SICAP (Social Inclusion & Community Activation Programme)

2025 Calendar of workshops, groups and events

What is SICAP?

SICAP is a targeted, holistic programme, for those who are most disadvantaged and less likely to access mainstream services, which provides supports directly to beneficiaries and links them into existing services

What SICAP offers?

Job & Upskilling Supports.
Access to Education & Training.
Personal Development Programmes.
Help to start a business, or Social Enterprise.
Specialised supports for local community groups.

SICAP is delivered by Roscommon LEADER Partnership Company

This calendar of events is subject to change as we meet the current needs of groups and individuals during the year goes.

For enquiries please contact the office on 090 6630252

or email reception@ridc.ie www.rosleaderpartnership.ie

Rialtas na hÉireann
Government of Ireland

Arna cómhchistiú ag an Aontas Eorpach
Co-funded by the European Union

pobal
government supporting communities

SICAP
Social Inclusion & Community Activation

Comhairle Contae Ros Comáin
Roscommon County Council

Roscommon LEADER Partnership
Your Local Development Company

Roscommon LEADER Partnership Company is delivering the (SICAP) programme on behalf of Roscommon Local Development Committee, which is a committee of Roscommon County Council

The Social Inclusion and Community Activation Programme (SICAP) Is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skllls, and Training (EIST) Programme 2021-2027

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Workshop or Group Name	Who is it for?	Where and when is it?	What is it and contact details.
Dementia Cafe	Adults with dementia, memory issues & their carers.	The 3rd Wednesday each month, in Lough Key, Forest Park Café, **Boyle,** Co. Roscommon	The memory Café is organised by Roscommon Dementia Alliance where music, movement, storytelling and information is facilitated. Supported by SICAP. Teresa O'Brien on 086 029 1215 Email teresa@ridc.ie www.roscommondementia.com
The Artists Way	Adults who wishes to explore their creative blocks within a group, who would like to develop personally	Each Thursday X 12 weeks commencing on January 30th from 11am to 1pm The Cube Flexispace, Lanesborough Road, **Roscommon Town.** F42 DX61	Provides weekly tools to creative confidence, joy curiosity in life and work and recover creativity Teresa O'Brien on 086 029 1215 Email teresa@ridc.ie
Wellness for parents / Carers	For parents and carers who wish to develop tools to self-regulate and better manage their stress	4 X mornings. **Monksland** Time and date to be confirmed, please register your interest	Provides discussion and tools to better manage stress, self-develop with mindfulness and wellness tools. Teresa O'Brien on 086 029 1215 Email teresa@ridc.ie
Community Craft Café	Adults who would like the company of others and create something of their choice	Each Wednesday from 10am to 1pm The Cube Flexispace, Lanesborough Road, **Roscommon Town.** F42 DX61	A peer led community who bring their own materials to create anything of their choice like knitting, panting, crochet, colouring, felting etc. Teresa O'Brien on 086 029 1215 Email teresa@ridc.ie
CV and Interview Skills Workshops	Anyone seeking help with writing or improving their CV and preparing for interviews	Last week of each month. Dates to be confirmed. Taking place in **Boyle, Ballaghaderreen, Roscommon Town and Castlerea.** Exact location confirmed upon registration.	These sessions provide guidance on creating effective CVs and improving interview techniques. Contact Isla Gartlan at 086 083 6720 or Email islagartlan@ridc.ie.

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Barista Skills Workshop	Individuals interested in developing basic barista skills to aid job search	Scheduled for **April to December.** **Boyle, Ballaghadereen, Roscommon Town and Castlerea**. Exact dates and location confirmed upon registration.	This workshop will teach the basics of barista techniques and coffee-making skills. Contact Isla Gartlan at 086 083 6720 or Email islagartlan@ridc.ie.
Forklift Training	Individuals seeking forklift certification.	Scheduled for January to June. Exact dates to be confirmed.	Training will cover the essentials of forklift safety and operation. Contact Isla Gartlan at 086 083 6720 or Email islagartlan@ridc.ie
Safe Pass Course	Individuals needing Safe Pass certification for construction work	Venue and dates to be confirmed	This course focuses on health and safety awareness in construction-related activities Contact Isla Gartlan at 086 083 6720 or email islagartlan@ridc.ie.
Driver Theory Workshop	Individuals preparing for the driver theory test	Scheduled for **April to September**. Taking place in Boyle, **Ballaghadereen, Roscommon Town and Castlerea**. Exact location confirmed upon registration.	This course offers preparation strategies and practice for passing the driver theory exam. Contact Isla Gartlan at 086 083 6720 or Email islagartlan@ridc.ie.
Felting Workshop	Adults	The Cube Flexispace, **Roscommon Town** May 2nd to June 6th X 5 Friday mornings	Creating with felting Teresa O'Brien on 086 029 1215 Email teresa@ridc.ie

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First Aid Responder	Childcare Trainees.	3 day Training Course , Venue TBC	helenmcginty@ridc.ie
Health & Safety Awareness Level 3 (includes Manual Handling)	Persons who are job seeking.	1.5 day Training Course , Venue TBC	helenmcginty@ridc.ie
Small Engine Repairs	Persons who are job seeking.	½ day Workshop, Venue TBC	helenmcginty@ridc.ie
The Artists Way	Adults who wishes to explore their creative blocks within a group, who would like to develop personally	Each Thursday X 12 weeks commencing on February 4th 6.30pm to 8.30pm Lanesborough Road, **Roscommon Town.** F42 DX61	Provides weekly tools to creative confidence, joy curiosity in life and work and recover creativity Teresa O'Brien on 086 029 1215 Email Teresa@ridc.ie
Roscommon Career and Employment Expo	Anyone looking to change career, get a job or learn about volunteer or training options	Wednesday 2nd April 2025 – 11am to 2pm, Kilbride Community Centre, F42 N277	Exhibition stands from local employers and education and training opportunities. Organised transport from around the county. Email claire@ridc.ie
Climate Champions Training	For anyone interested in becoming a climate champion for Roscommon – farmers, scheme workers and young people	Q2 & Q3 2025 -Around the county - TBC	Group workshops on different topics including climate change and biodiversity. Email claire@ridc.ie
Positive Mental Health and Wellbeing	For Scheme participants throughout the county	April to September 2025 -Around the county - TBC	Group workshops with speakers on different topics around positive mental health and supports available. Email claire@ridc.ie
Roscommon Pride Event	Everyone	TBC	Follow on from Roscommon Pride 2024 – details to be confirmed. Email claire@ridc.ie
Make Way Day 2025	Roscommon LEADER Partnership Accessibility Group team up with partners such as Roscommon County Council, An Garda Siochana and other stakeholders as well as individuals across the county to host special events in support of Make Way Day.	September 2025	Walkabouts throughout towns and villages across the county to raise awareness of the challenges face by people with disabilities and older people when using public spaces.

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Dysart Rural Men's Group	Any active retired men who would like to join a local Men's Group to meet for a chat and fun over a cuppa.	Every Tuesday between October and April from 12-2pm in Dysart Community Centre H53 TP94	A great opportunity to build companionship, share experiences, stay active and combat isolation and loneliness. Anthony Dockery 086 826 48 68 Email: anthony@ridc.ie
Keadue Rural Men's Group	Any active retired men who would like to join a local Men's Group to meet for a chat and fun over a cuppa.	Every Thursday between October and April from 12pm to 3pm in Mo Chairde, St. Ronan's Hall, Keadue. F52 N928	A great opportunity to build companionship, share experiences, stay active and combat isolation and loneliness. Gerard Flannery 086 075 67 36 Email: ruralmen@ridc.ie
Ballaghaderreen Rural Men's Group	Any active retired men who would like to join a local Men's Group to meet for a chat and fun over a cuppa.	Every Wednesday between October and April from 12-2pm in Oak Grove Centre, Ballaghaderreen, F45 T977	A great opportunity to build companionship, share experiences, stay active and combat isolation and loneliness. Gerard Flannery 086 075 67 36 Email: ruralmen@ridc.ie
Elphin Men's Group	Any active retired men who would like to join a local Men's Group to meet for a chat and fun over a cuppa.	Every Friday between October and April from 12-2pm in Elphin Day Centre, Elphin F45 VE27	A great opportunity to build companionship, share experiences, stay active and combat isolation and loneliness. Anthony Dockery 086 826 48 68 Email: anthony@ridc.ie
Roscommon Men's Group	Any active retired men who would like to join a local Men's Group to meet for a chat and fun over a cuppa.	Every Friday morning from 11am -1pm all year round. The Cube Flexispace, Lanesborough Road, Roscommon F42 DX61	A great opportunity to build companionship, share experiences, stay active and combat isolation and loneliness. Anthony Dockery 086 826 48 68 Email: anthony@ridc.ie

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Strokestown Men's SHED	Any active retired men who would like to join a local Men's Group to meet for a chat and fun over a cuppa.	Every Tuesday evening between 7-9pm all year round. C/O PJ Martin Church Street, Strokestown F42 PO33	A great opportunity to build companionship, share experiences, stay active and combat isolation and loneliness. Anthony Dockery 086 826 48 68 Email: anthony@ridc.ie
Agfood & Farmer Smart Phone App Training	Farmers who would like to learn how to conduct their animal records online, including animal movements, view herd profiles, understanding replacement & terminal star ratings etc.	Course will commence in Spring 2025 with maximum of 10 individuals per course. Dates and venue to be arranged. Free of charge	Learn your way around useful farming App's such as; Agfood, Herdwatch & ICBF. Training can be delivered on your smart phone, table or laptop. Anthony Dockery 086 826 48 68 Email: anthony@ridc.ie
Plastering & Stone Wall Building Course	Plastering & Stone Wall Building	Location: Elphin Date: To be arranged but will be spring/early summer.	A 3-week course learning the skills of wall plastering and perfecting the art of traditional stone wall building.
Quad Bike Training	QQI L5 Quad Bike Training	Dates: Running every second Thursday throughout the year in Carrick Showgrounds	Receive your licence to legally operate an ATV Quad Bike. Course is part-funded. Anthony Dockery 086 826 48 68 Email: anthony@ridc.ie
Small Engine Repairs Training	For Scheme participants throughout the county	March to June to be confirmed	Training provided on Small Engine Repairs Email claire@ridc.ie

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Solidarity Cafe	Persons who want to improve their communication skills in English (especially for beginners)	Each Tuesday from 10 am to 12 pm **Ballyleague** Hall, Ballyleague.	Our classes are informal, free and focused on conversational English. Our groups are taught by volunteer tutors and are a great place to improve your speech and meet people. (Includes programme Failte Is teach) Coordinator – Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie
Solidarity Cafe	For anyone who want to improve their communication skills in English (especially for beginners)	1.Each Tuesday from 1 pm to 2 pm **Ballintubber**, Old School 2. The 15th Wednesday, Each Month From 10am to 11am **Strokestown**, The Hub Community Café (3 Elphin Street)	Our classes are informal, free and focused on conversational English. Our groups are taught by volunteer tutors and are a great place to improve your speech and meet people. (Includes programme Failte Is teach) Coordinator – Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie
Solidarity Cafe	For anyone who needs comprehensive support	1.Each Monday from 2pm-3pm **Roscommon Town,** The Cube Flexispace, Lanesborough Road, Roscommon F42 DX61 2. Each Monday from 10.30 am to 12.00 **Boyle**, F52HY38 3. Last week of the month, Friday **Ballaghaderreen**, Family Resource Centre	Provides comprehensive support, creating socialized and integrated conditions based on art therapy classes, conversational English classes, craft classes and heartfelt conversations Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie

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Wellness for the elderly/Collaboration Solidarity Café with Roscommon University Hospital/ Hospice	For the elderly who need special care and approach, and who are lonely	**Roscommon Hospice, Roscommon Town** **Once a month (the day and time are specified)** **The project is under development, planned for the summer period**	Conducting activities for the elderly with the involvement of the Ukrainian community based on art relaxation classes and conversational English Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie
Eco therapy Supports Programme	For women aged 55+, who feel the need to maintain peace of mind and balance vital signs	Strokestown Park House, **Strokestown** 8 weeks, morning time, 2 hours Time and date to be confirmed, please register your interest **The project is under development, planned for the summer period**	Conducting a program of ecotherapeutic support, taking into account psychological traumas, based on practical classes in the park on landscaping and caring for flower arrangements
Workshop "Modern technique creating cv and interview skills"	For anyone who are looking for a job, in career growth and in the further development of their self-confidence	Roscommon Town, The Cube Flexispace, Lanesborough Road, **Roscommon Town** F42 DX61 Time and date to be confirmed, please register your interest	Creating a resume using the Canva program, registering on job search sites, conducting an interview using questions and answers, examples and an individual approach to each participant Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie
Workshop "Practical skills in the use of smartphones and computers by the elderly"	For people who are over 50+ and who want to master the functions of using smartphones and computers	Roscommon Town, The Cube Flexispace, Lanesborough Road, **Roscommon Town** F42 DX61 Time and date to be confirmed, please register your interest	Demonstration of the basics of using phones and computer equipment in practice Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie

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International Women`s Day 2025	For all women and girls.	Roscommon Town 8th March Place and time to be confirmed, please register your interest	Art classes, sincere conversations, women's singing. To celebrate women's achievements in all spheres of life, raise awareness of gender equality and fight for women's rights. The day is also used to discuss issues such as violence against women, unequal pay, and underrepresentation in politics. It brings together women and men, organizations, government agencies, and communities to support and protect women's rights. Linda Devine on 0867807438 Email: lindadevine@ridc.ie Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie
Solidarity Café/ Easter master classes	For anyone who would like to master the painting of Easter eggs according to Ukrainian traditions	From 14th -to 18th of April Roscommon Town Boyle, Ballaghaderreen, Strokestown, Ballyleague, Ballintubber & Castlerea Time and date to be confirmed, please register your interest	Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie
Solidarity Café/	For anyone who wants to	Roscommon Town,	Tetiana Kolodii on 0864409593
Independence Day of Ukraine	share the holiday of Ukraine's Independence Day inside the Ukrainian branch	August, 22 The Cube Flexispace, Lanesborough Road, Roscommon F42 DX61 Boyle, F52HY38 Ballaghaderreen (Family Resource Centre)Time and date to be confirmed, please register your interest	Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie

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Solidarity Café/ Culture Night 2025	For anyone who would like to experience Ukrainian traditions and singing along with Irish culture	Roscommon Town, September, 20th Boyle, F52HY38 Time and date to be confirmed, please register your interest	Conducting master classes, drawing and singing of an intercultural direction with the involvement of different nationalities Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie
Event "Women's health"	For all women and girls who would like to receive complete information about women's health, talk to specialists about their condition	Kilbride Community Centre, F42N277 Time and date to be confirmed, please register your interest	Events with the involvement of a general nurse HSE Checking pressure, pulse, vision, weight and height. Linda Devine on 0867807438 Email: lindadevine@ridc.ie Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie
Family Day 2025/ Events with Roscommon Sports Partnership	For anyone, including children and teenagers.	Roscommon Town Ballyleague Time dates and area to be confirmed. Will take place during the summer. Register your interest	Endurance competitions, badminton, tennis, football Linda Devine on 0867807438 Email: lindadevine@ridc.ie Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie
Solidarity Café/ Summer camps 2025	For teenagers from 14 to 17 years old	Lough Key Forest and Activity Park Time, date and place to be confirmed, please register your interest **The project is under development, planned for the summer period**	Conducting activities in nature and in the park Linda Devine on 0867807438 Email: lindadevine@ridc.ie Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie

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Solidarity Café/ Workshop "Meditation, Relaxation, Mindfulness"	For anyone	Roscommon Town Boyle Time, date and place to be confirmed, please register your interest **The project is under development, planned for the spring period**	Meditation, Relaxation, Mindfulness & Neurographies Tetiana Kolodii on 0864409593 Email: TetianaKolodii@ridc.ie Olena Kuzhilna on 0860849072 Email: olena@ridc.ie
Community Organisations Training	Training for Community Groups and Social Enterprises	Dates and times to be decided	RLP, PPN, and GRETB will collaborate to conduct consultations aimed at identifying training needs within the county. Based on the findings, a variety of training sessions will be organised to address the identified topics. Contact Linda on 0867807438 Email: lindadevine@ridc.ie
SICAP - Social Enterprise Grants	Social Enterprise Grants Programme to address pressing needs among social enterprises in the county.	TBC – subject to funding	Application to be submitted as required. Email Bridie@ridc.ie or claire@ridc.ie
Local Community SICAP Grants	Local Community Groups can apply for small grants to support specific projects to help address social inclusion issues.	TBC – subject to funding	Application to be submitted as required. Email Bridie@ridc.ie or lindadevine@ridc.ie
Computer training	Anyone that would like to learn basic computers	Mondays morning commencing on 10th February from 11.00-1.00pm 5 week programme in the SICAP Office Community Resource Centre Ballaghaderreen F45 EW98	Email patricia@ridc.ie ,0868194698 0949862565
Smart Phone training	Learn how to use a smart phone.	Thursday morning, one to one Community Resource Centre Ballaghaderreen F45 EW98 Cornerstone Frenchpark	Email patricia@ridc.ie , 0868194698 0949862565 Frenchpark frenchparkcornerstone@outlook.ie. 0949870340

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Gardening Class	Anyone interested in sowing vegetables and flowers.	April/May 2025 Evening class x 5 week programme Dates to be confirmed.	Email patricia@ridc.ie ,0868194698 or contact reception 094 9862565
Chit Chat Tuesday	All adults	Tuesday 11.00- 1.00pm Community Resource Centre Ballaghaderreen F45 EW98 & Cornerstone Frenchpark	Email patricia@ridc.ie ,0868194698 or contact reception 094 9862565 Frenchpark frenchparkcornerstone@outlook.ie. Or phone 0949870340
Basket Weaving	Any one that would like to learn the craft of basket weaving.	Thursday morning Autumn 2025 Community Resource Centre Ballaghaderreen	Email patricia@ridc.ie ,0868194698 or contact reception 094 9862565
Art Courses	All adults	Dates to be confirmed Spring / Summer 2025 Community Resource Centre Ballaghaderreen	Email patricia@ridc.ie ,0868194698 or contact reception 094 9862565
Wellness programme	For women on mental, physical health six week programme	Dates to be confirmed (Spring 25) Community Resource Centre Ballaghaderreen	Email patricia@ridc.ie ,0868194698 or contact reception 094 9862565
Budgeting workshops	House hold budgets & saving	Dates to be confirmed (Spring 25) Community Resource Centre Ballaghaderreen	Email patricia@ridc.ie ,0868194698 or contact reception 094 9862565
Upcycling course	For anyone who would like to learn how to use a sewing machine and upcycle old clothes	Dates to be confirmed (Spring 25) Community Resource Centre Ballaghaderreen	Email patricia@ridc.ie ,0868194698 or contact reception 094 9862565

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