further put into practice SHEP's commitment to promoting environmental sustainability and care of the Earth.

## New 'Climate Action' Funding awarded to SHEP

We are delighted to announce that SHEP has been awarded €100,000 by Cork City Council's Climate Action Fund to support our new Climate Action Project.

## Counselling Programme Changes

There are some important changes happening in SHEP's counselling programme team. Toufik Messibah is stepping down from the coordination of the LIB Counselling and Outreach programme he founded, and brought to SHEP, to concentrate on his private practice. He will be a huge loss to us but will stay connected to SHEP. We wish to congratulate Sheila Kelleher who will take over from Toufik in the LIB Coordination Role and who will also take on some of the role previously overseen by Nuala Burke who will semi-retire in the Autumn. We will shortly be advertising for a part-time counsellor to work on our TUSLA-funded Children's Counselling Service.

## Training & Development Staff Changes

As you know, there have been significant changes in the training team recently. Deirdre O'Sullivan will also be retiring in early June – and we will miss her dearly. Liam McCarthy will be moving to a three-week from the Summer. We have advertised a new, full-time Senior Training and Development Officer post and we expect that process to be completed shortly.

## Foundation 1 – Applications Now Open

Finally, we have decided to bring forward our application process for our Foundation Programme and to have a significantly earlier closing date. Our intention is to complete the registration for as many of the Foundation One groups as possible before the Summer, so as to reduce pressure on the staff team in the Autumn, which is our busiest time of year. Applications for Foundation One are now open - please do help us by saying this to people you know who might be interested. Much appreciated!





*Carrie Shanahan, SHEP Chairperson, making a presentation to Fern Higgins Atkinson at a recent SHEP Management Committee meeting to acknowledge Fern's contribution to the Relationships in Practice Programme since 2022.*



*Carrie Shanahan, SHEP Chairperson, making a presentation to Robyn Pinkham at a recent SHEP Management Committee meeting to acknowledge Robyn's contribution to the Relationships in Practice Programme since 2022.*

## IMPORTANT DATES FOR YOUR DIARY

### **SHEP 50<sup>th</sup> Mid-West Facilitators' Gathering & Presentation of Certificates Event (Limerick)**

Wednesday Evening, June 5<sup>th</sup>

*More details to follow.*

### **SHEP 50<sup>th</sup> Kerry Facilitators' Gathering & Presentation of Certificates Event (Kerry)**

Thursday Evening, June 13<sup>th</sup>

**Tralee**

*More details to follow.*

### **SHEP 50<sup>th</sup> Cork Facilitators' Gathering & Presentation of Certificates Event (Cork)**

Wednesday Evening, June 19<sup>th</sup>

**Silversprings Convention Centre, Cork**

*We are delighted that our friends and benefactors, Sandy and Perry Massie, will be able to join us for this important event.*

*More details to follow*



# INTERNATIONAL LEARNING VISIT



*The Nepali Visitors Group at Irish Aid Head Office in Limerick following a meeting with Irish Aid Staff including the Head of the Civil Society Department, Mary Ryan. Irish Aid has been co-funding SHEP's partnership with Sahakarmi almost continuously since 2007.*



*The Nepali Visitors Group were very warmly welcomed to SHEP Ardfoy by some members of the SHEP Choir, under the direction of Pat Sheehan Corbett. The Choir sang a number of songs including a traditional Nepali folk song which was really appreciated by our visitors.*





*Mayor Hari Bahadur Rokaya, Elected Mayor of Gaumul Rural Municipality and Mayor Kali Bahadur Shahi, Elected Mayor of Jagannath Rural Municipality with Lord Mayor of Cork Kieran McCarthy at City Hall on May 1<sup>st</sup>. These two rural municipalities are remote mountainous areas in South-West Nepal and are two of the primary target areas for the current Irish Aid funded Shakti programme.*



*Aman Bahadur Air, Executive Director, Sahakarmi Samaj, presenting to the SHEP Management Committee and guests including Dr Paul Doherty. The partnership between SHEP and Sahakarmi Samaj was initiated seventeen years ago, in 2007, by both organisations with the support of Paul Doherty who knew Sahakarmi Samaj through his work in Nepal before joining SHEP as Director.*





*Some of the group that met with our Nepali Visitors at Muckross Park in April at the start of their visit to Ireland. While in Kerry they also got an opportunity to spend time on the Dingle Peninsula and meet Kerry County Council Officials.*



*The Nepali Visitors visiting the Green Spaces Project at Togher, with Maria Young, Green Spaces Coordinator. SHEP is one of the collaborators in this important City-wide project. Like SHEP, Sahakarmi is actively promoting sustainable development.*





*SHEP staff involved in the Irish-Aid funded 'SHAKTI programme' with our Nepali visitors.*



*Some of the SHEP team with our Nepali visitors at the Gathering Garden in Ardfoyle following a Learning-Sharing Workshop at SHEP Ardfoyle.*







# SPECIAL MEMORIES

As we celebrate our 50<sup>th</sup> anniversary we remember fondly Eileen Lynch who died at the beginning of the year – she is very sadly missed. Here we remember three others who were very much a part of the journey with us but who have also sadly passed away in recent years. We acknowledge all that they brought to us. May their kind and gentle souls rest in peace. In our next newsletters we will remember others who are no longer with us.



## Mary Lane RIP

We were all very saddened by the passing of Mary Lane in November 2021. Mary, pictured here at the 40<sup>th</sup> Memory Gathering Event in 2013 with friend and colleague Nuala Burke, was involved for many years with SHEP in a number of roles: as administrator, community tutor and advocate. She will be remembered as a kind, warm-hearted and very influential member of staff. She also worked in the early years of the Advocacy Service and worked for many years facilitating SHEP groups in community settings. She was a huge influence for good in peoples' lives and is very much missed.



## Mary Carey RIP

We remember Mary Carey, our friend and a long-time SHEP trainer, who died in 2020 (pictured here with Bernie Jeffery, Rosarie Coleman and Pat McCarthy at the Memory Mapping Event for SHEP Trainers in 2013 (picture - Terry Coleman). Nuala Burke recalls: 'Life has obliged by presenting me with an expression of some of the essential Mary.....warm, bright, open, and full of innocence and hope. Mary and I were members of an ongoing personal /professional development group for many years. When I remember the quality of Mary's presence in that group, I think of her passion for the work and of her courage. She showed up in the group, just as she was in that moment, innocently, with no mask or pretence. A lovely gift to our group.'



## Una Furey RIP

Finally, we also remember at this time our friend, tutor and volunteer advocate, Una Furey, who sadly passed away in 2023. Pictured here with Ann O'Sullivan at the Cork Certificates Event in Cork at the Meditation Centre, Bessboro, circa 2012, Una was very committed to SHEP. Deirdre Lillis, who worked closely with Una on the SHEP Advocacy Programme recalls that 'Una was dedicated to the advocacy work she was involved with for over twenty years. She worked closely with Helen Mackessy for over ten years with people leaving an institution where they had lived their lives, supporting them to have their voices heard in their transitions to their own homes. My last meeting with her the week before she died included us singing together 'Only Our Rivers'. She was a very proud Irish woman. I miss her.'