



#COMMUNITYWORKS!

A snapshot of groups and organisations supported by Waterford Area Partnership's Social Inclusion And Community Activation Programme (SICAP)



#CommunityWorks!

The team at Waterford Area Partnership works with a wide variety of local community groups and organisations across Waterford City and County. We constantly see the enormous voluntary effort, the projects and the many successes achieved by these groups and organisations. From men's sheds making Buddy Benches for local schools, to lady's groups making Blankets of Hope for cancer patients; from resident's associations striving to improve their areas, to new communities seeking to preserve their culture and language, we are privileged to work alongside these groups and to meet so many who give freely of their time, energy and creativity for the benefit of others. #CommunityWorks! highlights the work and achievements of just some of the groups that we work with and showcases the impact of their efforts within their own communities. In preparing this publication, many people we talked to who are involved in the community said that they get back much more than they give. We recognise that for some people, community participation might simply be enjoying a cup of tea and a chat, but for someone else, it may be a life-line.

We would like to acknowledge the significant time, energy and commitment each group gives, including those who have staff. We appreciate the critical resources they bring to their communities through funded programmes, managing community centres, providing supports and services such as Meals on wheels, family counselling, community events, social gatherings, IT training...the list is endless.

Waterford Area Partnership makes a significant contribution within the fabric of our communities. Our team continues to build on their knowledge and experience, providing invaluable programmes and activities and supporting people to make positive choices and changes in their lives.

#CommunityWorks! is an opportunity for us to give our thanks to each and every person, especially volunteers, who are involved in community groups in Waterford City and County. Our admiration for your work and commitment is immense. You may never fully know the positive change that your actions make in other people's lives, so from all of us, a heartfelt Thank You.

We look forward to continuing to work with you and we wish you every success in achieving your goals in the years ahead.

Liam Quinn, C.E.O., Waterford Area Partnership

Community Development Team (Goal 1)



L to R: Community Development Workers Stephen Whelan, Siobhan Hubbard, Sarah Jane Duggan and Jacinta Carroll, with Community Development Manager Catherine Power.

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Cheekpoint and Faithlegg

Cheekpoint and Faithlegg Development Group

We started the Cheekpoint and Faithlegg Development Group in 2008 primarily to resurrect the Community Fun Days and to inject energy and community pride into our area. The original members developed a purpose-built playground in a natural setting overlooking the River Suir. Our group is very active, responding to local issues, supporting other initiatives and coordinating annual events with the aim of enhancing community spirit and strengthening community connections.

Our group seeks to promote greater interaction and cooperation within the community by encouraging active lifestyles, promoting health and safety, exploring enterprise opportunities, caring for the environment, and sharing our area's rich historical heritage with others.



Activities and initiatives include:

- ✓ Applying for funding to access training, employment and development opportunities
- ✓ Strengthening community structures and supporting our local community groups
- ✓ Completing a playground in the centre of the village
- ✓ Hosting fundraising and community events annually
- ✓ Carrying out maintenance work and co-ordinating regular community clean ups
- ✓ Organising a footpath in place from the school to the church
- ✓ Developing and delivering community newsletters and information pack for the community
- ✓ Working with Waterford City and County Council to develop local trails and footpaths
- ✓ Developed a bio-diversity plan for the area
- ✓ Ongoing engagement with Clean Coasts

“It makes me feel so proud that we have such a wonderful, caring and thoughtful community.”

Contact:
info@cheekpointandfaithlegg.com



Dungarvan Deise Women's Shed

Our shed came from a need for women of all backgrounds and ages to meet, share experiences, reconnect with old friends and make new friendships.

We are an inclusive group, welcoming all women to come together to shape, change and improve daily life within our communities.

The ethos of our group is *Women supporting Women* by listening, talking and sharing a cuppa. With over 79 active members, our shed has had a positive impact on many women's lives by making them feel included, promoting health and wellbeing and providing a safe, secure environment. We are keen to encourage more women to get involved in our projects and activities.

Just some of the achievements and activities of the Deise Women's Shed:

- ▶ Participation in the Sports Partnership Cycling and Walking programme
- ▶ Knitting and crocheting classes with local secondary school
- ▶ Yoga, art and flower arranging
- ▶ Making *Blankets of Comfort and Hope* for sick patients
- ▶ Irish language and creative writing classes
- ▶ Ongoing activities that support charities
- ▶ Fundraising initiatives

CONTACT:

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The Women's Shed & Me!
By Pat Roche

What can I say about
the Deise Women's Shed?
which won't seem condescending, clichéd
or already has been said.
What is it about ordinary women -
mothers, widows and wives?
who, can get together,
to make a change to,
theirs and others lives.
What started as chatty mornings
sharing coffee, biscuits and tea.
is now a hub for good works,
a veritable caring industry.
To be one of this group,
just fills my heart with joy.
This meeting of minds, smiles and laughter.
It's as comforting as a child's favourite toy.
Though two years of Covid has cut
a swathe throughout the land.
It has not diminished the love and energy
infused within this female band.
I hope with these words
I've stated clear and loud,
how I feel about the Women's Shed?
I feel proud!

Dungarvan

Dungarvan Men's Shed

With nearly 30 members, our shed provides opportunities for men to gather together, participate within our community and to advance our health and well-being in a safe and happy environment.



Our group enjoys lots of conversation and learning new skills. Our members feel that their personal, leadership and social skills have improved, along with their confidence, hope and self-esteem. We would like to expand our membership to include men living in more rural areas and younger men.

Just some of the activities that we are involved in:

- ✓ Hospital visits.
- ✓ Social, heritage and educational outings.
- ✓ Art, cookery, computer, gardening and health and well-being courses.

I highly recommend to any man who is thinking about joining the shed to join because it's a great place to socialise.
- Eddie Bennett

Community Projects that we are involved in include:

Waterford Greenway, Dungarvan Aglow, West Waterford Eco Group, local churches and schools and Tidy Towns.

Our group has been collaborating with the National Biodiversity Data Centre on the Waterford Greenway biodiversity project and there are plans for our facilities to be used as a biodiversity demonstration site.

CONTACT:

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West Waterford

Little Conquerors

West Waterford Autism Parent's Support Group

We are a group of parents with autistic children who wanted to make a difference in West Waterford. We set up our voluntary community organisation 'Little Conquerors' in March 2016.

We believe that in order for people with autism to be truly included in society, people must be provided with the skills and knowledge to be able to advocate for them and have their voices heard so that society will be open to those with autism.



We offer a platform in West Waterford to help those affected by autism to voice their concerns and bring attention to issues of concern.

Our group has empowered many parents to share experiences, concerns and ideas with others, breaking down geographical and social isolation.

We help society to be more informed about the condition of autism.

CONTACT

Email: infolittleconquerors@gmail.com

Dungarvan

Carriglea Cáirde Services | New Directions In collaboration with Shandon Allotments

Our service provides residential, respite and day services and supports to approximately 180 persons with an intellectual disability or autism and their families throughout Waterford. We work in partnership with local communities, state agencies and voluntary organisations to initiate and develop inclusive opportunities for service users.

We have embraced the new approach to adult day services set out in the HSE report 'New Directions' and have progressed from the provision of centre-based activities/sheltered work towards mainstream community-based activities.

We are collaborating with Shandon Allotments to ensure the inclusion of people of all abilities in gardening and horticulture activities, enabling them to learn new skills and enhance their development.

Waiting for the sun to come out again so we can plant our strawberries and herbs!

Hi everyone, my name is Paddy, I do gardening up in Shandon Allotments in Dungarvan. My jobs are growing vegetables such as carrots and cabbage. Also digging and levelling the dirt. It is fun and everyone helps out. My co-workers are nice, funny and a great laugh.

My name is Thomas. We go to the allotments once a week to see how our plants are growing. Sometimes things don't grow very well. I spilled water on myself once. We have planted carrots, spuds, strawberries and cabbage. I have helped with digging, watering and wheelbarrowing.

My name is Niamh. I like the allotments as we are able to plant flowers, lettuce seeds and spinach seeds. We also planted strawberry plants.

Hi everybody, Michael here. Every Tuesday we go up to the allotments and we plant carrots, spuds, lettuce etc. The jobs I do up there are digging, planting, watering and weeding.

Hi my name is John. My favourite job at the allotments is watering plants. I had a lovely bit of lettuce from the allotments last night for my tea.

Hello, my name is Seónadh. I help to water cabbages, flowers and sow seeds. I try to make sure that Clare's printed flowers are not watered for fun!



CONTACT

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Dungarvan | Waterford City | West Waterford

Treo Port Lairge


We work with individuals, their families and the wider community in Waterford City, Dungarvan and West Waterford and our comprehensive outreach services include:

- ✓ Advocacy and guidance
- ✓ Personal development supports
- ✓ Accredited education and training programmes
- ✓ Physical activities
- ✓ Sober recreation
- ✓ Prison in-reach/community reintegration

We operate a Special Rehabilitative Community Employment Scheme for 15 stabilised drug users aged 18 to 35 in Dungarvan and West Waterford. This scheme provides a blend of education and training initiatives so that participants are better prepared/skilled to enter employment.

Our organisation operates a full-time local training initiative providing QQI accredited education programmes, basic lifestyle and life skills supports with disengaged and vulnerable people aged 16 to 23 from West Waterford.

We also run a social enterprise called Renew, a business that provides full-time employment to people from Treo's target group who have experienced repeated barriers to employment. Renew produces a range of woodcraft products and services including bicycle repair and small engine repair.

A close-up photograph of a person's hands working on a bicycle chain. The person is wearing a dark blue long-sleeved shirt. The bicycle frame is black with green and yellow accents. The background is a colorful, abstract mural with green, yellow, and red shapes.

I received a non-judgmental approach from the Treo staff, who listened to what I had to say and supported me with all the decisions that came from my case. They suggested I complete a couple of courses online to help me understand the errors I had made and this had a profound impact on me, it helped me see the impact my mistake had on the people affected. I cannot recommend Treo enough to anyone who might find themselves in a difficult situation like mine.

- Avril

CONTACT

admin@treoportlairge.ie
www.treoportlairge.ie

Lismore

Bothar Mochuda Community Garden

Our community garden began when we came together with the common purpose of collectively gardening a piece of disused urban wasteland owned by Waterford City and County Council.

We manage and maintain the community garden ourselves, we provide fresh produce and plants to our community and we enjoy satisfying work in the garden. The community garden itself also provides neighbourhood improvement and fosters a sense of community and connection to the environment.

We link in with other local groups including Tidy Towns and Lismore Men's Shed to help develop the garden.

Contact

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Lismore

Lios Mór Mochuda Men's Shed **Lismore Men's Shed**

Our shed provides a community-based opportunity for men to come together to share in the collective strength of conviviality, kindness, consideration and to pool talents in order to construct a not-for-profit enterprise.

Our activities ensure that no one needs to be alone or in need of good company and we make sure that everyone is appreciated for their companionship and efforts.

Our group alleviates isolation by providing men with opportunities for regular social contact in a cohesive and inclusive society. We discuss men's health and mentor and support men of all ages, while also endeavouring to teach each other new skills.

Our shed is also an opportunity for just getting together for a friendly chat over a cup of tea, always accompanied by plenty of laughter and camaraderie.

Contact:

lismoremensshed20@outlook.com



Passage East

Waterford Estuary Men's Shed

A few of us who live in the area realised that there was little option for men to get together other than in the pub. We were also aware of men in the community who either lived alone or who found themselves post-retirement with a lot of time on their hands. So we decided to set up a men's shed where men could meet to enjoy each other's company and participate in various activities. The Port of Waterford Pilots Building was made available to us and with the help of the local community development association we opened the doors in 2018 and we now have some 40 registered members.

In our shed workshop, members make wooden items such as planters, bird-feeders, nesting boxes and garden furniture and they also repair and restore items for local people. We have also made buddy benches for local schools. Our group aims to keep working together with other community groups to enhance and develop the area and to continue to combat isolation and loneliness.

Activities include:

- ✓ Art classes
- ✓ IT Training
- ✓ Walking group
- ✓ Local history and heritage activities
- ✓ Educational and social day trips
- ✓ Men's Health
- ✓ Healthy eating and cooking

Contact: wemshed@gmail.com



One of the first men to join our shed was Tommy who went to his doctor not feeling too good. The doctor wrote out a prescription which said "Join a men's shed". A copy of it now hangs on the wall of our shed. In a recent article with the Farmers Journal, Tommy said "joining the shed has changed my life and helped me to cope with health issues". He loves to cook and is very popular in the shed when he produces his version of the full Irish breakfast.

Portlaw

Portlaw Men's Shed

In 2018, staff in St Brigid's Family Resource Centre suggested a men's shed for Portlaw. There were many men who were retired or unemployed in the area so the idea of a men's shed was most welcome.

Our shed consists of 12 to 14 active members and we are usually on site each day from 9.30am until lunch time or late afternoon. Our activities include general woodwork and our members construct garden furniture such as picnic benches and plant pots which are made available to the wider community, for which a donation is generally made to the shed. Our members particularly enjoy woodturning and we are planning to produce pens made from turning Native Yew Timber.

One member of our shed is highly skilled in art and encourages others to get creative.

Of course, we always find time for a cup of tea and a chat as the social aspect is really what it's all about.



Tramore

Tramore and Waterford Arch Club

The Tramore and Waterford Arch Club is a social club for people with an intellectual disability. Active since 1996, we provide a safe space for our members to develop social and interpersonal skills and to learn real world skills, while also providing respite to families.

Run by volunteers, our group is a registered charity and is completely funded through donations and fund-raising activities. Inclusivity, integration and friendship are the principal driving forces of our club and we rely on the incredible support we receive from businesses, community and sporting organisations in Waterford.

With over 60 members varying in ages from 17 to 63, we are an active and fun group who enjoy dance, music, playing games, making jigsaws and colouring on our weekly club night. Our members also enjoy trips to the cinema, theatre, bowling and the annual end of year trip away.

Awards and Achievements

- ✓ Social Inclusion Award 2017 (Waterford Community & Voluntary Awards)
- ✓ Mayor's Award 2018 (All Island Pride of Place Awards)
- ✓ Several club members represented Ireland at the Special Olympics 2007 in Shanghai, with some members winning medals in individual events.

Contact: tandwarchclub@gmail.com



I speak for my daughter Carol who would not miss a club night at the Arch Club. It is the only social club offering a safe and friendly space where Carol can socialise and have fun with her friends. Many new friendships were formed at the club. Carol loves the huge variety of activities offered within the club.



Tramore

Tramore Eco Group

We began in 2018 as a small group of like-minded people with an interest in the environment who were eager to promote environmental awareness within our community. Our group began with the mission of heightening the perception of the beauty and diversity of Tramore's ecological environment. With a membership base of approximately 30 volunteers, we are always open to new members, including students who may wish to gain an insight into the workings of an environmental group.

Our activities include:

Wildlife Survey

We are currently conducting an ongoing ecological survey in order to study and protect the biodiversity of the area, including birds, bats, barn owls, butterflies and other pollinators, as well as the water quality of the three streams that flow into the Backstrand. The findings of this extensive survey are helping us to produce an action plan for the protection and enhancement of Tramore's biodiversity.

Plastic Bottle Bins

We successfully requested special bins for the collection and recycling of plastic bottles. Beautifully designed bottle shaped bins were installed by Waterford City and County Council at both ends of Tramore promenade.

Bee Corridor

One of the key initiatives of our group was to create a bee corridor throughout Tramore. Lafcadio Hearn Japanese Gardens has facilitated our group on several occasions in setting up stalls to give free plants to the community.

Clean Coasts

Our group continuously help to promote clean beaches and clean seas and we carry out a weekly beach clean.

Contact:

Email: tramoreecogroup@gmail.com

Facebook: [@tramoreecogroup](https://www.facebook.com/tramoreecogroup)

Website: tramoreecogroup.ie

Tramore Bay and the land around it is a beautiful place. Its many habitats support a wide and rich biodiversity. We in the Tramore Eco Group want to keep it that way and we will do this through different projects that preserve and enhance the natural environment and heighten awareness among local people of the natural richness they have at their doorstep.



We work with and support families, young people and individuals in the communities of Ballybeg, Kilbarry, Larchville, Lisduggan and Manor St. John.

Family Support and Community Development

Parenting has its challenges! Our Family Support programme offers assistance to parents and families through working in partnership with children, young people and parents as well as in partnership with agencies and practitioners in achieving positive outcomes.

ParentChild+

We provide an evidence based 'learning through play' experience for parents and their pre-school children designed to strengthen the natural bond between parent and child.

MAD Club - Young Person Education Support and Youth Work

We run an after-school, community-based education support programme supporting young people with their formal education, supplemented with sports, activity and leisure-based programmes.

ATEC – Adult Training and Education

Adult education and training courses including gardening, music, meditation and art, as well as online learning.

KEY Project

Employment supports including Community Employment schemes, skills training, job alerts, information and services such as C.V. preparation and assistance with application forms.

Youth / Community Café

A bright vibrant space which hosts meetings, activities, training and social events.

Ballybeg Greens

A social enterprise which supplies organically grown produce to the food service industry as well as providing horticulture training programmes.

Community Allotments

30 allotments where people can grow a range of fresh produce.

Waterford Parent Hub

Providing support to anyone parenting in Waterford. Parenting courses and parenting groups are promoted on Facebook @waterfordparenthub. We have a dedicated phone line to assist with any parenting queries: 085 8737415.

Contact:

Email: community@brillfrc.ie

Website: www.brillfrc.ie

Facebook: @BRILLFRC



Waterford City

Cill Barra Fitness

We work closely with the local community providing affordable and accessible sports facilities. Our team at Cill Barra Fitness work hard to keep the atmosphere friendly, professional and educational as we focus on the wellbeing and fitness of every gym member and hall user. A lot of people have been using the sports hall and gym for many years and new people join almost every week.

We promote inclusivity and diversity, aiming to make fitness and wellbeing accessible to all in Waterford.

Contact:

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Website: www.cillbarrafitness.ie

Facebook: [@cillbarragym](https://www.facebook.com/cillbarragym)

Phone: 051 350800

Cill Barra Community Sports Centre was developed by Waterford Local Economic Development Company (LEDC) CLG in October 2006.



Waterford City Déise Men's Shed

Our shed is a friendly and welcoming place where men come together, providing a much-needed resource where we can be productive, enjoy each other's company and share experiences in the workshop or over a cup of tea. With almost 50 members, we support many local community organisations through our voluntary activities.

Our members enjoyed working on the very successful 'Bee Hotel' initiative, a collaboration with Waterford City and County Council and the National Data Biodiversity Centre where we made bee hotels to provide sanctuary for the bee population on the Waterford Greenway.

Our other projects include making benches for the Solas Centre, countless Buddy Benches for local schools, as well as making props and stage backdrops for local musical societies. Our group continues to reach out to the community offering our services on a voluntary basis.

Contact:

deisemensshed@gmail.com

Facebook: @deisemensshed

I'm many years retired now and the men's shed is like a home away from home. I live for the laughs and enjoyment in the shed. There's so much energy in one place, honestly it lifts the heart and motivates me.

We have completed some very special and individual pieces and projects which have reduced people to tears. When we bring a very special piece of furniture back to life for somebody or make a seating aid for a child with additional needs, this is in essence the magic that makes the shed what it is. We have completed countless projects which provided shedders with interesting challenges and this is what keeps us motivated. We never know what's next in the door and two days are never the same.



Waterford City Larchville Lisduggan Residents Association

The present group started in 2002, after the previous resident's association had been dormant for some time. What started as a meeting on a cold November evening in a car park has now become an active committee, with support from Waterford City and County Council, Waterford Area Partnership and local businesses.

Our residents association has arranged four defibrillators to be available for use. We have also planted flowers and shrubs in drab areas, making Larchville Lisduggan a place to be proud of. We are also deeply involved with the development and enhancement of the local community and youth groups.

Our future plans include having a community hall for the use and enjoyment of all residents in the area, both for the young and not so young. In 2019, we won the Mayor's 'Pride of Place' Award and in 2020 we were runners-up in the All-Ireland competition.



Contact:

Email: 1themanor@gmail.com

Facebook: @manorsaintjohn

When I became a member of the resident's association at 75 years young, I saw the benefits to the community, so I began working with people of my own age and started a group within the community and I have been working to ensure involvement of my elderly neighbours.
- Gus Fitzgerald

Waterford City Manor St. John Youth Service

We are a voluntary organisation governed by a committed group of people who give their time on a voluntary basis for the benefit of young people and their families in the area.

We are a progressive youth service that provides a wide range of services and supports for young people between the ages of 10 to 25 years old in a professional, safe and fun environment.

Our programmes are designed to be educational, developmental and recreational and to engage young people in constructive out-of-school activities which build confidence, supports personal development and encourages active citizenship.

Activities include:

- ▶ Adventure Club
- ▶ Internet Technology Training
- ▶ Personal Effectiveness Programme
- ▶ Sexual and General Health
- ▶ Camps
- ▶ Youth Café

Email: info@manorstjohn.ie



Waterford City New Community Men's Shed

Living in Direct Provision, refugees can be among the most vulnerable in society, with all the usual challenges that unemployed men face and with the additional challenges of language, a foreign culture and often without family or social support. They are the most likely to enter a cycle of poverty which may last for generations. The aim of our shed is to prevent this outcome by socially engaging, building friendships and by sharing skills including:

- ✓ Woodworking
- ✓ Furniture making and restoration
- ✓ Painting
- ✓ Bicycle repairs
- ✓ Formal and informal language lessons
- ✓ Computer skills
- ✓ Gardening

Our shed also helps members to prepare CVs, assists with complicated legal documents and offers advice and support wherever necessary. Our shed soccer team 'Al-Amal' (Hope) plays regular matches in the People's Park.

Contact:

Email: newcommunityms@gmail.com

My life changed when I joined the shed. For three years I was doing nothing then I joined the shed and my life started. The shed changed my life.
- Bahati Matembera, now in full time employment with Industrial Cleaning services.

I found myself when I joined the shed. Before I had no direction, no way, but the shed got me a job in Teva and now I have plans, I have a future.
- Roxhers Ibrahimi, now in full time employee at Teva Waterford.



Waterford City Igbo Community Group

Our meetings and social gatherings provides relief from depression and mental stress - I always look forward to our outings.

Our group supports each other and helps members of the Igbo Community who find it difficult to integrate into Irish society due to the language barrier, cultural differences and a new way of life. Our group also aims to preserve and promote our rich cultural heritage and to pass on the Igbo language and culture to the next generation.

With over 30 active members, we also promote wellbeing through meeting regularly, which provides an avenue of checking on people's welfare and helps to relieve stress and fight depression.

Our activities include:

- ✓ Annual sports day
- ✓ Weekly Igbo language classes
- ✓ Annual end of year thanksgiving event
- ✓ Annual cultural day which includes dances, food and cuisine, as well as cultural attire/costume displays

Contact:

Email: lcwk2000@yahoo.com



Waterford City Nigerian-IRE Community

We began our group in 2010 to promote and protect the unity, interests and rights of Nigerians as a community in Waterford. Our group seeks to promote equality in all moral and legal forms and to advocate against discrimination in accordance with the Employment and Equality Act 2015.

With over 100 registered male and female members, our group promotes patriotism and a good sense of responsibility with a view to projecting a positive image of Nigerians as a whole.

Activities include:

- ✓ Holding an annual sports day in the Regional Sports Centre
- ✓ Organising seminars for cultural and educational growth
- ✓ Celebrating Nigerian successes in the community

Contact:

ncwaterford@hotmail.com

Thank you so much for the great support during the Covid-19 lockdown. I truly appreciated your kind gesture of both financial and dry food supplies. May God bless the sources and purses where all these come from and protect us all through this pandemic in Jesus' name.



Waterford City

St. Paul's and District Men's Active Retirement Association

With about 20 members, the focus of our group is on being active, positive and supportive, and we are particularly proud of our charity and community work. Our bowling team has achieved outstanding successes, including winning two national titles. We also organise a bowls league annually in Waterford which attracts up to sixty participants from all over the South East.

Activities include:

- ✓ Pitch and Putt
- ✓ Indoor Bowls
- ✓ Social outings
- ✓ Yoga
- ✓ Event stewarding
- ✓ Delivering Christmas Hampers for St. Vincent de Paul

A friend introduced me to the group and the friendship and understanding I found changed my life and opened up a new world for me. This has been transforming for myself and my family and gives me a reason to get out of bed smiling. - Jack Ryan

Contact:

Email: stpaulsmensara@gmail.com



Waterford City

Sudanese Community Group

Our group began in 2015 when people from Sudan who were living in Waterford were finding it challenging to settle in due to the language barrier and lack of information. We came together as a way of helping each other and connecting into local resources. Our group now has approximately 120 men, women and children who are all part of the Sudanese community in Waterford. We help members to integrate into Irish society by providing appropriate skills and information.

Our activities are conducted in a local community centre and include IT training and English language courses along with C.V. and interview preparation.

CONTACT

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Top of the City Community Garden

Our group came together to transform a derelict inner-city site into a sustainable community garden for local residents to access and enjoy.

We saw the need to provide a green space where we could create a garden, grow vegetables and support the idea of food security. Our initial goals were to learn about and share knowledge of growing healthy food 'from farm to plate' and to promote biodiversity and sustainability.

Our volunteers engage with each other on many different, often intergenerational levels. We currently have seven 4.5m long beds where fourteen volunteers grow vegetables in a chemical-free, affordable way. We exchange plants and seeds and pool knowledge to support each other as we grow. The garden's herb section can be used by all for cooking, and tomatoes, peppers and other vegetables are grown in a polytunnel.

The boundary walls of the garden are of significant historical value and we put a lot of effort into preserving them. 'The Forgotten Barracks', a documentary about the history of the garden, was released by Top of the City members during Heritage Week in August 2021. We have also organised several events including live music and art exhibitions.

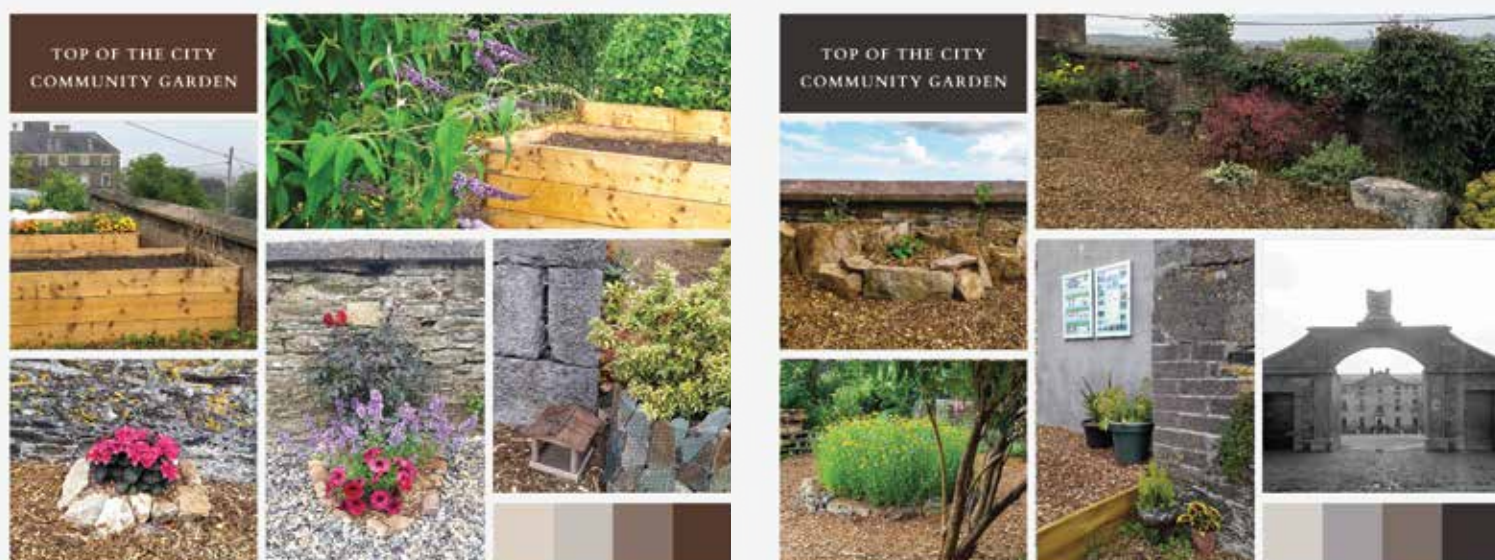
Contact

Email: top.of.the.city.garden@gmail.com

Facebook: [@topofthecitygarden](https://www.facebook.com/topofthecitygarden)

The garden is a common space we have longed for in the inner city. My son and I learn so much about nature there. He has seen flowers grown from seed, he has dug and seen his hard work blossom, he has made new friends and the community around him has enhanced his life so much.

In the future, I foresee so many community activities happening in this incredible space. What is about to bloom for this garden far surpasses the flowers within. This is a much-needed space that was finally made possible by a group of people who dream with their eyes open.



Atelier Roma Project

Our project is based on the border of Kilkenny and Waterford working with Roma Men in delivering training to support new skills and employment opportunities since 2017. As one of three projects within U-Casadh CLG, we are delivering our activities and programmes with funding from the Department of Justice and Equality.

Currently our project supports approximately 43 Romanian, Czech and Slovak Roma families. This creates a rich and diverse group with different cultures and languages. Our services and supports include weekly foodbank deliveries, advocacy work, English language and health literacy which are funded by other agencies such as HSE.

Activities and skills-based training include:

- ▶ Safe Pass Training
- ▶ Manual Handling
- ▶ Woodwork
- ▶ Horticulture
- ▶ Literacy

We are also working towards establishing a Roma Women's Project to start in September with many women interested in sewing and craftwork. This came about through our family advocacy work and we are looking forward to this new project.

Contact:

jimbruton@ucasadh.ie

We
as a family have
been very fortunate
to have the support of
the team during very
trying times. They have
been very supportive and
for that we are grateful.



Waterford Migrant Information Forum

The Waterford Migrant Information Forum was established in 2018 to give migrants a voice and to bridge the gap between migrants and services in Waterford that can help people to have well-integrated lives. We provide a platform for the engagement and representation of migrants and we offer an important mechanism in enabling migrants to engage in local decision-making.

With 18 members representing different migrant communities, our group worked together with Waterford City and County Council and the Local Community Development Committee to create the Waterford Migrant Integration Strategy 2021 - 2024.

Our group continues to advocate and voice the need for migrants to be provided with equal opportunities to gain employment, education and housing and it supports any initiatives that will contribute towards the integration of migrants in Waterford.

We are proud to be working towards making Waterford a place where migrants feel included, welcomed, supported and safe.

We have taken an active role in the community including:

- ✓ Participating in St. Patrick's Day festivities
- ✓ Organising an event to showcase our cultures, traditions, costumes, music and food
- ✓ Participating in School Kit distribution programme
- ✓ Promoting health related and community messages
- ✓ Sharing information about job and training opportunities
- ✓ Several of our members have been actively involved in supporting asylum seekers living in Direct Provision
- ✓ Taking part in fund raising activities

Contact:
waterfordmif@gmail.com

As a migrant, it feels fulfilling to be part of migrants' empowerment and integration in Waterford.



Waterford City Wyse Green Growers Community Group

Our community group came into existence in August 2021 when unused allotments (raised beds) became available in Wyse Park, thanks to the assistance of the 'Top of the City' Community Garden team and Waterford City and County Council.

Our objective is to provide a space for local residents to experience and enjoy growing vegetables, fruit and flowers. We have members from Poland, Spain, Russia, Bangladesh, China, Japan and Ireland. Waterford GIY, who had stewardship of some of the raised beds before the park was temporarily closed, has once again become a very active part of the Wyse Green Growers.

We plant a mix of vegetables and native Irish wild flowers in unassigned beds to make the most of the available growing space.

Our future plans include cladding the beds in stone to replace the wooden boards and making the beds more aesthetically pleasing and longer lasting.

Activities include:

- ✓ organising talks by professional garden speakers about different aspects of growing
- ✓ organising social gatherings
- ✓ suggesting and implementing ideas for Wyse Park as a recreational space for the public

Contact:

Email: wysegreengrowers@gmail.com

Through my personal involvement in setting up the group, I connected with the residents of the area in a way that improves my life on a daily basis. Forming bonds within my neighbourhood makes me feel more secure and strengthens my identity. I learn a lot about growing food and about myself through interactions within my new community.

- Justyna Traore



West Waterford / Ballyduff Upper

Ballyduff Muintir Na Tíre Community Services

We are a proactive group of individuals with a focus on developing key projects for the village of Ballyduff Upper. One of the projects we have been involved in is the setting up of An Siopa Beag, a grocery shop for the village which provides local daily produce.

Our future plans include creating The Storehouse, a community enterprise facility over three levels and developing an office hub with separate offices and meeting rooms within the village library.

Community activities include:

- ✓ Social dancing
- ✓ Sports
- ✓ Pilates
- ✓ Tea and chat group
- ✓ Mother and toddler group
- ✓ Tidy Towns
- ✓ Foróige
- ✓ 45 card drive

Contact:

Email: stmichaelshall@hotmail.com

Facebook: [@ballyduffupperwhatson](https://www.facebook.com/ballyduffupperwhatson)



West Waterford / Cappoquin Cappoquin Heritage Group

Our group has been actively celebrating and promoting the heritage of Cappoquin since 2006. From the outset, we understood that the history and heritage of Cappoquin was central to maintaining and building local pride and we were determined that our activities would promote awareness of Cappoquin's past, and in particular, its people. Our group celebrates Cappoquin's writers, storytellers and artists, businesspeople, inventors and craftspeople, sportspeople, the diaspora, warriors and women in equal measure.

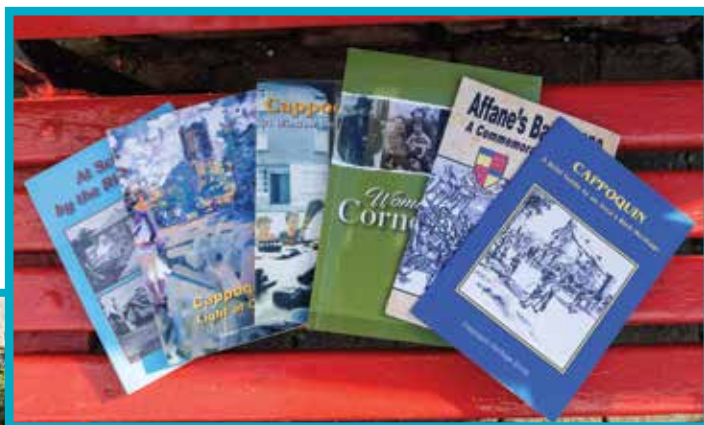
Cappoquin sits in a beautiful part of West Waterford and we have been extremely active in the preservation of the town's built heritage, most notably the iconic Red Bridge on the River Blackwater and the 17th century well at the town's square.

One of our group's major strengths is being able to draw on local goodwill, such as the loaning of photographs, paintings and items of historical interest; along with ongoing support from sponsors and funders.

Our activities include:

- ▶ Exhibitions
- ▶ Publication of six heritage books
- ▶ Publication of a Heritage Trail booklet which links to a series of 18 lecterns and stone pavement plaques which identify key places or people in Cappoquin's history
- ▶ Hosting occasional talks from guest speakers

Facebook: @cappoquinheritagegroup



It is hard to put into words the pride you feel in our own place when you see the fantastic things that our people have achieved over the centuries, often in the face of poverty, emigration and lack of opportunities. It has been a real privilege to be involved with the hard-working people in the Heritage Group and to be able to shine some light on our place's past. The generosity of spirit which so many local people have shown to our efforts has been truly humbling and is greatly appreciated by us all. It can be hard to know where you are going without knowing where you have come from.
- Kevin McCarthy



West Waterford / Clashmore And Kinsalebeg Clashmore and Kinsalebeg Community Council

Our Community Council came together in 2016 in order for different local organisations to take a coordinated approach and have a stronger voice in addressing the needs of our community. The council includes representatives from organisations such as the local GAA, Tidy Towns, Residents Associations and other groups.

Initiatives include:

- ✓ Setting up an environment sub-committee to form a Sustainable Energy Community
- ✓ Working with Tidy Towns on litter initiatives
- ✓ Working with Waterford Sports Partnership and the Irish Heart Foundation on sports and health initiatives
- ✓ Setting up a community gym

Email: cakcc.org@gmail.com



Becoming involved in our community group involves meeting and working with lots of different people which is challenging and exciting. Working with other people to achieve a common goal is personally very satisfying. It is even possible to discover interests and abilities you did not know you had.

West Waterford / Kinsalebeg Kinsalebeg Community Group

Our group came together to enhance our community by providing a safe space for people to gather and enjoy each other's company through music, dancing and other activities. Our future plans include creating a bio-diversity garden in collaboration with local residents.

Our group meets weekly in Piltown Hall to enjoy programmes and activities including:

- ✓ Creative Writing
- ✓ Women on the Move
- ✓ Outings to gardens and museums


Contact:

kinsalebegthursdayclub@gmail.com

I would be lost without a place to have social contact and to learn new skills through the available courses and activity programmes. I really enjoy meeting my friends and making new ones in this space.



West Waterford / Knockanore Blackwater Ladies Club



There was a handful of women, gathering once a month to talk about the life changes we were going through and ideas we were attempting at the time. We wanted simply to learn and grow together.

We were fuelled by the passion to create a community of women who just "got it." We wanted to be heard and understood. We wanted to have that feeling that we weren't alone in our struggles. Over time, the group got larger. Then it got smaller. Then it got larger again. Starting a women's group teaches you how to serve a community and brings people together around a common goal.

We lead, inspire, and mentor women to embrace their power, purpose and value; and to take responsibility for their relationships. We empower women to live a life they love, igniting their passion to make a positive contribution in their society.



The Blackwater Ladies Club Knockanore Biodiversity Project

'The future of all life now depends on us' – David Attenborough

In September 2019, our club was awarded a grant by the Community Foundation for Ireland to undertake a year-long study of our local environment with the help of two ecologists who prepared a detailed survey of the flora and fauna in the surrounding area. The Knockanore project is part of a world-wide effort to mobilise global action to tackle what the United Nations considers the greatest threat to humanity: the loss of biodiversity.

West Waterford / Tallow Tallow Ladies Social Group

Based in the Tallow Enterprise Centre, our group of about 30 members enjoy a wide range of activities including bingo, crafts, cinema trips and chair yoga. We organise social outings and we have also had guest speakers on different topics from brain health to safety.

Our members have been very active in the 'Blankets of Hope' project, in which we took up the challenge of knitting squares which were put together as blankets for patients who are undergoing treatment for cancer. This initiative was very successful and all of our members who participated enjoyed the project.

Contact:

Email: info@tallowenterprise.ie

One of our ladies is a very positive person and her motto is "Get up each day and go to everything that is on". She said that by being involved in the Ladies Social Group and meeting the other ladies on a regular basis, it has helped her to feel less isolated and lonely.



WE ARE WATERFORD AREA PARTNERSHIP

As one of 49 Local Development Companies operating throughout Ireland, Waterford Area Partnership works with the community and voluntary sector, service providers and state agencies to deliver programmes and services that meet the needs of local communities in improving the quality of life for our citizens. We cover areas such as rural development and community development, food poverty, employment training and access, education and personal development opportunities, start your own business, social enterprise and climate action. Our organisation welcomes engagement from all groups and individuals who align with our values of equality, diversity and inclusion. Waterford Area Partnership is an active partner with local state agencies, organisations and community groups in delivering initiatives and developing policy outcomes to affect positive change for those experiencing social, economic and cultural exclusion. Our team works collaboratively with all our partners to achieve positive and effective outcomes within our local communities.

Social Inclusion and Community Activation Programme

What is SICAP?

SICAP stands for *Social Inclusion and Community Activation Programme*. The programme is funded by Department of Rural through Community Development and managed locally by Local Community Development Committees in providing targeted actions in collaboration with local communities to support community development and engaging individuals experiencing exclusion through personal development, education and lifelong learning, employment training and self-employment mentoring and training.

Empowering Communities | Community Development Team | Goal 1

SICAP Goal 1 team support local communities based on community development practices and the principles of empowerment, collective action and decision-making, social justice, equality and collaboration to affect meaningful change to those who experience social and economic challenges in life.

Local community groups achieve their goals through their annual programmes and activities with SICAP supports such as:

- Organising community activities, delivering programmes and event planning to enhance community participation and strengthen community spirit and solidarity
- Strengthening group leadership through skills development, mentoring, grant applications, governance guidance, financial budgeting and policy development
- Working collaboratively with other organisations and agencies to create realistic responses to community needs with strategic planning and implementation
- Social and Community Enterprises support groups who identify opportunities in bringing additional resources to their community, this includes building awareness of the social enterprise model, training and mentoring with networking and peer learning

Empowering Individuals | Goal 2

SICAP Goal 2 team supports individuals plus children and families that have not had equal opportunities to achieve their life goals. This can be due to issues such as early school leaving, experiencing homelessness, addiction or having to overcome challenges such as lack of adequate family income or experiencing discrimination due their ethnicity, gender, age, sexuality, or disability. We support people who need one-to-one guidance to access education, employment, or to achieve their dream of setting up their own business. In working with people we develop programmes and lifelong learning opportunities to improve their quality of life and wellbeing including:

- Personal development and wellbeing programmes such as yoga, crafts, art, photography,

horticulture, sewing and many more. In organising events we bring people together to celebrate, make friends, build confidence and learn new skills as a group.

- Education programmes that provide opportunities as an introduction to learning and might be a first step to other education programmes. We provide guidance to those experiencing barriers to education.
- Employment supports through training, career guidance and interview skills programmes
- In supporting children and families and DEIS schools (Delivering Equality of Opportunity in Schools) we work with other organisations that provide education and recreational supports
- For those who wish to develop a business idea we offer Start Your Own Business Workshops and provide one-to-one mentoring. We work closely with the Department of Social Protection on their Back To Work Enterprise Scheme.

OTHER WATERFORD AREA PARTNERSHIP PROGRAMMES

MUKISA

Our vision is 'a world where our geographical location does not need to match our place of birth in order for us to thrive in society'. The MUKISA programme promotes access to education, human rights and equality by creating opportunities and supporting the integration of the asylum seeker and refugee community. We build the capacity of individuals and communities through self-development opportunities, breaking down cultural, language and social barriers and offer open access to learning. Since 2017 over 75 participants have completed the programme with 90% of participants progressing onto higher education and/or employment.

WATERFORD FOOD BANK

Waterford Food Bank was established by Waterford Area Partnership and St. Vincent de Paul in 2017 to support families and individuals that may be experiencing food poverty. The project distributes food parcels every week containing items such as bread, tea, cereal, tinned food and eggs along with fresh meat, vegetables and dairy. Our team works closely with local agencies, charities and organisations in Waterford to support those in need, including SVDP, MABS and Focus Ireland. Waterford Food Bank is part of the Food Cloud initiative.

WATERFORD CITY LOCAL EMPLOYMENT SERVICE

Waterford City LES (WCLES) provides a range of labour market guidance and support services to unemployed jobseekers to help them find suitable employment, training or self-employment. In providing services to employers we help with recruitment, upskilling and access to employer incentives. Our services are tailored to the needs of each individual without cost to the employer or jobseeker.

TÚS

Tús is a community placement initiative providing quality, short-term, suitable work opportunities for people who have been long-term unemployed. Our services benefit local communities in providing resources to deliver community activities. Participants are placed where there is an opportunity to learn new skills and build on previous experiences. Our aim is to boost confidence for people to get back to full-time employment.

Every day, all across Waterford, people are supporting each other and their local communities. They are organising family fun days, supporting new communities, celebrating culture and heritage, learning new skills, picking up litter or simply gathering together to have a cup of tea and a chat.

#CommunityWorks! takes a look at the ethos and activities of just some of the community groups and organisations around Waterford and gives an insight into what can be achieved by the power of people coming together and the enormous contribution they make to the lives of others.

#CommunityWorks! is Waterford Area Partnership's tribute to all of the people involved in these groups. We are proud to work alongside and support our community.

#CommunityWorks!

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Waterford City
& County Council



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