



Social Inclusion and Community Activation Programme (SICAP)

What is SICAP?

The Social Inclusion and Community Activation Programme (known as SICAP) is a new national local community development programme. The Programme is implemented in Limerick by PAUL Partnership and 9 community partner organisations.

SICAP aims to:

- Support individuals and communities who are experiencing social and economic disadvantage to address issues of social exclusion and inequality
- Support individuals to participate in lifelong learning, education and training opportunities
- Support individuals to access employment and self-employment

It does this by providing free services and supports to:

- ▶ People living in communities experiencing social and economic disadvantage
- ▶ Children and families living in communities experiencing social and economic disadvantage
- ▶ Lone Parents
- ▶ New communities (incl. refugees/asylum seekers)
- ▶ People with disabilities
- ▶ Roma
- ▶ The unemployed (including those not on Live Register)
- ▶ Travellers
- ▶ Young people (aged 15-24) not in employment, education, or training

What services are available under SICAP?

1. Education, Employment, Self-Employment Supports

- Do you fall within one of the groups of people listed above?
- Would you like to access education, lifelong learning, training and/or employment opportunities?
- Do you have questions in relation to: where to start, what to do, what supports are available, what can I do etc?

If yes, a SICAP Education and Employment Support Worker can help you to:

- Identify:
 - What do I want to do?
 - What are my learning, training, and/or employment needs?
 - What can I do to achieve my goals?
 - What supports are available to me?
 - What actions do I need to take to achieve my personal goals?
- Develop a Personal Action Plan which sets out a plan of action to enable you to achieve your personal goals
- Review your Personal Action Plan as you progress towards your goal of participation in lifelong learning, education, training, employment, or self-employment.

2. Community Development Supports

- Are you part of a local community group working with/supporting any of the groups listed above?
- Does your group need support, advice or guidance in order to achieve its objectives?
- If yes, a SICAP Community Development Support Worker can help you.

How can I access SICAP Services?

Just drop in or call any of the SICAP Workers listed below and make an appointment. The service is free!

Education, Employment and Self-Employment Supports

Area	Location/ Organisation	SICAP Contact Person	Contact Details
Employment and Self-Employment	PAUL Partnership	Elaine MacGrath	061 419388 emacgrath@paulpartnership.ie
		Ann Marie Gleeson (Self-Employment)	061 419388 amgleeson@paulpartnership.ie
		Nuala Rennison (Self-Employment)	061 419388 nrennison@paulpartnership.ie
		Ann Bourke (Employment)	087 9158115 abourke@paulpartnership.ie
Education and Lifelong Learning	Limerick City CDP, C/O St. Munchin's Community Enterprise Centre, Kileely Court, Kileely.	Susan O'Neill	061 328690 086 8162906 susan@limerickcitycdp.ie
		Kay Flanagan	061 609603 087 6254216 kay@limerickcitycdp.ie
		Helen Flanagan	061 328690 087 2843172 helen@limerickcitycdp.ie
Education, Lifelong Learning, Employment	Moyross CEC, Moyross Community Enterprise Centre, Moyross.	Catherine O'Shaughnessy	061 326057 catherine@moyross.ie
		Noelle Howard	061 326057 noelle@moyross.ie
Education, Lifelong Learning,	St. Mary's AID, Widows Alms,	Mary Quane	061 318106 mary.quane@stmarysaid.ie

Employment	Nicholas St.		
	Garryowen Community Development Project, 2 Garryowen Road.	Maghnus Collins	061-319883 maghnus@garryowencdp.com
Education, Lifelong Learning, Employment	Our Lady of Lourdes CSG, Greenfields Cross, Rosbrien.	Gillian Jonker	061 228596 adult.ed@ololcsg.ie
		Denise Hannan	061 228596 denise.hannan@ololcsg.ie
Education, Lifelong Learning, Employment	Tait House, Roxboro Road.	Catherine Bourke	061-415340 cbourke@tighthouse.ie

Community Development Supports

Organisation	SICAP Worker	Email
PAUL Partnership, Tait Business Centre, Dominic St.	John Buttery	061 419388 jbuttery@paulpartnership.ie
	Mary Blackmore/Sarah Jane Hennelly	061 419388 mblackmore@paulpartnership.ie sjhennelly@paulpartnership.ie
Garryowen Community Development Project, 2 Garryowen Road.	Maghnus Collins	061-319883 maghnus@garryowencdp.com
Limerick City CDP, C/O St. Munchin's Community Enterprise Centre, Kileely Court, Kileely.	Juan Carlos Azzopardi	061 328690 087 2338411 juancarlos@limerickcitycdp.ie
	Majella O'Connor	061 411076 087 9475362 majella@limerickcitycdp.ie
	Mary Fitzpatrick	061 313024 085 7350273 mary@limerickcitycdp.ie



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EUROPEAN UNION

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European Social Fund



Comhshaoil, Pobal agus Rialtas Aitiúil
Environment, Community and Local Government



pobal
government supporting communities

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