

County Wicklow Partnership

Newsletter

Summer 2015



HEALTHY EATING TIPS



EVENTS



CRAFTS



FUNDRAISING EVENT



KILBRIDE PYRAMID PROJECT



EIRCODE OUTREACH PROGRAMME



TINAHELY COMMUNITY PROJECT



MEN'S SHED PROGRAMME



RESILIENCE TRAINING

Social Inclusion and Community Activation Programme

New SICAP Programme

County Wicklow Partnership is delighted to announce that our tender was selected to implement SICAP in the Wicklow, Arklow and Baltinglass Municipal Areas

The Social Inclusion and Community Activation Programme (SICAP) is the successor programme to the Local & Community Development Programme (LCDP) which CWP has been delivering since January 2010. The aim of SICAP is: "To reduce poverty, promote social inclusion and equality through local, regional and national engagement and collaboration."

SICAP's vision is to improve the life chances and opportunities of those who are marginalised in society, living in poverty or in unemployment, through community development approaches, targeted supports and interagency collaboration where the values of equality and inclusion are promoted and human rights are respected. SICAP will be implemented in accordance with 3 key goals:

Goal 1

To support and resource disadvantaged communities and marginalised target groups to engage with relevant local and national stakeholders in identifying and addressing social exclusion and equality issues.

Goal 2

To support individuals and marginalised target groups experiencing educational disadvantage so they can participate fully, engage with and progress through life-long learning opportunities through the use of community development approaches.

Goal 3

To engage with marginalised target groups/individuals and residents of disadvantaged communities who are unemployed but who do not fall within mainstream employment service provision, or who are referred to SICAP, to move them closer to the labour market and improve work readiness, and support them in accessing employment and self-employment and creating social enterprise opportunities.

All of SICAP's work will be underpinned by: Community Development approaches and principles, collaboration with stakeholders on unemployment and social exclusion, the promotion of equality and the prioritisation of disadvantaged communities. The Co. Wicklow Partnership SICAP team is looking forward to building on our work from the LCDP and continuing to support people and community groups in our locality when SICAP is rolled out from April 2015.



"The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative."

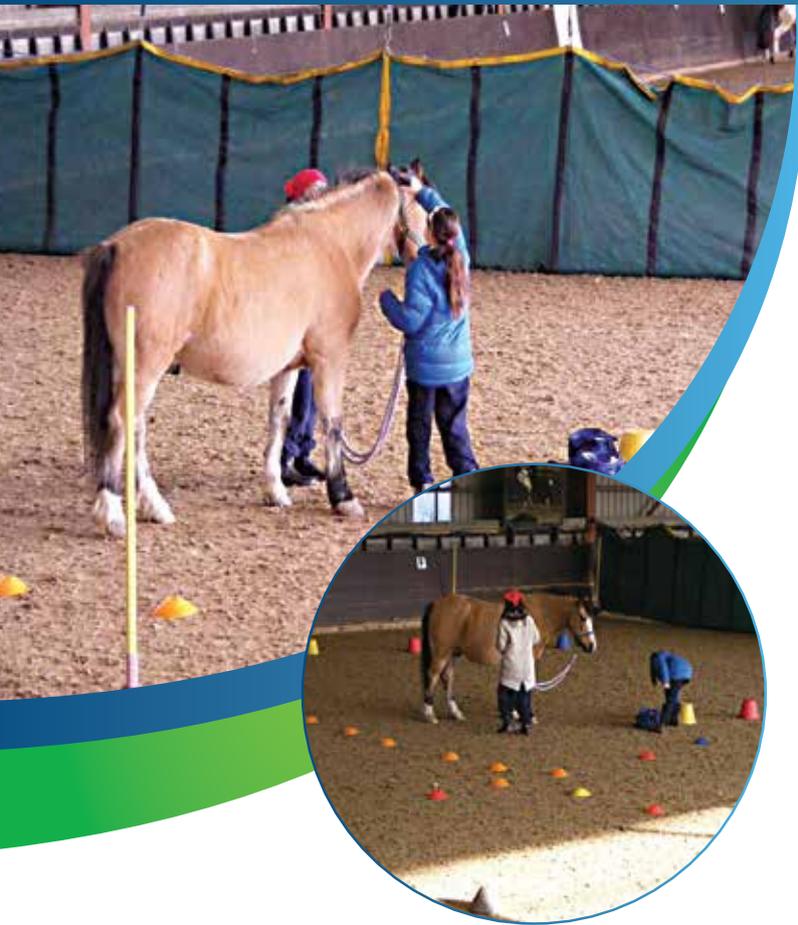


EUROPEAN UNION
Investing in your future
European Social Fund



Comhshaoil, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government

WICKLOW CHILD AND FAMILY PROJECT



Equine Assisted Learning (EAL)

The Project has been very fortunate in acquiring funding from the East Coast Regional Drugs Task Force (ECRDTF) in order to provide some of the young people we work with the opportunity to participate in Equine Assisted Learning (EAL). EAL is a process where people work with horses to develop their emotional growth, personal awareness, relationships, and trust, under the instruction of a specially trained facilitator. The young people identified by the Project are engaged in an 8 week EAL Programme in Festina Lente, in Bray. The focus throughout the eight week programme will be on self-awareness, personal development, positive relationship skills, communication, responsible decision making, self-confidence and self-esteem. The sessions have been specifically designed to meet the specific needs of the young people through an in-depth screening process.

Parent's Plus Adolescent Programme.

In collaboration with the Parent's Plus Charity and Wicklow Children Services Committee the Wicklow Child & Family Project and Arklow Springboard delivered the Parent's Plus Adolescent Programme to a core group of eight parents as part of a quality and research protocol. The programme is evidenced based and focuses on supporting parents to manage their children's behaviour problems and promote their learning and confidence. It is aimed at parents with children aged 11 to 16 years. The Adolescent's Programme considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives. The visual media supports illustrate well-researched principles of effective communication and conflict resolution which parents can use with their teenagers, with the aim of helping them grow into responsible young adults. As well as role-play scenes and interviews with parents, the DVDs include interviews with young people about what it is like to be a teenager and their views about what makes families run smoothly.



The programme covers a variety of topics such as negotiating rules and boundaries, teaching teenagers responsibility, positive discipline for teenagers, managing conflict and solving problems together. The feedback from the participating parents was very positive and it is hope to role out another programme later in the year.

Shhhh... Don't Mention the "C" Word!

We at the Wicklow Child & Family Project are only too aware that Christmas is a distant memory to most of you, with the weather beginning to improve and the evenings getting brighter. That being said it would also be remiss of us not to acknowledge yet another successful Wicklow Child & Family Project Client Christmas Party. Here in the Project we give one hundred percent to everything we do and therefore we threw ourselves yet again into the festive season with music, food, entertainment, presents, prizes, games and most of all fun. This year the Project celebrated family diversity, togetherness and the Magic of Christmas with a host of celebrities, over 50 families, 120 children of all ages and of course the main man Santa.



Say Hello...Wave Goodbye

January found the Project staff saying a sad goodbye to our colleague Rachel O'Sullivan, who left to return home to the US. While we will miss her very much we wish her all the best for the future. As with all negatives there are also positives and the Wicklow Child & Family Project were happy to give a big welcome to our newest member of staff Helen Crowe. So without further ado welcome Helen and now back to work everyone there's lots to do.

Pots about Pottery

The Wicklow Child & Family Project are dedicated to empowering the families we work with to make positive changes. However, we also acknowledge that sometimes families need to participate in activities where the main focus is just spending quality time together. The Project have been very lucky to join forces with local artist and ceramicist Jenny Kelly. In December a number of our parents and their children headed off to Jenny's studio in Wicklow Town and engaged in a pottery workshop where they experienced first hand the sensory nature of pottery while Jenny encouraged their creativity. Feedback from the parents and their children was extremely positive and they are currently awaiting their masterpieces to be delivered.

A little taste of what else is going on...

- ☺ Planning for upcoming Easter Activities and Summer Programmes...
- ☺ A Sibling Group looking at family relationships, positive communication and conflict resolution
- ☺ Staff Training - Healthy Food Made Easy, Logic Model and Meitheal.
- ☺ Parenting When Separated.
- ☺ Ongoing one to one therapeutic work with children and families.
- ☺ Play Therapy
- ☺ Counselling



ARKLOWS MEN'S COMMUNITY SHED

The Men's Shed

"The Men's Shed is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Men's Sheds are open to all men regardless of age, background or ability. It is a place where you can share your skills and knowledge with others, learn new skills and also develop you old skills.

New members are always welcome and can be assured that there is something of interest for everyone as the men have ownership of the project and decide their own programme of events."

The Men's Shed is an updated version of the shed in the backyard. Men's Sheds are springing up all around Ireland.

The "Arklow Men's Shed" prioritises the well-being of men and helps in the prevention of social isolation by providing a safe, friendly and welcoming place for men to work on meaningful projects and contribute to the wider community.



Men can come and share a fantastic variety of tools, still pursue their interests in pastimes and hobbies and spend time with other men of similar interests. They learn new skills or use tools for the first time or keep old skills honed and productive.

New members are always welcome, to join the Men's Shed. Why not drop in for a friendly chat and a cup of tea/coffee and see what our shed is all about.

Opening times:

(Tuesday and Thursdays 9.30am – 12.30pm)
at Monument Lane, Kilbride, Arklow, Co. Wicklow
or Tel: 086 3217860.

Membership is €10.00 per annum, also members may wish to make a small weekly contribution to help towards the cost of providing electricity and refreshments.



'Mental wellbeing' at the centre of fundraising event for Newcastle Hospital



This year the Friends of Newcastle Hospital invested their time and energy in raising well needed funds to develop an outdoor wellbeing and exercise centre in the grounds of Newcastle Hospital. Research shows that exercise boosts your self-esteem', said Evelyn Cawley Chairwoman of the Friends, 'improves your sleep, releases tension, anger and fatigue, and increases motivation. Overall having a healthy body is good for a healthy mind and this new centre will be an excellent facility to help people improve their wellbeing".

Over €10,000 was raised for the outdoor wellbeing and exercise centre which will be incorporated into the grounds of the Hospital over the summer period. David McWilliams, well know economist and journalist hosted the evening and Dr. Ciara Kelly (GP and Operation Transformation expert) added her weight to the importance of recommending exercise as part of a treatment plan for people experiencing mild to moderate levels of depression. "The evening is primarily to create a greater awareness of the importance of 'good mental health and physical wellbeing" said David McWilliams, "as well as making mental health an everyday issue. If it matters to us all then the stigma attached to getting help when we need it can be reduced"



Simon Harris TD, Minister of State at the Departments of Finance & Public Expenditure said,"Promoting a positive approach to mental health and having communities supporting this approach is all of our responsibilities. We are lucky to live in a county with so many people willing to put time and effort into promoting this environment".

Dr Justin Brophy Clinical Director of Newcastle Hospital welcomed the initiative and said how important a recovery ethos was for people experiencing severe mental distress. Many peoples' lives have benefited directly from these types of initiatives and Wicklow could lead the way in their commitment to promoting positive mental health.



The wellbeing and exercise centre will be the third instillation developed by the Friends with the support of The Tunnel Project and the local mental health Associations and will be an addition to the 'Recovery Garden' developed last year and the Sli na Slainte walk which is in progress. The Friends, which is a representative group of mental health services, over the years has been promoting a positive environment of recovery in the community, as well as providing practical supports and help for individuals and their families.



L/R : Justin Brophy Clinical Director, Newcastle Hospital, Evelyn Cawley, Chairwoman, Minister Simon Harris, David Mc Williams



RESILIENCE TRAINING DAY FOR LOCAL COMMUNITY GROUPS

The 'Taking Control' Workshop was held in February in conjunction with SHINE Ireland. The Tunnel Project as part of its commitment to creating a positive work environment for employee's, funded the initiative and nine different organisations county wide attended. The day focussed on the importance of taking time to focus on values, goals and wellness. It looks at practical ways to face life's challenges, whilst maintaining, developing, and taking control of your physical and mental wellbeing.

The aims of the workshop are:

- To raise awareness of already existing positive factors in one's own life, internally and externally.
 - To build resilience in the face of life's challenges and setbacks.
 - To enhance coping skills, especially pre-existing ones.
 - To develop and support self-esteem and confidence.
- Further training days will be held in September.



Cairdeas Clubhouse Board Members

Tunnel Participants pay a visit to Camolin Garden Centre to plan new garden features for the Sli na Slainte Walk in Newcastle Hospital.

As part of the upgrading of the Sli na Slainte walk participants have taken on the planning of new garden features which will be installed in the grounds of Newcastle Hospital. These features will provide an opportunity for people using the walk to gain more by having 'reflective points of interest' at different stages. Along with this the Tunnel Project is well on the way of growing the Summer bedding plants for Newcastle Hospital, Fernhill Garden, Arklow and Sonas House. With the weather set to be good it looks like a bumper crop!



The Tunnel Project welcomes new Club House facility in Bray

Cairdeas Club House in Bray recently opened its doors as part of a restructuring of community mental health services. Cairdeas, formally New Dawn and funded by the HSE, provides support to people with mental health issues. As members of the club people participate in a wide range of social and community activities.

WOW - WOMEN OF THE WORLD

Women of the World (WOW) celebrate their 5th Anniversary

Members of the Women of the World enjoyed a special 5th anniversary celebration in Arklow on Friday, 13th March. Members gathered at the Presbyterian Church Hall to mark the occasion with the launch of a new leaflet. Arklow Municipal Councillor Miriam Murphy helped to unveil to the public the newly produced leaflet containing everything one needs to know about the local group.

The day was a celebration from start to finish and featured an array of traditional food from a variety of countries as well as a demonstration of Quilling, which is a form of paper craft. A number of guest speakers had the floor where they discussed their experiences of WOW. During the event the women also raised some funds for Bray Women's Refuge.

Supported by County Wicklow Partnership, WOW is an intercultural and intergenerational women's group that meets once a week to share skills and experiences. WOW celebrates diversity and promotes inclusion and integration through participation in different art forms and organising a range of activities.





Kilbride Pyramid Project

A clean up operation is revealing a long hidden face in the countryside around Arklow as a Pyramid literally emerges from the undergrowth following years of neglect.

The Pyramid tomb and Mausoleum dominate the Old Kilbride cemetery. The construction of both was commissioned by Ralph Howard, the first Viscount of Wicklow during the 1780's. It is the final resting place of eighteen members of the Howard family.

The cemetery itself was mainly in use in the 1700's. Up to 500 people are thought to be buried there. The cemetery had become overgrown and neglected in recent years with the Pyramid itself covered in Ivy and tree growth.

In 2011 the Arklow Marine and Heritage Committee (AMHC) was formed with a view to getting some preservation work carried out at the site and following a successful application to County Wicklow Partnership (CWP) participants on the Tús programme were assigned to commence the work.

Prior to this, the committee commissioned a conservation report to insure that the works would be carried out appropriately, in keeping with best practice and requirements for any such Historical site. Under the guidance of a specially formed sub committee of AMHC known as the Arklow Kilbride Project and CWP the mammoth task of restoration began. Often involving the use of only small tools the work has been arduous and painstaking throughout. All vegetation and old plants have been cut back and removed. Paths have been re-established, graves have been tidied and the whole site restored. Sometimes back breaking work, all involved deserve the highest praise for their tremendous efforts over the restoration.

At the moment work is ongoing on the boundary walls using the original stone and traditional materials. It is hoped a new front wall with a gate, new planting and further tidying, will complete the restoration. We eagerly anticipate that by late August 2015 the site will be back to some of it's former glory and open to all.

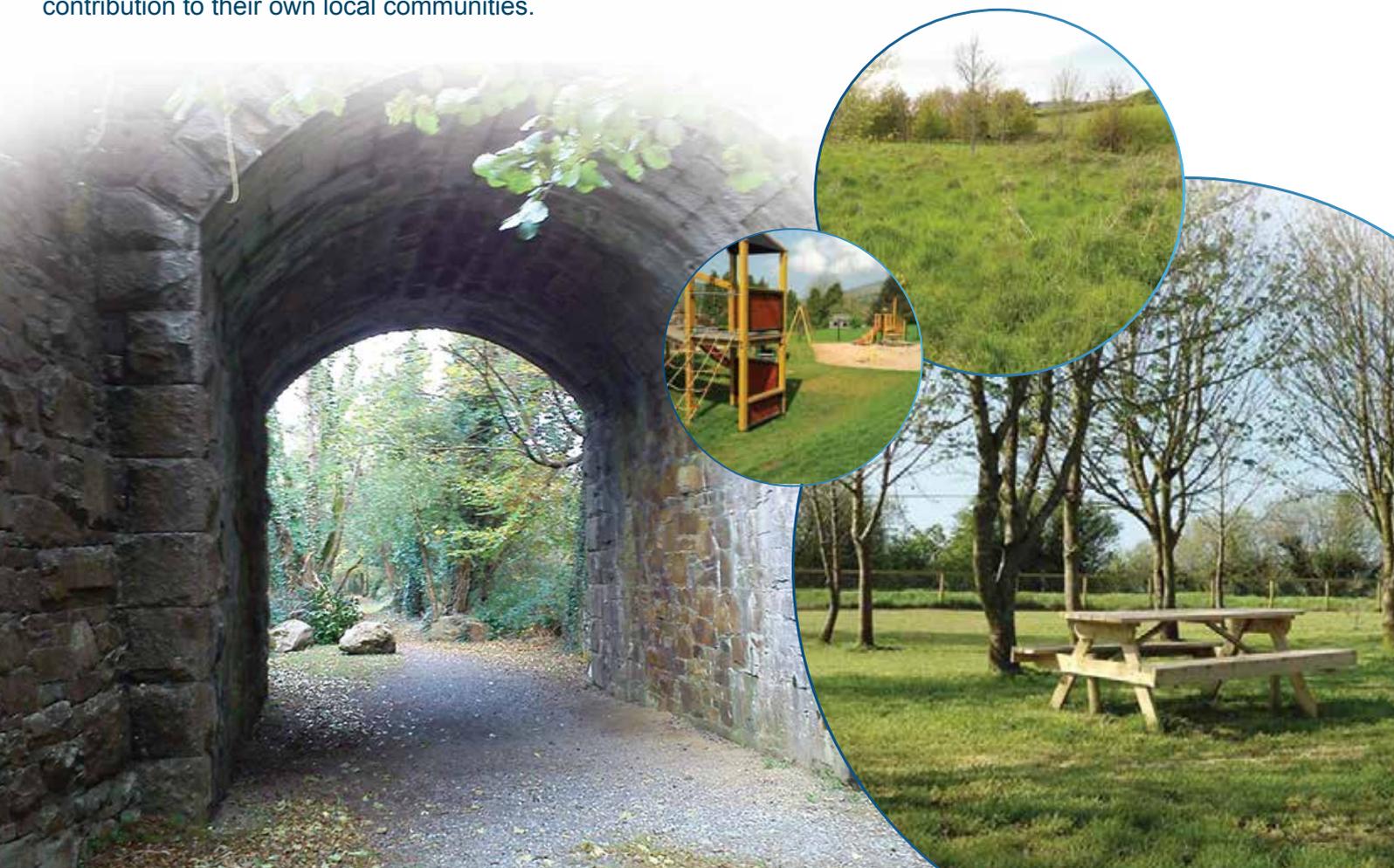
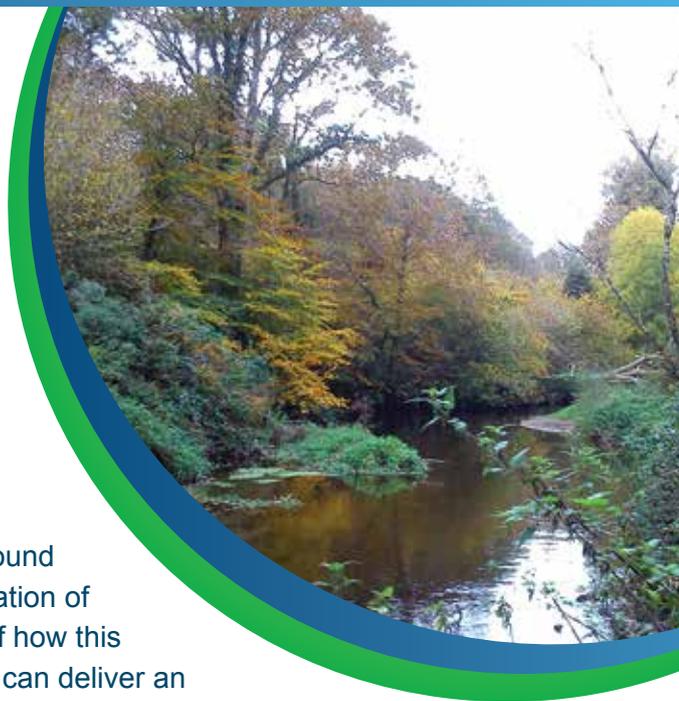


The Tús Programme and Tinahely Community Projects

Tinahely Community Projects (TCP) is comprised of volunteers who are working towards the enhancement and development of the village for the benefit of the local community and visitors to the area. The organisation functions as an umbrella group which incorporates Tinahely Tidy Towns, Community Recycling Centre, Children's Playground, Walking Festival, Tinahely Tourism, Arts Groups and the Walking Trails, combined with the promotion of Tinahely as a tourist destination.

Since its opening in September 2013, Tinahely Community Playground has proved to be one of TCP's most successful initiatives. The creation of a picnic area on the Togher Road in Tinahely is another example of how this Tinahely voluntary organisation, working with the Tús Programme, can deliver an excellent amenity for the entire community. One significant outcome of these developments is the Tinahely Challenge, a walking and running event held over the 32 kilometres of the Tinahely Loop, in aid of Pieta House.

All of these initiatives would not be possible without the assistance of County Wicklow Partnership and the personnel employed through the Tús Programme. Amenities such as the Railway Walk, Togher Road Picnic Area and the Community Playground require constant care and maintenance. This demonstrates the importance of the Tús Programme to voluntary organisations such as Tinahely Community Projects. The close co-operation between both organisations allows local people to work locally while making a positive contribution to their own local communities.



TÚS PARTICIPANTS



My Role: Kieran O'Toole

Since April of 2014, I have been working as public relations officer for Tinahely Community Projects. This is the first time Tinahely Community Projects has had anyone working in a communications capacity, and in many ways this has allowed me define the role to suit my skills and abilities.

Because this local, voluntary organisation has responsibility for many development projects in Tinahely, my work is always varied and challenging. From managing our social media and our website, to writing articles for hiking and walking magazines, highlighting the over 40kms of walking trail which has been developed by TCP, to overseeing the production of the Tinahely Review; a magazine format round-up of major events in Tinahely during 2014.

My placement on the TUS programme has overall been a positive experience allowing me utilise my existing communication skills, especially in helping organise the inaugural Tinahely Challenge. This was my first time developing a marketing and communications strategy for a major sporting event, and as such was a very important event during my year with TUS and Tinahely Community Projects. During the latter part of my placement, office space was secured for me in the Courthouse Arts Centre, Tinahely, which as well as giving me a work place focus, has allowed me become involved in the cultural life of the Courthouse. Building on my public relations experience, I now have the had the opportunity to become familiar with the box office and sound systems of a vibrant arts venue; something which would not have be possible outside of the TUS programme.

From a personal point of view, my year so far has been a growing experience and hopefully will benefit me in pursuing other work when my placement finishes. Because of my particular skill set, I would have liked to have seen more courses available to me during my placement; particularly in the area of web design, but overall on the whole it has been a great year spent with Tinahely Community Projects through the TUS initiative.





Joe was, and still is, held in high esteem by his former colleagues and also by the many participants and community groups with which he was involved during his time with Co. Wicklow Partnership. Joe brought many skills and talents to the organisation and was always available to contribute and share his skills and experience when required to do so. His photography skills in particular were recognised as a valuable resource to the entire organisation. County Wicklow Partnership would like to acknowledge our appreciation to Joe for his willingness to share his skills, talents and valuable time outside of his work to the benefit of the Organisation. Of course Joe brought much more than this to CWP. Being one of nature's true gentlemen and a cultured, artistic, articulate and compassionate person, with an underlying mischievous sense of humour, he brightened everyone's day and always recognised the good in everyone. We are delighted that he keeps in contact and look forward to him dropping in to see us.

We wish Joe every success and happiness in his retirement and knowing him as we do, we are sure it will be an active one.

Supervisor Joe Tully Retires

On the 13th Feb. last Mr. Joe Tully retired from Co. Wicklow Partnership to embark on a new chapter of his life. Joe had been a Supervisor on the Tús programme for the past three years and is hugely missed by all his colleagues in the organisation. Joe was a highly regarded and respected member of the Tús Supervisory Team as well as being a highly valued member of various committees within the organisation.



Maintaining our Cemeteries

The Rural Social Scheme is unique in that it brings together a group of twenty farmers whose combined experience of working on the land runs into many hundreds of years. So who better to handle the delicate work of restoring our cemeteries that have fallen into disrepair?

Our cemeteries bear witness to all those who have gone before us, they mark the passing of our ancestors and remind us that life is being constantly renewed.

Many of our cemeteries in the county have become overgrown and inaccessible through many years of neglect. Vegetation and briars have invaded covering gravestones and tombs. Grass has grown wild for many years and become thick and heavy making access difficult.

However, through hard work and determination of the men and women on the Rural Social Scheme the landscape is very different in our cemeteries today. Briars have been tamed, grass cut and strimmed and gravestones once again become visible. Families can again access old family. Tourists from all over the world can now visit family graves and trace their roots. Some of the cemeteries that have been cleared by the Rural Social Scheme participants are Kilmagig, Newbridge and Castlemacadam Cemeteries in Avoca, Tuber and Tourinant near Dunlavin. Rural Social Scheme participants maintain and restore many more cemeteries countywide on an ongoing basis.



New RSS Supervisor Appointment

Sheelagh Lennon the new Rural Social Scheme Supervisor began with CWP in January and has hit the ground running. Becoming familiar with the twenty participants on the scheme and discovering the full range of community organizations serviced by these participants is no easy task however Sheelagh brings a wealth of experience to the table and we have no doubt she will thrive in her new position.



Kilmagig Cemetary Avoca

Eircode: what every nonprofit should know

Ireland is introducing post codes in 2015 and an outreach programme is being launched to ensure that no one is left behind. Dónall Geoghegan, Programme Manager of the Eircode Community Outreach Programme explains.

An Eircode is a smart location code for all Irish addresses. Unlike other countries, where post codes define clusters or groups of addresses, an Eircode will identify an individual address – rural or urban – and help show exactly where it is located. This means every residential address and business will receive a unique Eircode.

There are numerous benefits of introducing Eircode into Ireland. Not only will it make the delivery of services and goods to households easier, but in the case of a medical emergency, being able to accurately and quickly identify an address can save valuable minutes.

During the launch phase, all residents and businesses will receive a letter notifying them of the Eircode for their address. Addresses will not be changing; an Eircode will simply be added to current addresses.

The Wheel, working closely with Irish Rural Link, are leading a nationwide effort to reach out to people who may get left behind when Eircodes are introduced. We are particularly concerned that people who are older, isolated and vulnerable may not understand or may become confused by what this change means.



We have engaged 26 'Outreach Champions' to lead the drive throughout the country to reach these people and offer them basic information and reassurance on the change. We are delighted to have Co. Wicklow Partnership and Anne Kavanagh working with us on this project in Co. Wicklow. Anne will be getting in touch with volunteers in community and voluntary organisations right around Co. Wicklow, asking them to reach out within their own community to ensure that nobody gets left behind.

Could your organisation help out? Could you hold an event this summer to reach some of the target group in your area? Could you get the word out through your organisations's newsletter? We'd love to hear from you. See www.wheel.ie/eircode.

Contacts:

Anne Kavanagh:

Email: akavanagh@wicklowpartnership.ie

Mob: 087 1500 234

Dónall Geoghegan:

Email: donallg@wheel.ie

Mob: 087-222-5691.

Further general information on Eircode is available at <http://www.eircode.ie/>



Recipe of the Month

Quick Hawaiian Pizza

Preparation Time: 10 – 15minutes

Cooking Time: 10 minutes

Serves 6

Ingredients

1 pack of flour Tortillas or
Pitta Bread for the pizza base.

Tomato puree

Mixed Herbs

1 large Onion

3 Slices of Ham

1 Small Tin Pineapple

200g (7ozs) Cheddar Cheese

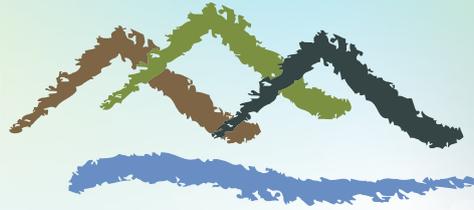
Method

1. Pre-heat the oven to 180c or 350f or gas mark 4.
2. Peel and chop the onion.
3. Grate the cheddar cheese.
4. Chop the ham.
5. Open tinned pineapple and chop.
6. Put one flour tortilla or pitta bread on a baking tray.
7. Spread a little tomato puree on top using a knife.
8. Sprinkle on some herbs.

9. Sprinkle on some grated cheese.
10. Put the chopped ham, onion and tinned pineapple on top.
11. Bake in pre-heated oven for 10 minutes.

TIP: if using tortillas, do not use too much tomato puree as the tortillas are very thin.





County Wicklow Partnership

"We confirm that our organisation complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland".

3rd Floor, Avoca River House,
Bridgewater Centre,
Arklow,
Co. Wicklow

Tel: 0402 20955

Fax: 0402 20699

Email: info@wicklowpartnership.ie



"The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative."



EUROPEAN UNION

Investing in your future
European Social Fund



Comhshaoil, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government



An Roinn Coimírce Sóisialaí
Department of Social Protection
Helping you build a better life



TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Fídháimneacht na Seirbhíse Sláinte
Health Service Executive



pobal
government supporting communities