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WHAT'S HAPPENING IN YOUR COMMUNITY

SICAP NEWS



What is SICAP

The Social Inclusion Community and Activation Programme (SICAP) is a government programme. Galway Rural Development (GRD) manage it in County Galway. We give funding and support to help fight poverty and social exclusion. We work with local communities, disadvantaged people, community groups, and government agencies.

What we do

We help those who are most in need of support to access training, employment and education. We also help and support Local Community Groups.

How we support you

On a one-to-one basis we can help you to:

- improve your own life
- get a job,
- set up a business or social enterprise,
- take part in education,
- build your self-confidence,
- take part in your local community.

We work with your Local Community Groups to make them:

- stronger
- better able to address their own needs and support their community.

You can benefit from SICAP if you:

- Are unemployed
- Belong to the Traveller or Roma community
- Are a one-parent family
- Have a disability
- Live in an area that is rural or less well off
- Are a migrant, refugee or asylum seeker
- Or your family are living on low income
- Are a young person looking for a job or training
- Are a low income farmer or retired



All the supports offered under SICAP are FREE



Rialtas na hÉireann
Government of Ireland



Cómhaoine ag an Aontas Eorpach
Co-funded by the European Union



This project is co-funded by the Government of Ireland and the European Union.



Welcome to our newsletter! We'd like to show you some of what our team does in County Galway under the SICAP programme. We support communities to become better and more inclusive places for all who live there. We work with you to help build your confidence and access the tools you need to improve your own futures. This could be to help you to return to education, get a job, get involved in your community or build new life skills. Take a look inside at the range of supports we offer.

If you would like to get in touch please contact one of our **SICAP Officers** on www.grd.ie

We offer FREE Adult Education and Training courses in areas such as:

- Manual Handling
- Safe pass
- Fire safety
- HACCP
- Driver theory test
- CV workshops
- Start Your Own Business
- Personal Development
- Skills and hobbies such as: Sewing, Gardening, Yoga, Art, Cookery and Digital Skills



Start your own Business supports

If you are not working and would like to set up your own business, our Enterprise Officer can help you.

We offer a range of supports and can help you apply for the Back to Work Enterprise Allowance

What is the Back to Work Enterprise Allowance?

The Back to Work Enterprise Allowance helps you if you are unemployed and want to set up your own business. It helps you to develop your business while you keep an enterprise support payment. This payment will reduce over two years while you set up your business.

Who runs the Back to Work Enterprise Allowance?

The Department of Social Protection runs the scheme through Intreo.

We will help you to access the scheme. We can help you prepare applications and provide business training.

How do you apply for the Back to Work Enterprise Allowance?

You need to go through a process called the "assessment of suitability" with Intreo (DSP). This helps decide if you can apply. If you are successful, you must also do our Start Your Own Business course. We will help you send your final application to the Department of Social Protection.

For more information contact our Enterprise Officers:

Michael Burke at mburke@grd.ie or **0879167747**

Deirdre Nic Dhonncha at dnicdhonncha@grd.ie or **0879695937**

Many award wins for Healthy Islands project



Pictured are Helen Melia and Alan Farrell from Galway County Council, Dr Anne Cassidy from Galway Rural Development, Cathaoirleach Liam Carroll, Mary Cronin from the Older Person's Council, and Andrew McBride of Healthy County Galway.

'Healthy Islands' is the name of a project organised by SICAP and Healthy County Galway. It brought service providers to the offshore Islands in County Galway Inis Mór, Inis Oírr, Inis Meáin and Inisbofin. The events focused on health and well-being.

They helped show what help is available to the people living on the Islands. They also helped to build connections for future projects in some of the most remote parts of the county. It won an award "Age Friendly Active and Healthy Aging Award" at the National Age Friendly Awards. It also won the "Best Community Health Award" at the All Ireland Community and Council awards.

These were for the work carried out by all the groups involved including the hard working co-ops. on the Islands. The groups brought skills and resources together. They shared information that can help create healthier communities. Thanks to all the groups that helped make these events so successful. Thanks also to the Islanders for their warm welcome.

Make the Link

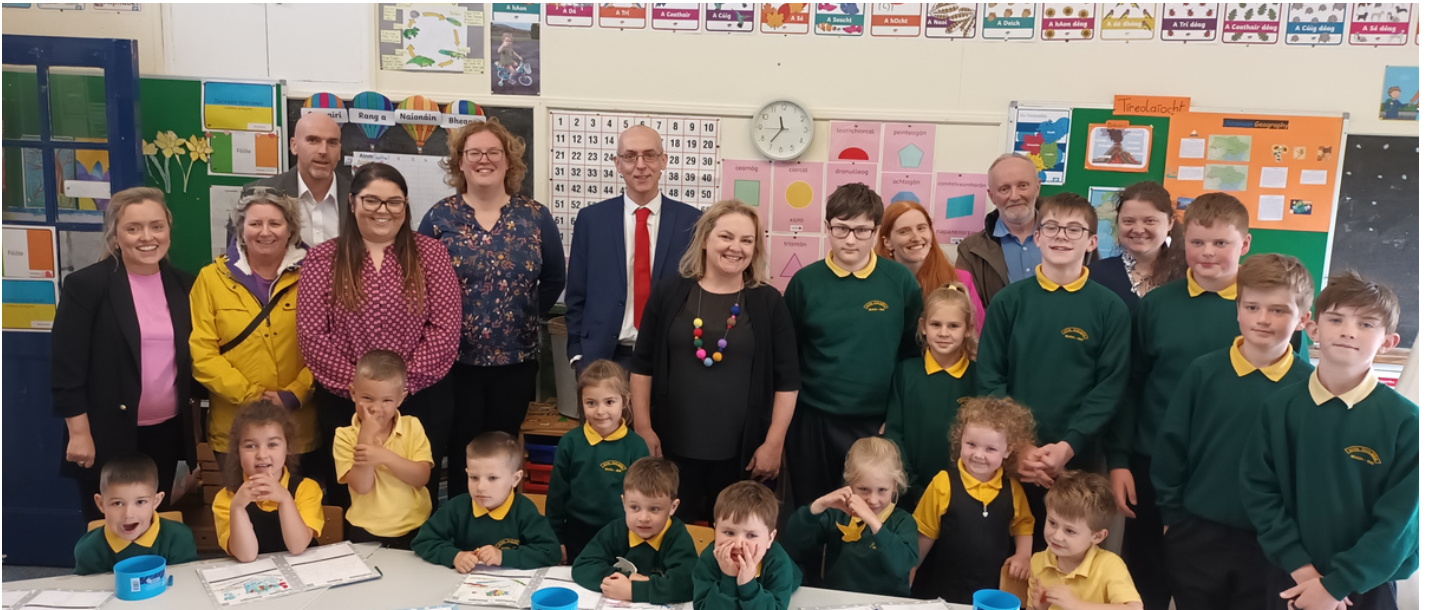
There was another very successful "Make the Link" roadshow in Autumn. It provided information to help people looking for a job, education or training. SICAP organised this with the Galway and Roscommon Education and Training Board (GRETB) and the Department of Social Protection (DSP). This free event took place in Tuam, Ballinasloe, Cliften and Gort. We plan to run more events like this in the future

For more information contact our Community Education Officer: Freeda Garman at fgarman@grd.ie or **0873674568**





Launch of Gaeilge / Ukrainian colouring book



A special children's book was launched in Ionad Cuimhneacháin na nIomirceach, Carna in September 'Spraoi/Забави' is a Gaeilge/Ukrainian colouring book for local and Ukrainian children. It was a joint project between Galway Rural Development and Tuismitheoirí na Gaeltachta. It is to help local and Ukrainian children get to know each other through language in a fun way.



The SICAP team works with organisations, community groups and people to help Ukrainians take part in Irish life. We also work with Ukrainian people and help them to see their own needs and to support them to work towards these.

Their goals may be to

- have a conversation in Irish or English,
- get involved with their local community,
- to build the skills needed to be able to apply for jobs.

Our aim, in our work, is to make sure that Ukrainians link in with where they live and that communities have the resources, whether this be funding, information or advice to be able to help them to integrate.

For more information contact our Ukrainian Support Officers

Oksana at oksana.borodienko@grd.ie or **0871177448**

Anastasiia at anastasiiasemkiv@grd.ie or **087 3633778**



Biodiversity information events



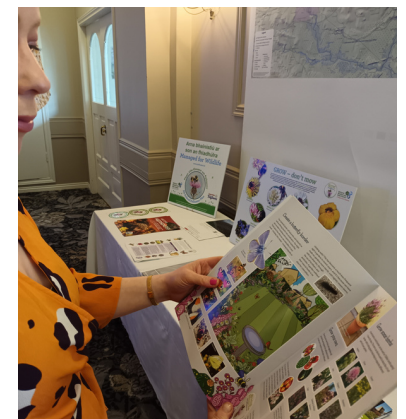
SICAP Officers have held Community Biodiversity information events. These have taken place in Ballinasloe, Clifden and Newbridge so far. We are planning more events in the future

At these events you can

- find out information about environmental issues,
- make contact with groups who work to help the environment,
- learn more about how to improve Biodiversity in your community.

For more information look at our [Biodiversity webpage](#)

or contact our [Community Development Officers](#) Details on our website www.grd.ie



COMMUNITY CATCH UP

