

BUSY END OF YEAR FOR THE CATALYST PROGRAMME

St Catherine's Community Services is currently delivering the Carlow Catalyst Programme for Women (part of the ESF Programme for Employment, Inclusion and Learning 2014 - 2020). This programme offers training and developmental supports to women in Carlow as a means of progressing them either to further education, training or employment.

2018 was a busy year for the Catalyst Programme, with, the completion of the first preparation for work course in June, the delivery of various work related training, information sessions and hobby courses and the commencement of two new preparation for work courses in Bagenalstown and Tullow.

December was a particularly busy month for the programme with graduation and groups getting ready for Christmas.

On Thursday the 6th of December the first preparation for work group graduated at St. Catherine's graduation ceremony in the Seven Oaks Hotel. Of the 12 ladies who achieved their QQI Level III awards, 8 were present on the night to receive their certificates. The following picture shows some of the ladies celebrating their success.



The Catalyst Programme also facilitated two hobby based women's groups in November which consisted of taster sessions of flower arranging, quilling and holistic health. These pictures show some of the lovely pieces the ladies were working on in preparation for the festive season.



In Bagenalstown, as part of the personal effectiveness module, students on the preparation for work course planned a Christmas themed community based project which was hosted in Leighlinbridge day care centre on Tuesday 11th December 2018. All 9 learners were involved in the delivery of the project which included activities such as a festive quiz, festive artwork, therapeutic hand massages, festive sweet treats and a festive raffle.

Overall the day was a great success. One service users stated "it was a great having the ladies in; it brought the centre to life and helped us to get into the festive spirit". Feedback from the group members indicated that making a contribution to a group activity helped them to discover and improve on their team building skills and did wonders for their confidence and self-esteem. One member said "getting involved in this project has highlighted to me my strengths as a team player", another participant

has decided she would like to explore the possibility of a career in the care of elderly and is currently considering this as a potential area of study.



The Catalyst programme continues to offer services and supports to women around Carlow town and County throughout the coming year. If you are interested in taking part or would like to find out more about the Catalyst programme please ring Orlaith McHugh or Sinéad Fox in St. Catherine's 0599138700

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