

WAP SICAP Case Study Proposal 2020

Project	Waterford Women's Creative Cocoon
Cross Goal Action	Action 1.1 Promote Community Engagement & Stronger Communities Action 1.4 Collaborative Engagement Action 2.1 Personal Development & Wellbeing
KPI's	Goal 1: 9 LCGs Goal 2: 40 Individual Beneficiaries (to date)
Target Groups	The Unemployed, Economically Inactive, New Communities, Rurally Isolated, People Living in a Disadvantaged Area, Women
Collaboration/Partners	Waterford Area Partnership (SICAP) Community Education, WWETB
Project Overview	Waterford Women's Creative Cocoon was established as response to COVID-19. It is a social networking project which promotes social interaction, creativity, positive mental health & wellbeing, and education. The project specifically targets women's groups across Waterford who are beneficiaries and LCGs of WAP and WWETB.
Rationale	Waterford is below the state average (14%) of low primary education with 13% of local people having no formal education or primary school only (CSO, 2016). This is particularly evidenced within the aging population who are affected by social exclusion and poverty. The impact of COVID-19 further isolated target groups and the PI recognised the need for connectivity and innovative ways to engage the target groups and LCGs. An on-line community was created and SICAP staff deepened relationships with LCG leaders to ensure that those not on social media benefitted also. The project has strengthened and enabled outreach work, networking and activities to flourish despite social distancing/COVID restrictions. Gender equality https://www.cso.ie/en/releasesandpublications/ep/p-wamii/womenandmeninireland2016/
Objectives	➤ To provide creative activities & education programmes to individual beneficiaries and LCGs ➤ To increase positive mental health & wellbeing for clients through social interaction through COVID-19 ➤ To build a women's network across WAP and WWETB target groups
Engagement Strategies	• On-line: Facebook private group: 174 members • Waterford Women's Creative Cocoon Newsletter: 400 recipients to date • COVID-19 Film Documentary: 25 IBs & 6 LCGs participated to date (in production-completion Oct 2020) • SICAP staff liaise directly with LCG leaders to ascertain needs and activities Samples of programmes/activities completed from May to August ➤ Virtual Tea Party ➤ Virtual Disco ➤ Knitting ➤ Mindful Mondays ➤ Flashback Fridays ➤ Mask Making (collaboration with Volunteer Waterford)
Outcomes	G1 1.1 identified needs of women through social media; helping to

	prevent further isolation & loneliness throughout lockdown G1 1.1 Strengthened sense of community G1 1.2 Greater capacity through social media (WWCC) to address the Social Inclusion needs of the community they represent G1 1.4 Working collaboratively with WWETB on implementing initiatives addressing social inclusion, isolation & equality ensured all women were supported throughout G2 1.1 Clients have improved personal skills, wellbeing and capabilities G2 1.2 Clients increase their participation in civic life, education and/or employment
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