



County Wicklow Partnership

Newsletter

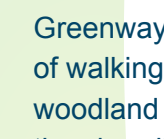
April 2014



Welcome to the launch of our new County Wicklow Partnership April 2014 Newsletter

The purpose of our Newsletter is to keep people informed on the progress of CWP Programmes, events and achievements. Through it's wide range of Programmes CWP delivers support to individuals, families, communities and groups across Co. Wicklow. Over the coming year we will keep you up to date on the work of the various programmes, notify you of different events, courses and the success stories from the people involved.

We hope you enjoy our Newsletter and welcome your feedback on our activities.



LEADER - RURAL DEVELOPMENT PROGRAMME

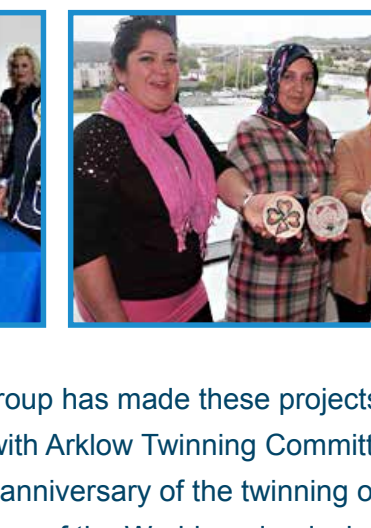
The Rural Development Programme/Leader supports communities and small businesses throughout County Wicklow. Assistance is given in the form of information provision, capacity building and grant aid for eligible projects



County Wicklow Partnership is delighted to be involved with the development of the first phase of the Blessington Greenway in west Wicklow. Covering a distance of 6.5 kms of walking and cycling trails it traverses through forest and woodland taking in some spectacular scenery adjacent to the shoreline of the Blessington Reservoir, more commonly referred to as Blessington Lakes. CWP under the LEADER Rural Development Programme has assisted Blessington & District Forum through valuable funds to help them see their vision become a reality. Initially support was given in the form of a feasibility grant which permitted the group to carry out various studies and to visit other sites including Rutland Waterways in the UK. The work carried out under this feasibility stage proved invaluable and was instrumental in assisting the development phase of the project.



Leo Varadkar, Minister for Transport, Tourism and Sport
John Horan, Greenway Project Manager



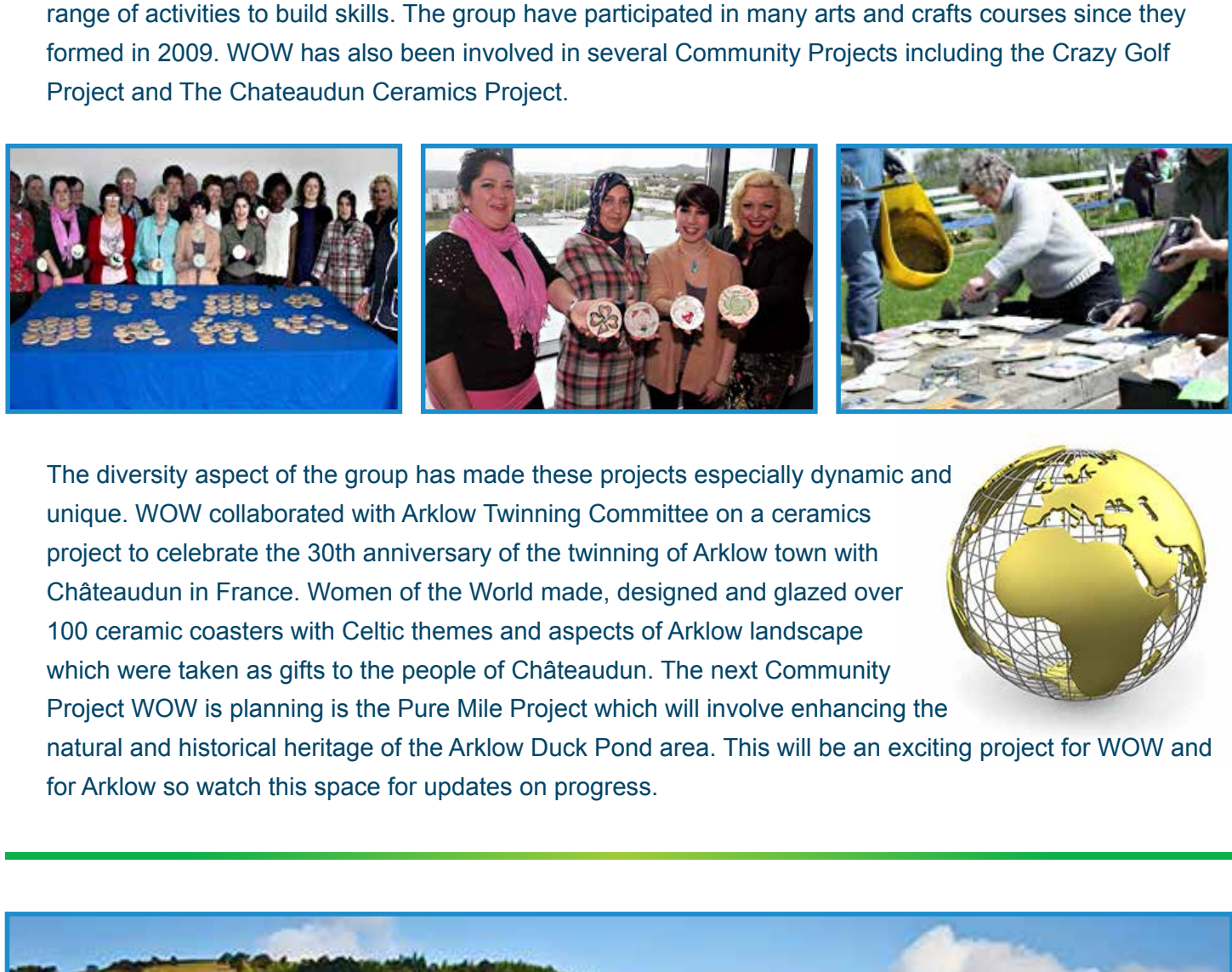
Bobby Timmons TD,
Frank d'Arcy, CWP CEO



Eddie Heffernan, Wicklow County Manager
John Horan, Greenway Project Manager

The Greenway was officially launched by Minister for Transport, Tourism and Sport, Leo Varadkar on Saturday 1st February 2014. He commended all involved and indicated the huge potential that the Greenway held in tourism terms. The ESB as the landowner played a pivotal role in this development and their support and expertise was acknowledged at the launch as was the valuable input from all the stakeholders involved including; CWP, Wicklow County Council, Fáilte Ireland and Wicklow Tourism. Tom Gregan, Chairman of County Wicklow Partnership commended the groundbreaking progress made by Blessington & District Forum in relation to the development of the Blessington Greenway, stating "this initiative is a great example of numerous partners coming together from different sectors to progress a common goal and we at CWP are delighted to have been involved with both the initial feasibility and the following capital phase and to have supported this initiative through to the tune of €180,958 in funding support. Tom went on to wish the group every success in its future efforts to progress the route right around the lake amounting to approx 60kms.

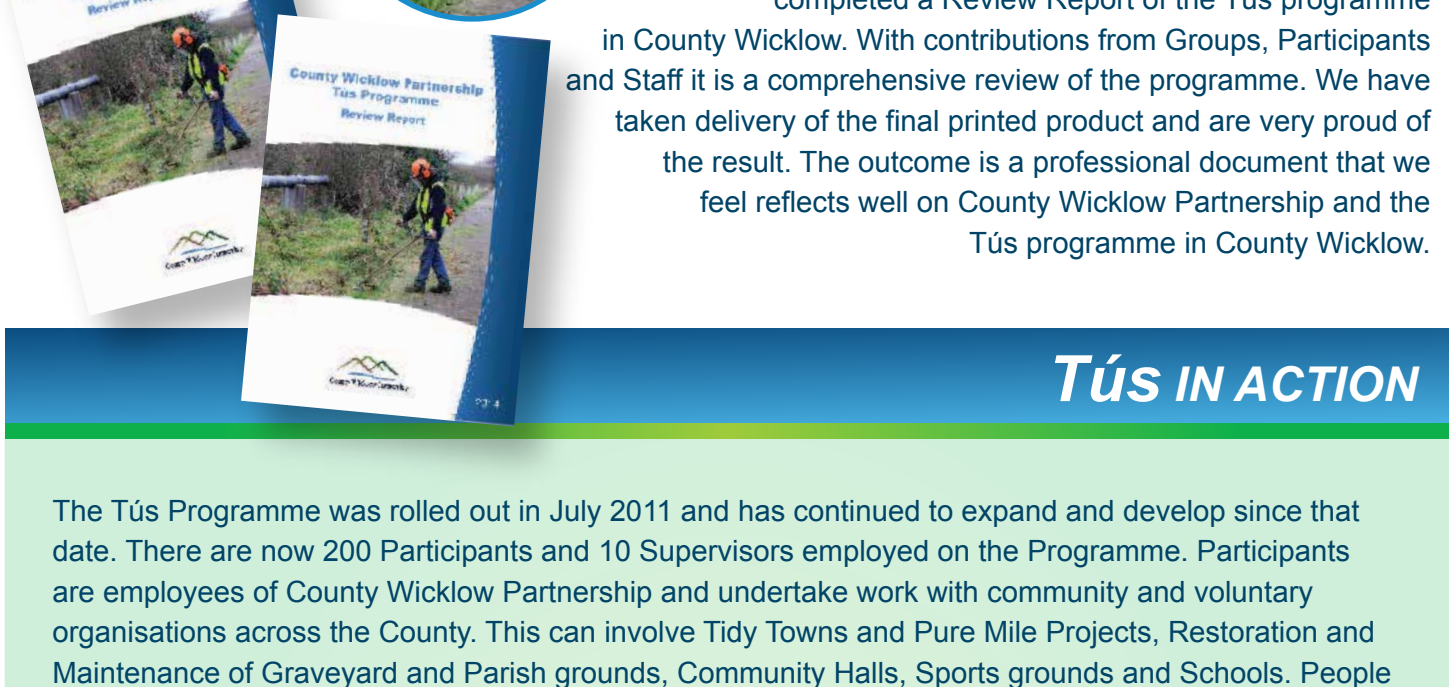
Arklow Women of the World (WOW)



Women of the World (WOW) are an Intercultural and Intergenerational group based in Arklow. WOW is supported by County Wicklow Partnership under the Local Community Development Programme (LCDP). The main aim of the group is to embrace diversity and to inspire integration by working together on a wide range of activities to build skills. The group have participated in many arts and crafts courses since they formed in 2009. WOW has also been involved in several Community Projects including the Crazy Golf Project and The Chateaudun Ceramics Project.



The diversity aspect of the group has made these projects especially dynamic and unique. WOW collaborated with Arklow Twinning Committee on a ceramics project to celebrate the 30th anniversary of the twinning of Arklow town with Chateaudun in France. Women of the World made, designed and glazed over 100 ceramic coasters with Celtic themes and aspects of Arklow landscape which were taken as gifts to the people of Chateaudun. The next Community Project WOW is planning is the Pure Mile Project which will involve enhancing the natural and historical heritage of the Arklow Duck Pond area. This will be an exciting project for WOW and for Arklow so watch this space for updates on progress.



Tús IN COUNTY WICKLOW

The Tús programme is an initiative of the Department of Social Protection (DSP). Tús aims to provide short term quality work opportunities for the unemployed. County Wicklow Partnership manages the day to day implementation of Tús and supervision of participants on behalf of the Department. Participants are chosen from a random list provided to CWP by the DSP. The placement is for twelve months, working 19.5 hours per week. Participants are placed by CWP with Community and Voluntary groups all over County Wicklow. (excluding Bray which falls under Bray Area Partnership).

- Work falls under three broad categories:
 - Office and Administration
 - Caretaking and Maintenance
 - Social Care

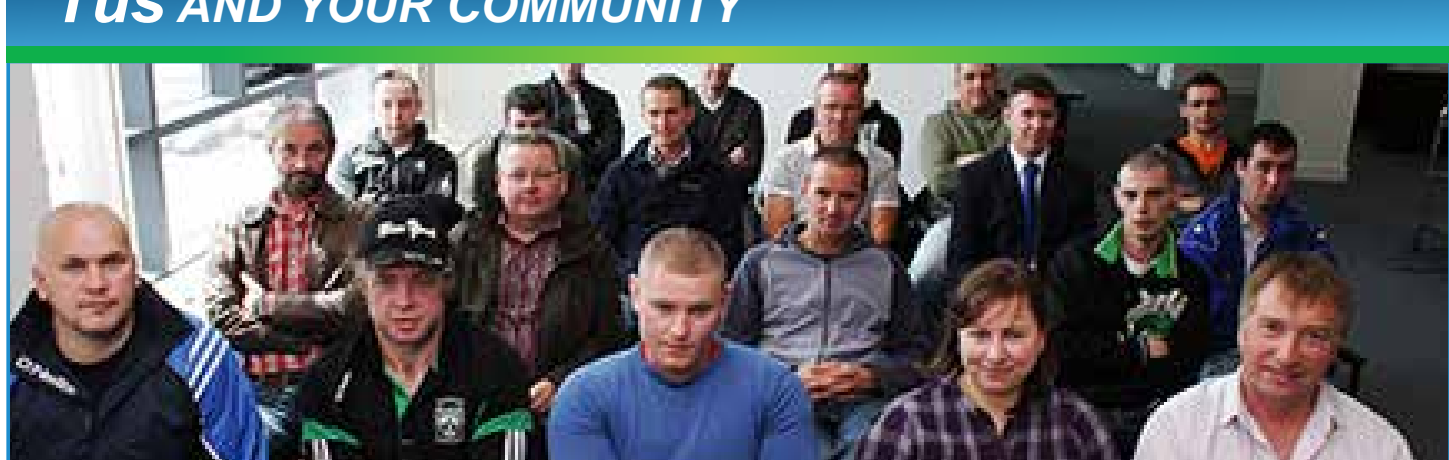


Tús Report

The Tús Team at CWP have completed a Review Report of the Tús programme in County Wicklow. With contributions from Groups, Participants and Staff it is a comprehensive review of the programme. We have taken delivery of the final printed and approved version of the report. The outcome is a professional document that we feel reflects well on County Wicklow Partnership and the Tús programme in County Wicklow.

Tús IN ACTION

The Tús Programme was rolled out in July 2011 and has continued to expand and develop since that date. There are now 200 Participants and 10 Supervisors employed on the Programme. Participants are employees of County Wicklow Partnership and undertake work with community and voluntary organisations across the County. This can involve Tidy Towns and Pure Mile Projects, Restoration and Maintenance of Graveyard and Parish grounds, Community Halls, Sports grounds and Local Areas. People also work in Office and Administration roles with community and voluntary groups in their local areas. Social Care is also an area of employment with people working in community playgroups and support centres for the Elderly and people with disabilities. Tús Participants are also employed in a number of craft shops across the County. The Tús programme in County Wicklow is having a positive effect for both the Participants and the Community. The response has been totally positive as testified on the ground and correspondence received:



"On behalf of Rathdrum Tidy Towns I would like to acknowledge the contribution that the Tús workers have made to the town of Rathdrum. From cutting paths and hedges, to keeping grass and roadways clean, planting bulbs and shrubs and general gardening work. Tús workers have also greatly helped other groups in the town such as the Christmas lights committee. The Graveyard Group in preparing the graveyard for the Blessing of the Graves, St Patrick's Day Committee and much more. They have made a huge difference to the upkeep of the town, a fact acknowledged by the people of Rathdrum. Long may it continue and many thanks".

Liam Kinsella, Chairman Rathdrum Tidy Towns.

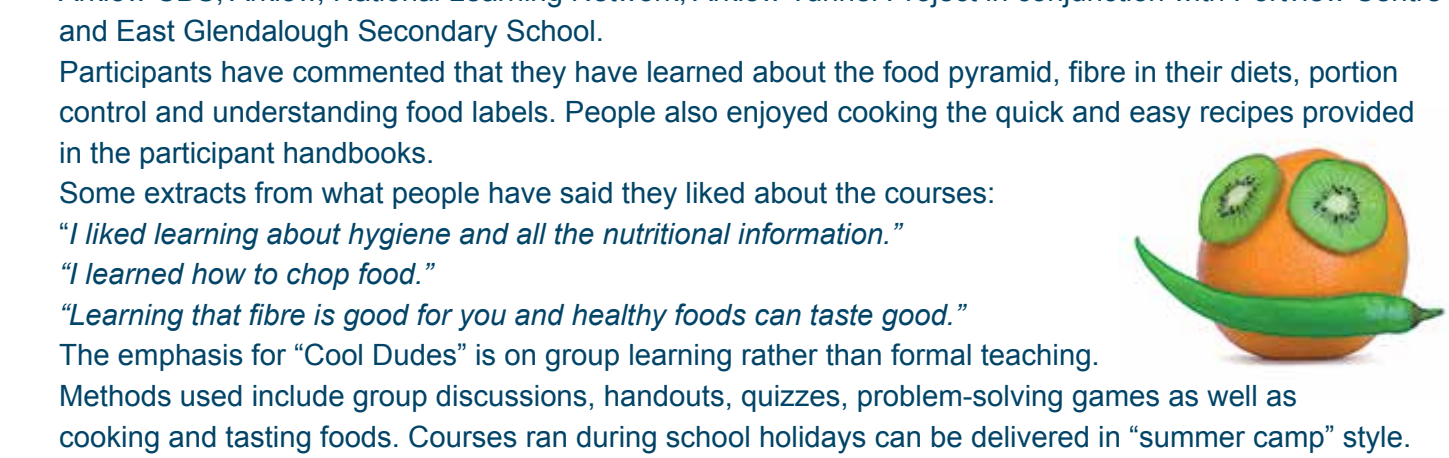


"We as a group and community have been delighted with the contribution of participants of the Tús programme in Woodenbridge village for the last two years. The workers have been very cooperative, good time keepers and have worked hard in keeping the good appearance of the said village and it's environs"

Esther O'Brien
Chairperson Woodenbridge Development Association.

This correspondence is just a small example of the very positive response we have received across the whole County. As we continue to place participants we are sure many new groups and organisations will come on board and benefit from the Tús programme. The contribution of the Groups and Associations has been fantastic in working with the Tús programme and this is a huge part of it's success to date.

Tús AND YOUR COMMUNITY



Training with Tús Supervisors and Participants, Avoca River House, Bridgewater, Arklow, Co. Wicklow.

We are confident of the future of Tús in County Wicklow and are sure we will continue to make a worthwhile contribution to individuals, families and communities throughout the County. If you know of a community group in your area that could benefit from the Tús programme then please do not hesitate to contact CWP, Tús for further information and a group application form.



HEALTHY FOOD MADE EASY COURSES

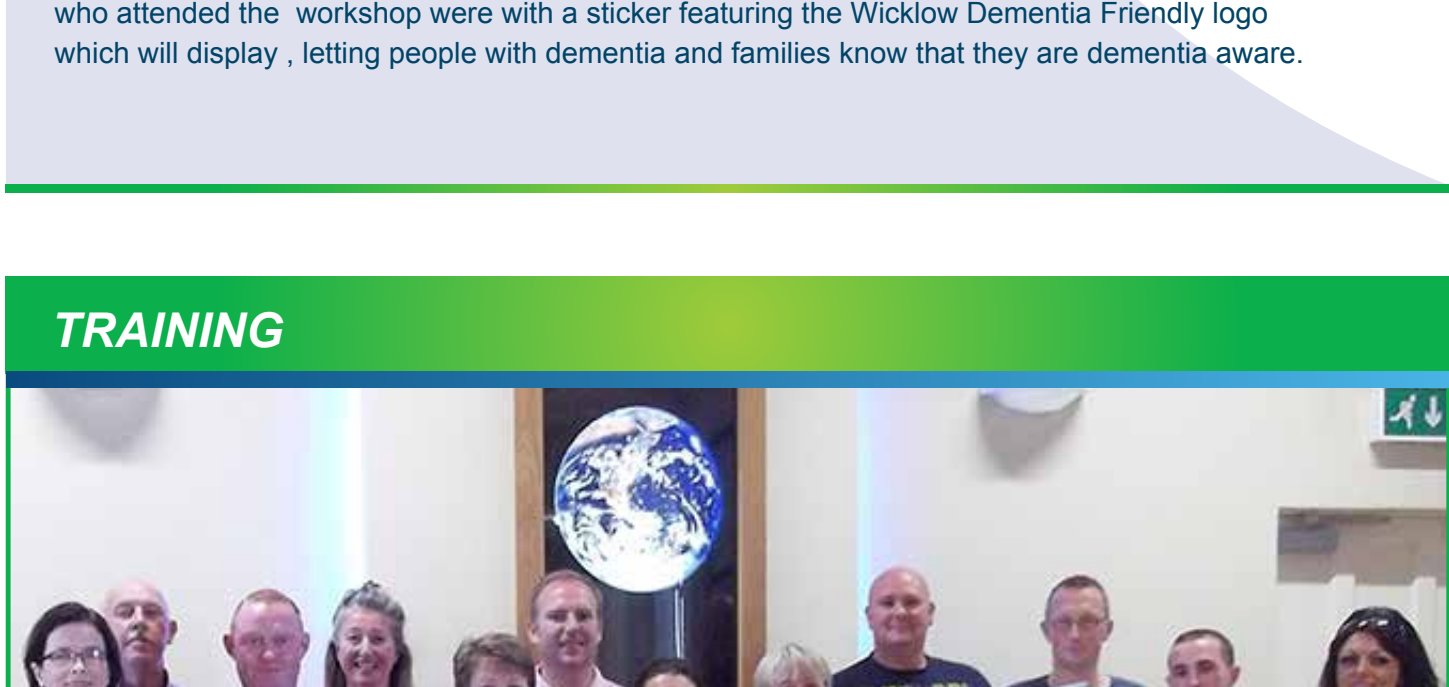
County Wicklow Partnership in conjunction with the HSE is delivering a Healthy Food Made Easy (HFME) & Cool Dudes courses (10-14yrs) in Co. Wicklow. These courses assist people to improve their knowledge of nutrition when preparing meals at home and to eat healthy meals on a budget. The HFME courses are delivered over six weeks for two and half hours a week, while Cool Dudes courses are delivered over 5 weeks for 2 hours a week.

204 people from 15 different community groups & schools have taken part on the courses in the quarter of 2014. Voluntary organisations & schools taking part have included Shillelagh Active Retirement Group, Arklow CBS, Arklow, National Learning Network, Arklow Tunnel Project in conjunction with Portview Centre and East Glendalough Secondary School. Participants have commented that they have learned about the food pyramid, fibre in their diets, portion control and understanding food labels. People also enjoyed cooking the quick and easy recipes provided in the participant handbooks.

Some extracts from what people have said they liked about the courses:
"I liked learning about hygiene and all the nutritional information."
"I learned how to chop food."
"Learning that fibre is good for you and healthy foods can taste good."
The emphasis for "Cool Dudes" is on group learning rather than formal teaching. Methods used include group discussions, handouts, quizzes, problem-solving games as well as cooking and tasting foods. Courses ran during school holidays can be delivered in "summer camp" style.

If you or a group that you are member of and have an interest in having a course delivered for them or would like some further detail please contact:

**Anne Kavanagh,
Co. Wicklow Partnership
at 087 1500 234.**



COUNTY WICKLOW NETWORK FOR OLDER PEOPLE

Co. Wicklow Network for Older People was set up to give older people in County Wicklow a voice in decision-making processes at local, regional and national levels. The Network's mission is to improve the lives of older people in County Wicklow through advocacy, lobbying and the promotion of diversity, participation, equality, dignity, independence and self-fulfillment. Membership of the Network is open to groups, organisations and individuals committed to improving the quality of life of older people.

Wicklow Dementia Friendly information event:
Wicklow Dementia Friendly project held their first information evening "Dementia is Everybodys Business" in Colaishte Bhríde Carnew on Thursday 6th of March. Around 50 people from a range of different community groups and organisations attended the event, the first of its kind in the county, which aimed to inform local residents about dementia, break down any stigmas surrounding it and discuss ways to make Carnew a dementia-friendly community. It was with these intentions that Wicklow Dementia Friendly was launched last year by the County Wicklow Network for Older People, (CWNOP) having received a grant from the Alzheimer's Society of Ireland. CWNOP are supported by Co. Wicklow Partnership through the Age & Opportunity, Get Vocal programme. Pat Brennan, Chairperson CWNOP, presented the speakers on the night, including Jackie O'Toole, who has an MA in Dementia Studies and discussed the issue of dementia in contemporary Ireland – set to become more pressing in the future as the population ages – and Marita O'Brien, PhD in Social Gerontology, who discussed measures by which a town like Carnew can become more dementia-friendly, encouraging dementia-sufferers to remain active in the community. At the conclusion of the event, PJ Arthur read a poignant piece about the importance of dementia-friendly communities.

Over the coming months, the group plan to bring similar events to towns across the county in a bid to make Wicklow a dementia-friendly county. This will involve conducting workshops with Transition Year students, general information sessions in the community and specialised workshops for businesses and other providers of frontline services on how best to assist people with dementia.

The Carnew workshop for businesses and service providers was held on Wed March 12th and was attended by representatives from Bank of Ireland, Credit Union, First Response and an Garda Síochána among others. Businesses, service providers, social and community groups who attended the workshop were with a sticker featuring the Wicklow Dementia Friendly logo which will display , letting people with dementia and families know that they are dementia aware.

TRAINING



LCDP workshops, Liz Dunne & Laurie Whelan, Development Workers, Presentation of STEPS Certificates.

Passive Share training - will commence in April in Rathnew Community Centre.

Safe Pass - CWP will deliver training for unemployed clients in Rathnew Community Centre Enquiries Liz Dunne 0402 20955.

Make Do & Mend - basic sewing and up-cycling of old clothes is available in the Hillview Community Centre in Wicklow town. The course introduces women to the craft of hand sewing, how to use a sewing machine, up-cycle clothes to give them a new lease of life.

First Aid Training - Participants recently completed training in FETAC level 5 course in Wicklow Enterprise Centre on Thursday 6th March for unemployed clients.

Child Protection Training - Recently LCDP staff members completed Child Protection Training in preparation for new guidelines on Child Protection as laid down in 'Children First'.

Youth - Rathnew Boxing club - goes from strength to strength. CWP supported the club to purchase training gear for children who are participating in competition in the National Stadium and other local and regional boxing events. Committee members recently completed training in Code of Ethics for sport, with Wicklow Sports Partnership.



WICKLOW CHILD & FAMILY PROJECT

Wicklow Child and Family Project was developed by a local partnership of Community, Statutory and Voluntary bodies in Wicklow Town. This project is funded through the Health Service Executive and managed by County Wicklow Partnership Ltd. which is a Local Community Development Company. The project was put in place to provide services and support that improve the quality of life for children and their families, working with families in need of support, so they become confident and empowered.

Parents group:
The Wicklow Child & Family Project parents group has been meeting now for several years. Many of the activities that they undertake are only possible due to continued support and funding from Kildare & Wicklow Education and Training Board. Both Project staff and the parents themselves liaise on an ongoing basis with Ms Brenda Delaney Community Education Facilitator to assess the needs and interests of the groups and then match these with the availability of trainers. During 2013 stronger links were made with Una McDonald, Colaishte Chill Mhantain Home School Liaison Coordinator, to develop better connections with the parents that she works closely with. The idea was to ensure parents had greater access to a wider variety of courses across different days and venues. This has worked well with choices of First Aid, Pilates, Creative Crafts, Defibrillator Training and Digital Photography. The Wicklow Child & Family Project parents group are presently taking part in a second creative crafts course due to the success of the first course before Christmas. This is running for 8 weeks. At times when no organised course is taking place the parents themselves, supported by project staff take part in activities such as cookery, family crafts and seasonal activities. The group meets once a week for 2 hours on the projects premises and the courses are delivered in a relaxed atmosphere where the participants are free to ask questions and pick up tips from each other. The aim of these programmes is to provide the participants with a social outlet; strengthen links between the staff and parents, give them the opportunity of gaining knowledge and skills in new areas and to assess what further courses they would like to take part in. At any one time between 10 and 12 parents are involved the group.

For further information contact staff at the **Wicklow Child & Family Project: 0404-64725.**

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