



# COMMUNITY NEWSLETTER

Blanchardstown - Swords - Balbriggan

AUTUMN/WINTER 2015



## SOCIAL INCLUSION & COMMUNITY ACTIVATION PROGRAMME (SICAP)

The Board of Blanchardstown Area Partnership recently announced that the company has been awarded the contract to deliver community services under the new Social Inclusion and Community Activation Programme (SICAP) across the county of Fingal.

*“Blanchardstown Area Partnership has a long history of delivering services in Dublin 15. Our company has responded positively to a number of significant challenges in recent years as part of the economic downturn. Our experience will enable us to provide much needed local services in Fingal, as SICAP actions are rolled out across the county.”*

Kieran Dennison - Board Chairman, Blanchardstown Area Partnership



Social Inclusion & Community Activation Programme

The Social Inclusion and Community Activation Programme (SICAP) is the successor programme to the Local Community Development Programme (LCDP). SICAP aims to tackle poverty, social exclusion and long-term unemployment through local engagement and partnership between disadvantaged individuals, community organisations and public sector agencies. The implementation of SICAP in Fingal will be overseen by the Fingal Local Community Development Committee (LCDC), established as part of the Local Government Act 2014.

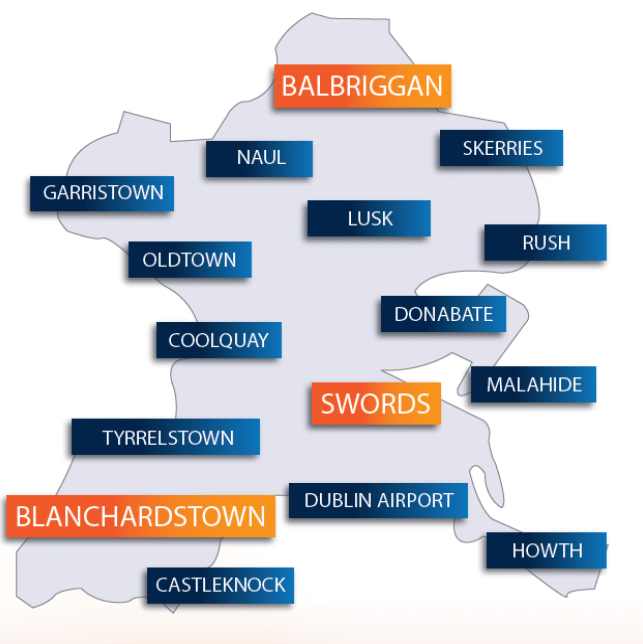
*“SICAP is an important programme aimed at delivering quality supports and interventions to the communities and individuals in Fingal most in need.”*

Paul Reid, Chief Executive,  
Fingal County Council

The programme’s vision of improving the life chances and opportunities of people living in disadvantaged circumstances is very much in keeping with the ethos of Blanchardstown Area Partnership, and the Board and staff of the Partnership are fully committed to working in an inclusive manner with all communities and individuals that need support to improve their circumstances through access to employment, training and community development services.

*“We have now begun delivering employment and enterprise supports in Swords and Balbriggan, and we are working closely with the Department of Social Protection to meet the needs of clients who are unemployed. We are also developing links with community organisations across Fingal, and we will be extending programmes such as Healthy Food Made Easy, Parenting Plus and We Can Quit (smoking cessation) in the community in the autumn. Our information van is now out on the road, with staff visiting community centres, libraries and shopping centres providing information on the services which we will deliver under SICAP.”*

Linda Curran, CEO, Blanchardstown Area Partnership



Dillon House  
106 Coolmine  
Business Park  
Clonsilla  
Dublin 15

Unit 2, 2nd Floor  
Parkside  
Mulhuddart  
Blanchardstown  
Dublin 15

New Office  
Main Street  
Swords  
Co. Dublin  
Opening Soon

Contact us



1890 100 019



info@bap.ie



www.bap.ie



## CAREER BOOTCAMP

Career Boot Camp is a fast-paced piece of training, targeted at job-ready clients.

**It teaches participants:**

**Focused Job-Seeking**

**How to create a winning CV**

**Interview skills and how to answer those difficult questions**

Career Boot Camp increases the confidence of job seekers who may have an abundance of experience and qualifications but poor job-seeking skills.

Participants need a basic CV and the ability to ask questions and engage in discussions. **Three half day sessions.**



## FUTURE OPTIONS

Future Options is a slower-paced course aimed at encouraging those who have been unemployed for a number of years to make that first step out of their homes and engage with training services. It is a bridging activity providing advice,



personal development, IT skills and adult guidance. It is NFQ Level 3 certified. On completion participants should have increased confidence and a clear career plan. **Three half day sessions for six weeks.**

## POWER OF POSITIVITY



A practical one-day workshop based on cognitive psychology that examines how our mind works and the power of positive thoughts and how that can be applied to job-seeking.

Unsuccessful job-seeking can cause lack of self-confidence and depression. This workshop seeks to help prevent this and to use rejection by employers to improve job searching.

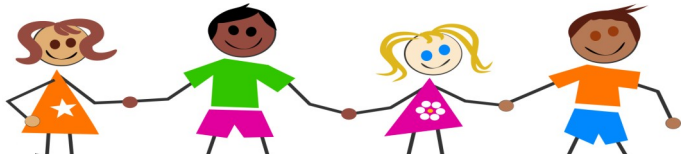
**One full day session.**

**All courses run in Swords, Balbriggan and Blanchardstown**

**If you are interested in attending any courses, please contact info@bap.ie or 1890-100-019**



## PARENTING - THE MOST IMPORTANT JOB YOU'LL EVER DO!



**Would you like the opportunity to come together with other parents in your area to share ideas and learn new techniques in a relaxed, friendly and fun environment?**

We are excited at BAP to be able to provide you with the opportunity to take part in the **Parents Plus Programmes** at different venues across Fingal.

They are practical and positive evidence based parenting programmes designed to: support and empower parents; to manage and solve discipline problems; to create satisfying and enjoyable family relationships; To help children and young people grow up to reach their full potential.

We run the **Early Years Community Course** - for parents of Children aged 1-6 and the **Children's Programme Course** - for parents of children aged 7-11. We have two Early Years Courses starting in the autumn in Baldoyle & Mulhuddart and also a Children's Programme Course starting in Mulhuddart.

**To get further information on these or future courses, or find out more about Parents Plus Parenting Programmes**

**Contact Pauline Mangan**

**on 0874190777 or email: pmangan@bap.ie**

## HEALTHY FOOD MADE EASY



**Coming Soon to Balbriggan and Swords**

Learn how to cook healthy food on a budget and improve your health on this fun course delivered in your community.

You'll learn great tips and cook and eat tasty food every week. The course takes place over six sessions of 2.5 hours and costs only €5 for the six sessions.

**What recent participants of HFME had to say:**

"I have learned to plan my meals and shop accordingly. I now walk 3 or 4 times a week and I am much healthier"

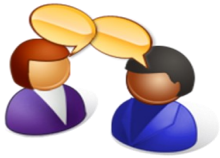
"The course is fun, easy to follow, very reasonably priced"

"I loved taking part in cooking of the meals. Also got great suggestions about where to get the best value when buying the ingredients."

**The course is suitable for everyone 16 years old and up. If you would like to have HFME running for your group or school please contact Róisín Devoy, 8209550, rdevoy@bap.ie**

**HFME in Dublin 15 in September**

**There are still places available for this course in Dublin 15. You can book your place online by visiting www.bap.ie or contact Kathryn Dardis phone : 01 820 9550 or email : kdardis@bap.ie**



'Fáilte Isteach' involves local people who volunteer to facilitate Conversational English with people who have come to live in Ireland from many different countries.

The aim of the programme is to provide basic language support in a practical, welcoming and inclusive way.

### **Fáilte Isteach sessions in Dublin 15:**

**Venue:** Dillon House, Coolmine Business Park

**Day:** Every Thursday **Time:** 2.00pm - 4.00pm

**Venue:** Fortlawn Community Centre, Blanchardstown

**Day:** Every Wednesday **Time:** 6.30pm - 8.30pm

**Venue:** Tyrrelstown Community Centre, Tyrrelstown

**Day:** Every Wednesday **Time:** 10.00am - 12.00pm

**If you would like to improve your conversational English and would like to register, or volunteer, please contact:**

**Monica Lawless**

01 820 9550 / [mlawless@bap.ie](mailto:mlawless@bap.ie)

for Dillon House & Fortlawn

**Rafe Costigan**

on 01 870 8415/ [rafe.costigan@fingal.ie](mailto:rafe.costigan@fingal.ie)

for Tyrrelstown

## WE CAN QUIT PROGRAMME

**Fingal Women are invited to join *We Can Quit* Programme**

***Free Support for Women Looking to Quit Smoking***

*We Can Quit* is a newly designed 12-week smoking cessation programme for women smokers 18 years and older. It is currently running in D15 and will extend to other areas shortly.

The programme is an initiative of the Irish Cancer Society in partnership with the Blanchardstown Area Partnership and the Health Service Executive. The '*We Can Quit*' smoking cessation programme is tailored to the needs of women who want to quit smoking.

The programme offers women a unique opportunity to explore and address some of the real life barriers to quitting in a positive way. The supportive environment of the programme will allow women to join forces with one another as they quit together. Classes will include all the necessary resources to quit, as well as group activities and one-to-one support.

**If you are interested ring Nuala 01-8262345, Susan 01-8260345, Barbara 01-8975119, or Sylvia 01-6464583**



ESOL courses for Beginner, Pre-Intermediate & Intermediate Levels will be taking place in Swords, Balbriggan & Blanchardstown from September 2015.

The courses aim to provide participants with the knowledge, skills and competence to communicate and interact at an introductory level in English, socially and in simple work related tasks. Providing the highest standard of training, these courses will allow each person to receive as much relevant information as possible, which will assist participants onto vocational training courses, labour market training or employment.

**For more information on these courses or to register, please contact Monica Lawless on [mlawless@bap.ie](mailto:mlawless@bap.ie) or 0851798866**

## COMMUNITY LEADERSHIP COURSE

The D15 Education Group has been working together since 2002 to provide training in the community. They have organised a course "Leadership in the Community" FETAC Level 6.

The course will run over 13 weeks starting early October and will finish at the end of January 2016. It will be held on Thursdays from 9.30am – 2.30pm including lunch break in BAPTEC Training & Education Centre in Dublin 15.

The application form will be available at the end of August. There will be a €20.00 application fee which is refundable on completion of course. The course will be funded by the Education group.

**For further information, please contact [janet.ivers@fingal.ie](mailto:janet.ivers@fingal.ie)**

We would see this as a great opportunity for people who are involved or employed in local community and for those who have FETAC Level 5 to acquire further qualifications.

An outline of the course content will be available on request at the end of August.

## LOCAL EMPLOYMENT SERVICE IN D15



Working under contract for the Department of Social Protection

**Living in Dublin 15 and out of work?  
We can help you on your way to employment**

**Contact (01) 8206379 or (01) 8262342**

**Send us an email at: [lesinfo@bap.ie](mailto:lesinfo@bap.ie)**

**or check us out at [www.bap.ie](http://www.bap.ie)**

# SUPPORTING COMMUNITIES ACROSS FINGAL

## WHAT WE DO

### COMMUNITY DEVELOPMENT

- Working with community groups to identify needs
- Making vital information available to the community
- Building better relations between the community, business, and state agencies in the area
- Supporting the development of sustainable community based initiatives
- Encouraging citizens to get involved in community gardens

### FAMILY SUPPORT & CHILDCARE

- Supporting the development of a range of affordable childcare provisions
- Ensuring high standards in childcare provision by offering advice, training, and ongoing supports
- Supporting families' identified needs through community-based services
- Delivering practical and evidence-based parenting courses
- Making sure quality, user-friendly services are available

### EDUCATION & TRAINING

- Breaking down barriers to education for all the people of Fingal
- Keeping youth in education and bringing them back into education
- Making access to higher level education easier
- Improving foreign nationals level of English

### EMPLOYMENT SUPPORT / ECONOMIC DEVELOPMENT

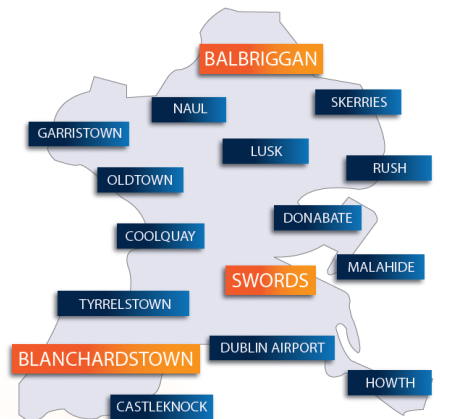
- One-to-one job-seeking support and career guidance
- Helping people up-skill and develop their careers to their full potential
- Increasing number of business start-ups and supporting community businesses and social enterprises
- Forging links between the community and local employers

### HEALTH DEVELOPMENT

- Encouraging people to stop smoking via the 'We Can Quit' programme
- Encouraging people to improve their diets and eating habits
- Supporting various community health based initiatives, such as "Men's Shed"



Social Inclusion &  
Community Activation  
Programme



## OUR OFFICES



**Dillon House, Coolmine,  
Blanchardstown, Dublin 15**



**Parkside, Main Street  
Mulhuddart, Dublin 15**



**Opening Soon - Main Street  
Swords, Co. Dublin**

## EXTERNAL TRAINING CENTRES



**The RIASC Centre  
Feltrim Road, Swords**



**BEAT Centre  
Balbriggan, Co. Dublin**



**1890 100 019**



**info@bap.ie**



**www.bap.ie**

