

Spring
2021



SOUTH KERRY DEVELOPMENT
PARTNERSHIP CLG.



Social Inclusion &
Community Activation
Programme

SOUTH KERRY DEVELOPMENT PARTNERSHIP CLG | SICAP SICAP NEWSLETTER

Welcome Address from Cllr. Michael Cahill

South Kerry Development Partnership CLG Chairperson

As Chairperson of the South Kerry Development Partnership Board it gives me great pleasure to present the first SICAP Newsletter of 2021.



2020 presented a difficult set of circumstances for the delivery of the SICAP programme and yet great achievements were made and support given widely within the South Kerry area. SICAP officers continued working at local level, making a real difference to life within all our communities.

Whether working to promote positive mental health and wellbeing across the wider community or working in a gentle and supportive way with individuals making their way towards training, employment or self employment, our values and motivations remained the same. We are very fortunate to have a very dynamic and diverse organisation with an active presence across South Kerry.

I would encourage everyone living in South Kerry to access the supports available under the SICAP programme and to link in with the staff there to access a variety of groups, education & training, employment supports and social enterprises. Keep an eye on the South Kerry Development Partnership Facebook page and the website at www.southkerry.ie There are lots of opportunities to engage meaningfully in your community so look at some of the training and groups promoted within this newsletter and take the first step.

Please contact any of the officers on the numbers below for further assistance.

Social Enterprise

Noel Spillane | 066 947 2724 | nspillane@skdp.net

Employment Supports / Self-Employment Supports

Joanne Griffin | 087 6152660 | jgriffin@skdp.net

Education Supports

Mairead O'Sullivan | 087 963 1935 | mosullivan@skdp.net

Community Groups

Eadaoin Moynihan | 087 190 6450 | emoynihan@skdp.net

Mary Gallagher | 087 341 6341 | mgallagher@skdp.net

Joseph McCrohan | 087 284 9165 | jmccrohan@skdp.net

Entrepreneur Mindset Workshop

The aim of the **Entrepreneur Mindset workshop** is to prepare individuals who are in the early stages of developing their business or considering self-employment as a career progression option, with the resilience, skills and mindset required for successful entrepreneurship.

Examples of Workshop Content (2x 1.5 hours):

- Developing effective thinking skills, including solution focused thinking, avoiding thinking errors and asking effective questions.
- Planning, focus, time management and dealing with distractions and why these are necessary for personal and business success.
- Personal coping skills: dealing with fear, failure, and rejection on the way to success.
- Stress management, personal management, boundaries, and work life balance.

Contact Joanne Griffin to find out more:

T: 087 6152660 | E: jgriffin@skdp.net



Rialtas na hÉireann
Government of Ireland



FAREWELL 2020 - WELCOME 2021

The SICAP Community Development Officer worked with the Iveragh Park Residents Association to identify a way of boosting a feeling of connection for residents in the estate, a talented local craftswoman was asked to create individual Christmas Ornaments for every household on the estate.

This initiative also involved members of the Mid Kerry New Communities Group and the Killorglin Family Resource Centre.



To say farewell to a year where physical meeting was at a minimum, groups were supported to celebrate together at an online gathering, after a small hamper was delivered to individual participants to allow them to celebrate at home whilst connecting with the group online.

ARE YOU PARENTING ALONE OR NEW TO OUR COMMUNITY?

Do you want to be part of a fun, inclusive group, who work together, learn together, support each other, and build a better community together, if so **contact Mary Gallagher** to find out more and to reserve a place

T: 087 3416341 | **E:** mgallagher@skdp.net

Benefits of learning new information



Benefits to learning:

- Gives a sense of hope and purpose
- Learning new skills boosts confidence and increases self-esteem
- Encourages social interaction - connecting with others provides a sense of belonging
- Setting and accomplishing goals while learning new information contributes to positive wellbeing

February 2021 will see SICAP groups availing of "a led by learner" basic IT course, designed by SICAP and KETB as digital skills have become a necessary life skill.

March – April 2021 will see additional activities to boost health and wellbeing such as Zumba classes.

If your group wishes to be supported by SICAP;
Contact **Mary Gallagher** to find out more
T: 087 3416341 | **E:** mgallagher@skdp.net



Laughter Yoga: *laughing stress away*

Laughter really is the best medicine.

Laughing can be a powerful tool to strengthen our physical and emotional health along with providing us with various social benefits. In what can be described as the most challenging of times, it is essential that we have an optimistic outlook. It is important to remember that a laugh or even a smile can go a long way to make us feel that bit better.

Benefits of laughing:

Physical Health:

- Boosts the immune system
- Reduces stress / Breaks the stress cycle
- Temporarily relieves pain
- Reduce physical tension and stress

Mental Health:

- Improves mood / Releases negative emotions
- Strengthens resilience
- Lightens burdens and inspires hope
- Enables mental clarity and focus
- Powerful antidote for depression and anxiety disorders

Social Benefits:

- Strengthens relationships / Powerful tool to connect with others
- Helps to defuse conflict
- Enhances teamwork
- Increases self-confidence
- Stimulates creativity

A four week programme of Laughter Yoga is currently underway for residents in Direct Provision

If your group wishes to be supported by SICAP;
Contact **Éadaoin Moynihan** to find out more
T: 087 1906450 | **E:** emoynihan@skdp.net



'Move for Mood'

Maintaining a daily routine of exercising can provide us with some normality during these unpredictable times..



Regular physical activity can reduce anxiety and depressive symptoms



Encourages individuals to create positive coping skills to work through challenging times



Exercise has the power to positively stimulate your mood

SICAP with our collaborative partners KETB have provided online Pilates Classes to all our groups from Jan 2021 – March 2021.

If your group wishes to avail of SICAP supports;
Contact **Mary Gallagher** to find out more
T: 087 3416341 | **E:** mgallagher@skdp.net

Benefits of volunteering

Recent data from Volunteer Ireland shows us that 75% of the population of Ireland volunteered during the pandemic. Volunteering is especially strong in South Kerry, and it is the backbone of the work undertaken by Local Development Companies like us, SKDP, and has increased in the last year due to the pandemic.

- Inspires happiness
- Counteracts the effects of stress, anger, and anxiety
- Teaches individuals valuable skills and experience
- Enables individuals to be mentally stimulated while volunteering
- Provides a sense of purpose and appreciation for volunteers involved
- Volunteering empowers individuals to keep in regular contact with others - socialisation with a close social network can promote mental health and wellbeing

SICAP will be offering wellbeing initiatives to volunteers in the coming months, if you or your group wish to avail of these;

Contact Éadaoin Moynihan to find out more

T: 087 1906450 | E: emoynihan@skdp.net

STEPS TO SUCCESS

LIFE COACHING AND PERSONAL DEVELOPMENT COURSE



- Progression Planning
- Manage Stress
- Decision Making
- Motivation
- Confidence Building
- Goal Setting

FREE COURSE ONLINE VIA ZOOM

Begins March 8th from 10am - 1pm

Every Monday for 7 weeks

Finishing April 26th

Places are limited, Booking is essential.

Please book by March 2nd.

Contact Mairead O'Sullivan to find out more and reserve a place.
T: 087 9631935 | E: mosullivan@skdp.net



Plant Propagation

Growing Plants on a budget

Handling soil with your hands is often therapeutic, you don't need a big garden or lots of experience. You can grow lots of vegetables, fruit and flowers in pots and window boxes. *In these troubled times when everything seems so out of place the natural growing cycle goes on – be part of it.*

This course will not only be beneficial for your health but also for your finances. The course is for everyone and we will share hints and tips on how to achieve success in growing and taking care of plants.

Join 'Growing Plants on a budget' a 3 week online course -

Showing participants how to:

- Successfully grow new plants from seeds, divisions, stem, and root cuttings
- To save and store seeds
- Covering shrubs, trees, herbs, vegetables, fruit and house plants

This course will give you the confidence you need to grow plants and take care of them for free and in the process save hundreds of euros.

Tuesday 16th, 23rd and 30th of March from 7 - 9pm

Contact Mairead O'Sullivan to find out more and to reserve a place.

T: 087 9631935 | E: mosullivan@skdp.net

Cognitive Behavioural Therapy (CBT)



Anxiety Management Programme

A FREE workshop for Parents of Primary School Children

This interactive, educational workshop for parents uses a very practical Cognitive Behavioural Therapeutic (CBT) approach to help parents support their children in managing their fears and anxieties.

In this programme we learn to:

- Understand the dynamics of Anxiety
- Recognise the signs and symptoms of Anxiety in Children
- Develop coping strategies
- Foster resilience in children
- Answer parents questions on how to manage challenging situations and best support their anxious child

Facilitated by:

Kay O'Sullivan, Mental Health Nurse/CBT Therapist
Noreen Horan, Clinical Psychologist

Join us on ZOOM for one of the following workshops:

Workshop One: Monday 22nd March 7-9pm

Workshop Two: Monday 26th April 7-9 pm

Workshop Three: Monday 10th May 7-9pm

Registration essential - Places Limited.

Contact Mairead O'Sullivan 087 9631935 to book.

Killorglin Men's Social Club

Our Community Development Officer had a chat with John Healy, Chairman, Killorglin Men's Social Club to see how they are getting on.

The Social Club are open to all men aged 18+ at their Shed in the Fairfield, Killorglin. During this time the members are keeping in touch with each other by phone, but they are all really missing the sit down and chat with the cup of tea and the occasional bit of work that takes place in the Shed. The group's doors are open to all members to drop in whenever they're in town, whether they just want somewhere to go or to pop in for the cup of tea between shops, or stay there all day.

They are looking forward to being able to meet up again to recommence their walks and their work with the Tidy Towns as well as starting back with their card nights. Many people in South Kerry are aware of the 34 strong Men's Choir which is made up of members of the Social Club, and may have had the opportunity to hear them one of the many concerts they perform for Charity events or at Mass. This Christmas was a strange one where the men found themselves at home most evenings – when usually they'd have around 14 concerts during December.

The members really benefit from the physical and mental health benefits of singing and being part of a group and are looking forward to getting back together.

If you are interested in getting involved, either drop into the lads in the Fairfield, Killorglin or you can **contact the Chairman John Healy on 087 6837452.**



If you are interested in joining any other local Men's Sheds, contact **Éadaoin Moynihan** to find out more:

T: 087 1906450 | E: emoynihana@skdp.net

A series of talks have been organised to increase the learning opportunities for members of the Men's Sheds and other men in the South Kerry area. They are being delivered through February and March, with topics including the Siege of Jadotville, the Fair Deal Scheme and the McGillycuddy Reeks Access and EIP... more topics to be added – suggestions welcome.

Contact Éadaoin Moynihan to find out more:

T: 087 1906450 | E: emoynihana@skdp.net



A FREE telephone call service for older people and individuals who may feel lonely, isolated or vulnerable at this time.

What is Kerry's Call?

- Kerry's Call is a FREE Service providing a phone call 3 days a week on Tuesday, Wednesday & Thursday from 11am to 4pm to people living in Kerry.
- The call service is operated by Telephone Befrienders who are Garda Vetted and Fully Trained, who aim to reduce social isolation and increase well-being.
- You will receive the call at a time that is suitable to you.
- Your caller will touch base with you to check on how your day is going and to have a chat.

Kerry's Call - Phone Call Service for Older People Launching in South Kerry

A new initiative which provides older people with a phone call service to check on their well-being, particularly during the Covid-19 outbreak, was launched in October 2020. The service is being provided by Sliabh Luachra Active Retired in conjunction with the HSE, NEWKD, Island Crown Community Group Ltd., Local Link Kerry and Lyreacrompane Community Development and SKDP.

The service, Kerry's Call, aims to provide security and friendship to older people who may live alone or feel isolated or vulnerable at this time. The service will operate 3 days per week; Tuesday, Wednesday, and Thursday and the team of friendly callers are on hand to chat to members of the community who may need a call. This is a free service. The telephone befrienders are all Garda Vetted and fully trained.

To date over 40 people have signed up to the free service the all of which are delighted to get their weekly friendly call.

Michael Fitzgerald, Chief Officer of Cork Kerry Community Health Services who has welcomed this initiative believes:

"Older people are most vulnerable to Covid-19. They must be protected. However, for many, this can lead to loneliness and isolation with very little contact with family or friends. This service will help provide people with the companionship and support they deserve in their older years. It will help to reduce loneliness and will allow older people to access advice and local support services in a safe and confidential manner."

