

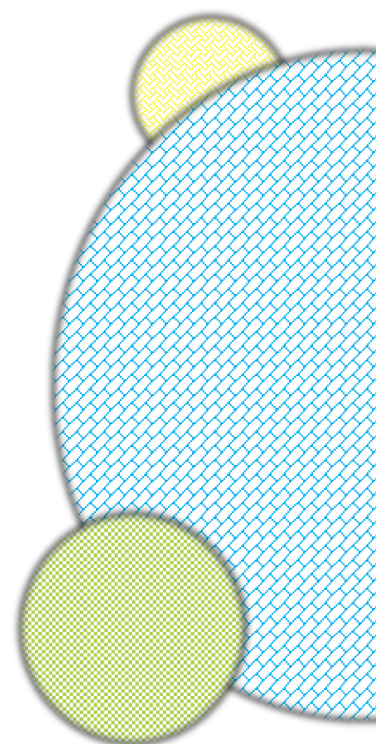
Social Inclusion and Community Activation Programme 2018-2022 (SICAP)

LDC Annual Progress Report 2021

LOT – 19-1



**Social Inclusion &
Community Activation
Programme**



Ireland's European Structural and
Investment Funds Programmes
2014-2020

Co-funded by the Irish Government
and the European Union



EUROPEAN UNION

Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

Purpose of the 2021 Annual Progress Report

The purpose of the 2021 Annual Progress Report is to capture the role that SICAP played in responding to the needs of SICAP target groups during the year. In doing so, this report will capture beneficiaries' needs in your Lot in 2021, the approaches used by the programme to respond to these needs, alongside challenges faced and lessons learned during the year. Please include examples to support your answers, where possible.

Space is also provided for you to reflect on the support provided by DRCD and/or Pobal in 2021, as well as to outline the types of support you would like to receive in 2022.

Report size guide: 7-10 pages, excluding Annex 1. A page number guide is provided for each question. This can be adapted slightly to suit your reporting needs.

Two-three photographs can be included (optional), with the understanding that relevant permissions have been received and captions describing the photographs are provided.

1. Please describe the needs of SICAP beneficiaries in 2021. (1 page)

Guidance: Please consider individuals, LCGs, SEs, children and families, non-caseload individuals, and complete the below table. Where possible, please indicate how these needs were identified e.g. local knowledge, discussions with local stakeholders.

Beneficiary type	Identified needs in 2021														
Individuals Seeking Employment (NEETS) Young People	<p>People in low paid jobs looking to change or those who were unemployed. Needs identified through ongoing work with groups and referrals.</p> <p>We conducted a series of focus groups across the year and a COVID 19 Impact Survey (see below) with young people aged 15 – 24 yrs. The survey returned 94 responses resulting in NEWKDs YEI service, being able to ascertain the needs that were brought up by the young people. Young people expressed a strong need to meet people – family and friends again, play sports again, and move freely. The graphs illustrate the feedback from Young People in terms of supports and type of training needs identified:</p> <p>Q - What kind of Information Support do you need from us?</p> <table border="1"> <thead> <tr> <th>ANSWER CHOICES</th><th>RESPONSES</th></tr> </thead> <tbody> <tr> <td>reassurance/ positive messages</td><td>38.55% 32</td></tr> <tr> <td>Check in</td><td>12.05% 10</td></tr> <tr> <td>access to accurate information</td><td>18.07% 15</td></tr> <tr> <td>social media updates</td><td>26.51% 22</td></tr> <tr> <td>Other (please specify)</td><td>4.82% 4</td></tr> <tr> <td>TOTAL</td><td>83</td></tr> </tbody> </table>	ANSWER CHOICES	RESPONSES	reassurance/ positive messages	38.55% 32	Check in	12.05% 10	access to accurate information	18.07% 15	social media updates	26.51% 22	Other (please specify)	4.82% 4	TOTAL	83
ANSWER CHOICES	RESPONSES														
reassurance/ positive messages	38.55% 32														
Check in	12.05% 10														
access to accurate information	18.07% 15														
social media updates	26.51% 22														
Other (please specify)	4.82% 4														
TOTAL	83														

Would you be interested in any of the following online resources / Workshops

Answered: 86 Stopped: 8



ANSWER CHOICES	RESPONSES	
Beauty Workshops	30.23%	26
Career Info	6.98%	6
Youth Leadership	3.49%	3
Motivation on how to get the career of my dreams	9.30%	8
Support and Guidance / one to one zoom sessions or group	0.00%	0
Short workshops on Yoga / pilates	2.33%	2
Mindfulness / being present in the now	0.00%	0
Hints and Tips on how to structure my day	2.33%	2
Get Stared on the Road	11.63%	10
How to use phone photography	2.33%	2
Mental Health supports	4.65%	4
Access Free Online counselling	3.49%	3
Sports Coaching	18.60%	16
Other (please specify)	4.65%	4
TOTAL		86

Needs identified through surveys and face to face consultation

Travellers

The Traveller student's community struggled with a large number of issues regarding remote learning including accessing broadband, connectivity, and lack of laptop / computer as well as general struggles trying to study at home. *Needs identified through the STAR Pupil working group*

People with Disabilities	<p>Disability Sports-Families & children with disabilities needing to engage in physical activity and to connect with others. <i>Needs were identified by members of a local parents committee.</i></p> <p>Social Farming - adults with intellectual disabilities and their families were particularly hard hit in 2021. The required closure of care facilities across all service providers was tough on the families who bore the brunt of the required care and the participants who lost the vitally important routine in their lives. Even when restrictions allowed us to resume, it was difficult with so many component parts - participants, their families, host farmers, their families, the various service providers, volunteer car drivers and development staff all required to be available and willing to step up. <i>Needs Identified through social farming working group and the worker</i></p>
Single Parents	<p>According to research published by the ESRI in May 2021, Inequality in disposable income stood at its lowest recorded level on the eve of the pandemic. The one exception to this were lone parents and their children who continued to record consistently high incidence of low-living standards and high rates of income poverty and material deprivation. https://www.esri.ie/publications/poverty-income-inequality-and-living-standards-in-ireland-0</p> <p>The group SICAP supports is diverse with a broad spectrum of needs and a wide range of talents. Issues range from recurring mental health issues, learning difficulties, early school leavers, Women who suffered traumatic pasts, women during accommodation/housing struggles. <i>Needs identified through group and 1-1 work</i></p>
Low Income households	<p>This is an intersectional issue and needs include housing ,access to food, fuel and ICT .There are a lot of people living on low incomes ,12.8 % are at risk or in relative poverty in 2019 = €14205 =approx. 650,000 people (SILC 2020) <i>Needs identified through self-referral and 1-1 work</i></p>
New Communities	<p>A needs analysis undertaken by Tralee International Resource Centre with their clients in October 2021 has shown that mental health support and English language classes were among the top priorities identified. TIRC and NEWKD will meet to plan the type of support we will offer as well as creating linkages to existing services and programmes.</p> <p>English classes provided by TIRC and NEWKD proved difficult to fill, even when technology is available for learners. Possible barriers could be Wi-Fi quality, having to share accommodation in Direct Provision and also the fact that the in person classes were an important social outlet for learners and a chance to get out of DP. There is a need to re-establish the in person classes again in NEWKD when our COVID- 19 policy will allow it. <i>Needs Identified Through TIRC</i></p>

Enterprise	<p>Again this year COVID has presented an uncertain, challenging and changing operating environment. With restrictions in place, a lot of businesses were forced to close or reduce trading. For those businesses who were allowed to remain open, there was a need to diversify activities, and an extra financial burden to be compliant with health and safety and COVID guidelines. Having said this, in 2021 SICAP noticed an increased movement from employed to self-employed from 2020. <i>Needs Identified through direct 1-1 support with clients</i></p>
Local Community Groups	<p>The ever changing, Covid restrictions made working with groups extremely difficult in 2021. Our work under the community champion initiative in 2020 coupled with our extensive knowledge of the main players within community groups allowed us to maintain contacts remotely on a regular basis and to organise face to face group meetings as restrictions allowed. In light of this some groups e.g.: Men's Sheds have struggled to remain open, older and more vulnerable members have been reluctant to re-engage in a lot of cases. Information on Covid and general supports available were key needs. <i>Needs identified through contact with groups</i></p>
Social Enterprises	<p>Social Enterprises are still struggling through the uncertainty that COVID 19 presents. In the majority of cases, social enterprises are small businesses who deliver services to vulnerable groups of people and depend on the traded income generated from these services for their continued operation. Social enterprises have been significantly affected by the crisis in a number of different ways. Like other businesses, many had to close with the resulting loss of traded income; others have had to quickly adapt their model to support their clients or cater for an entirely new client group. Some have shown tremendous innovation in adapting their service offering, including moving to trading online where possible.</p> <p>As a result, many Social Enterprises are suffering from fatigue, in particular online fatigue. There is a knock on effect on governance issues, where board meetings and subcommittee meetings aren't held or as regular as required. A consequence is a reluctance to engage in online networking and collaboration. Social Enterprises are also struggling to maintain and support a work force to operate fully with many staff taken sick leave and isolation. Finally COVID has placed financial burdens on social enterprises with additional costs of diversifying services, adapting services in line with H&S guidelines and training staff. <i>Need Identified through direct 1-1 contact with SEs</i></p>
Children and families	<p>Parents of children and young people are looking for support and strategies on how to manage anxiety and difficult emotions their children are experiencing in the home and in school. Schools are reporting a need for programmes which can respond to the social and emotional needs of the children, young people and their parents. The COVID restrictions both in and out of school have resulted in huge limitations on social interactions amongst children and young people. Academic support is also necessary however social and emotional needs are presenting as the main concern and need currently. <i>Needs Identified through linking with schools ,families FRCs</i></p>

Non-caseload individuals	<p>Schools are looking for more support around responding to the wellbeing needs of children. NEWKD was unable to run social, recreational, creative events as per previous years with children, young people and families in the community – due to difficulty in planning and holding events with ever-changing guidelines and restrictions. Expressed need to connect socially in person again. <i>Needs Identified through linking with schools, estates.</i></p>
---------------------------------	---

2. How did SICAP respond to beneficiaries' needs in 2021? What approaches were used? (2 - 4 pages)

Guidance: The following questions may be useful to reflect on:

- How did you engage with SICAP target groups? Were there any barriers faced?
- What types of supports did beneficiaries require during the year? What did these supports look like? Please consider **individuals, LCGs, SEs, children and families, and non-caseload individuals**, when providing your answer.
- Did SICAP focus supports on groups that were disproportionately affected by COVID-19? If so, please include a description in your answer.
- Did SICAP participate in collaborations or joint initiatives with local partners to address the needs of SICAP target groups? What were the objectives of these collaborations? One or two examples may help to demonstrate this work.
- Please bear in mind the programme's horizontal principles (i.e. promoting an equality framework, applying community development approaches, and developing collaborative approaches) when providing your answer.

Beneficiary type	SICAP Response to Beneficiary Needs
Individuals Seeking Employment	<p>Newkd provided a 10 week online Reception and Frontline Office Skills Course.</p> <p>Over 34 people signed up. Content covered:</p> <ul style="list-style-type: none"> • Professional skills required by a receptionist to operate in a busy front line position • Customer Care and confidentiality • Understand different systems, e.g.: phones, emails and multi-tasking. Demonstrate a professional attitude to colleagues and clients • Learn to use a range of equipment used in a reception area • Women Returners Course-NEWKD piloted a training directed towards women returning to work it ran it through Zoom and had nine participants
(NEETS) Young People	<p>A number of courses were delivered online: Get started "beauty", Get started "advanced beauty, Smartphone photography,</p> <p>Courses In person : Get started "Barbering", Get started "On the road"</p> <p>Needs assessment carried out with all YEI clients prior to programmes to check for possible <i>barriers</i> and If they are the only caregiver offered flexibility to allow for full participation for example: The Get started on road programme adjusted times to accommodate young single mother who was breastfeeding, to suit feeding schedule.</p>

Travellers	<p>Star Pupil Programme - Traveller 6th year students were supported in remote learning through the provision of laptops as required. Because Covid restrictions made it impossible to do the work experience module a working group facilitated the planning and delivery of a 4 week dedicated summer education / life skills programme. As regards other supports- Up to 70% of SICAP supported LCG Sliabh Luachra boxing group are members of the travelling community.</p>
People with Disabilities	<p>SICAP Worked with a disability development officer from Kerry Recreational & Sports Partnership in delivering a 6 week Fun Fitness programme targeting children & teens with disabilities, engaging with 16 different families and supporting three local tutors to deliver the activities Online via zoom. The workshops kept families connected, removing isolation barriers and social aspects were met online .SICAP supported activity packs to go to the families that participated in the workshops. The positive feedback online and email from parents was testament to its success.</p> <p>In Social Farming: We supported the expansion of the number of host farms in 2021 and to consequently be in a position to provide the service to more participants and to widen the client base to include those with acquired brain injury and continued to support existing farmers and participants</p>
Single Parents	<p>SICAP responded by offering evening group meetings: set up weekly check in's, access to Zoom account for the IPGroup where they could host their own meetings. Courses ran in the evenings accommodate children's bedtimes. Accommodated engagement with children via earlier time for kids check in. offered quizzes and 'Proudest moment of the week stories for kids.</p>
Low Income households	<p>The Laptop Loan Scheme was aimed at low income households .49 New Clients benefited from the Laptop loan scheme in 2021. In Summary -9 People with a Disability/Improving mental wellness, 7 One Parent families, 5 Members of Roma/Travelling Community, 7 On Social Employment Schemes, 13 Low Income Families, 5 Refugee/Asylum Seekers, 3 At Risk of Early School Leaving. (Some will fall into more than one of the aforementioned).</p>
New Communities	<p>English classes remained online for 2021.</p> <p>NEWKD increased the SICAP funding to TIRC through our Service Level Agreement which allowed TIRC to continue their Advocacy Clinic and increase the support to the Roma Community.</p> <p>NEWKD worked with TIRC in 2021 to establish a new Social Enterprise and related training programme, with the support of the SICAP social enterprise officer a number of funding opportunities were secured to progress the project with a launch date of March 2022</p> <p>The Ambassador training programme outlined in our annual plan was again postponed as a result of COVID-19 restrictions. We are hopeful that this will take place in 2022 as group work returns.</p>

Enterprise

Under Action 15, SICAP worked with 145 clients in 2021. For most enterprises, COVID affected their operations due to restrictions and reduced capacity to trade. The picture however was nuanced with growth opportunities for some enterprises, others clients leaving to diversify employment opportunities or take a chance on something new.

From our database of existing business and clients, we have maintained communication, offering information guidance and support where needed. In 2021 we provided support to 45 clients with set up support and guidance.

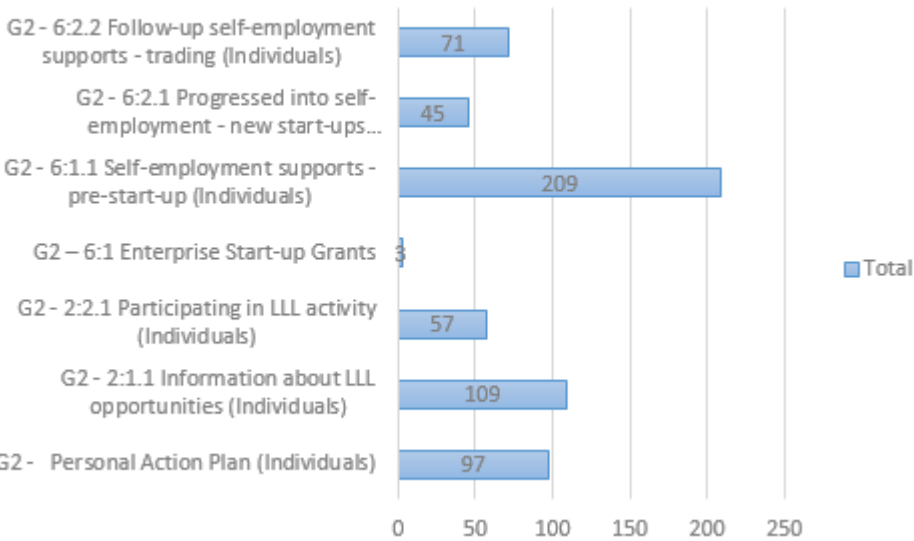
- 3 enterprise grants were provided to support capital purchases.
- Throughout the year, a comprehensive suite of online workshops took place in which 52 clients attended.

Setting up and growing a new business is challenging during COVID 19, given that it is a partially closed market. SICAP engaged with unemployed through robust referral system with the Department of Social Protection. Through intensive one to one mentoring, guidance and support, enterprise officers assisted 45 clients into self-employment. 591 interventions & outputs were provided. 45/ 145 clients progressed into Self Employment. The below graph & table illustrates the range of supports given in 2021.

Clients also accessed Start Your Own Business Workshop which were facilitated throughout the year.

ACTION 15 INTERVENTIONS & OUTPUTS GIVEN IN 2021

Row Labels	Count of Intervention or Output
G2 - Personal Action Plan (Individuals)	97
G2 - 2:1.1 Information about LLL opportunities (Individuals)	109
G2 - 2:2.1 Participating in LLL activity (Individuals)	57
G2 – 6:1 Enterprise Start-up Grants	3
G2 - 6:1.1 Self-employment supports -pre-start-up (Individuals)	209
G2 - 6:2.1 Progressed into self-employment - new start-ups (Individuals)	45
G2 - 6:2.2 Follow-up self-employment supports - trading (Individuals)	71
Grand Total	591

	<p style="text-align: center;">Total 591 interventions & outputs in 2021</p>  <table border="1"> <thead> <tr> <th>Category</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>G2 - 6:2.2 Follow-up self-employment supports - trading (Individuals)</td> <td>71</td> </tr> <tr> <td>G2 - 6:2.1 Progressed into self-employment - new start-ups...</td> <td>45</td> </tr> <tr> <td>G2 - 6:1.1 Self-employment supports - pre-start-up (Individuals)</td> <td>209</td> </tr> <tr> <td>G2 - 6:1 Enterprise Start-up Grants</td> <td>3</td> </tr> <tr> <td>G2 - 2:2.1 Participating in LLL activity (Individuals)</td> <td>57</td> </tr> <tr> <td>G2 - 2:1.1 Information about LLL opportunities (Individuals)</td> <td>109</td> </tr> <tr> <td>G2 - Personal Action Plan (Individuals)</td> <td>97</td> </tr> </tbody> </table> <p>Local Community Groups</p> <p>Men's Sheds were supported and continued to produce goods and services for members and the community. SICAP commenced work with some sheds to support biodiversity and just transition work. SICAP linked with HSE and Men's Sheds to support the newly opened Alzheimer day care centre in Listowel by making specific outdoor furniture and supporting the development, from scratch, of a sensory garden</p> <p>The network group representing social farmers did manage one in person meeting in 2021 with a further two happening online via Zoom. While not ideal we at least provided information gathering and dissemination opportunities, particularly important for newer host farmers. We also elected a member of the network to the management Kerry Social Farming Working Group</p> <p>Working group meetings for Kerry Star Pupil and KITE continued online throughout the year. The online KITE meetings were difficult and it was agreed to suspend these until we can meet in person. Star Pupil, as a more operational and day to day entity, would well remotely</p> <p>Given the reduced capacity to undertake development work Under Estate Management NEWKD/SICAP undertook some research including a needs analysis of the Mitchells and area estates .SICAP supported the completion of the feasibility study on Ragoonane Community Centre and subsequent transition plan .Some environmental work was also possible including an online grow your own course</p>	Category	Total	G2 - 6:2.2 Follow-up self-employment supports - trading (Individuals)	71	G2 - 6:2.1 Progressed into self-employment - new start-ups...	45	G2 - 6:1.1 Self-employment supports - pre-start-up (Individuals)	209	G2 - 6:1 Enterprise Start-up Grants	3	G2 - 2:2.1 Participating in LLL activity (Individuals)	57	G2 - 2:1.1 Information about LLL opportunities (Individuals)	109	G2 - Personal Action Plan (Individuals)	97
Category	Total																
G2 - 6:2.2 Follow-up self-employment supports - trading (Individuals)	71																
G2 - 6:2.1 Progressed into self-employment - new start-ups...	45																
G2 - 6:1.1 Self-employment supports - pre-start-up (Individuals)	209																
G2 - 6:1 Enterprise Start-up Grants	3																
G2 - 2:2.1 Participating in LLL activity (Individuals)	57																
G2 - 2:1.1 Information about LLL opportunities (Individuals)	109																
G2 - Personal Action Plan (Individuals)	97																
<p>Social Enterprises</p>	<p>Social Enterprise: The operating environment was challenging again this year due to COVID 19. The majority of interaction with groups was online or over the phone. Engagement with the groups suffered as a result. Because of this, SICAP focused attention on individual supports to groups.</p>																

	<ul style="list-style-type: none"> • In 2021, SICAP allocated capital grants to 6 social enterprises to assist ensure service provision or in some cases to diversify (Lyrecrompane Community Centre, Castle Gregory Active Retired, Dingle Film Society, Tralee International Resource Centre, Ballyheigue Community Centre, Revamp Kingdom Furniture) • We funded training to enhance the capacity of staff in 2 social enterprise (Kerry Respite Care and Foodshare) <p>NEWKD in collaboration with SKDP applied to SERP (Social Enterprise Regeneration Fund) and were successful in this application. As a result in 2021 NEWKD launched Reconnect Kerry Social Enterprise Regeneration Programme. This comprehensive training programme designed in response to the needs of the social enterprises in the county covered 2 separate areas:</p> <p>RESET – Board of Management Coaching Programme: The training programme proposed by the consortia of NEWKD & SKDP will focus on Governance Support. A commonly overlooked area of weakness of many social enterprises (and community and voluntary organisations more generally) is good governance. It is critically important for social enterprises to operate the highest levels of transparency, accountability and good governance. 19 Social Enterprises registered for this programme.</p> <p>ENGAGE – Digital Marketing Programme: With the increased move to digital provision, it is now more important than ever that social enterprises are able to adapt and utilise the new technologies available to reach customers and provide on-line services. This strand of the programme would provide training in areas such as optimising digital technologies, use of digital marketing channels, and core digital training where required. 29 Social Enterprises registered for this programme.</p> <p>Reconnect Kerry will continue into 2022.</p>
Children and Families	<p>Parents were offered online support with tips and strategies on how to manage childhood anxiety, a workshop with two psychologists and a workshop with a Play Therapist took place. Children took part in a 6 week programme called Relax Kids within school hours.</p> <p>22 Education assessments were provided to children who were referred primarily by schools to SICAP as needing additional education support. JumpAgrade (online grinds service) provided 15 exam students with weekly grinds from January - May 2021. Feedback from the schools, parents and young people was very positive. This service worked very effectively during COVID restrictions.</p> <p>No face-to-face parenting programmes were delivered. A number of local and national parenting workshops and courses were promoted - all delivered virtually.</p>

Non-caseload individuals	<p>As part of the Mental health and Wellbeing Fest SICAP offered a number of online and in person workshops to the community to help support wellbeing. We worked closely with LCGs to organise these.</p> <p>YEI Service ran two information events in Tralee & Listowel as part of the Kerry Mental Health Fest. The main focus was to get the public to share what keeps them well! We also promoted our upcoming training, alongside the promotion of 5 ways to wellbeing and Mental Health supports.</p>
---------------------------------	--

Engagement Approaches:

SICAP target groups were engaged where possible via online technology such as zoom and WhatsApp. Community meetings were not always possible due to the technology barrier. Our quarterly newsletter was produced and distributed to all households along with local area newsletters also being produced. Phone support was provided to individual clients and LCG's and there was a lot of direct communication with clients irrespective of the medium utilised

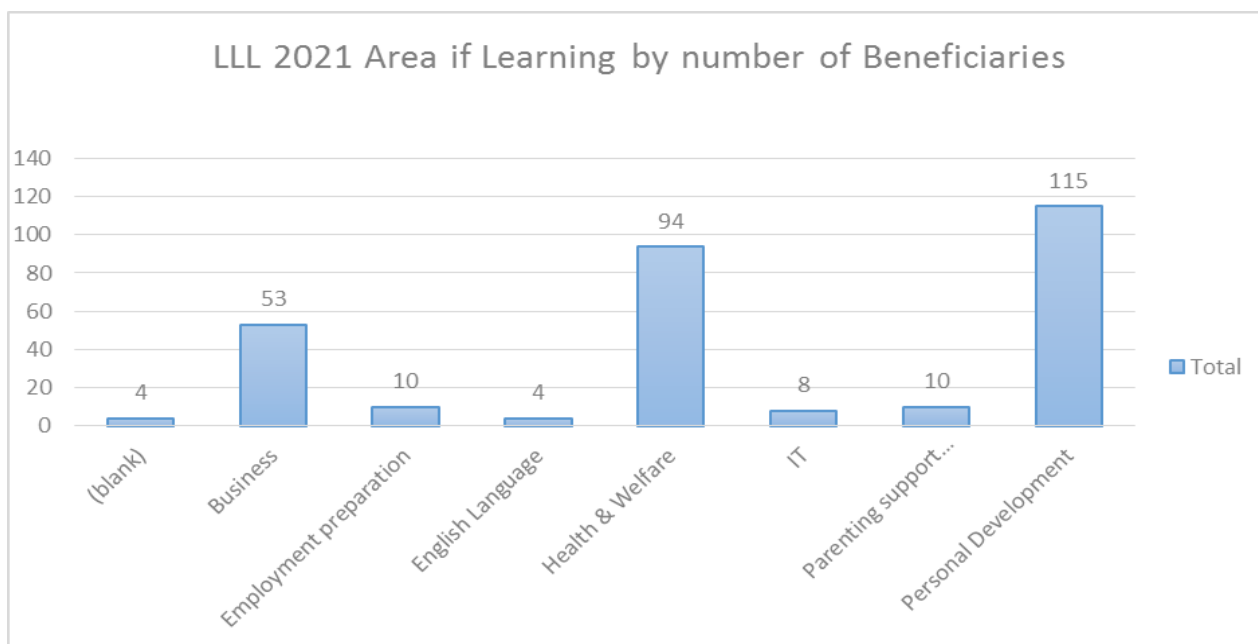
Increased information provision of mental health support services available and tips to help wellbeing through social media channels.

COVID hindered the delivery of education supports. However NEWKD delivered 34 courses based on the needs of its clients. A broad menu from Yoga, Reception Skills to Digital Marketing was available using mostly online delivery and some in room delivery.

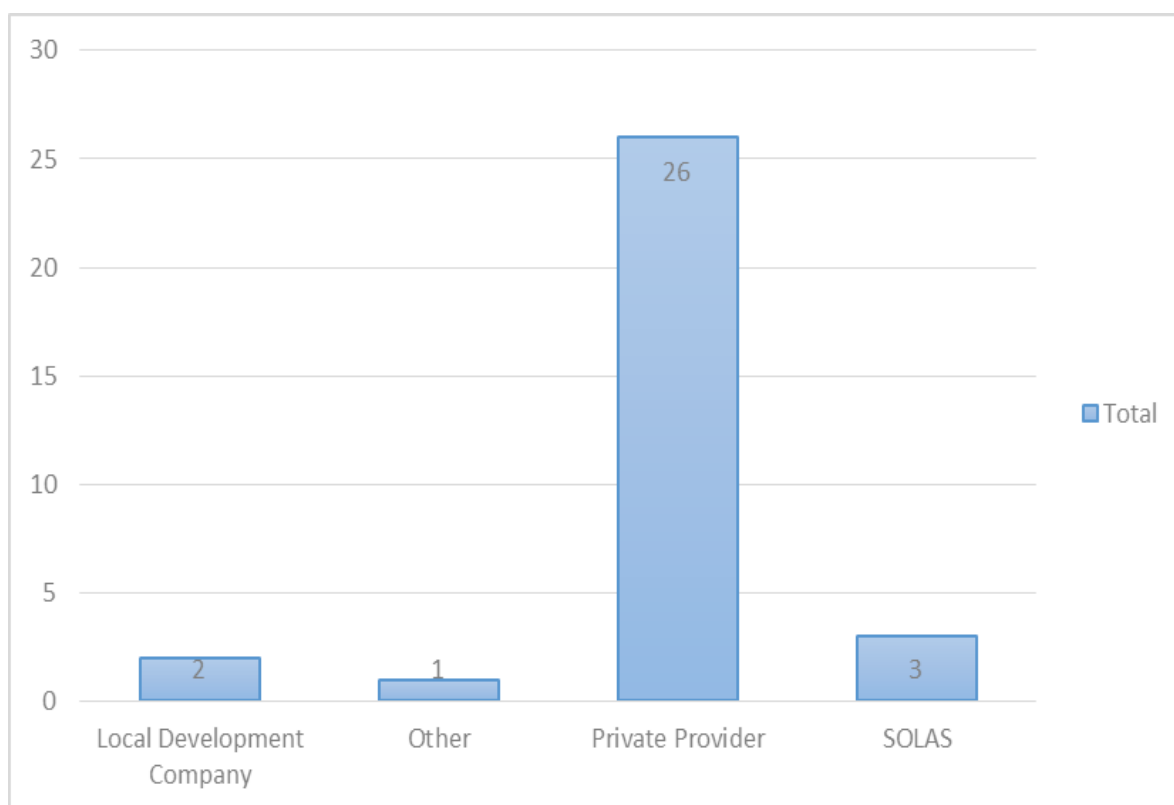
In the LOT area we supported 68.24% of the 170 target at the start of 2021.



Personal Development courses had the highest uptake, followed by Health & Welfare, Business etc.



Courses were delivered in the Lot Area mostly by private providers. Online was the main delivery method. This afforded individuals the flexibility, choice and capacity to learn anywhere, anytime, anyplace.



Unfortunately the re-opening of community centres/ facilities proved difficult in 2021. Community Centres such as Rahoonane / Shanakill are communal in nature which brought its own set of issues. Training and meetings were determined by guidelines and health measures, and many LCGs who use these facilities could not physically meet up.

Horizontal Principles:

Equality: NEWKD views the work through an equality lens acknowledging that some people are more marginalised due to being characterised as part of a particular grouping. This was even more important during the pandemic which has been highly impactful on those who were already marginalised e.g.: Lone Parents, those in direct provision, people on low income, children who were at risk of educational disadvantage, people with disabilities. Examples of the **equality lens** in action included the YEI service adapting the timing of a course to suit single parents caring duties. Therefore we provided practical support to those who needed it most. These supports ranged from, online group support for single parents, laptop loan scheme, online grinds for students, wellbeing supports.

A Community Development Approach involved keeping close contact with communities and target groups and in some cases developing new supports through facilitating people to come together and reflect on their new needs for example the development of new supports for SEs and the development of the Intimate partner abuse & Coercive Control project.

Collaboration: All actions involve collaborations with both community and state actors ranging from Foodshare (food poverty), Kerry Peer Support Network (Mental Health & Coercive Control Project) and sports and physical well-being with Kerry Recreational Sports Partnership (community coaching and Tralee Sports Hub).

Below is an example of 2 new collaborations between SICAP/NEWKD and other organisations and programmes

Under Social Enterprise action NEWKD has begun collaborative work with **Young Social Innovators** (YSI). YSI is a new service to Kerry, and it works with younger people around innovation projects. NEWKD is working with Young Social Innovators under Action 5 Social Enterprise. Young people are important but overlooked target group for social enterprise, and we believe they need to be supported as the social entrepreneurs of the future.

SICAP worked with YSI to give students the opportunity to participate in a webinar event that is being organised specifically for YSI students in Kerry.

The programme is a 2 part programme which will look at ideation & planning. This incorporates processes like mind mapping, idea generation, creativity and innovations.

The webinar was delivered by The Entrepreneurs Academy focused on **Innovation Ideation** through a high-energy, high-impact, and engaging event. The event was attended by 125 students and 6 educators from four schools in the County (Mercy Mounthawk Tralee, St Joseph's Ballybunion, St Brendan's College Killarney, and Castleisland Community College). The second event - Tiktok Bootcamp aimed to help students with optimising their social media presence and profile. This was a more interactive and team-specific event offered to two members of each of the 28 teams (Junior & Senior) in Kerry.

NEWKD is lead partner in consortia with **South Kerry Development Partnership** to deliver Social Enterprise Regeneration Programme funding – RECONNECT Kerry, Kerry Social Enterprise Regeneration Programme. (See section 2 social enterprise for detail)

3. Please briefly describe the cross-programme, integrated approach that SICAP utilised during 2021 to respond to the needs of SICAP target groups. (half a page)

Guidance: How did SICAP work alongside your LDC's other programmes during the year? What did this involve, what role did SICAP take and how did it contribute to the overall goal of SICAP?

"The Smart Villages Stronger Communities "Project addresses the unique challenges facing Ireland rural regions and covers the North Kerry and West Limerick areas .The project is managed by a SICAP staff member and funded by **LEADER** .

SICAP set up and manage the Tralee sports hub project which is funded through **Dormant Accounts and Sports Ireland** funding

SICAP manage the WellCom project for NEWKD which is a new health project for Kerry. This is funded and lead by the **HSE**.

SICAP supported training in health and safety for **TUS and RSS** participants. This involved working with the supervisors to assess skills deficits.

SICAP supports Kerry Social Farming and worked with **RSS** in supporting small **farm upgrades**.

The SICAP staff member continued to oversee and support the TEAM **CE** drug rehabilitation project for NEWKD. SICAP also provided funding for transport to An Tochar adult education centre for participants. The purpose of these trips was to give the participants access to the professional kitchen in An Tochar adult education centre in Causeway to complete a QQI level 4 minor award in nutrition & Healthy Options. This was a very beneficial course for participants as it gave them the opportunity to gain certification and to learn a basic life skill that will be beneficial for them all going forward.

SICAP took over the running of the HSE funded visitation service which provides social visits to isolated people in the community. **RSS** staff work alongside volunteers in this service and RSS supervisors are on the working group.

4. What type of work did LCGs and SEs on the 2021 caseload undertake in the community in response to the needs of SICAP target groups? Please provide 1 or 2 examples. (half a page)

Guidance: Examples could include community events, delivery of services etc. that LCGs or SEs participated in. If relevant, describe the SICAP supports that contributed to the work of the LCGs / SEs. Please clearly indicate if the examples relate to an LCG or a SE.

SICAP officer is on the organising committee of the **Kerry Mental Health and Wellbeing Fest** and each year SICAP organises a number of events for the Fest. We also support a number of LCGs to host an event for the FEST. SICAP supports here include planning with the LCG to choose topics, speakers etc., dividing tasks, SICAP providing venue or online technical assistance and funding for the event.

Below is a list of the groups that participated this year and the event held:

SICAP Local Community Group	SICAP Event
Show Castleisland Cares	Show Castleisland Cares Wellness Day An Ríocht, Castleisland.
Parent Action and Care	Body Image and Social Media
Kerry Peer Support Network	Tony Humphreys Breakthrough-whose life are you living?
Kerry Peer Support Network	Brenda Healy - Self-Love is not selfish it's essential for mental health
Kerry Bereavement Support Group	Shirley O Sullivan. Bereavement and Self-Care

Under Action 5 SICAP worked with 18 different **Social Enterprises**. All of these provided vital services within the community, and directly targeting all SICAP Target groups. This support ranged from grant aid, to supported staff training for groups who provided meals on wheels, day care centres, food supply, resource centre, employment opportunities and training.

Example of this work are:

- Kerry Respite Care: a group dedicated to helping people remain living at home and to supporting those caring for a friend or relative. Some people who avail of their services live alone independently and need additional care to the care they receive from the HSE. Others are family carers of a relative or friend who need additional support perhaps to continue working or to have a much deserved break. Kerry Respite Care provides care 24 hours a day, 7 days a week, including nights and public holidays. SICAP supports the delivery of Patient Moving and Patient Handling Skills so all staff are trained to the highest level and ensure continued safe and professional delivery of this service in the community.
- Lyrecrompane Resource Centre: This resource centre provides essential services to a rurally isolated area. With COVID 19, the centre had to make significant adaptations to their kitchen to ensure their kitchen was in line with H&S guidelines and in turn guaranteed delivery of day care and community services. SICAP allocated grant aid to support installations of fly screens for the kitchen windows, which need to be kept open for adequate ventilation.

5. Please provide a brief update on your ways of working in 2021. (half a page)

Guidance: Please indicate whether you continued to work remotely versus in the office. Were you able to meet clients face-to-face or did meetings/courses etc. continue online?

Mixture of WFM online and in office within government guidelines. In person training or groups meetings only took place when allowed with reduced numbers and following all public health guidelines.

In some cases we held off delivering in person training (where it was the preferred option for clients) and waited for a more appropriate time or adapted the offering. For example we postponed a “get started in barbering” and eventually ran it with lower numbers in person and following health guidance.

6.1 Please outline the challenges faced and lessons learned during 2021. Were you able to overcome any of the challenges? If so, please describe. (1 page)

Challenge	Response
Estate management work was particularly difficult. Lack of meetings of key groups such as residents groups and policing fora.	Focussed on what could be done e.g.: Research, providing information, environmental /outdoor work, and online provision where possible.
Supporting Individuals and Groups The uncertainty of the operating environment throughout the year made planning events and training workshops difficult. Processing paperwork for grant applications was difficult as face to face meetings were not possible, and some groups had technical difficulties accessing scanners, printers etc.	Provided online provision but tried not to over provide in order to avoid online fatigue. Facilitated online paperwork insofar as possible.
Venues & Meetings -Some external venues may exclude clients Some internal spaces no longer suitable for training – numbers limited.	Made sure to use inclusive venues where possible or hold outdoor meetings .Adapted programme to mix of online and another venues and extended internal H&S for purposes of Covid monitoring to include specific COVID reps.

6.2 Please describe an approach or project that worked well in 2021 that you think would be useful to share with other SICAP implementers. (half a page)

Guidance: Please do not replicate the SICAP case study. This is an opportunity to document ongoing learning from a current SICAP project or activity

Independent Parenting Group: The group started in 2020 and SICAP supported its further developed in 2021

Overall Approach: Client centred with no expectations other than to see how we could support these women who were managing lives in a difficult environment obviously exacerbated by the pandemic. NEWKD supported the SICAP Development worker to commit the time required to build authentic relationships with the single parents and their families, getting to know them and their children, getting to know their interests and building relations with and between families. It was also important to get to understand the many strengths and skills the parents and their children could contribute to their own and the lives of others.

Specific Engagement Approaches:

Setting up a WhatsApp group which acted as:

- A sounding board and a safe space to check in. It informed NEWKD on many levels as to the immediate needs of the cohort, providing material for courses, Yoga for kids, Personal Dev, finding their narratives etc.
- It also acted as a place where the worker could do one to one, support particular women with personal issues, in turn direct them to other services.

Weekly Zoom meetings throughout the year acted as:

- A place for women to feel part of a group, a “tribe” and that they matter.
- It met their isolation, fears, and old traumas and helped them get through difficult times
- Trust was built on the consistency of meetings.
- A support to a strengths based approach -Each of the members were phoned checked in on, and offered support suitable to their specific need. As it was meeting the challenges it was also enabling their strengths to emerge. As they started to find their own solutions, share resources, meet up for coffee and when possible, gathering in small groups.

Social Interaction:

Building on previous social relationship building a plan was put in motion over the summer to arrange a camping trip. Together the women brought together all the equipment needed, food, and games and organised their children. Some of the children would never have been away at any stage before because it was financially unavailable to their parents. An amazing time was had by all through singing songs around the campfire, walks in the wild where the kids could run free and the mothers could just unwind and relax, letting go of day-to-day stresses and just realising there was more to life than stressing every day.



Camping Group

In Summary:

Time and skills were allocated to intensive development support, working from where the group was at rather than having preconceived ideas to what they might need. Use of digital media to support relationship building means that the group is now in a position of some self- sufficiency.

As a consequence of the support work members did undertake a range training in 2021 including, the “Women’s Returners” Employment training Programme, Parenting workshops, “Empowering Women course” courses with some positive outcomes including:

- 6 women have gained employment in areas of their training.
 - 5 are volunteering with services in their community, one woman felt she learned that she had the confidence to go in to an FRC and deliver cooking lessons, something she would never have dreamed of before
 - 2 women have gone into full time education to pursue a qualification to enhance employment opportunities
 - To date there are 31 registered for supports on SICAP
- Other outcomes include -
- Social trips including, camping, outdoor picnics with kids coffee meet ups
 - Some of the children have availed of on line supports, Arts craft, Yoga for kids and quizzes.

7.1. Please reflect on the programme supports that DRCD and/or Pobal provided to LDCs in 2021. Were they helpful? Would you recommend any changes in approach or content? (half a page)

Guidance: Please consider the SICAP thematic workshops, DTT events, annual engagement meeting, guidance provided around programme flexibility etc.

IRIS training was provided which is useful and the flexibility around programme implementation was welcome.











7.2. Please suggest potential programme supports that DRCD and/or Pobal could deliver to LDCs in 2022. (half a page)

Guidance: This could involve technical or programme supports. Please be specific in terms of the topics / areas of focus and the preferred method of delivery e.g. online learning workshops, capacity building webinars etc.

- Online modules for staff, linked to university and certification, in social policy, community development, equality etc.
- Advanced IRIS training.
- How to digitally sign IRIS documents and save effectively.
- How to run advanced filters and change graph function on IRIS.
- Digital version of DTT and online version in IRIS (like online trial version in IRIS)
- Advanced training on maximizing the use of online platforms such as zoom for training, webinars etc.
- PR & media training.
- Social media usage for hard to reach target groups.

Annex 1 – Updates to the IRIS database

Please confirm that you have completed the following end-of-year requirements:

	A narrative for each of the 2021 Actions has been input in the Update on Progress field under the End of Year report section of the action record. The <i>Action Progress Report</i> can be generated to view the updates for each action.
	2021 financial and beneficiary data input is complete.
	2021 data quality issues identified on system dashboards and views have been rectified.
	Potential duplicate records have been reviewed and deactivated if appropriate.
	2021 data follow-up has been carried out, as appropriate (e.g. LLL activity outcomes, still in employment/self-employment).
	ESF exit data has been recorded for Individuals who exited SICAP in 2021.
	ESF 6 month follow-up has been recorded for Individuals who exited SICAP up to end May 2021.
	LDC contact information and staff member listing are up-to-date.
	LCDC contact information is up-to-date.
	2021 End of Year Financial and Monitoring report (including the signed costs charged report, Lot Summary Report and goal outcome reports) has been uploaded to IRIS.