

LOCAL COMMUNITY GROUPS



SICAP can help your local community group with:

- One-to-one and group meetings
- Networking opportunities
- Helping to prepare community action plans
- Training in keys areas e.g. governance and applying for grants
- Identifying skills needs and training for board/committee members
- Options for setting up a social enterprise

What people said

“Very useful to us in setting up our organisation – we’re at the beginning – it will give clarity.”

“Their professionalism and hard work has enabled the forum to build its membership. We look forward to continuing our journey together.”

LOCAL CONTACT DETAILS

Contact your Local Development Company for more details.

www.pobal.ie



Social Inclusion & Community Activation Programme

SICAP OFFERS



Job and upskilling supports



Access to education and training



Personal development programmes



Help to start a business or social enterprise



Specialised supports for local community groups

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 Employment, Inclusion and Learning (PEIL) 2014 – 2020



JOB SUPPORTS



SICAP can help you to improve your quality of life through job supports and training:

- ➔ One-to-one and group supports
- ➔ Guidance on local employment options and plan your next step
- ➔ Access to job specific training courses such as manual handling or care skills
- ➔ Improving your CV and interview skills
- ➔ Developing personal skills such as building confidence and self-esteem

What people said

"Since we started with SICAP, my life has changed... I had more experience in different things like how to write a CV, how to communicate with people and interview skills..."

"I am so hopeful now on leaving the workshop, armed with all the tool kit information."

EDUCATION & TRAINING



SICAP can help you explore educational options that fit your needs:

- ➔ Pathways to education - accredited and unaccredited
- ➔ Help with IT skills and digital skills
- ➔ English language supports
- ➔ Help with reading, writing and numeracy
- ➔ A range of personal development opportunities

What people said

"I was delighted at the newness of the course material, very cutting edge."

"I enjoyed my time here, first time to do this, it was really beneficial. The training was excellent."

"This course gave me the confidence to put myself out there and I have now gone on and joined the Healthcare Course."

START YOUR OWN BUSINESS/SOCIAL ENTERPRISE



SICAP can help you to set up your own business or social enterprise through:

- ➔ Supports to develop a business idea and business plan
- ➔ Business advice and guidance
- ➔ Networking and sharing of good practice
- ➔ Help to apply for the Back to Work Enterprise Allowance

For Social Enterprises:

- ➔ Help to develop a social inclusion focus
- ➔ Create volunteering opportunities

What people said

"Excellent social enterprise course which will add value to the overall package of my business proposition."

"The trainers delivered the social enterprise course in a professional, relaxed and encouraging manner. Hugely beneficial to starting my own business."