

*Demonstration of Work: SICAP 2018 – 2023*  
*Proposal for SICAP Case Study 2022*

**Core Theme: Engagement Strategies with SICAP Target Groups / Communities**

The proposed Case study will take the form of a Video Study of the commission, delivery and evaluation of a new online Personal Development Course (SICAP Action 2.11).

The Case Study will explicitly address the core theme of Engagement strategies with SICAP Target Groups/Communities. In this instance the focus has been people needing Mental health and wellbeing supports and included young people, people with a disability, older persons, long-term unemployed and those experiencing social isolation. Participants on the Course range in age from 18 to 77 years of age and are drawn from across the City but with a particular focus on disadvantaged communities.

We will demonstrate how the need for such a course was identified, how it was promoted to clients, how it was delivered and how clients were supported throughout the duration of the course and beyond.

The specific challenges of initiating this new piece of work will be highlighted, as well as the successes and learnings for future iterations of this and similar wellbeing supports.

There will be a specific focus on the part that inter, and intra-agency collaboration has played in the preparation, planning and delivery of the course.

We will seek to provide a comprehensive picture of the genesis of the project and how it meets an expressed need, in particular the need for supports to build and maintain resilience for isolated and vulnerable clients. This, of course, being of the utmost importance as we transition to a post COVID environment.

We shall demonstrate how individuals from these Target Groups have received ongoing wellbeing and capacity building supports through the Personal Action Plan and the use of the Distance Travel course. The mapping and development of referral pathways will constitute an integral part of this SICAP action.

The case study will highlight and privilege the individual testimonies of participants on the course. The key will be to illustrate the arc of their engagement with SICAP and to capture the outcomes for individuals, such as increased confidence, resilience and wellbeing.

A narrative piece will be included to accompany the video in order to expand the context and content of the study.

The role and contribution of SICAP will be made explicit in the study and we will highlight the importance of a whole Company approach to programme delivery, with particular emphasis on the depth of collaboration involved.

In line with the Case Study Guidelines 2022 as circulated, Galway City Partnership will submit this to Pobal by Friday 7<sup>th</sup> October 2022.