

# SHEP Nuacht

EDITION 59 | FEBRUARY 2025

THE NEWSLETTER FOR PARTICIPANTS, SERVICE-USERS, GROUP FACILITATORS, COUNSELLORS, ADVOCATES, VOLUNTEERS, COMMITTEE MEMBERS, STAFF AND FRIENDS OF SHEP.



Sheila Kelleher (LIB Programme Coordinator), Frank Dorr (representing the SHEP Management Committee) and Jim Sheehan, at City Hall late last year, accepting the Adult Education Category prize at the Life-long Learning Awards 2024.

## Dear SHEP Friends,

Welcome to our February 2025 newsletter! We concluded our 50<sup>th</sup> anniversary year with a happy event – receiving the winner's award in the Adult Education Category of the Cork City Life-long Learning Awards 2024. This was a significant honour and a testimony to the standing SHEP has in the community education sector in the region. We would like to thank everyone who contributed to our marking of the 50<sup>th</sup> anniversary last year. Ironically, 2024 proved also to be a very challenging year, with difficult decisions needing to be taken by the SHEP Management Committee because of the challenges of managing non-permanent funding for Projects. As we enter 2025 and the Project continues to evolve it feels like a new chapter is beginning – one in which we remain very positive and hopeful about the future and at the same time very mindful of the need scale our work so that it can be sustainable. In doing this, we very much appreciate the on-going and significant support of our funders, especially the HSE. We are pleased that the OLA Sisters have renewed our lease for Ardfoyle until Summer 2025 - it is hard to believe that SHEP has already been five years at Ardfoyle! It's a fantastic place to be based and we are very happy there. As we start this new chapter we have identified a number of important areas for particular attention: to continue to support the integration of the Horticulture LTI into SHEP; to gently and appropriately scale back our work programme so that it can be delivered without causing undue stress to the staff team; to liaise with the HSE regarding putting the funding for our Advocacy Service on a more sustainable future, and working closely with our Community Tutors to explore ways to make our Community Education (Short Course) Programme more manageable across our programme areas. Thank you all for your ongoing support and encouragement. I hope you find this short newsletter helpful.

**Jim Sheehan**, SHEP Director.

## IN THIS EDITION

- A**  
P/T Job Vacancy at SHEP
- B**  
Committee Members needed
- C**  
**SHEP UCC Diploma**  
Information Session  
Monday 14<sup>th</sup> April (7pm)
- D**  
**SHEP Facilitators' Gathering**  
Friday Evening, May 9th



Larry Lynch, LTI Coordinator, with Dr Calum DeBurca (Childhood Matters) and representatives of Cork Education and Training Board (ETB) and SHEP staff at a handover event at SHEP Ardfoy late last year. Cork ETB fully funds the Horticulture LTI.

## IMPORTANT NEWS

### Significant HSE funding again this year

The HSE (Cork and Kerry) is our core-funder and provides significant funding each year to SHEP as a Section 39 organisation. In addition to the core grant the HSE also provides once off temporary funding, which we use to support projects and initiatives across training, counselling and advocacy. The level of this once-off funding in 2025 is the same as last year – a significant €184,000. We will work with the HSE during 2025 to see if some of this can be made permanent, as the temporary, non-permanent nature of this funding makes it very difficult to manage (particularly in terms of providing job security to staff), despite it funding very valuable work.

### Perry and Sandy Massie Foundation – generous and vital support

We are hugely grateful to the Perry and Sandy Massie Foundation who will support us again in 2024. They have been very generous Project benefactors since 2019. They will provide us with €70,000 of funding in 2025 which contributes to two staff roles on the team. This funding allows us to support innovative projects, to support inclusion, and supports us to continue to modernise the way we work. Perry and Sandy will visit SHEP in June and we look forward to seeing them then.

### Up-coming Staff Retirement

There continues to be on-going changes to the staff team -and we have been giving a great deal of thought and energy to succession planning. Eilish O'Hanlon, who has been on the team since 2016, will retire in June. She will be greatly missed. We have just recently advertised her part-time position (see below).

### SHEP Vacancy: Training & Development Officer (P/t)

Owing to a forthcoming staff retirement, we are now inviting applications for this part-time position based at SHEP's main office and training centre at Ardfoy, Ballintemple, Cork. Flexible working arrangements and some remote working can be negotiated. The Training and Development Officer will have responsibility for the support and development of a number of key elements of SHEP's core Personal Development training programme. We are looking for a suitably qualified candidate with: accredited membership of IACP and/or IAHIP; personal commitment to values which are compatible with the values and ethos of SHEP; a minimum of four years' relevant work experience, significant training in, and experience of facilitating experiential (personal development) group-work; excellent interpersonal skills and proven organisational skills. Knowledge of SHEP's training programme would be a distinct advantage. For details and an application form visit our website [www.socialandhealth.com](http://www.socialandhealth.com). Closing date for applications is Friday, 28<sup>th</sup> February 2025. A panel may be created from which future vacancies may be filled. *SHEP is an Equal Opportunities Employer*



# OTHER NEWS

## A very sincere ‘thank you’ – Fundraising for Nepal

We also want to say a huge and heartfelt thank you to everyone who helped with and supported our annual fundraising for our partner project in Nepal – Sahakarmi Samaj. We want to thank the volunteers on our fundraising committee and Paul Doherty for raising funds through busking in Cork City. We also want to acknowledge the contribution of Pat Sheehan Corbett and all the SHEP Community Choir for the beautiful, joyous and very touching event held in Rochestown - it was a very fitting way to end the celebrating of SHEP's 50<sup>th</sup> year. Altogether, we raised more than €6,000, 100% of which will go to the Sahakarmi project in Nepal.

## Celebrating 20 Years in SHEP

Congratulations to Liam McCarthy and Geraldine Flanagan who both celebrate 20 years on the SHEP team this year. We marked the anniversary recently at a recent team meeting.

## Recent Management Committee Retirements

A big thank you to Lorna Rice Davis and Eithne Sparling who finished up recently having completed their terms of office as volunteers on the SHEP Management Committee. Our current Chairperson, Carrie Shanahan, will complete her second term in June so will retire then. The Committee currently has thirteen members (a mixture of internal appointees and external persons).

## Generative Dialogue Group – gently guiding and supporting the Programme

The membership of our ‘Generative Dialogue Group’ has been refreshed and meets now approximately once per month. Members include: Carmel Brosnan, Frank Dorr, Francis Cooley, Pat McCarthy, Dee O’Sullivan, Maureen Lancaster, Deirdre Lillis, Jim Sheehan, Liam McCarthy, Fern Higgins Atkinson, Tatenda Zira, Geraldine Flanagan, Kevin McCaughey and Maria Young.

### Information Session – UCC Diploma

Monday, April 14<sup>th</sup> (7pm-8.30pm).

Our partnership with UCC is almost 25 years old! There continues to be strong interest in the SHEP UCC Diploma, which will be open for applications soon, with a new cohort starting the two year programme in September. If you are interested in hearing more about the programme come along to an Information Session at SHEP Ardfoyle.



SHEP is delighted to host at SHEP Ardfoyle, every Friday morning, an ETB-supported English Language class for people from Ukraine.

## Good uptake in our Spring Training Programme

There has been strong interest in our Spring Training offering, including very good interest in the next Tutor Training to start soon (Women's Wellbeing). Only one course had a low response (SHEP Facilitation, offered in Kerry) – and we are supporting some people from Kerry to participate in the Cork-based Facilitation Training, which will be hybrid.

# Volunteers Needed

## SHEP Management Committee – at least two volunteers needed

The SHEP Management Committee wishes to appoint at least two new members who are involved in the Project in any of the following areas – Training, Advocacy, Counselling, or Environment. The Management Committee meets approximately nine times per year (on a Thursday afternoon) - about half the meetings are online and the others are in person in Ardfoyle. If you are interested in volunteering in this important role you can contact our Chairperson, Carrie Shanahan ([shanahancarrie@gmail.com](mailto:shanahancarrie@gmail.com)) or our Company Secretary, Dolores McCashin ([dmcash1@gmail.com](mailto:dmcash1@gmail.com)) for more information. Thank you.

## SHEP Bursary Fundraising – an opportunity to help out

Following on from a recent Facilitators' Gathering (see below) we are looking for volunteers to create a new committee to help raise funds for the SHEP Bursary, which is currently very low on funds. We have used our bursary fund each year now for over ten years to support those who face financial hardship. If you are interested in helping out in this way you might contact Jim Sheehan ([Jim.Sheehan@socialandhealth.com](mailto:Jim.Sheehan@socialandhealth.com)).



Eddy Orobor turning the lever on the RIDAN digester (in the Ardfoyle Garden) which is one of the Projects supported by Green Spaces for Health, funded by Cork City Council Climate Action Fund.



Bernadette Nolan and Mary Bennett who facilitated a two-week version of Seasons For Growth: Grief Loss and Change at SHEP Ardfoyle late last year. This alternative way of offering the programme has proved popular.





Eoin Morrissey, Healthy Ireland Waterford Coordinator, with participants on a Reflective Practice Workshop organised recently in Waterford by Liam McCarthy and Jessie Bowen. A 30-hour SHEP Reflective Practice course has now started with funding from Healthy Ireland Waterford.

## | SHEP Community of Practice

### SHEP Facilitators Gathering (January 2025) –helpful and supportive

We had an important gathering of SHEP facilitators, online, in late January. Jim Sheehan gave an update on the Project, with a strong focus on the strength of the Project and the very significant challenge of managing a number of projects with non-permanent funding. He explained that unfortunately we won't be able to sustain the staff team at our 2023-2024 level and that we will need to cut our cloth appropriately over the coming years to ensure that work levels are sustainable and manageable. There was appreciation from those gathered and important ideas were shared in terms of what is really important for the Project to protect as we start the next chapter of our journey.

**Date for Your Diary**  
**SHEP Facilitators' Gathering**  
 Monday, April 14<sup>th</sup> (7pm-8.30pm).  
 All welcome!



Training & Development | SHEP Earth Aware | Advocacy | Counselling & Outreach | International Partnership

Some of the SHEP team in Kerry at a recent in-person Community of Practice meeting.

## SHEP Community of Practice Workshops

Applications are currently being taken for the following SHEP workshops. For further information go to the SHEP website <https://socialandhealth.com/short-courses-in-the-community/short-courses-cork/>. To apply please complete the application form for the workshops you are interested in and return it to [info@socialandhealth.com](mailto:info@socialandhealth.com) by Friday 28th February '25 as two of the workshops are commencing in early March. Inquiries to Liam Mc Carthy on 021 4666180 or [liam.mccarthy@socialandhealth.com](mailto:liam.mccarthy@socialandhealth.com) or Fern Higgins Atkinson. 021 4666180 or [fern.higginsatkinson@socialandhealth.com](mailto:fern.higginsatkinson@socialandhealth.com).

### Moving Within with Clair Lalor

Quietening the mind and body through exploration of embryology, (non-verbal experiences) and early moves beginning in infancy. Awakens the body and mind to remember, reinvigorate and strengthen who we are. A time for yourself. Tuesday Afternoons for 10 weeks 4th March to 20th May 2025 (3.30pm to 5.30pm). Course Fee €80

### Seasons for Growth – Living with Grief, Loss and Change in Life

This is a 20-hour course for adults, on this occasion run over 2 weekends, facilitated by Ber Nolan and Mary Bennett. The course will provide the opportunity to explore the effects of grief, loss and change in your life in a safe and respectful environment. Seasons for Growth is based on the belief that grief and loss are a normal and valuable part of life. Saturday/Sunday 8th & 9th March and 29th & 30th March 2025 (each day 10am-4.30pm). Course Fee €200

### Improv' Yerself Workshop with Sheila Kelleher and Toufik Messabih

Our Improv' Yerself workshop sets up a safe and fun environment for a person to undergo experiential self-growth in search for that awakening through spontaneity. While improvisation develops your self-creation, self-discovery and self-expression, ultimately improv is about connection, to self and to others. The Improv workshop is aimed mainly towards existing SHEP facilitators, but other applications will also be considered. Sunday 11th May 2025 10am-5pm. No charge.

## OTHER NEWS



Participants at a recent meeting of Cork Community Health Network (CCHN) at the NICHE Community Garden in Holyhill. CCHN is a network organised and supported by SHEP, Let's Grow Together, Ballyphehane Togher CDP, Newbury House and NICHE. The next meeting dates are 1<sup>st</sup> April (Newbury House) and 22<sup>nd</sup> May (SHEP, Ardfoyle)



# Community Education Providers Gathering: Community Education Matters!



Date Thursday 24th April 2025  
Time 9.30am - 1pm  
Location: Millenium Hall, Cork City

## Event Includes:

- ✓ Inputs from AONTAS, Cork ETB and Learner experiences
- ✓ Connecting and sharing with other providers
- ✓ A Mindful Music Experience
- ✓ Exploring our theme 'Community Education Matters'
- ✓ Reflections on our previous 11 Gatherings



M: 087 1962023  
E: [mhayes@partnershipcork.ie](mailto:mhayes@partnershipcork.ie)

**Please scan the QR Code or Click here to Register**

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

