



**Galway City Partnership**  
Comhpháirtíocht Chathair na Gaillimhe

*a tide for change*  
*an taoide ag casadh*

# *'Keeping an Eye on How I Am'*

## *SICAP Case Study 2022*

*A Video Case Study of the  
development and delivery of a  
Personal Development and  
Wellbeing Course*



Ireland's European Structural and  
Investment Funds Programmes  
2014-2020

Co-funded by the Irish Government  
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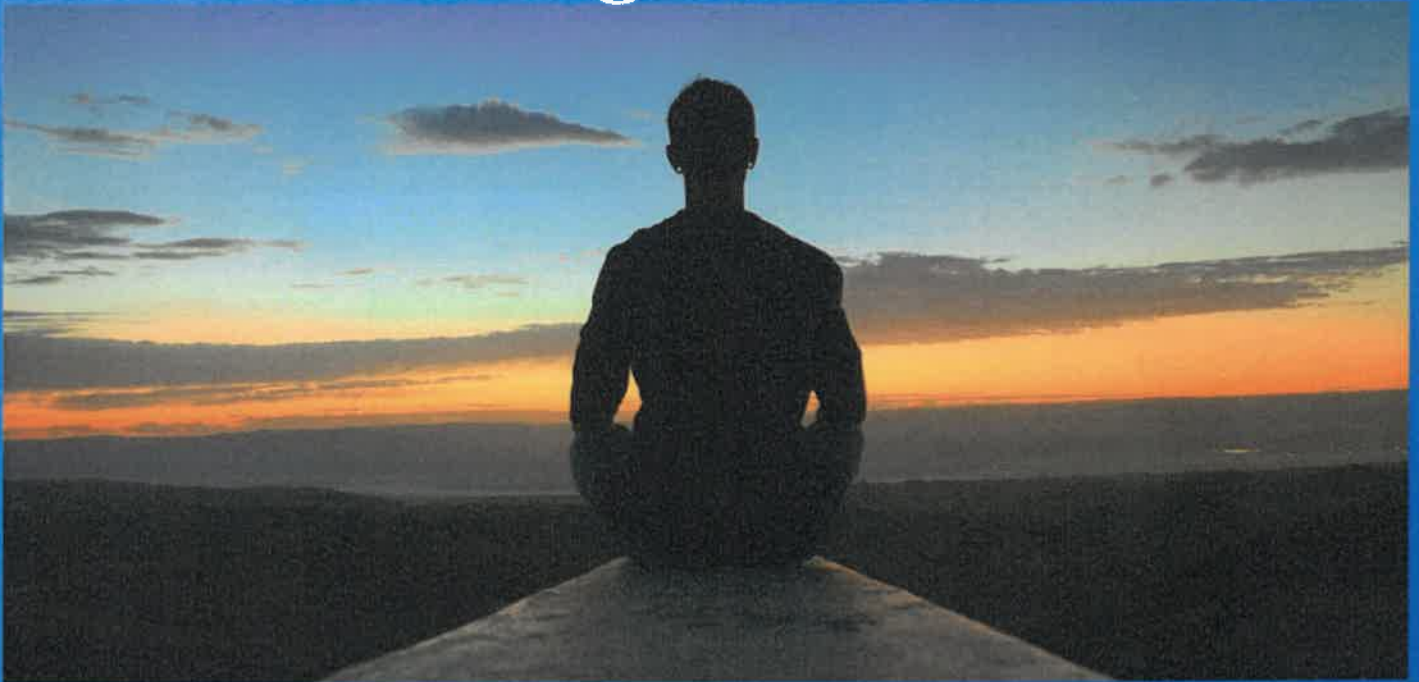




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# *A Free Online Personal Development Programme*



*Starts Wednesday 27th April 2022 and runs for 6 weeks . Each session runs from 10.30am-12noon*

*For more info contact Mary on 086 173 0810  
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*Narrative to accompany Galway City Partnership SICAP Case Study 2022 'Keeping an Eye on How I Am'.*

*This case study takes the form of a Video study of the commission, delivery and evaluation of an online Personal Development Course. Mental Health has been identified both nationally and locally as a programme priority. The World Health Organisation has reported that the COVID-19 pandemic has severely impacted mental health and wellbeing.*

*The study seeks to demonstrate how the need for such a course was identified by staff working to support clients during the COVID Public Health Emergency, how it was promoted across the Company and the wider community, how it was delivered and how clients were supported throughout the course and beyond.*

*The study contains testimony from 3 participants and illustrates the successes and learnings which may be taken for future iterations of this and similar wellbeing supports.*

*The narrative demonstrates the value of inter, and intra-agency collaboration in the preparation, planning and delivery of such an initiative.*

*The video highlights the genesis of the project, how it was developed to meet an expressed need, in particular the need for supports which help to build and maintain resilience for isolated and vulnerable clients. This is, of course, of the utmost importance as we transition to a post COVID environment.*



*The successful delivery of the course required the provision of SICAP resources both financial and staff. The course was fully funded under Goal 2 Action 2.11 Personal Development and Wellbeing Supports. Staff across the company in both Goals 1 and 2 maintained regular contact with participants to provide ongoing wellbeing and capacity building support.*

*The relationships and capacities developed by staff during the COVID emergency were extremely beneficial in this regard.*

*The course was widely promoted across social and traditional media, this was an extremely important approach in order to reach potential participants who may have been engaging with services or who had disengaged during COVID.*

*The course being fully delivered online was of considerable advantage in extending its reach, supports for clients lacking digital competencies were provided by staff and a group of retired participants were facilitated to attend the course in a group centre in a Community Resource Centre. Every effort was made to ensure barriers to participation were removed.*

*The video privileges the personal testimonies of 3 course participants one of whom provided the title for the study, 'Keeping an Eye on How I Am'.*

*The Case study explicitly addresses engagement strategies with SICAP Target Groups, namely people with a disability, older persons, long-term unemployed and people experiencing social isolation.*