LCDC: South Dublin

Lot: 3-1

South Dublin County Partnership
Páirtíocht Chontae Átha Cliath Theas

SDC South Dublin County Partnership CLG
Company Limited by Guarantee
CHA: 20082949 / CHY20825
CRO: 520670

South Dublin County Partnership's

SICAP Case Study Video 2026 Supporting Narrative Document

Supporting Mental Health and Wellbeing Through Community Based Services

This 2026 SICAP Case Study Video highlights four South Dublin County Partnership initiatives supporting mental health, wellbeing, resilience, and social inclusion across South Dublin County:

Migrant Social Prescribing, Heads Up for Women, Family and One-to-One Counselling, and the Ignite Youth Programme.

Rialtas na hÉireann
Government of Ireland

Arna chomhchistiú ag an Aontas Eorpach

Co-funded by the European Union

SICAP
Social Inclusion & Community Activation Programme

SDCC
Comhairle Contae Átha Cliath Theas
South Dublin County Council

This project is co-funded by the Government of Ireland and the European Union.

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Supporting Mental Health and Wellbeing Through Community Based Supports

Background

South County Dublin continues to experience increasing demand for accessible community-based mental health and wellbeing supports, particularly among migrants, women, families, and young people. Through SICAP funding, South Dublin County Partnership delivers a range of targeted initiatives that provide early intervention, promote wellbeing, strengthen resilience, and reduce social isolation.

For this year's SICAP Case Study, we have decided to highlight four initiatives:

- **Migrant Social Prescribing** – supporting migrants to access services, community supports, and opportunities for social inclusion.
- **Heads Up for Women** – improving wellbeing, confidence, resilience, and social connection.
- **Family and One-to-One Counselling** – helping families strengthen relationships, improve communication, and address challenges at an early stage.
- **Ignite Programme** – helping young people from disadvantaged communities successfully transition from primary to secondary school.

The Health and Wellbeing Team works closely with community, voluntary, education, and statutory organisations to ensure effective referral pathways and coordinated supports locally. A key feature of the approach is ongoing engagement with participants and local communities to ensure services remain responsive, accessible, and reflective of identified needs.

A range of data collection methods were used for this year's SICAP Case Study, including IRIS data, programme policy documents, and direct observation of activities and interventions. Video interviews were carried out with staff, participants, and senior management involved in the initiatives. The four featured programmes were also recorded, the IGNITE programme completion certificates, a Heads Up for Women chair yoga session, and Migrant Social Prescribing and counselling sessions, which were recreated where necessary to protect client privacy and comfort.

SICAP Contribution

SICAP funding has enabled South Dublin County Partnership to develop and deliver responsive, community-based wellbeing supports that address social exclusion and promote positive mental health outcomes.

Through SICAP, the Partnership is able to:

- Deliver culturally responsive social prescribing services through a dedicated Migrant Social Prescribing Link Worker.
- Fund catering, facilitators, workshop materials, and other programme costs for the Heads Up for Women programme.

- Part-fund the Family Counsellor role and fully fund several one-to-one counsellor positions, ensuring access to counselling supports for individuals and families.
- Support young people during key educational transitions through the Ignite programme, including programme materials, meals, and participant activities.

These initiatives provide valuable early intervention supports that improve wellbeing, strengthen resilience, and promote long-term social inclusion.

Impact Highlights – 2026

Building on the success of previous years, these initiatives will continue to support individuals and families most in need throughout 2026. Our planned programme outcomes for 2026 are measured through evaluations, participant feedback, and regular check-ins.

- Heads Up for Women – 160 participants
- One-to-One Counselling – 90 participants
- Migrant Social Prescribing – 60 participants
- Ignite Programme – 2 programme cycle

Participant Stories

The following participant stories highlight the impact of SICAP supported programmes, with individuals sharing their experiences in their own words. Participants in the 4 initiatives consistently describe improvements in wellbeing, confidence, social connection, and engagement with services and community life, supported by direct quotes.

Migrant Social Prescribing Service User:

"Patty has been truly amazing. Her support, kindness, and encouragement made a very big difference in my life. Through her guidance, I joined a mother and baby group at An Cosán, which helped me come out of my shell and rediscover myself. This gave me the confidence to participate in further learning opportunities, including the Discover Your Path and Return to Learning courses, helping me grow both personally and academically."

Counselling Client:

"I find when I'm going into a really bad case in my head, I get up and I paint. It gets my mind off the thoughts that are coming into my head. Then I'll ring and I say 'Don, can I get an appointment?' I'll come in and we'll talk through everything. It gets me through on a daily basis"

HeadsUp Women's Participant:

"Before I joined HeadsUp, I was going through a bit of a hard time and I was kind of becoming a recluse and a bit anti-social. It was a big thing for me to even take the next step, to come here and put myself in an environment with so many people. I'm so glad I did

because I really benefited from it, getting to know new people and new skills. My overall well-being, I find, is better since joining and I really feel a noticeable difference in myself from coming here every week and spending time with everybody."

Ignite Programme Co-ordinator, Ola Elian:

"We make sure to collect feedback from the students to see how the program went and if there are any ways to improve it. One of the feedback forms I have here says that Ignite helped them to 'find ways to calm themselves', that's really good. Another student says, 'I learned to make healthy food.' A funny piece of feedback from a recent session stood out to me: a student asked to have spice bag instead of pizza next time. I'll see what I can do - maybe we can make a healthy spice bag!"

Why These Supports Matter

Many participants experience barriers that impact their wellbeing and ability to engage fully in community life. Migrants may face language barriers, social isolation, and difficulty navigating services. Women often experience pressures associated with caring responsibilities, financial stress, and reduced confidence. Families may face challenges relating to relationships, mental health, bereavement, or financial hardship, while young people can experience anxiety and uncertainty during key educational transitions.

These programmes provide accessible, preventative supports that help individuals build resilience, strengthen relationships, and develop meaningful connections within their communities.

Key Challenges

Demand for community-based mental health supports continues to grow. Participants often present with complex and interconnected challenges, including social isolation, trauma, financial hardship, housing insecurity, family difficulties, and barriers to accessing services.

Additional challenges include:

- Engaging individuals who may be reluctant to seek support.
- Ensuring services remain culturally responsive and accessible.
- Supporting long-term wellbeing outcomes beyond programme participation.
- Demonstrating the impact of preventative interventions over time.

SICAP Response and Sustainable Solutions

SICAP supports a preventative and community-led approach to wellbeing by investing in early intervention, outreach, partnership working, and community capacity building.

Key sustainable responses include:

- Strengthening community connections and peer support networks.
- Delivering accessible and culturally responsive services.
- Supporting progression into education, training, volunteering, and employment.
- Maintaining strong referral pathways with community and statutory partners.
- Using participant feedback and evaluation to continuously improve services.
- Promoting mental health awareness and reducing stigma within communities.

These approaches help ensure that participants continue to benefit from stronger support networks and improved wellbeing long after programme completion.

Conclusion

Community-based mental health and wellbeing supports play a vital role in reducing isolation, building resilience, and promoting social inclusion across South County Dublin. Through SICAP funding, South Dublin County Partnership continues to deliver accessible and preventative supports that respond to local needs, strengthen community connections, and create positive, sustainable outcomes for individuals and families.

SDCP's 2026 SICAP Case Study Videos can be viewed and downloaded trough the links below:

- Full length SDCP Case Study Video 2026
- Short Promo Version SDCP Case Study Video 2026

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