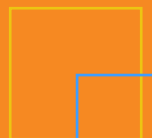




**County Kildare**  
LEADER PARTNERSHIP

# Annual Report

2022







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INTRODUCTION

# 2022

Reconnecting  
& Re-engaging  
after Covid



2022 will be remembered as the year when normality returned after over two years of living with COVID 19, the pandemic that has gripped the world since March 2020.

For County Kildare LEADER Partnership (CKLP) the last twelve months has been a busy period of adjusting not just to a return to office but also a change of location as we moved from our previous location in Jigginstown, Naas to our new home at Kildare Community Development Centre. This new location is the former Presentation Convent and school buildings which we moved into on 4th July 2023.

Apart from accommodating the staff of the company our new premises has provided a number of meeting rooms and training rooms, a walled garden and a kitchen area which we are using to provide a wide range of services through the programmes that we manage on behalf of agencies and Government Departments. We are also delighted to offer these facilities to community and voluntary groups and service providers and already there has been a strong interest both locally Kildare Town and from service providers serving the county as a whole. A key element of the development plans for Kildare Town involves the provision of low-cost accommodation for community and voluntary groups and at the end of 2022 we were delighted to welcome Kildare Volunteer Centre as our first tenant. We hope that there will be further take up of office space in 2023 and we look forward to having an official launch of the premises in the coming twelve months.

This annual report documents the activities undertaken across all of the programmes managed by CKLP. While some programmes like the Rural Development / LEADER Programme were nearing the end of the current programme commitments other new activities like the Slaintecare Healthy Communities Programme were commencing and gradually growing as the year progressed. Similarly, the impact of the Ukrainian war in Kildare since March 2022 is demonstrated by the reports of activities supported by SICAP.

The Board of Directors of CKLP has also changed during 2022 and towards the end of the year has welcomed new Directors as well as the departure of Board members who have served for the last three years. The new Board is looking forward to working with all key stakeholders as the Company seeks to implement its Strategic Plan 2022 – 2027 which was formally adopted during the past twelve months. The development of our Strategic Plan has depended on the engagement of a wide range of stakeholders including Board, staff, funders, agencies, service providers, service users and local community groups. All this input has been gratefully received and I hope that we will have an opportunity to acknowledge this support in person in 2023 when we launch the strategy.

In the meantime, I would like to thank everyone who has worked with or on behalf of CKLP during 2022 for your efforts and in particular our Board of Directors and Staff. I would like to thank the staff and Board members who departed during 2022 for their dedicated service and to welcome new Board and staff members who have joined recently.

In conclusion I wish to thank the agencies and Government Departments who contract our Company to provide the services that we offer, and I wish to acknowledge the individuals from a wide range of public and voluntary organisations who we cooperate with to undertake these activities. Finally, we depend on members of the public and local communities to engage in the services we provide. For this we are sincerely grateful and acknowledge your trust and support.



*CEO, County Kildare LEADER Partnership*

# CKLP's Vision, Mission and Values

## VISION

During a dedicated session, as well as throughout the strategic planning as a whole, stakeholders were consulted as to what should be CKLP's Vision: the utopian, inspiring expression of what kind of the future the organisation wishes to work towards. CKLP's agreed Vision is:

"An equal, fair, and inclusive County Kildare, where all can flourish and realise their full potential"

## MISSION

Stakeholders also helped to articulate CKLP's Mission: its statement of purpose and its roadmap towards to its Vision. This Mission statement forms the cornerstone of CKLP's future development and provides a jumping off point for the rest of the strategic plan.

"CKLP exists to advance social, economic, and cultural inclusion in County Kildare. We do this by supporting and empowering individuals and communities, and by working in partnership with all stakeholders in the County"

**To support community groups and individuals to participate fully in social, economic, and cultural activity by contributing to the development of a vibrant, inclusive, and sustainable society in Co. Kildare**

## VALUES

Values to convey the ethos of an organisation, and the define the way in which it is committed to working. Values guide and inspire how an organisation goes about achieving its Vision and Mission. Again, developed and iterated with stakeholder input, CKLP agreed on the following Values:

- › Social justice
- › Equality
- › Person-centred
- › Community-led
- › Collaborative
- › Inclusive
- › Sustainable



# Company Information

## BOARD OF DIRECTORS 2022

During 2022 the Board of Directors continued to meet remotely and a total of nine meetings were held during the year as well as the Annual General Meeting which took place on 22nd June 2022.

The Company undertook a recruitment process for new Board members to fill vacancies on the Board some of which occurred due to the rotation of Board members who had completed their three year term as Board members. This recruitment process was advertised publicly on all local newspapers as well as through Boardmatch and the Volunteer Centres. Arising from this process a number of nominations were received from interested individuals.

The following Directors were appointed on 8th November 2022 to serve on the Board for a three year period:

Ray Stapleton, Pat Kidney, Mary O'Connor

The following Directors who completed their three-year term were reappointed to the Board for a further three year period: Syl Merrins and Zoryana Pshyk.

Derek Barter who represented Maynooth University resigned from the Board and was replaced by Dr. Hilary Tierney.

The Board agreed to reduce the number of representatives from Kildare County Council from four to two. Evie Sammon and Fiona McLoughlin Healy who represented Kildare County Council completed their three-year term. Anne Breen and Anne Connolly were renominated by Kildare County Council to fill the two positions on the Board for a further three-year term.

## GOVERNANCE CODE

During 2022 the Company achieved full compliance with the Charities Governance Code.

- The Company Strategic Plan was completed in 2022 and will be launched in 2023.
- The Board approved a new Governance Handbook for Directors in 2023
- A Stakeholder engagement event will be held in 2023 to disseminate information from the 2022 Annual Report and Annual Financial Statements.

Board of Directors		
Colm O'Gógáin	Chairperson	Community Sector
Syl Merrins	Vice Chairperson	Community Sector (Reappointed Nov 2022)
Evie Sammon	Treasurer	Kildare County Council (Resigned October 2022)
Anne Breen		Kildare County Council (Reappointed Nov 2022)
Anne Connolly		Kildare County Council (Reappointed Nov 2022)
Derek Barter		Maynooth University (Resigned October 2022)
Dan O'Loughlin		IFA (Appointed October 2022)
Fiona McLoughlin Healy		Kildare County Council (Completed term of office)
Noel Dempsey		Chamber of Commerce (Reappointed Oct 2022)
Zoryana Pshyk		Community Sector (Reappointed Nov 2022)
Mary O'Connor		Community Sector (Appointed Nov 2022)
Pat Kidney		Community Sector (Appointed Nov 2022)
Ray Stapleton		Community Sector (Appointed Nov 2022)
Edel Murphy	Company Secretary	Community Sector (Appointed Nov 2022)
Hilary Tierney		Maynooth University (Appointed Oct 2022)

# SICAP

## Supporting Individuals

### YOUNG PEOPLE

The SICAP Youth Employment Service noted that young people's confidence levels had been adversely affected by the aftermath of Covid-19, resulting in social isolation, elevated levels of anxiety, and a lack of social interactions for a significant period. In 2022, the Youth Employment Service worked with 251 young individuals after extensive one-to-one interactions, support, and encouragement to participate. The Youth Employment Service began by gradually building up the self-esteem of these individuals through one-to-one support, eventually moving towards group work sessions. To provide a comprehensive programme, YEP collaborated with other organisations, resulting in 331 interventions, including work-related training, taster programmes, CV/Interview workshops, and tailored programmes such as the Hospitality, Resilience, and Harmony programmes.

The Youth Employment Service conducted an 8 week Hospitality Programme in January 2022 for 18 participants. It included four weeks of virtual workshops on soft skills and completed online courses on Manual Handling, HACCP, and Infection Prevention & Control. Workshops on C.V. preparation and interview techniques followed by a four-week work experience placement in Lawlor's Hotel Naas, guaranteeing an interview for all participants. Ten participants attended interviews and of four who were offered employment one person took up employment. YEP, collaborated with Community Education KWETB to deliver four 'Resilience Through Arts' programmes, with the Athy programme being challenging due to hard-to-reach targeted disadvantaged groups. Two 'Finding Your Feet' programmes were delivered in collaboration with LEAP Maynooth and KARE Newbridge for Intellectual Disability clients. Participants successfully completed personal development, training, and team-building events.

SICAP collaborated with The Hive (In Sync) in Kildare Town to combat alcohol and substance misuse among disadvantaged youth at risk of leaving school early. They identified and implemented a 6-week Harmony Programme for 14 at-risk young individuals, utilising music, songs, and rap to engage and promote a positive mental health message. Despite initial challenges, the programme proved successful, with all individuals except one remaining in education. SICAP, continues to provide support to all participants and work closely with the high-risk individual who did not remain in education.

### WELLBEING

The pandemic had a varying impact on everyone's lives, with some experiencing more negative effects than others. It greatly affected people's confidence to engage in social interactions and created a sense of fear for those trying to return to their daily lives. SICAP Staff identified the need for support and one-to-one interactions to help individuals figure out what they needed and how best to support them to get back out into society. SICAP Support Workers maintained ongoing contact with all participants during the first half of the year, checking in on their wellbeing and exploring ways to support them through the transition to a new normal. SICAP also collaborated with Heads Up on the 'Moving On' Programme, which was held two days a week in Newbridge FRC and the North-west Kildare area. They also provided funding towards the new Heads-Up Women's and Wellness Toolbox Programmes and sent the programme information to 176 suitable participants.

### ONLINE TRAINING

Clients needed further training to update their skills, licenses, and certificates for job opportunities and keep them engaged while waiting for industries to reopen. Online training was offered upon request, and a blended learning approach was implemented. Many secured employment as a result of online training. Safe Pass required additional COVID paperwork for in-person attendance. SICAP offered assistance with CVs, Safe Pass and Manual Handling courses, Personal Development and Resilience training, and computer equipment to address digital poverty.



## Supporting Communities

### ENGAGING COMMUNITY GROUPS

SICAP staff reached out to local community groups and existing beneficiaries to determine their needs and provide assistance. This was conducted through phone calls and socially distanced outdoor meetings. Community groups were grateful for the help and actively participated in the process.

The following needs were identified through engagement with community groups and beneficiaries:

- Older people were struggling to adapt to Covid and engage with their communities, leading to concerns around mental health and wellbeing.
- Vulnerable farmers living alone required regular check-ins.
- Limited access to community services impacted beneficiaries' social interaction and participation.
- Concerns around mental health and wellbeing were identified early on.
- Lack of online access and knowledge hindered engagement with online support and grant applications.
- Digital poverty became an increasing issue for rural communities.
- A lack of local rural transport remained a challenge.
- Community-led local area plans were needed.
- An action-based approach was required to meet the Kildare Traveller & Roma Inclusion Strategy 2019-2023.
- A new QQI Level 7 programme was needed to provide access to higher education and support marginalised individuals.

The SICAP Goal 1 Team engaged with 79 community groups throughout 2022, providing ongoing support and organizing activities such as workshops on committee skills and governance, and health and

wellbeing programmes. They also collaborated with the "Heads Up" programme to develop the "Rural Intervention Initiative" and introduced a new "Ageing Matters" programme for older people. The SICAP team regularly checked in on the welfare of their beneficiaries through visits or phone calls and facilitated connections for farmers through the "Phone a Farmer Friend" Befriending initiative and a farming app. As facilities reopened, SICAP beneficiaries resumed group activities and saw increased participation in the later quarters of 2022. Some groups continued with hybrid online and in-person approaches.



Social farming placements, social prescribing, and in-house programmes like "Moving On" had a positive impact on the mental health and wellbeing of participants. SICAP provided support to local community members facing online challenges, offering assistance with grant applications and the online application process. SICAP offered one-to-one digital support and equipment to older members of rural communities. An advertising campaign promoted the community transport fund set up with Local Link, resulting in 18 successful grant applications.



SICAP introduced Four Area Plans for community groups to work together and map out a plan for their area. The plans will be conducted in early 2023.

SICAP funded the employment of a KTA Manager and Traveller Outreach Worker, as well as Roma Health and Roma Employment Support Workers funded by the HSE and Dept. of Justice.



SICAP proposed and delivered a new Level 7 certificate course, Community Work in a Changing Ireland (CWCI), to meet the needs identified in strategic planning consultations. The Youth Work Studies Level 7 programme was expanded to include a variety of professionals who work with young people. SICAP also offered the Comm university Programme and awarded three bursary grants to those who completed the Youth Work Studies courses and continued their education at degree or BA level.

## Supporting School Children

As part of the Kildare Traveller & Roma Inclusion Strategy 2019-2023, research was conducted into education barriers among Travellers. We recruited a Peer Researcher and will soon hire a Traveller Education Worker.

Two new academic support programmes were launched, including the 'Jump a Grade' programme that saw a 15% increase in grade levels for Kildare students. The 'Let Students Shine' programme was also piloted successfully.

One school completed the Yellow Flag programme in 2022 and three other schools are still being supported. Promoting positive inclusion is crucial given the rise in racist sentiment and the increasing number of refugees and international protection seekers.

## Supporting Diverse Communities -

### LONG TERM UNEMPLOYED

In 2022, SICAP supported 252 long-term unemployed individuals and registered 196 from disadvantaged areas, who face various challenges such as lack of education, skills, self-belief, and support network. Transport is a major issue in rural areas within the county, hindering attendance in training and employment opportunities. However, providing online training within the community has helped in gaining employment. YEP, delivered online has also been successful in upskilling youth unemployed in the current labour market. SICAP's one-to-one meetings with the Employment Support team have also proven to be successful in mapping out a realistic plan for individuals' future at their own pace, building their confidence and skills base for sustainable outcomes.

### TRAVELLER COMMUNITY

In 2022, SICAP engaged with 19 Travellers. Four of these individuals were able to find employment, while many of those under the age of 25 began participating in youth programmes. However, there are many barriers that must be overcome to engage Travellers, who require ongoing mentoring and capacity building. To support the implementation of the Traveller Roman inclusion Strategy, SICAP recruited and funded the Kildare Traveller Action Manager and Traveller Outreach Officer posts in KTA, and successfully tendered for the Traveller Education Research project to be launched in early 2023.



## OLDER PEOPLE

SICAP collaborated with Older Voices Kildare (OVK) to provide support to older people in reducing isolation and re-engaging with society post-pandemic. To achieve this, SICAP and Older Voices Kildare, ran an Aging Matters program in Rathangan with 14 participants, who identified ways to support their community and set goals. Older people were also supported in attending various activities such as Healthy Food Made Easy programmes, mental health sessions, chair yoga, craft and wellbeing workshops, and online digital skills courses. SICAP funded social activities and outings for them and provided additional befriending hours for those struggling with anxiety. Moreover, SICAP helped 80 individuals combat food poverty during Christmas by providing food hampers due to high fuel prices and the cost of living.



## MENTAL HEALTH AWARENESS & WELLBEING

SICAP's priority for 2022 was to promote mental health, and they achieved success by expanding the Kildare Social Farming Initiative and providing on-farm placements for nine individuals. This initiative helps improve the mental health and wellbeing of participants and their families by offering a therapeutic, holistic, and social approach to farming. Social Farming also promotes inclusion within rural communities and connects farmers with the local community. SICAP supported the delivery of the Heads Up programme and provided smoking cessation and We Can Quit programmes in collaboration with Healthy Ireland (HI) and HSE. They also referred clients to the Social Prescribing staff to improve their mental health, wellbeing, and social interaction.

## NEW COMMUNITIES

The SICAP team worked together with AMIF and other key stakeholders to provide comprehensive support to one of the most marginalised groups in society in line with the Kildare Integration Strategy 2021-2026. SICAP staff was present in Direct Provision centres to offer support to those in need, such as CV preparation, Manual Handling, HACCP, and other training. One of the significant challenges faced by New Communities was the level of English, which hindered their ability to secure employment and participate in further training. SICAP support workers provided support by introducing the use of the Duo lingo App and providing referrals to KWETB for English classes and conversational English classes. The SICAP team provided employment preparation supports, education, and English language supports to residents of the three Direct Provision centres in Co. Kildare. The Kildare Integration Network supported people living in the community to help them integrate into their community. Inter cultural events were halted during Covid, but there were three successful Africa Day events organised by Intercultural groups in May 2022, funded by Irish Aid through Kildare County Council and supported by SICAP staff.





# LEADER – Rural Development Programme

## Building Communities



The LEADER Programme focuses on rural economic, social and community development, based on the “EU Long Term Vision for Rural Areas” and the National Strategy “Our Rural Future”. It has operated in County Kildare for the past 25 years, supporting innovative communities and individuals all around the county as they addressed economic, social, and environmental challenges and responded to gaps in services. It is based on a vision for rural communities, focused on improving rural quality of life, achieving balanced development in Kildare, and stimulating economic growth. 2022 saw the end of the 2014 - 2022 Programme.

Since 2016, there have been 91 initiatives or projects that have been supported in communities all around the county.

These projects have received €5, 121,168m in grant support and this has been matched by a further 3.8 million in leveraged funding.

37 of these projects have created or are sustaining Jobs in County Kildare.

# Case Study



*JOE & AILISH MCFADDEN - NEW BUILDING*

Ailish & Joe McFadden have a mixed farm outside Kilcock with a mixture of cattle, sheep, poultry, and a pony. As a couple, Ailish and Joe have a wealth of experience in supporting people with disabilities. Joe, now retired from psychiatric nursing recalls his time working as a Director in the Central Mental Hospital and is a convincing ambassador for the positive impacts of social farming. Ailish, an Occupational Therapist and artist, has worked extensively with families and children with disabilities, including Guardian ad Litem work. Based on both of their life and work experiences, they came up with a vision for the therapeutic use of farming to support people with challenges to their mental health.

They now look forward to welcoming social farming participants onto their farm in the summer of 2023 when their purpose-built facility is complete. The new building will offer a place for indoor arts and crafts activities, cooking and break times and a fully accessible WC unit. The air to water system and underfloor heating

will make it a cosy space on colder days. On sunny days, the outside space will also be used for raised beds. Whatever the weather, participants will be certain to receive a warm welcome.

As the builders are working on site, Joe and Ailish have been linking in with Social Farming Ireland to become approved providers and build a network of contacts with other social farmers in the region. CKLP are delighted to have championed social farming in Co. Kildare since 2019 when there were no social farms in the county. With the support of Healthy Ireland funding and partnering with Social Farming Ireland, this quickly changed.

Joe and Ailish are the first applicants to approach LEADER funding to support Social Farming in Co. Kildare and were given support with a grant of €77,638. It is an exciting farm diversification prospect for all involved.



# The Tús Programme



The objective of the Tús programme is twofold: to improve the employability and work readiness of participants by providing them with work opportunities to put their skills into practice and to learn or up-skill to enable them to progress to mainstream work, while at the same time as supporting local not-for-profit organisations to deliver services in our communities.

Voluntary and Community groups commit to offer a quality work experience to the participant and a working week of a minimum of 19.5 hours per week for a period of 12 Months. All groups also have a duty to provide some supervisory time to the client.



## ELIGIBILITY CRITERIA

All participants must be at least 1 year on a Jobseekers Payment, and any participant previously on Tús must be off the scheme for a minimum of 3 years before becoming eligible again. Selection is on a random basis carried out by DSP with names furnished to the implementation body. An initial one-to-one interview is carried out by County Kildare LEADER Partnership to assess the skill level, suitability of the participant and to match them with a position that best suited their career path.

We are then able to offer a participant a placement in one of the 125 host groups we provide the service for across County Kildare.

Self-referral is also available to participants, If you feel you meet the criteria, please contact one of the Tús team in your area for a self-referral form, which can be obtained from the website, [www.countykildarelp.ie](http://www.countykildarelp.ie).

## WHAT IS THE BENEFIT?

Participants are allowed to carry out additional work outside of placement hours while not affecting their payment. There is also no requirement to attend

the INTREO office during placement. Furthermore, participants are able to avail of the added benefit of the services of County Kildare LEADER Partnership during and after their placement. We also offer a limited amount of in-house training to all our participants. All participants will be given assistance to progress to full time employment, education, or business start-up at the end of their contract. In 2022, we have seen a marked increase in the number of participants moving to full-time employment especially in the retail and hospitality sector, we can see an increase in this sector for 2023/2024 and beyond.

## WORKING WITH COMMUNITIES

In County Kildare many groups benefit from participant's knowledge, expertise, and involvement. Groups such as Moore Abbey, Cill Dara Housing, Sporting organisations, charity shops, Tidy Town Committees, and many more offer up to date employment opportunities and valuable work experience to participants. Over the last 10 years Tús has supported and indirectly funded communities with almost 2500 participants involved on the TÚS scheme, this equates to over 25,000,00 million in indirect funding to the communities of Co Kildare.



## Communities and groups supported – Project Locations

Naas Sports Centre	TEA Lane Historic Graveyard Celbridge
Clane United	Solas Bhríde Kildare
NCBI charity Naas	Sensational Kids Kildare
NCBI charity Sallins	NCBI Kildare
NCBI charity Clane	SVDP Kildare
Clane GAA	Plains Residents Assoc
Clane Lawn tennis	Rehab Care
Green IT	Cill Dara Housing Kildare
Suncroft Graveyards	
Jack and Jill Crookstown	Suncroft GAA
Moone Shop	Citizen Advice Newbridge
Moone Parish Church	Rathangan Graveyard
Ottomy Residents Association	Convent Kildare Town
Kilkea Residents	Andrew Meadows Athy
Naas Tidy Town	Athy Tidy Towns
Kill Tidy Towns	Athy Enterprise Centre
Brannockstown Tidy Towns	Bridge United Ballymore Ball alley
Athy Community Resource Centre	
Naas Scout Den	Happy Days Creche
McAuley Place Naas	Passlands Cemetery
Naas Parish Centre	Monasterevin Scouts Den
Acre Project Celbridge	Woodview Res
Ashgrove Residents Carbury	Moore Abbey
Ballynafagh Lake project	SVDP Monasterevin
Breaking Through Maynooth	St Evans Park
Celbridge GAA	Monasterevin AFC
Straffan GAA	Athy Sports Hub
Celbridge Church of Ireland	Athy Rugby Club
Celbridge Community Council	Naas Care of the Aged
Citizens Information Maynooth	Flinters Close Creche
Coill Dubh AFC	Kingdom Life House
Coill Dubh residents	Self Help Africa
Leixlip Tennis Club	SVDP Athy
Leixlip YCC	St Michaels Graveyard

### Communities and groups supported – Project Locations

NCBI Celbridge	Tús In It to Bin It, Athy
NCBI Leixlip	Sarsfield's GAA Newbridge
NCBI Maynooth	SVDP Newbridge
St Bridget's Hospice Leixlip	Rosconnell Residents Association
SVDP Celbridge	Red Cross Charity shop
SVDP Kilcock	Kilcullen Boxing Club
Kildare Animal Shelter	Open Arms Retail Newbridge
NCBI Newbridge	Jack and Jill Newbridge
SVDP Kilcullen	Newbridge Day Care Centre
Age Action Retail Newbridge	Ryston Sports Newbridge



# THE RURAL SOCIAL SCHEME (RSS)

The Rural Social Scheme was set up in 2004 to provide income support for low-income farmers in return for part time work in the community. It is based on a 19.5-hour flexible week to ensure that participation does not affect the participants farming activities. To qualify for the scheme, one must be in receipt of a means tested social welfare payment and provide proof that they are actively farming. If a person is eligible and does not wish to participate on the RSS, his or her dependant spouse/civil partner/cohabitant can apply in their place. They can also allow a sibling or child to use their Herd Number to participate, once they satisfy the other criteria.

By Participating on the Rural Social Scheme, local communities benefit from your skills and talents by providing additional resources to maintain and improve local amenities and facilities.

The Rural Social Scheme in County Kildare currently employs 26 participants and one Coordinating Supervisor employed by County Kildare LEADER Partnership. In 2022, we had one participant retire from the scheme and we filled this vacancy in late 2022 with a participant who is currently engaged in Environmental maintenance work in the Moone / Timolin area.

There has been a lot of expressions of interest from individuals and communities about engaging in the scheme and looking for support.

The RSS Scheme in Co. Kildare has been acknowledged by many of the Community groups it supports. The work ethic of the participants and any request from the community groups that we engage with is always commended and the timely manner in which requests are made is also dealt with quickly and efficiently.

## Testimonial for Rural Social Scheme

*Suzanne has been so kind to me, the years 2008-2009 had been extremely difficult in dairy farms, with milk prices at rock bottom and the banks had gone bust. The Rural Social Scheme was very flexible and worked well for me on the farm as it left me flexible to help out on the farm, also I did not have to get childcare as we could work around the hours. I am working in a family resource centre, there are groups such as women's groups, older people in the community, social groups and gardening to mention a few. I have gained so much confidence and fulfilment in myself, engaging with all the groups, something which is so important to us all. Thank You, Mary.*





# Enterprise Skills Programme (ESP)

## Supporting Entrepreneurs

The Enterprise Skills Programme (ESP) is a program designed to help individuals acquire skills to enhance their employability. It is a specialised scheme under the Community Employment (CE) programme, which receives primary funding from the Department of Social Protection. The ESP comprises of three key areas of focus: the ESP course, the Kildare Small Jobs (KSJ) service, and general Community Employment job placements. Additionally, the program offers specific placements for members of the Traveller Community. In 2022, the ESP had a total of 54 participants placed in various positions across these areas of focus.

The Enterprise Skills Programme (ESP) provided 54 participants with significant training and opportunities to increase their capacity and future employment options in 2022. The programme also established collaborations with community groups and services to host participants and offer Community Employment positions, benefiting the organisations, participants, and the wider community.

The ESP is a 14-week start-your-own-business course in Kildare for unemployed individuals who receive welfare payments, funded by the Department of Social Protection. In 2022, the programme was delivered three times, and a total of 36 participants took part. Thirty-five of them completed the course, and many have gone on to establish new businesses in Co. Kildare.

The programme covered core business planning modules, such as accounts, book-keeping, financial planning, marketing, sales, market research, social media, customer service, GDPR, time management, and public speaking/presentations. The course also included information sessions with various organisations that offer support to the self-employed, including BTWEA, LEADER, and LEO. The addition of the Marketing Practice QQI level 5 qualification



provided participants with an additional qualification that would benefit them whether they established their business or returned to the labour market.

The programme was delivered in an adult learning environment, and participants were encouraged to undertake additional individual training to increase their skills and confidence in becoming an entrepreneur. One-to-one support was also given regularly by the ESP coordinator, and eligible participants were supported by the SICAP Enterprise Support Worker to apply for the Back To Work Enterprise Allowance (BTWEA).

Additionally, the programme provided participants with training in various areas, including Basic First Aid, First Aid Responder (FAR), Manual Handling, Infectious Control, Dress Making, Face Reflexology Concept Course, Painting Flowers on Cake & Fantasy Flowers on Cake courses, Vegan Chef Cookery Course, Motivational Interviewing, HACCP Level 2, Implementing Food Safety Management Systems QQI Level 5, ICDL (ECDLV6), Train the Trainer QQI Level 6, EU Film & TV Financing for Irish Producers Seminar, and Bus & Truck Instructor Lessons & Examination.

The Kildare Small Jobs (KSJ) service was established under the ESP, providing property and garden maintenance services for small household jobs for people aged 65 and over living in Co. Kildare. The

service was staffed by skilled Community Employment (CE) participants, and during 2022, a total of 7 CE participants held positions with KSJ.

In 2022, the Enterprise Skills Programme offered six general Community Employment (CE) placements in various roles such as General Admin, Financial Administrator, Integration Support Worker, ESP Administrator, and Caretakers. Due to Covid-19 restrictions in the early part of the year, the premises were closed to the public, but the caretakers continued to maintain them efficiently. The remaining participants primarily worked from home and visited their offices when necessary. Once the restrictions eased, the participants were back in the office. During their placements, the participants underwent additional training in various areas, such as Home Repair, GRPR, Basic First Aid, Manual Handling, First Aid Responder (FAR), Public Procurement Training, Advanced Big Red Cloud Accounts, CBT for Addiction, Professional Certificate in Couples Counselling, Certificate in Payroll Techniques QQI Level 7, and BA in Leadership & Community Development QQI Level 6.

From July to December 2022, the Enterprise Skills Programme introduced a new Traveller-specific CE Scheme and welcomed five members of the Traveller Community in roles such as Caretakers/Gardeners and Reception & Administration. Positive collaborations with other community organisations allowed many of these participants to be based with host organisations such as St. Michael's Boxing Club in Athy, Rathcoffey Zero Waste Community Garden, Newbridge Citizen's Information Centre, and Newbridge Family Resource Centre.

In November 2022, the ESP Scheme received approval from the Department of Social Protection to broaden its reach by adding one more CE Supervisor and 16 extra CE participant placements. These new placements will involve Walking/Tour guides and Maintenance workers for the recently launched Barrow Way initiative. To facilitate this expansion, plans were implemented, and the development will carry on in 2023. Furthermore, KSJ received extra funding, as outlined in the KSJ section.

## Quotes from ESP Course Participants

*"It was a very well-run programme, paced excellently, compiling a business plan is daunting and this program was excellent in breaking it down and making it achievable"* Jan 22 participant

*"This has been a very good experience. It has encouraged me to look at what I have to offer in my business. It has increased my confidence – to getting up and having a go."* Margaret, Jan 22

*"Its an innovative course with practical experience. All the facilitators are so approachable and are willing to share their knowledge and be on hand to answer queries".* May 22 participant

*"ESP have been excellent supportive group, the aid and assistance was above and beyond. Each mentor provided enough of their time, no task too great for them. Each student mattered."* Sept 22 Participant

## Quotes from Mainstream CE Participants

*"I really enjoyed being part of developing a service that would make such a difference to people, working with a great team of people & appreciated the support I received in my role & developing my own career plan".*





# Kildare Small Jobs (KSJ)

## Peace of Mind and Small Jobs Well done!

In September 2021, Kildare Small Jobs (KSJ) was established as a social enterprise with the aim of providing a valuable service to the community. The initiative is backed County Kildare LEADER Partnership through the Enterprise Skills Programme CE Scheme, and the support from the Department of Social Protection for staffing costs has allowed Kildare Small Jobs to assemble a proficient team of workers for the service. The team includes Customer Service Representatives and Maintenance personnel, all of whom are experienced, fully insured, and have undergone Garda Vetting.

KSJ operates on a subscription-based model, with all income generated from paid subscriptions being utilised to cover the operating costs of the service. This ensures that the organisation can continue to provide the community with a high-quality service without being dependent on external funding sources.

Overall, KSJ's social enterprise model is designed to benefit the community by providing employment opportunities, valuable services, and generating revenue that is reinvested into the service.



In 2022, Kildare Small Jobs (KSJ) received a total of 141 subscriptions for its services. Of these, 98 were new subscriptions, while the remaining 43 were renewals. As the service expanded, KSJ began servicing more areas. The majority of clients in 2022 were located in Kildare Town, Athy, Naas, Newbridge, Rathangan, Ballymore Eustace, Prosperous, Suncroft, Kilcullen, and The Curragh.

KSJ encourages clients to include multiple jobs in a single call-out, whenever possible, to maximise the value of their subscription. Clients can book their call-outs as per their convenience and may resubscribe once they have used their allotted five call-outs.

In February 2022, KSJ received €10,000 in funding from the Awareness Raising Initiatives for Social Enterprise (ARISE) grant under the Dormant Accounts Fund, which is managed by the Department of Rural and Community Development. The application for this funding had been submitted in October 2021. This funding helped the KSJ team conduct market research and develop a comprehensive marketing plan for the service in the first few months of 2022.

Additionally, KSJ held ten roadshow events, including promotional visits to Good Morning Kildare, nine day care centres, and older people's groups, along with an online interaction with Older Voices Kildare. The team ran a successful social media campaign, "Naming Our Man," designed branding and a logo, invested in advertising on local radio and publications, had the van wrapped in the branding, and purchased branded uniforms and PPE gear for their workers. Furthermore, bought various merchandising materials to promote the service, such as banners, flyers, business cards, hi-vis vests, drawstring bags, and travel mugs.

Thanks to the success of this campaign, KSJ achieved a 320% growth in subscribers by July 2022. As a result, the client base expanded to include Castledermot, Brownstown, Dunlavin, The Curragh, Kildangan, and Monasterevin, among other locations.

Kildare Small Jobs also benefited from mentoring and marketing advice, as well as support for creating a promotional video for social media, through the assistance of CKLP/ARISE funding. The video was produced and filmed in November 2022, and a launch is scheduled for early 2023.

In June 2022, KSJ was selected to be showcased as a Social Enterprise example in the Ezine magazine, a quarterly newsletter circulated to all Partnership Companies in Ireland. Consequently, KSJ was invited to exhibit at the 'Socialise Event on the 29th June, a summit that recognizes Social Enterprises and encourages more developments in this sector by promoting awareness of the model.

At the outset of 2022, KSJ employed two maintenance workers, with two full days a week devoted to completing call outs. Fortunately, in May, a third maintenance worker was recruited, enabling the service to provide a third day of call outs. Then, in November, KSJ was able to extend to four full days of call outs with the appointment of a fourth maintenance worker.

November 22 was a highly positive month for KSJ, as the service received €9,888.87 in funding through a grant from the National Lottery. This funding will be used to acquire a shed and various materials required



for the service's expansion, including a laptop, gardening equipment, and storage units. Plans are already in place to acquire these items for 2023.

Furthermore, KSJ received initial approval for funding in excess of €60,000 through the Scaling Fund for Social Enterprises, which is administered by Pobal and is sourced from the dormant accounts fund. The primary purpose of this funding is to purchase a new electric van for the service, and it is expected to be received in early 2023.

KSJ is thrilled to be able to make plans for further expansion in 2023 by acquiring a second van and offering an affordable and reliable service to a wider proportion of the over-65 community across a wider location span of the County. The demand for the service is high, and KSJ is eager to meet it.

## Testimonials

*Noel from Naas was so delighted with the service he felt like he could enter his garden for" Bloom\**

*Mary from Naas says her life has been transformed by the work and the banter from the men who visit her.*

*Bernard from Newbridge said its fantastic to have men who know what they are doing and who do it with such good kindness.*

*Imelda from Athy says it's the best service she has ever had, and the fees are so affordable.*

*Teresa from Athy said the lads saved her sanity one day when they called to do her garden but ended up saving her house from a burst pipe in the attic which they managed to temporarily fix till a plumber called.*

*Margaret said she had a bad fall and couldn't do her garden while she recovered and was so delighted that her children paid for the service to ease her mind. She has recovered but has decided its time she had some reliable help.*

*Anne, Social worker from the Harvest Centre Kildare has highly commended the service for her members who avail of the service, in the knowledge that all the maintenance team are Garda vetted and so reliable which give peace of mind for all her staff and members.*

# AMIF – Kildare Integration Programme

The AMIF (Asylum, Migration, and Integration Fund) programme plays a pivotal role in facilitating the smooth transition of individuals leaving Direct Provision Centres in Co. Kildare. As of 2022, the programme has directly supported a total of 52 individuals.

Co. Kildare is home to two Direct Provision Centres and an Emergency DP Centre. Additionally, there are four houses in Newbridge that provide accommodation to individuals seeking international protection. These locations are where the beneficiaries of the AMIF programme are primarily located.

The AMIF programme has effectively assisted applicants in accessing a range of essential services such as PPS numbers, social welfare benefits, medical cards, immigration services, and referrals to various workshops and training programmes. These services include crucial skills such as manual handling, CV preparation, and interview techniques.

However, the housing shortage in the county has had a significant impact on individuals seeking accommodation. The language barrier further complicates matters, making it challenging for people to understand and navigate the Irish system. To overcome these challenges, the AMIF worker provides hands-on assistance to applicants, guiding them through the process and helping them navigate the various systems successfully.

The AMIF Worker collaborated with SICAP (Social Inclusion and Community Activation Programme) to support more than 22 individuals from new communities in Newbridge who had recently arrived in Ireland and required various forms of assistance. To provide these individuals with critical information on life in Ireland, six weekly information sessions were conducted in collaboration with other agencies such as the Library Service and An Garda Síochána.



Additionally, referrals were made to KWETB (Kildare and Wicklow Education and Training Board) for English language classes and conversational English classes, which were held weekly at the Newbridge Parish Centre. To promote physical wellbeing and social engagement, weekly sports activities were also arranged in collaboration with the Kildare Sports Partnership. These initiatives were instrumental in helping individuals from new communities integrate successfully into Irish society.

Thanks to the efforts of the AMIF Worker, a funding extension and expansion was secured, which enabled the programme to include a part-time Integration Community Worker. This development was a significant success for the programme, as it extended the duration of the initiative until the end of June 2023.

The addition of a part-time Integration Community Worker has enabled the programme to expand its services and reach out to even more individuals and communities in need of support. The success of this funding extension and expansion is a testament to the dedication and hard work of the AMIF Worker and the entire programme team.



# HeadsUp Kildare

## Supporting Men and Women's Mental Health



HEADSUP Kildare is an evidence-based mental health education and skills training programme. It is aimed at people who are looking to build their mental fitness, boost their confidence and take action to get back on track.

The programme aims to encourage participants to make positive changes in their lives, develop resilience and offers support to access local services and additional supports.

In 2022, HEADSUP was shortlisted in the Health & Wellbeing category of the AONTAS STAR Awards. This was a great achievement for the team. These awards are designed to recognise and celebrate the best in adult, community, and further education across Ireland. The awards aim to raise awareness of the work done by education providers to make a real difference to people's lives.

A new first for HEADSUP in 2022, was a pilot women's programme that was run for in Newbridge. The program received more than 50 referrals from various mental health professionals, community-based supports, as well as self-referrals. The programme was very

successful in reaching out to a wide range of women who needed support.

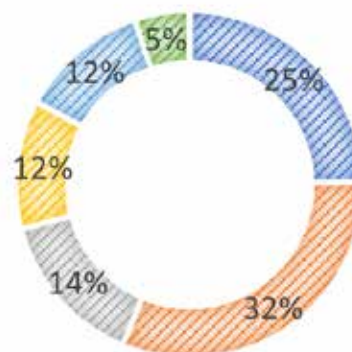
HEADSUP received funding for counselling support in 2022, and as a result, 236 one-to-one sessions were provided during the year. This allowed the program was able to offer much-needed support to individuals who required counselling services.

In 2022, a biweekly online peer support group that was established and run by a student on placement from DCU Peer Support Certificate. The group is aimed at providing ongoing support to past and current participants of the HEADSUP programme. This initiative shows that the programme is not just focused on providing support during the program but also continues to provide support after the programme has ended.

Also this year, HEADSUP had their 21st party celebration. The event was attended by both current and past participants, as well as members of the funders, family, and friends. A number of past participants shared their journey since completing the HEADSUP program, and the wife of one participant

### HEADSUP REFERRALS 2022

- Mental Health Services
- Addiction Services
- Self Referral
- G.P's
- Community Based Supports
- Other CKLP Programmes





shared the impact that her husband’s participation had on her and her family. This celebration really illustrated that the programme has had a positive impact on many people’s lives, and that the programme is supported by a wide range of people.

This year HEADSUP was supported by a number of local organisations with funding in 2022.

A donation was received from Shorcontrol Safety, Naas Industrial Estate - In Lieu of Christmas gifts to their clients they decided to donate a cheque of €500 to local charities. HEADSUP Kildare was nominated by a staff member. Monies were also allocated from Local Property Tax from Clane/Maynooth MD, Kildare/Newbridge MD and Celbridge/Leixlip MD.

At the heart of our service are our clients, Some of the men and women offered the following comments and testimonials to us this year:

### Online Peer Support Group

*“I feel safe for the hour that I’m here and that its ok for me to share what I’m thinking”.*

*“If I hadn’t got this group, I’d be in a very different place now”.*

*“We are a brotherhood”.*

#### Pilot Women’s Group

*“I absolutely loved this programme, very enjoyable. 10 out of 10”*

*“I was made to feel comfortable in the group and felt I was not judged”*



*“I have grown in confidence and have gained so much”*

*“Such a powerful program, really enjoyed everything from WRAP, the creative sessions to the hard work in between!”*

*“Have never done anything like this before and did not know what to expect but I found the entire course from start to finish a massive help to me”*



Bob\* (not his real name) 42 yrs. referred by psychiatrist

*When I started on the Programme I was in a really bad way. I was living at home but weeks away from being homeless due to the sale of my homeplace. I was using alcohol to cope with my mental health issues and the stress I was under. I was unemployed and not in contact with family members. I really was burying my head in the sand and not facing up to what was going on for me. Participating in this wonderful programme has truly saved me. It taught me how to deal with my problems - over the 12 weeks I have found a new place to live, I start a new job next week, I started attending counselling and am currently 10 days sober. I am committed to my recovery in every way and have learned how to manage my life in such a way that I know I can be happy.*

# Older Voices Kildare



## It's not how old you are that counts, its HOW you are old!

Older Voices Kildare (OVK) is an initiative aimed at promoting social inclusion for older individuals in Kildare. The organisation works to improve the wellbeing of older residents by enabling their participation in all aspects of life as they age. With the guidance of the HSE and a dedicated Steering Group, OVK strives to build the confidence and capacity of all individuals aged 65 and above in the county, creating a welcoming and empowering community.

OVK offers various programmes that address different needs of older individuals, including resilience, confidence, ageing and ageism, creativity, and mental and physical health. These programmes are tailored to the specific requirements of the residents of Kildare. One of their most important programmes is their befriending service, which matches trained volunteers with older individuals who are experiencing isolation or loneliness. Due to the Covid-19 restrictions, the service shifted to phone-based relationships, but as restrictions eased, the service preference of face-to-face meetings returned, continuing to support 30 older people with a team of 28 volunteers. The service provides an invaluable personal contact for older people, as loneliness can have serious health risks and negatively affect their physical, mental, and emotional wellbeing. OVK plans to conduct Volunteer Befriending Training for 10 new participants in Q1 2023.

OVK also offers Social Prescription, which provides non-medical support to improve people's health and wellbeing. The organisation recognizes that social factors such as poverty, isolation, and loneliness heavily influence health. Therefore, OVK encourages

older individuals to take an active role in their own health and wellbeing. Using a person-centered approach, the organisation supports individuals in identifying what suits them and exploring options for community involvement, art and creativity, live music, physical exercise and activities, and personal development opportunities.

In 2022, while many older people were eager to resume activities after the pandemic restrictions, others remained hesitant and apprehensive about re-engaging. To address this, Older Voices Kildare (OVK) introduced new activities, organised talks and programs, and established mutually beneficial relationships with stakeholders and service providers to identify and reach out to older people who need support.

With funding from HSE and in collaboration with Age & Opportunity, OVK delivered three programmes on Building Personal Resilience Post-Covid19. The feedback from all 34 participants was extremely positive, with significant improvements in their resilience and outlook for the future.

OVK also developed and rolled out a new program called Ageing Matters, which focuses on enhancing the quality of life and maintaining purpose and capability as people age. This initiative is closely aligned with the methodologies of Social Prescribing and brings together expertise from various organisations, including HSE Healthy Ireland, Kildare Sports Partnership, Citizen's Information, Kildare Volunteer Centre, and SICAP.



In partnership with parkrun, HSE Healthy Ireland, and Kildare Sports Partnership, OVK organised its first Positive Ageing Walk, which saw 373 participants across three venues (Kilcock, Celbridge, and Naas), with 115 of them aged 50 or above and 114 first-time or previously unregistered participants.

In July 2022, Older Voices Kildare (OVK) launched its Chat Café in Newbridge, which was intended to provide social support during the summer period when many older people's groups take a break. One lady, whose husband had passed away during the lockdown period in 2020, came to the café after isolating herself until that point. She was initially apprehensive and felt lonely, but after regularly attending the café, she expressed her gratitude for the friendship and encouragement she received from the group.

As a result of the support she received, the lady gained more confidence and, in the autumn, she made her first solo trip since her bereavement to visit Knock. This was a significant step for her, and she credited the Chat Café for helping her rebuild her confidence and overcome her feelings of loneliness and isolation.

During May, Older Voices Kildare (OVK) hosted four outdoor live music events as part of the Festival in a Van initiative, which were sponsored by Kildare County Council Arts Council. These events took place in various locations including The ACRE in Celbridge, The Wonderful Barn in Leixlip, RYARC Centre in Rathangan, and St. Coca's Church grounds in Kilcock. The events were attended by over 150 older people who enjoyed the live music and outdoor atmosphere.



Park Run – Celbridge Co. Kildare

In September 2022, OVK launched a new programme called Ageing Matters, which was developed and funded by SICAP. The programme was trialled in Rathangan and received positive feedback from participants, prompting the organisation to roll it out across the county to help improve the quality of life and wellbeing of older individuals. The Ageing Matters programme is designed to empower older people to maintain their purpose and capabilities as they age, and it brings together expertise from various organisations, including HSE Healthy Ireland, Kildare Sports Partnership, Citizen's Information, and Kildare Volunteer Centre.



Chats on the Curragh for a walk



Ageing Matters August 22 - Rathangan

## Testimonial

'Thank you, thank you, thank you to Caroline and Sue for the past few weeks. I've never felt so able to take part in a group and so welcomed. It has been so worthwhile.' Participant in Ageing Matters

(Building Resilience November 2022)  
Christmas Reminiscing - Dec 2022

# The DARA Project

The Dara Project is a comprehensive and structured recovery day programme that is available to individuals struggling with drug and alcohol addiction in Athy and Kildare Town. The programme consists of various components that are designed to support individuals on their journey towards recovery. These components include randomized drug and alcohol testing, group therapy, 121 key working, therapeutic group cycles and walks, training and education QQI, life skills development, relapse prevention workshops, and reflection and reviews. The programme is tailored to the individual's needs and is delivered by a team of experienced professionals who work closely with each participant to provide the necessary support and guidance throughout their recovery journey. The Dara Project is a vital resource for individuals who are seeking to overcome addiction and reclaim their lives.



The Dara Project also established good working relationship with SETU (Southeast Technical University) to facilitate 3rd year students on placement.

The group and the programme continue to look to grow & develop our day programme. Group cycling, recovery candles, Seeking Safety therapy, recreational & therapeutic days out, and have been expanding over the year.

The Dara Project has a huge impact on individuals but one person this year shared his story as follows:

## Testimonial

*"I had hit rock bottom; I had been living in my car for approximately 6 months. My mental health had also been badly affected. I came back to The Dara Project programme. Alan and the team set about supporting my recovery, mental health, and accommodation issue".*

I am now in long term stable accommodation, full-time employment and enrolled in two QQI level 8 courses. I have also joined a community group for faith & socialising. In my new role of employment, I now make new referrals to The Dara Project Day Programme.



In 2022, The Dara Project opened their second recovery day programme - Kildare Town, this was in addition to their programme in Athy. The Dara Project now deliver a recovery day programme in County Kildare LEADER Partnership, Head Offices in the Kildare Community Development | Centre, in Kildare Town.

Throughout 2022, participants progressed to employment, with some receiving job opportunities in the following areas: e.g. - support worker, fitness instructor, general operative, 2 x CE supervisors, security operative, construction worker.



# Individual Placement Support (IPS)



## INDIVIDUAL PLACEMENT SPECIALIST

Individual Placement and Support (IPS) is a highly effective employment approach designed for individuals struggling with mental health issues. Based on more than three decades of research, IPS aims to identify and maintain suitable employment opportunities of an individual's choosing, even for those who have been involved in the clinical mental health system. In Kildare, IPS is delivered through a partnership between CKLP and the HSE, which integrates a CKLP Employment Specialist (ES) into two community mental health teams in the northern region of the county.

IPS employs a personalised, strength-based method that prioritizes developing a positive relationship between the client and employers. By focusing on an individual's unique strengths and abilities, IPS helps them find work that is fulfilling and engaging, leading to greater job satisfaction and improved mental health outcomes. Overall, IPS is a highly effective approach that offers practical and meaningful support to those who need it most.

The Programme currently supports a case-load of 20 clients, with a waiting list indicating a high demand for the service. These participants come from various areas including Allenwood, Prosperous, Rathangan, Clane, Maynooth, Kilcock, Celbridge, and Leixlip, having been referred by the mental health services.

Over the past 18 months, 24 out of 49 clients have successfully secured employment, with six of them engaged in work placements. These results are a testament to the effectiveness of the Programme in empowering individuals with mental health challenges to gain meaningful employment and improve their overall well-being.

Given the high demand for the service, there is an urgent need to expand its coverage to other areas in Kildare, particularly Naas and Athy. This would enable more individuals to benefit from the Programme's proven approach and enhance their employability prospects.

Furthermore, the CKLP Employment Specialist plays a crucial role in the IPS National Steering group, bringing valuable insights and expertise to help shape and improve the delivery of IPS services across the country. This demonstrates the Programme's commitment to staying up to date with best practices and contributing to the advancement of mental health and employment services in Ireland.

# Kildare Public Participation Network (KPPN)

In 2014, the Public Participation Network (PPN) was established as a representative voice for various community and voluntary, environmental, and social inclusion groups. This came after the release of a report from the Working Group on Citizen Engagement with Local Government, with the Local Government Reform Act 2014 formalizing the establishment of Public Participation Networks across all Local Authority areas. In Kildare, the PPN aims to identify important issues and use their influence to improve the quality of life and opportunities for those within the Local Authority area. Membership is open to all groups that operate on a voluntary, cooperative, or not-for-profit basis for the benefit of the community. The Kildare PPN serves as the primary liaison between the Local Authority and other decision-making bodies and the community. Currently, the PPN has representatives on various committees within Kildare County Council, such as the Local Community Development Committee, the Joint Policing Committee, and the Strategic Policy Committees. In essence, the Kildare PPN facilitates the exchange of information between the Local Authority and community groups, thereby influencing policy development and service delivery to the wider community.

In 2022, Vivienne Kelly Keane, a PPN representative, joined the subgroup on the Community and Culture SPC to reassess how Kildare County Council residents'

association grants were allocated to ensure a more equitable distribution of funding for Residents Associations. The result was a new grant allocation calculation for 2023 and beyond. Bob Quinn, another PPN representative on the LCDC, collaborated with Kildare County Council staff to assess the Community Activities Fund grant.

Gerry Dornan, a PPN representative on the Transportation Safety and Emergency Services SPC, submitted 12 papers to the SPC, which the administrator informed him would form part of the documents to be considered by the Kildare Sustainable Transport forum to be established in 2023.

In 2022, the Kildare PPN organised a Climate Action weekend, which featured 15 events, covering topics such as Climate Action and Health, Psychology and the Climate Crisis, Farming for Nature, Energy, and Sustainability. The weekend was successful in sharing knowledge with over 250 participants and inspired Climate Action in communities.

Similarly, the County Kildare Social Inclusion Week 2022 showcased the work of community and voluntary groups, services, and educators from across the county through 13 different events held throughout the week.

Moreover, a significant number of proposals and recommendations from Kildare PPN's submission to the County Development Plan were included in the final published County Development Plan for Kildare.

## Testimonial

**Sonya Kavanagh, Chief Executive of Kildare County Council said:**

*Kildare County Council is delighted to support both the national and local PPN awareness campaigns which highlights the great work of the PPN. The PPN plays a key role in empowering and assisting groups to participate in decision-making and are an important link for local authorities to connect, collaborate and consult with community groups.*





# New in 2022

## New Supports for Social Enterprise

The Department of Rural and Community Development (DRCD) has identified the following national needs for Social Enterprises:

- Reopening after the COVID pandemic.
- Increasing awareness and publicity by defining what a Social Enterprise is, what they do, and where they are located.
- Establishing a national database of Social Enterprises.

Department Rural Community Development launched DAF, SERP, and ARISE programmes to support social enterprises. SICAP increased staffing resources and leveraged funding from DAF programmes to provide training and mentoring for financial and marketing support to pinpoint strengths and weaknesses. They also organized social enterprise network meetings and implemented a successful branding campaign resulting in a logo plaque designed by existing social enterprises. SICAP commissioned promotional video clips for 12 social enterprises to use on their websites and organised a social enterprise event to launch the new Kildare Social Enterprise logo with a digital map. They also used ARISE funding to create a TikTok campaign and commissioned promotional video clips for social enterprises to improve their online presence. Links to sample video clips and the TikTok video are available on [www.countykildarelp.ie](http://www.countykildarelp.ie)



## SOCIAL FARMING – New in 2022

In 2022, the Social Farming Programme in County Kildare expanded and continued to be a collaboration between SICAP, Social Farming Ireland, and care services. The programme provides a holistic and social approach for all people in rural communities, particularly those with learning and intellectual disabilities or experiencing social isolation and marginalization. Social Farming experiences on working farms can significantly improve the mental health and well-being of participants. In 2021, the Disability Participation and Awareness fund in collaboration with Kildare County Council provided funding for placement opportunities for many people, and as a result, nine people from care services have experienced long-term Social Farm placements. Social Farming creates an opportunity for disadvantaged individuals and groups to be included in rural communities, while also providing local farmers an opportunity to connect with their local areas. Overall, Social Farming promotes inclusion, rehabilitation, choice, and giving a voice to its participants, and is suitable for people experiencing social isolation and marginalization, elderly people, people recovering from mental health issues, long-term unemployed individuals, and people with disabilities, focusing on their potentials rather than their limitations.





## BACK TO WORK ENTERPRISE ALLOWANCE (BTWEA)

BTWEA clients expressed a need for more training and awareness of the programme. The SICAP Back to Work Enterprise Allowance Support Worker assisted 95 jobseekers referred by DSP with self-employment, including one-to-one mentoring, business plan and cash flow completion, access to Enterprise Support Grant, referral to ESP for a start-your-own-business course, themed workshops, ongoing business mentoring, and a 12-month check-in call. A case study video can be found on the website, [www.countykildarelp.ie](http://www.countykildarelp.ie).

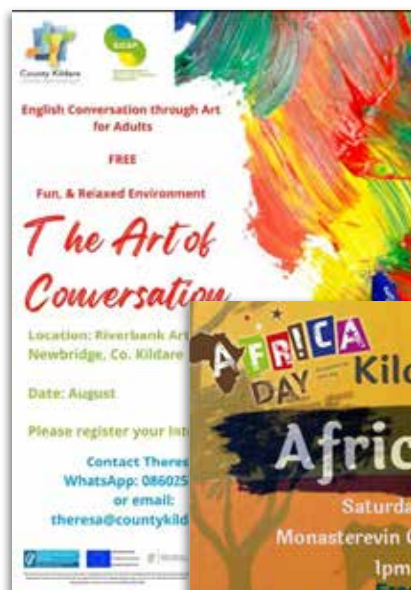


## NEW COMMUNITIES

The SICAP team worked together with AMIF and other key stakeholders to provide comprehensive support to one of the most marginalised groups in society in line with the Kildare Integration Strategy 2021-2026. SICAP staff was present in Direct Provision centres to offer support to those in need, such as CV preparation, Manual Handling, HACCP, and other training. One of the significant challenges faced by New Communities was the level of English, which



hindered their ability to secure employment and participate in further training. SICAP support workers provided support by introducing the use of the Duo lingo App and providing referrals to KWETB for English classes and conversational English classes. The SICAP team provided employment preparation supports, education, and English language supports to residents of the three Direct Provision centres in Co. Kildare. The Kildare Integration Network supported people living in the community to help them integrate into their community. Inter cultural events were halted during Covid, but there were three successful Africa Day events organised by Intercultural groups in May 2022, funded by Irish Aid through Kildare County Council and supported by SICAP staff.



# Ukrainian Emergency Response Programme

In July 2022, the County Kildare LEADER Partnership employed a Ukrainian Emergency Response Project Coordinator and a part-time interpreter through the SICAP programme. The team played a crucial role in supporting the 800 Ukrainian individuals who stayed at Maynooth University, providing assistance throughout their stay and departure.

The coordinator worked closely with other service providers to ensure that essential services were provided to the people. For instance, they coordinated with the Kildare County Childcare Committee (KCCC) to secure pre-school places for children, and with the Kildare Wicklow Education and Training Board (KWETB) to obtain school places and transport for the children. The coordinator also liaised with the HSE to arrange vaccination and medical services and local transport companies to provide buses to and from accommodations outside the towns.

At Bert House Accommodation in Athy, the team held weekly information mornings for all residents and organized two manual handling courses for 29 Ukrainian participants, a safe pass course in Russian for 10 participants, and a craft and art program for 10 participants to assist with their English proficiency. The team also arranged group outings to Glendalough, Bray, Kilkenny, the National Stud, and Kildare.



To ensure that the families had access to school and English classes, the team purchased laptops for 17 families.

On August 24, 2022, the Ukrainian residents living at Bert House just outside Athy celebrated their country's Independence Day with a traditional lunch, including the famous borscht, generously provided by sponsors who also treated them to an ice-cream van and Lily O'Brien chocolates. The younger residents contributed to the festivities by making blue and yellow ribbons and paper chains, while a delicious cake in the national colours was created. The Irish contingent present learned some interesting facts about Ukraine's history, and emotions ran high as the Ukrainian national anthem played after lunch, with residents singing with great passion and gusto. Some even shed tears, having left their homeland.

The residents at Bert House are involved in various activities, including attending English classes on Mondays and Thursdays, yoga on Fridays, fishing, biking, and weekend trips to places like Glendalough and the Cliffs of Moher.

Since the invasion of Ukraine, local communities across Kildare have welcomed the Ukrainian newcomers with warmth and have dedicated significant time and effort to responding to their needs. The County Kildare LEADER Partnership (CKLP) and the Ukrainian Emergency Response Project, with the support of SICAP, have played a crucial role in helping the Ukrainian arrivals settle into their new lives in Ireland.





Sláintecare.  
**Healthy  
Communities**

## Sláintecare Healthy Communities

### - Community Food & Nutrition Worker

The Sláintecare Healthy Communities Community Food & Nutrition Worker with County Kildare LEADER Partnership has a remit to build capacity, knowledge and skills across communities in County Kildare and to work with local statutory and voluntary partners to improve the food environment and address food poverty and activate agreed national campaigns.

The role commenced with County Kildare LEADER Partnership in December of 2022. The key activities in 2022 included establishing and building relationships with community groups and other stakeholders, which will continue in to 2023.



# Athy Social Prescribing

Social prescribing recognises that health is heavily determined by social factors such as poverty, isolation, and loneliness.

Social prescribing offers GPs and other health professionals a means of referring people to a range of non-clinical community supports which can have significant benefits for their overall health and wellbeing.

Social Prescribing is also available for SELF REFERRAL.

- Supporting the service user to access local voluntary community and social enterprise organisations or services through discussion and joint decision.
- An intervention between the service user and a social prescribing link worker can take up to eight sessions.

## Identifying needs within the community

The needs identified in 2022, for community support include physical mobility and social connections for older adults. Collaborations with Kildare Sports Hub Coordinator Majella Fennelly and Athy Library's Aideen McDonald resulted in initiatives such as the Walk and Talk 2 km with a cuppa afterwards to reduce social isolation, and a Chair Yoga 10-week program. For middle-aged individuals, there is a need for social and active connections, leading to a collaboration with Majella Fennelly for an evening 5km walk. Parents, grandparents, and childminders require support to socially engage within the community, and a collaboration with the Kildare Sports Hub Coordinator and Athy Family Resource Centre resulted in a walk and cuppa after the session. Lastly, there is a need for a social club that includes all adult ages and mixed



**Sláintecare.**  
**Healthy Communities**

genders (male and female together). Discussions are ongoing for possible activities such as bingo, cards, and music sessions. These initiatives aim to address the social determinants of health and improve the overall wellbeing of the community.

Athy Social Prescribing has received 97 referrals, and 58 participants have engaged with the service to date. There are still currently 39 participants that did not attend appointments or that are on a waiting list.

## Case Study

69 year old female complaining of anxiety and social isolation – not wanting to leave the house.

Engaged with Social Prescribing(S.P.) 2022 – 7 interventions

Sign posted to Chair Yoga, Women's Shed ,Heads Up (women) and HFME

Participated in all of the above. (1 -2 sporadic participation)

Positive Outcomes: Less social anxiety. Really enjoys attending Women's Shed

Phoned on one occasion and participant was too busy to answer the phone as was attending an art class ... Success !!!!

*To Edel, I want to thank you from the bottom of my heart for all the help, guidance and support you showed me in 2022.*

*Your care, guidance and support was greatly appreciated and has helped me so much more than you know. Your work is priceless and needed so much by the people you help.*

*Thank you from the bottom of my heart.*

*Kind regards,.....*

**From a client of Social Prescribing Athy 2022.**



# Healthy Food Made Easy

## SUPPORTING HEALTHY COMMUNITIES

The Healthy Food Made Easy (HFME) Programme is a nutrition and cookery course designed to assist individuals in transitioning to a healthy diet. The programme provides participants with basic knowledge of nutrition and healthy eating practices and equips them with the skills and knowledge required to plan meals on a budget and prepare easy-to-cook meals.



The programme is based on the most current healthy eating guidelines from the Department of Health, which include recommendations for a balanced and varied diet that is low in fat, sugar, and salt, and high in fruits, vegetables, and whole grains.

Participants in the HFME program are taught how to make healthy food choices, how to read food labels, and how to prepare simple, healthy meals. They are also provided with tips on how to shop for healthy food on a budget and how to reduce food waste.

Overall, the HFME program aims to empower individuals to take control of their health by making informed decisions about what they eat and how they prepare their food. By providing basic nutrition and cookery skills, the program helps to ensure that individuals have the tools they need to lead a healthier, more active lifestyle.

**Sláintecare. Healthy Communities**

Free 8 week course 6.4.19 to 16.09.19  
January 2020 from 10-12 in Nity Youth Centre  
Contact Annmarie on 0811362885 to sign up

# HEALTHY FOOD MADE EASY

Healthy Food Made Easy is a fun course where you will learn to cook healthy meals on a budget

The course is usually run over 8 sessions (2 and a half hours). The emphasis throughout the course is on group learning and talking rather than formal teaching.

- Prepare, cook and taste healthy recipes
- Learn about healthy eating
- Get tips on food shopping
- Plan meals on a budget
- Followed and fun approach
- For all ages and abilities

**Further details**

When: Tuesday 04/01/2023 for 8 weeks ending on 07/09/2023 From 10-12

Where: Nity Youth Centre, Meeting Lane, Nity

Contact: Annmarie on 081 1362885 or annmarie@countykildare.ie to sign up

Logos: Government of Ireland, LEADER, HLE, Walter Aislinn Eganne (Local Community Officer)



## The programme is laid out as follows:

6 week practical basic nutrition course. Weekly session of 2- 2 ½ Hrs, delivered by trained peer leader in support with HSE Community Dietician

## In 2022, Healthy Food Made Easy Programme made significant progress in the following areas:

The Co-Ordinator collaborated with Maria Healy - Kildare County Council to fund equipment for participants of HFME programmes in the Sláintecare community of Athy. The HFME program identified a need for equipment to support participants in their healthy eating and cooking habits. The program initiated a collaboration with Maria Healy, who is a representative from the Kildare County Council to secure funding for this equipment.

The HFME programme recognized the importance of having peer leaders who could deliver the program to participants. Four individuals were recruited and trained to become peer leaders. These peer leaders were equipped with the knowledge and skills to deliver the HFME program to participants in a supportive and engaging manner.

In 2022, The HFME co-ordinator recognised the importance of having a strong network of contacts to support the program's delivery and expansion. The program established a vast network of multi-agency contacts, including representatives from local government, healthcare, and community organisations. These contacts provided valuable support, funding, and resources to help the program achieve its goals.

In 2022, €15,000 was funded by Kildare County Council for Equipment and €10,000 from the HSE for the Cool Dudes Programme.

Over the year participants are keen to share their opinions with us and some of the feedback has been:

*"programme is very good- learned some handy tips and how to freeze meals and batch cook"*

*Learned how to avoid waste and to be more aware of ingredients on the back of packets"*

*Loved the program- learned to be more mindful with shopping"*

The HFME Co-ordinator recognised a need for a children's version of the programme, as healthy eating habits are crucial for children's development. The program sought and secured funding from Aine Buggy, who is a representative from the Health Service Executive (HSE), to launch the Children's HFME -Cool Dudes Programme.



# We Can Quit Programme



We Can QUIT is a programme aimed at helping both men and women who are smokers and are looking for support to quit smoking. This free and supportive programme offers weekly stop smoking group sessions and one-on-one support to its participants. Additionally, free stop smoking medications are available to those who take part in the programme.

This programme is offered by the Health Service Executive (HSE) in partnership with local community organisations. Its aim is to provide a friendly and supportive environment for individuals who want to quit smoking and to provide them with the necessary tools and resources to achieve their goal.

In 2022, two community We Can Quit facilitators were hired and trained with the intention of starting a We Can Quit group programme in September. Unfortunately, the programme was unsuccessful, on this occasion.

However, at the end of 2022, a new development occurred with the establishment of the We Can Quit, Local Action Group and the creation of a steering committee. The first local action group meeting has already taken place with three more scheduled later in 2023. As part of the effort to promote the We Can Quit programme, eight participants have already enrolled to commence the first programme in May 2023. To further support the program, a community pharmacy has been engaged to dispense medication to participants.







**County Kildare**  
LEADER PARTNERSHIP





# County Kildare

LEADER PARTNERSHIP

Kildare Community Development Centre,  
Meadow Rd, Kildare, R51 RF88.

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