



Social Inclusion and Community Activation Programme (SICAP)

Enterprise/Self-Employment Supports

Are you aged 15 or over and currently unemployed?

Are you thinking about becoming self-employed, but need help in getting started or developing your business idea?

If so, our Enterprise Support Service can help you

We provide a confidential one to one service that will work with you to help you to develop your business idea.

We can help you with:

- Developing your business idea and business plan
- Accessing enterprise skills training
- Applying for the Back to Work Enterprise Allowance
- Getting started in business
- Networking with other small business owners
- Accessing business mentors
- Looking at other barriers that might be preventing you from becoming self-employed

How can I access this service?

Just drop in or call any of the Enterprise Support Service Team listed below and make an appointment.

The service is free!

Location/ Organisation	SICAP Contact Person	Contact Details
PAUL Partnership, Tait Business Centre, Dominic Street, Limerick.	Ann Marie Gleeson	061 419388 amgleeson@paulpartnership.ie
	Nuala Rennison	061 419388 nrennison@paulpartnership.ie
	Jane O'Mahony	061 419388 jomahony@paulpartnership.ie



EUROPEAN UNION

Investing in your future
European Social Fund



Comhshaol, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government **government supporting communities**



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