

Truagh Development
Association Ltd

Independent Living
Proposal

February 2012

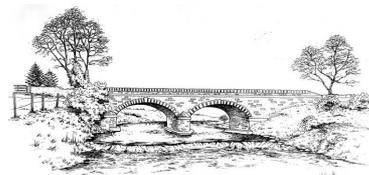


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Is fiontar compháirteach é LEADER Cabhán-Muineacháin idir Breifne Aontaithe Teoranta agus Forbairt Aontaithe Teoranta Muineacháin chun an Clár Forbairt Tuithe Éireann 2007-2013 a thoirbhirt i gcontaetha Cabhán agus Muineacháin.

Cavan-Monaghan LEADER is a joint venture between Breffni Integrated Ltd. and Monaghan Integrated Development Ltd. for the delivery of the Rural Development Programme 2007-2013 in counties Cavan and Monaghan.



Sawilla Bridge River Slane/Water Trough Aughrany



Comhshaol, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government

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1.0 Executive Summary

- 1.1 This proposal has been developed for the Truagh Development Association Ltd (TDAL) which has developed a framework for economic and social development across the North Monaghan sub-region.
- 1.2 The proposal for this Independent Living Project is one of three core projects emanating from the recently developed 'Moving from the Periphery to the Centre' Development Framework for North Monaghan which TDAL and its partners have led, resourced by Cavan Monaghan Leader. The emerging themes identified through the Development Framework were:-

Economy,
Employment
and Anti
Poverty

**Older and
Vulnerable
People**

Young People,
Empowered and
Shaping North
Monaghan

- 1.3 The case for a focus on Independent Living was informed by a robust consultation and project planning process, which found the following:-

- The area is a dispersed rural border catchment, with significant challenges in terms of service provision and access to transport
- North Monaghan contains pockets of older people (Bragan and Derrygorry)
- There is a significantly high percentage of one person households; there is a high probability that people live in isolation and have little or no connection with community or society ... they are marginalised and live on the edges of the good things the area has to offer
- Some areas (Anketell Grove, Bragan) incur significant unpaid caring hours, increasing risk of isolation and low income
- Service provision must be under-pinned by accessible, affordable transport schemes in order to support participation and community engagement
- Current community provision tends to be attended by women – men are greater risk of isolation
- The changing nature of farming has placed many rural men at risk of lack of social interaction

- 1.4 Analysis of the policy and strategic environment confirmed that addressing social exclusion and work with vulnerable groups are high on the agenda, recognising that integration can bring about social, economic and health benefits.
- 1.5 This is illustrated by findings from the Men’s Health Forum which found that male life expectancy is almost 6 years younger than that of females, while the gap in life expectancy for men between the lowest and highest socio-economic groups may be as high as 7.4 years. Clearly, therefore, in a rural border region such as Truagh which has witnessed severe economic and social dislocation, support for males is a key priority.
- 1.6 Through a robust and comprehensive consultation process, a series of strategic aims and objectives were identified to take forward regeneration in a co-ordinated manner.
- 1.7 The following Vision Statement was agreed for the North Monaghan catchment:

Aims and Objectives

The North Monaghan Sub Region is an economically sustainable and outward looking border catchment which provides its citizens with a quality lifetime experience, where people and communities are empowered to achieve their best.’

- 1.8 In terms of the specific Independent Living priority, the following aim and objectives have been identified:-

Aim

To support vulnerable members of the North Monaghan community to increase their engagement in community life, contributing to improved health and well-being through access to services/facilities which will reduce risk of exclusion.

Objectives

- to work with community and statutory stakeholders to reach out to those people who are truly disengaged/“hard to reach”

- to provide environments where vulnerable individuals can interact with others without fear of stigma
- provide opportunity to make connections which can be sustained and expanded over time – long term impacts
- to ensure those most at risk are aware of the projects, services and support available using community, farming, sporting and faith based organisations to raise awareness

1.9 A dedicated working group was established to take forward the project development and planning process, ensuring that all emerging project actions were grounded in local need and capacity. The following potential action areas were identified:-

Meals on Wheels Service
Handyman/van
Befriending Service
Men's Shed

1.10 Following a project refinement and prioritisation process (presented in Section 4 selected the Men's Shed project as the priority action.

1.11 The Men's Shed has the potential to reach out to and engage with a key target group at risk of isolation. The rural nature of the North Monaghan sub-region, combined with the changing nature of farming and lack of employment in agriculture has placed male rural dwellers at serious risk of isolation, with associated health implications.

1.12 Analysis of socio-economic data, supported by direct community consultation, has identified that males across the Truagh sub-region can benefit from a Men's Shed intervention which provides a much needed social outlet. Such a resource can build connections among the target group, sharing skills and knowledge on common interest areas such as vehicles and machinery.

1.13 Over the longer term, the intervention can be expanded to include:-

- health checks
- visits trips to other Men's Shed, agricultural shows, machinery demonstrations, etc
- participation in other community events e.g. food festivals, community fun days, vintage days

- 1.14 By providing an accessible resource in an isolated rural border region, the Men's Shed will provide a valuable resource, not just for older men but will also seek to engage in inter-generational work by reaching out to young men with no connection to existing rural networks and organisations.
- 1.15 The Men's Shed project will be taken forward by TDAL and a dedicated project steering group which can bring a range of project management skills and experience to the project (illustrated in Section 5), in addition to detailed experience in key areas such as:-
- farming
 - rural development
 - marketing and promotion
 - engaging vulnerable groups
 - inter-generational work

Summary

Many men suffer the impact of marginalisation due to such social and economic change, as well as other factors such as unemployment, poor education, poverty, poor living conditions and/or male gendering...
Single men living in rural areas, in particular, experience multiple forms of disadvantage, with subsequent negative health outcomes.
National Men's Health Policy 2008 – 2013

- 1.16 The case for intervention is presented in the table below:-

- **Clear policy and strategic context**, particularly support the health and inclusion agendas
- **Locally identified need** and concerns expressed about rural vulnerability
- High incidence of **lone person households**
- **Poor transport provision** and access to services
- An experienced project promoter – **company limited by guarantee**
- Commitment to provide **match funding**
- **No risk of displacement** – there is no current similar intervention
- Robust **outreach and promotion** strategy
- Partnership model in place, including scope for **cross sectoral co-operation**

2.0 Introduction and Context

- 2.1 The Independent Living Project is one of three core projects emanating from the recently developed 'Moving from the Periphery to the Centre' Development Framework for North Monaghan.
- 2.2 The concept has been developed by a dedicated Working Group which was established to develop and take forward practical and meaningful solutions for vulnerable people who could be supported to live independently within the North Monaghan communities; typically this target group includes:
- Lone dwellers
 - Older people (lone and married/co habiting) who are not connected with existing statutory and community services
 - Vulnerable males
 - People coping/no coping with depression and mild mental illness
 - Carers of all of the above
- 2.3 This project report sets out the findings of a community consultation process which identified that a key priority for any emerging development framework should be provision of support for vulnerable people, including those living on their own and/or at risk of isolation. Threat of exclusion is a real challenge for the North Monaghan community, given its predominantly rural nature, in addition to its border location on the periphery of main service and administration centres.
- 2.4 Changing lifestyles, including farm family composition, has resulted in many people living much more insular lives than in previous generations. This Independent Living report seeks to redress that imbalance through identification and prioritisation of potential project actions which can increase socialisation opportunities for people and facilitate them to participate more fully in community life.
- 2.5 The report provides a project identification and implementation tool to take forward practical actions which the Truagh project promoters can use to address this real challenge to the economic and social well being of their community.

3.0 Statement of Need

- 3.1 The Truagh area is host to many vulnerable persons, including lone householders. Given the rurality of the area, and its location on the periphery of many main services and facilities, the partners are centrally concerned with exploring actions which can support independent living, enabling people to live in their own community and enjoy quality of life. This section of the report explores the existing support which exists for vulnerable groups such as those identified through the consultation process and how these could contribute to practical interventions in the sub-region.
- 3.2 It further considers the socio-economic profile of the border sub-region which identifies lone households as a key characteristic of the area. This statistical data is supported by the findings of a robust community consultation process which adds further weight to the need for intervention to support independent living.

Strategic Context

- 3.3 Independent Living has many definitions. It has been described as seeking to “maximise independence and self-determination, especially of disabled persons living in a community instead of in a medical facility,” providing opportunity for people to live in accommodation in their local communities wherever possible/appropriate with supported services. The factors influencing an individual’s ability to live independently are often varied and may include:

- Freedom of choice
- Reliance on others
- Health and mobility
- The ability to stay in one’s own home
- Choice of care/support as required
- Financial independence
- Independence of mind
- Access to technology
- Ability to source information
- Being free of dependants

National Report for Ireland on Strategies for Social Protection and Social Inclusion

- 3.4 The report recognises that poverty and social exclusion impact on quality of life of families and communities across the island of Ireland, and that the creation of a more inclusive society by alleviating social exclusion, poverty and deprivation is a continuing challenge for local communities. At policy level, therefore, it is clear that there exists willingness to move forward on a cross border basis to promote inclusion and integration. This approach can benefit the Truagh partners, many of whom work hard to ensure that the most marginalised and vulnerable members of their communities are supported to have their needs met.

National Development Plan

- 3.5 As well as tackling poverty and social exclusion within the most disadvantaged urban areas, the National Development Plan outlines how the Local Development Social Inclusion Sub-Programme will seek to support locally based social inclusion measures with a particular focus on supporting people and communities suffering disadvantage and exclusion. Delivered through Pobal, the Programme aims to promote social inclusion and contribute to achieving objectives under the National Action Plan for Social Inclusion. It will involve funds and support to promote social inclusion at local level, targeting the most disadvantaged areas, groups and individuals, particularly those experiencing cumulative disadvantage. Local actions delivered through partnership models such as Truagh Area Development Limited will complement and add value to other services for disadvantaged communities and people.

Promotion of social inclusion embraces both economic and social development, including employment, education and training, health and well being and community cohesion. By seeking to engage socially excluded groups and individuals in the development and implementation of policies and programmes impacting on their lives, opportunity exists for marginalised groups in Truagh to experience greater participation in community and economic life.

- 3.6 **Age Action** is a charity which promotes positive ageing and better policies and services for older people across Ireland. Working with, and on behalf of, older people the aim is to make Ireland the best place in the world in which to grow

older. Operating on a regional basis, the charity offers a range of services to older people which the Truagh community can benefit from, including:-

- information service which seeks to address queries around benefits, health, safety and security and other topics
- advocacy work to promote social inclusion, equality and social justice
- a Care & Repair programme (currently operational in Cork, Dublin and Galway with additional outreach underway in other areas) which carries out minor repairs for older and vulnerable people in addition to providing to provide a befriending service
- lifelong learning, including training on computers, internet and mobile phones
- inter-generational work, helping to create better understanding between older people and younger people and address social exclusion

The emerging Truagh strategy should seek to provide opportunity for partner groups to develop and provide services which can contribute to improved health and wellbeing by reaching those most in need of support and who are often least equipped to access such interventions through provision of locally based services and facilities, essential for such a widely dispersed rural catchment area.

National Strategy for Action on Suicide Prevention 2005-2014

- 3.7 The strategy identifies that more people die by suicide in Ireland each year than in road traffic accidents, with youth suicide rates in Ireland the fifth highest in the European Union (World Health Organisation, 2005). Older people, especially older men, may also be vulnerable while deliberate self harm is also a significant problem. The strategy advocates a framework to identify actions delivered through cross sectoral partnership working between statutory, voluntary and community groups and individuals, recognising the holistic approach required in suicide prevention.

The vision of the strategy is of a society where life is valued across all age groups, where the young learn from and are strengthened by the experiences of others and where the needs of those who are going through a hard time are met in a caring way. Among the objectives identified are:

- To promote positive mental health among older people, raise awareness of the vulnerabilities of older people and develop support services for isolated older people
- To develop formal and structured partnerships between voluntary and community organisations and the statutory sector in order to support and strengthen community based suicide prevention, mental health promotion and bereavement support initiatives
- To support the role of churches and religious groups in providing pastoral care to the community and in promoting positive mental health, especially after a death by suicide

The strategy identifies at risk groups such as older people who no longer have the support of an integrated and extended family and community network to turn to. These are key groups in the Truagh area in need of support. In Ireland, 45.3% of people over 65 years live in rural areas and approximately 27% of people aged 65 years and older live alone.

Lack of easy access to services can put older people further at risk, while social isolation, loneliness and being divorced, widowed or single also increase the risk of suicide for older men. In older people, particularly among older men, psychiatric illness (most notably depression), certain personality traits and physical illnesses are associated with an increased risk of suicide. This Independent Living project seeks to develop measures to redress these challenges and provide targeted, accessible support to those at genuine risk.

Examples of projects seeking to support independent living which may be applied to the Truagh experience are considered below:-

Nestling Project in Dundalk

- 3.8 The Nestling Project in Dundalk aims to carry out an Assisted Living pilot project within the existing health system. The Nestling Project has been designed as a building project around the Barrack Street area in Dundalk and is based on the concept that nursing homes no longer fulfil the needs of the elderly. This project highlights what might be required to assist the elderly to continue living a relatively independent life, on the premise that nursing home settings should

become more 'home like' to adapt to the needs of the elderly. The Dundalk project looks to exploit best practice from other assisted living projects that exist elsewhere in Europe and examined below:

Netherlands

- 3.9 In the Netherland there is belief in care services going to the client. In the report *Providing integrated health and social care for older persons in the Netherlands* it is stated that the elder user "should no longer have to rely on just one care institution or organisation, but should be able to make use of a combination of services, like independent housing, welfare and health care services". Such a model of integrated working has much in common with the approach undertaken by the Truagh partners. This report goes on to say that care for the elderly should move from institutions to districts, enabling independent living. Innovations in the Netherlands (at a regional level) include Regional Assessment Boards and individual budgets. Locally there are initiatives in sheltered housing zones, projects in lifetime housing, service centres and consultants for elderly people.

In Trynwald, also located in the Netherlands, the emphasis is placed on living independently with care, on the development of integrated care, and on demand-oriented services. The wish is to support the elderly in directing their own lives; to facilitate this, a project co-ordinator clarifies, with the elderly person, the individual need for care and nursing. They also explore how the required support can be acquired and when needed mediate between requester and provider. The emphasis is placed on connecting care and nursing, adapted housing, resources and welfare services. This includes nursing, housekeeping assistance, a linen service, provision of meals and a shopping service.

Men's Health Forum in Ireland

- 3.10 The Men's Health Forum in Ireland (MHFI) works on an all-Ireland basis, seeking to enhance the health and well-being of men and boys. It comprises a diverse range of individuals and organisations, working together in recognition that men in Ireland experience a disproportionate level of ill-health.

Collectively, members seek to identify the key concerns relating to male health, increase understanding of these issues and work to redress inequalities in male health. These

inequalities include the fact that male life expectancy (LE) on the island is just 75.8 years (Republic of Ireland - 75.1 years; Northern Ireland - 76.4 years). This is almost 6 years younger than that of females, while the gap in life expectancy for men between the lowest and highest socio-economic groups may be as high as 7.4 years. Clearly, therefore, in a rural border region such as Truagh which has witnessed severe economic and social dislocation, support for males is a key priority.

3.11 National Men’s Health Policy (Ireland) 2008 – 2013

Many men suffer the impact of marginalisation due to such social and economic change, as well as other factors such as unemployment, poor education, poverty, poor living conditions and/or male gendering... Single men living in rural areas, in particular, experience multiple forms of disadvantage, with subsequent negative health outcomes.

National Men’s Health Policy 2008 – 2013

The National Men’s Health Policy recognises that ill-health and mortality is a particular risk for men from the lower socio-economic groups (who are up to 6 times more likely to die from the leading causes of death than men from higher groups. Young men (aged 18-35 years) are also a high-risk group, being almost 4 times more likely to die earlier than their female counterparts and currently have the second highest rate of suicide among the EU Member States.

Many men in Ireland experience social isolation and disadvantage on a daily basis.

National Men’s Health Policy 2008 – 2013

Aware of the benefits of grass roots activity in working towards redressing these challenges, the policy seeks to harness social capital among communities of men through a community development approach, including seeking to reflect and reinforce work on wider social inclusion policy. The policy also reflects the approach taken by the Truagh partnership through its recognition of the value of alliances and partnerships with the community and voluntary sectors, as well as with the statutory sector on a cross sectoral basis including education, employment, environment and social affairs.

There are many areas and recommendations where the Truagh groups can work to achieve the policy’s vision, including:-

- provision of appropriate recreation and leisure facilities for men recognising in particular that men in their mid- to late-30s, who are most inclined to retire from sport, should be supported to remain active via the provision of more community-based facilities
- Development of a National Carer's Strategy which can provide increased support for men in their role as carers
- Consult with and involve young men in the development of policies, services and programmes designed to meet their needs
- Develop mechanisms and structures to support community work for men who experience disadvantage
- Incorporate a health agenda into all community development work for men, in consultation with the men in the community

The Community Men's Shed is an updated version of the shed in the backyard... You might see both young and older men learning new skills from each other and maybe also learning something about life from the men they are working with.

Irish Men's Sheds Forum

3.12 The **Irish Men's Sheds Forum (IMSF)** acts as a resource for Men's Sheds in Ireland, working to promote the idea of independent Men's Sheds in local communities. The concept is based on recognition that men do not easily share concerns or problems, thus these often go unaddressed and unrecognized. Men's Sheds aim to ensure these concerns are voiced and shared, supporting men to become valued members of local communities with a real and positive contribution to make.

Truagh Development Association Ltd Business Plan for Blackwater Valley Learning Centre (January 2007)

3.13 TDAL was set up 1991 to support development in the wider Truagh, Blackwater Valley and Slieve Beagh area. Its needs analysis found that low income, Educational disadvantage, Large elderly population were key issues to be addressed. Critical to the group's progress and impact has been the Blackwater Valley learning Centre (BVLC). BVLC aims to provide cradle to grave service provision through a range of services, including:-

- Weekly meals service
- ICT training
- Maximising outreach
- Childcare provision

Summary of the Strategic Context

3.14 Supporting vulnerable groups is a key priority for the Truagh groups as they work to create a sustainable and vibrant rural

border region. There are a range of stakeholders working in the field of social inclusion, targeting specific groups and these can add value to the work planned by the project partners.

3.15 In order to ensure a strategic and coordinated approach to social inclusion and vulnerable people, it will be necessary to ensure emerging programmes add value to existing or planned interventions and target those genuinely at risk of isolation and exclusion. Active participation by the Truagh groups will be required, in order to develop a grass roots approach where local contacts and knowledge can be used to access those most at risk. Potential action areas which fit with the identified policy and strategic framework may include:-

- Men’s Shed
- Be-friending schemes
- Handyman services
- Outreach information and advice
- Home security and personal safety

Socio-Economic Profile

3.16 County Monaghan’s population is dispersed throughout the rural areas with less than 30% of the population living in urban areas. This pattern of dispersed population is very strongly established and impacts upon the growth and undermines the viability of existing towns and villages in the County.

Settlement Hierarchy	Town/Village/Settlement	Population Potential 2006-12
Tier 1	Monaghan	8,000 – 10,000
Tier 2	Carrickmacross	4,000 – 7,000
Tier 3	Ballybay, Castleblayney, Clones	1,500 – 4,000
Tier 4	Ballinode, Emyvale, Glaslough, Inniskeen, Newbliss, Rockcorry, Scotshouse , Scotstown, Smithboro, Threemilehouse	250 – 1,500

Tier 5	Aghabog, Annyalla, Ardaghy, Dawn, Broomfield, Carrickroe, Clara, Clontibret, Connons, Corcaghan, Corduff, Donaghmoyne, Doohamlet, Drum, Knockatallon, Knockconan, Laragh, Latton, Lisdoonan, Lough Egish, Magheracloone, Mullan, Oram, Tydavnet, Tyholland	100 - 300
Tier 6	Dispersed Rural Areas	

The above settlement hierarchy and rurality of the County is further summarised in the following table, which shows the population for Monaghan is 14,651.

3.17 Summary of Monaghan Population

Region	Aggregate Town Area	Aggregate Rural Area	% of Population In Aggregate Town Area
Monaghan	14,651	37,942	27.9%
State	2,334,282	1,582,921	59.6%

Population Profile – Truagh catchment

3.18 The following table sets out the population breakdown for the five Electoral Districts which are placed, in full or in part, in North Monaghan

Region	Under 19	Over 19	Over 65
Bragan	29%	71%	13%
Derrygorry	29%	71%	13%
Figullar	35%	65%	11%
Shanmullagh	29%	71%	10%
Anketell Grove	29%	71%	10%
Truagh average	30%	70%	11%
Monaghan Co.	27%	73%	12%

State	27%	73%	11%
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There is an onus on service providers from across the public and community/voluntary sector to ensure that provision such as outreach programmes and/or rural transport schemes are in place to ensure that young people can access services and are not at risk of isolation.

While the population figures for those over 65 years are, on a sub-regional basis, just under the County average, two Electoral Districts in 2006 had a higher than average proportion of older people. Several of the Truagh groups are involved in service provision for older people; it is important that such provision is retained to prevent one of the most vulnerable sections of the population becoming further marginalised through reduced access to services.

Principal Economic Status (aged 15+)

3.19 The table below sets out the principal economic status for all citizens aged 15+ across North Monaghan's Five Electoral Districts:

	Bragan	Derrygorry	Figulla	Shanmullagh	Anketell Grove	Truagh average	Monaghan Co.	State
At work	57.8	54.9	59.2	51.1	64.5	57.5	57.5	58.1
1 st job seeker	0.4	0.5	0.6	0	0.5	0.4	0.9	0.8
Unemployed	3.0	6.0	0.9	1.6	2.9	2.9	3.9	4.5
Student	12.9	10.7	13.4	13.4	9.0	11.9	9.7	10.0
Home duties	11.6	13.9	13.4	21	9.7	13.9	12.0	11.8
Retired	9.1	9.8	9.2	8.1	10.1	9.3	11.2	10.7
Unable to work	4.3	4.2	2.9	4.8	2.7	3.8	4.5	3.8
Other	0.9	0	0.3	0	0.6	0.4	0.3	0.3

While economic status for the sub-region is broadly in keeping with the County average, the figures for students and those engaged in home duties was almost 2% higher in both cases. This highlights the need for forward planning in service provision to ensure the needs of these groups are catered for. The Truagh partners have identified outward migration by young people as a key challenge for the area; given the high

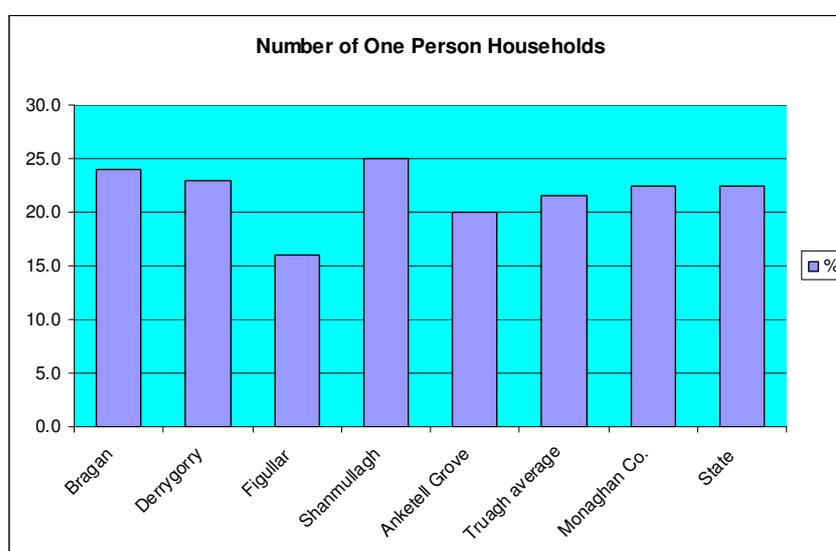
incidence of young people/students in the sub-region, a proactive approach to training and employment for this key group should be considered in order to ensure that the rural border region is not stripped of one of its most valuable assets – its young people as future employers, employees and leaders.

For those occupied in home duties, the risk of isolation in a rural border catchment such as Truagh is significant. The Shanmullagh Electoral District in particular records over one fifth (21%) occupied by home duties while it also records the lowest level of those at work – just over half at 51.1%. Targeted interventions will be required, therefore, across the Truagh area, including working with key economic/employment stakeholders to ensure pockets at particular risk of economic disadvantage are supported.

Number of one person households

3.20 The following table sets out the prevalence of one person homes across the North Monaghan Sub Region:

Region	%
Bragan	24%
Derrygorry	23%
Figullar	16%
Shanmullagh	25%
Anketell Grove	20%
Truagh average	21.6%
Monaghan Co.	22.4%
State	22.4%



In a rural border sub-region such as Truagh, isolation is very real risk. Three of the five Electoral Districts record an incidence of one person households higher than either the County or State average, again highlighting the need for outreach programmes and service provision under-pinned by accessible, affordable transport schemes in order to support participation and community engagement.

Research identified that some areas (Anketell Grove, Bragan) incur significant unpaid caring hours. This can impact both economically and socially on a community, in terms of reduced income and the emotional impact which carers experience. Ensuring that this potentially highly vulnerable group is supported, particularly in rural area with challenges accessing services, is key to the development framework and bringing about economic, social and community renewal.

Unpaid Carers hours per week

3.21 The following table sets out the involvement of citizens across North Monaghan in providing unpaid care:

Hours	Bragan	Derry-gorry	Figullar	Shan-mullagh	Anketell Grove	Truagh average carers hrs pw	Monaghan Co.	State
1-14	13	2	6	2	28	10.2	1353	93,363
15-28	0	2	3	0	3	1.6	251	17,093
29-42	1	3	1	1	1	1.4	157	9,578
42+	5	2	1	1	10	3.8	522	40,883
Total	19	9	11	4	42	17	2283	160,917

Consultation Feedback

3.22 The project development process implemented to inform the development of the framework entailed the gathering of information within the catchment area and external to it. The following actions were undertaken and the findings are presented below:-

- Community Audit: (300 stratified/random household survey across the catchment)
- Consultation with community development organisations across the area
- Community consultation workshops
- Challenge Workshop/residential with TDAL and the Steering Group, including best practice/information exchange meetings (Workspace group of social economy companies in Draperstown)

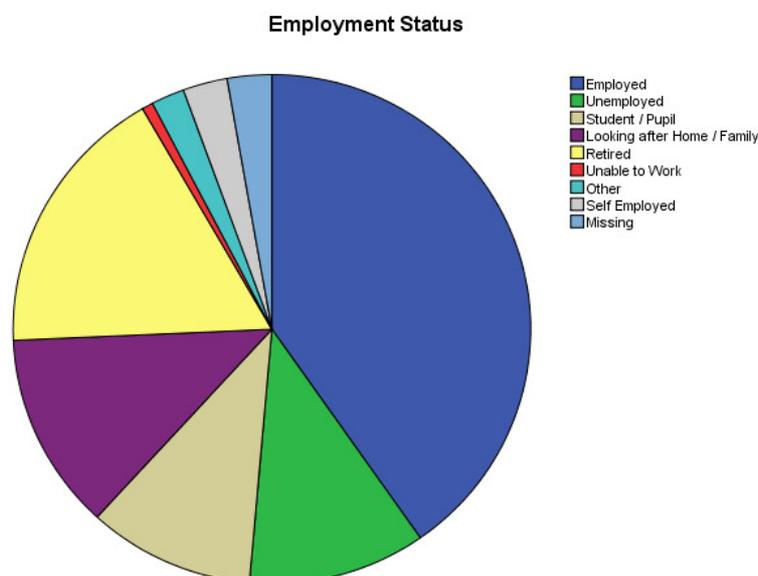
- Consultation with key stakeholders

Survey respondents put forward a range of priorities which they felt required to be addressed. Those most commonly cited are presented as follows:-

Employment	17%
Health Centre	14%
Rural Transport	14%
Education and Adult Training Provision	11%
Shop	11%
Recreation/Sports facilities/centre	9%
Community Integration	9%
Playground	9%
Maximise use of existing facilities and services	7%
Security alert, community alert	7%

Clearly, the key concern is one of employment, this being a major challenge for the border region in general and rural areas in particular. Provision of health services and transport were also cited frequently by respondents, indicative of the rurality of the Truagh parish and the threat of isolation experienced by many.

Basic service provision such as a shop and access to training and education are also indicative of the peripherality of the Truagh area from major service centres. This, combined with the number of community members at risk of isolation/marginalisation highlights the needs for comprehensive service provision, including outreach, to promote both economic development and social inclusion.



The chart above identifies that significant proportions of the Traugh community (30%) are either retired or looking after the home/family. Due to the rurality of the Traugh area, this may present a very real threat of isolation and loneliness for those falling into these categories. In addition, the ageing population of the Traugh area suggests that measures to prevent isolation and increase access to service provision should form a key part of the development framework.

Provision of social care services such as childcare, luncheon clubs and handyman services should also be explored. As indicated earlier, there are significant number of the Traugh population at risk of isolation as a result of their home circumstances. Given the number of vulnerable people across the parish, there exists opportunity for community organisations to work together in developing a comprehensive care services programme, supported through a rural transport scheme, which can provide valuable training and employment opportunities in areas such as catering, caring, transport, information and advice as well as work to redress isolation of marginalised groups.

Consultation with Older People

3.23 A consultation event was held with 57 older people to gain direct feedback on their views and experiences of life in the Traugh sub-region. A range of priorities were identified over the short, medium and longer term, with key findings emerging as follows:-

High Priorities	Medium Priorities	Low Priorities
<ul style="list-style-type: none"> • Accessible transport • Luncheon club • Social activities • Advice and information • Physical exercise classes • Information technology • Support for carers/ respite 	<ul style="list-style-type: none"> • Craft classes • Health check days • Handyman service • Home based meal service • Good Morning service • Befriending scheme • Advice and information 	<ul style="list-style-type: none"> • Information technology • Good Morning service • Befriending scheme • Physical exercise classes

From the feedback received at the consultation event it is clear that service provision, underpinned by transport are the key concerns facing the third generation. Many of those issues identified can be developed as an extension of existing community and voluntary; the skills and experience base already exists to take these forward – securing additional resources will be the next step.

Many of those activities out forward can make use of existing community facilities across the Truagh area, in addition to provide opportunities for part-time employment and work placement.

Consultation Summary

- 3.24 Rural isolation, including access to health services is a key challenge for the Truagh Communities. Support for vulnerable groups, including older people living alone, is central to the regeneration of this North Monaghan border Sub Region, impacting both socially and economically on the future sustainability of the area.

What's Good About Truagh...	
<ul style="list-style-type: none"> • People are proud of their area and enjoy living there • There are high levels of voluntary activity, and a strong community spirit • There are important building blocks upon which to build – Blackwater Learning Centre, sporting facilities, Stepping Stones 	<ul style="list-style-type: none"> • Given the achievements of the community sector in Truagh to date, opportunity for taking forward social enterprises which can stimulate the local economy and address identified need should be explored
What's Not So Good About Truagh...	
<ul style="list-style-type: none"> • Experience of service provision is varied; an integrated approach is required to ensure equitable provision and access • Transport is a major issue for the area; potential needs to be maximised from the region's strategic border positioning • A significant number of people are concerned that they do not have a say on 	<ul style="list-style-type: none"> • There is a need to ensure that services reach the periphery and those most at risk of exclusion – there are high numbers of lone households in the sub-region • Significant proportions of the Traugh community are either retired or looking after the home/family – this raises issues around the threat of isolation and loneliness

Displacement Scenarios

- 3.25 Any emerging project actions must address the issue of displacement – potentially detracting from existing provision of a similar nature. While there is a significant level of voluntary sector activity and service provision across the North Monaghan area, participation levels by those groups most at risk of exclusion remain high.
- 3.26 This is demonstrated by the fact that regular attendance at the meals and social programme held in the Blackwater Valley Learning Centre is well attended; however, in excess of 95% of those attending are female.
- 3.27 While the area is host to much community development activity, there is no current dedicated provision for groups such as:-
- rural males
 - lone householders/housebound
 - young people
- 3.28 Emerging actions identified through the Independent Living project can benefit from co-operation with wider community based initiatives but will retain a core focus on key target groups at risk of isolation and exclusion.
- 3.29 The comprehensive sub-regional approach to economic and social regeneration undertaken by TDAL has ensured that displacement can be avoided, groups and stakeholders working together on a collective basis to promote a strategic and co-ordinated approach to development.

4.0 Project Development and Prioritisation

4.1 The following has been proposed as a Vision Statement for the North Monaghan catchment:

Aims and Objectives

The North Monaghan Sub Region is an economically sustainable and outward looking border catchment which provides its citizens with a quality lifetime experience, where people and communities are empowered to achieve their best.'

4.2 The following aim and objectives have been identified for the Independent Living priority:-

Aim

To support vulnerable members of the North Monaghan community to increase their engagement in community life, contributing to improved health and well-being through access to services/facilities which will reduce risk of exclusion.

Objectives

- to provide spaces and services for vulnerable older people; especially older males
- to work with community and statutory stakeholders to reach out to those people who are truly disengaged/"hard to reach"
- to provide environments where vulnerable individuals can interact with others without fear of stigma
- provide opportunity to make connections which can be sustained and expanded over time – long term impacts
- to develop approaches to providing independent living accommodation over the medium to longterm
- to ensure those most at risk are aware of the projects, services and support available using community, farming, sporting and faith based organisations to raise awareness

- to establish partnership working between the community sector in North Monaghan and statutory agencies in order to provide better outcomes for excluded older people

4.3 Following a robust consultation process which informed project identification and development, a series of project actions were identified. These are presented in the following table:-

Independent Living Project	
Element	Description
Meals on Wheels Service	<p>The North Monaghan catchment has a high proportion of lone dwellers who are not engaged with any of the existing luncheon clubs. There is a clear link between good nutrition and the person's ability to continue to stay in their house; in addition there is the current rise in heating costs leading to 'Eat or Heat' decisions. The centre in Ballyoisin has a high spec kitchen and therefore the potential to provide meals.</p> <p>Through the Working Group, the potential to provide a meals on wheels service (as part of a comprehensive home services programme) on a social economy model has been explored; such action could provide a mix of services and jobs in addition to volunteer opportunities.</p> <p>Resources will be required in order to purchase a bespoke delivery vehicle with the capability to provide a power source to delivery trays to maintain meals.</p>
Handyman/van	<p>This service would provide home based adaptations in addition to home safety kits and DIY/Gardening/Painting. The service would employ one co-ordinator and 3-4 people on a volunteer/community employment scheme basis. AGE NI has piloted similar social economy schemes.</p>
Befriending Service	<p>This element of the project is based on the 'Good Morning' model where vulnerable/lone dwellers are contacted by telephone to confirm that they are ok and to ascertain if they have any additional support requirements e.g. Meals/Handyman/Advice/Health and Wellbeing. It also supports volunteers to carry out befriending visits where required.</p>
Men's Shed	<p>This element of the project places a specific emphasis on the vulnerable/lone/hard to reach rural male. The Men's Shed provides a place for men to meet and carry out work/hobbies based</p>

	around traditional crafts/vintage cars/machinery. Over time it provides the opportunity to introduce training, meals, health checks and advice clinics. This element will require the identification of a potential base (which may also facilitate production/selling/work units) refurbishment to provide a workshop, social area, meeting/training room and consultation room
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Project Prioritisation

4.4 Recognising that resources to take forward projects will be limited, the promoters opted to prioritise the emerging project actions, ensuring a targeted and strategic approach to implementation. The following table illustrates the approach to project prioritisation:-

Criteria	Meals on Wheels	Handy Van Service	Befriending Service	Men's Shed
Need Confirmed	6	7	7	6
Create Displacement	8	7	8	9
Complement Existing Provision	8	8	9	9
Site Availability	10	9	9	8
Meets Cavan Monaghan Leader Criteria	5	3	2	9
Capacity to Deliver	9	8	8	8
Score (out of 60)	46	42	43	49
Rank	2	4	3	1

4.5 On the basis of the above table, the Men's Shed project was selected as the priority project to be worked up for submission to Cavan Monaghan LEADER in the first instance.

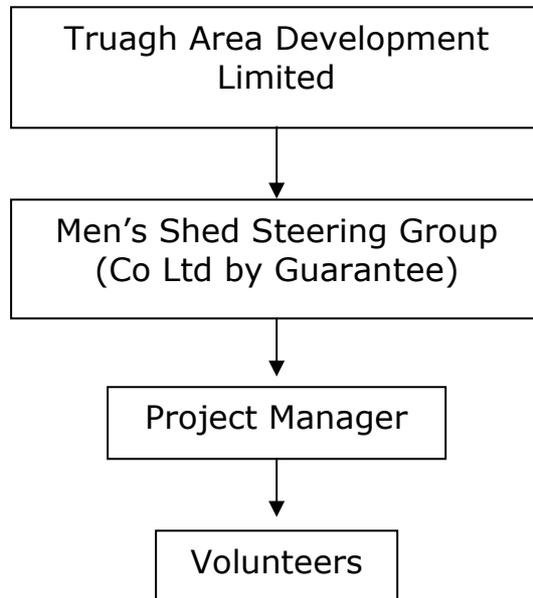
4.6 The Men's Shed has the potential to reach out to and engage with a key target group at risk of isolation. The rural nature of the North Monaghan sub-region, combined with the changing nature of farming and lack of employment in agriculture has

placed male rural dwellers at serious risk of isolation, with associated health implications.

- 4.7 Analysis of socio-economic data, supported by direct community consultation, has identified that males across the Truagh sub-region can benefit from a Men's Shed intervention which provides a much needed social outlet. Such a resource can build connections among the target group, sharing skills and knowledge on common interest areas such as vehicles and machinery.
- 4.8 Over the longer term, the intervention can be expanded to include:-
- health checks
 - visits trips to other Men's Shed, agricultural shows, machinery demonstrations, etc
 - participation in other community events e.g. food festivals, community fun days, vintage days
- 4.7 By providing an accessible resource in an isolated rural border region, the Men's Shed will provide a valuable resource, not just for older men but will also seek to engage in inter-generational work by reaching out to young men with no connection to existing rural networks and organisations.
- 4.8 The project will target young men with no links to or history of participation with groups such as:-
- Macra na Feirme
 - GAA Club and other local sporting organisations
 - Feroige
 - TDAL
- 4.9 Given the risk young men in general face from suicide, engagement of this nature can have considerable social and health benefits. The resource can also provide a base for vocational training or provide opportunity for young males to develop emerging enterprise ideas. Associated outputs may include improved communication and self-confidence through personal development. These progression routes may well provide young men with the confidence and determination to enter accredited training in the Blackwater Valley Learning Centre.

5.0 Operational Structure

5.1 This section outlines the operational structure for the Men’s Shed project, ensuring that it operates effectively and efficiently.



Roles and Responsibilities

5.2 The following table sets out the roles and responsibilities of each element of the Management and Operational structure:-

Element	Roles and Responsibilities
Truagh Area Development Ltd	<p>The Truagh Board will provide the overall governance vehicle for the Men’s Shed. It will have the following key responsibilities:</p> <ul style="list-style-type: none"> • Providing full financial governance for the project, including administration and management of funding • Meeting all monitoring requirements stipulated by funders such as Cavan-Monaghan LEADER • Putting in place all insurances (building structure) • Ensure that applications are made for any revenue grant opportunities identified on an annual basis • Co-ordination and support for a fundraising strategy to lever in additional funding

Men's Shed Steering Group (ltd company)	<p>It is envisaged that, subject to discussion with CM LEADER, a new limited company will evolve from the working group to take forward the Men's Shed. This will be comprised from local and statutory reps, providing ongoing links with key stakeholders such as local authority, HSE and education.</p> <p>The Men's Shed Steering Group will be responsible for operation and management of the Shed. This will include:-</p> <ul style="list-style-type: none"> • Confirming site • Procuring architect and agreeing the concept • Managing the Capital Build process • Promotion and outreach • Fundraising • Monitoring and evaluation • Procurement and purchasing
Project Manager	<p>The Men's Shed Project Manager will be responsible for operation and management of the Shed. This will include:-</p> <ul style="list-style-type: none"> • Co-ordination of volunteers • Reaching out to isolated men to encourage their participation • Fundraising • Monitoring and evaluation
Volunteers	<p>The Men's Shed volunteers will be responsible for:</p> <ul style="list-style-type: none"> • Reaching out to isolated men to encourage their participation • Maintenance • Activity programme development

Management Capacity

5.3 As project lead, TDAL brings a wealth of project development and management experience to the project. This includes an excellent community relations and cross-border track record in the successful delivery of a wide variety of peace building, cross border and cross community projects and activities. In many of these projects Truagh Development Association Ltd has been the lead partner for the project. Previous Peace

Building initiatives taken by Truagh Development Association have very successfully targeted specific groups of people including older people, youth, those most marginalised and isolated, displaced people due to the past troubles. Specific project management experience has been gained through a series of programmes and interventions, including:-

- **Travelnet** funded by Monaghan Co. Council Led Task Force – (EU Peace II) Through this project many trips were provided for the elderly from the area of Truagh including a very successful peace building trip to Belfast and Derry. The tours were thought provoking and provided a fascinating insight into life in Belfast and Derry during the troubles. In addition much contact, dialogue and reconciliation was built among participants.
- **Community Services Programme** funded by Pobal – Dept of Community, Rural and Gaeltacht Affairs (€350,355). This programme provides a wide variety of weekly activities for all sectors within the local communities however focusing mainly on the elderly. For example, a weekly meals and social dance is held in the Blackwater Valley Learning Centre.
- The **Blackwater Heritage & Peace Programme** is a two year project funded by the International Fund for Ireland. This project aims to create opportunities for communities both in Truagh and Aughnacloy to meet in a shared setting and provide the opportunity for in depth contact, dialogue and reconciliation. The project involves the delivery of courses and workshop on peace and reconciliation, digitally recording of stories and interviews and creating a digital archive of local history.
- **Community Leadership Programme** funded by the International Fund for Ireland and delivered through the Northern Ireland Council for Voluntary Action (NICVA) aims to strengthen the leadership capacities of groups. Five members of Truagh Development Association are taking part in this programme.
- **Stepping Stones Project** funded by IFI under the Integrated Communities Programme: involved six groups (three from the North and three from the South) delivering a programme of activities. The ultimate aim of the project was to break down barriers, build trust and build reconciliation by helping people work together who would not normally easily move between

each others venues or have the opportunity to work side by side.

- 5.4 These actions illustrate TDAL’s experience of reaching out to and working with vulnerable groups and seeking to support integration and partnership working within and across communities. Collectively these projects have also provided TDAL with project management, including administering funding and compiling with monitoring and evaluation requirements.

Working Group Skills Profile

- 5.5 The Working Group responsible for developing and driving the Independent Living priority and projects brings specific skills and experience as evidenced below:-

Skills Area
Representatives of the 3 rd Age population in North Monaghan
Representation from carers and direct caring experience
Community services support workers
Representation from Cavan Monaghan Hospital Group
Representation from HSE
Supporting Vulnerable Groups
Project Management
Rural Development
Managing Budgets (including public funding)
Marketing and Promotion
Fundraising
Business Management

6.0 Financial Information

- Project Costs
- Funding Strategy

Element	Capital Items	Indicative Costs	Revenue Items	Indicative Costs	Total Costs
Meals on Wheels Service	<ol style="list-style-type: none"> 1. Bespoke delivery vehicle which supplies heat/power to the food containers 2. Containers 3. Kitchen adaptations 	<ol style="list-style-type: none"> 1. 20,000 2. 10,000 3. 5,000 	<ol style="list-style-type: none"> 1. Co-ordinator 2. Training 	<ol style="list-style-type: none"> 1. 40,000 across 2 years 2. 1,000 	76,000
Handyman/van	<ol style="list-style-type: none"> 1. Mid sized van 2. Small tools 	<ol style="list-style-type: none"> 1. 10,000 2. 3,000 	<ol style="list-style-type: none"> 1. Manager/Co-ordinator 2. Office and Admin 	<ol style="list-style-type: none"> 1. 30,000 2. 15,000 across 2 years 	58,000
Befriending Service	<ol style="list-style-type: none"> 1. Telephone system 2. Computers and database 3. Office fit out 	<ol style="list-style-type: none"> 1. 10,000 2. 7500 3. 5000 	<ol style="list-style-type: none"> 1. Programme Management 2. Overheads 3. Volunteer Expenses 	<ol style="list-style-type: none"> 1. 20,000 per annum across two years i.e. 40,000 2. 15,000 3. 10,000 	87,500
Men's Shed	<ol style="list-style-type: none"> 1. Purchase of property/long lease 2. Refurbishment of property 3. Tools and equipment 	<ol style="list-style-type: none"> 1. Na 2. 100,000 3. 30,000 	<ol style="list-style-type: none"> 1. Programme Management 2. Overheads 3. Programme Delivery 	<ol style="list-style-type: none"> 1. 20,000 per annum across two years i.e. 40,000 2. 15,000 	205,000

				3. 20,000	
TOTAL PROJECT COSTS					426,500

Funding Strategy

6.1 The following funding strategy has been developed for the prioritised project – the Men’s Shed.

Cost Centre	Indicative Costs	Potential Funding Source	Amount
Refurbishment	100,000	Cavan Monaghan LEADER @ 75%	75,000
Tools and equipment	30,000	Cavan Monaghan LEADER @ 75%	22,500
Programme Management	20,000 x 2 years	Cavan Monaghan LEADER @ 75%	15,000
Overheads	15,000	Cavan Monaghan LEADER @ 75%	11,250
Programme Delivery	20,000	Cavan Monaghan LEADER @ 75%	15,000
Total Project Costs	€205,000		138,500
Community Contribution	-	TDAL (LAND/SITE and capital funding)	66,250
Total Project Funding	-	-	205,000

7.0 Promotion and Outreach

7.1 The sustainability of the Men's Shed will be dependent on a proactive outreach strategy which seeks to engage with vulnerable/isolated men across the North Monaghan catchment. Central to this will be working closely with community networks and service/statutory providers to engage the truly hard to reach – those most at risk. To facilitate this, a marketing and promotional strategy is presented in the table below:

Objectives	Activities	Led by	Timeframe	Costs €
To encourage participation from isolated/detached men	<ol style="list-style-type: none"> 1. Establish links with local networks – community, faith, health, cultural, sport and farming groups to identify potential users 2. Identification of volunteers who can make contact with vulnerable males and encourage their participation 3. Promotional materials – flyers, mailshot, posters 4. Host specific events to generate interest e.g. Tractor Run, Vintage Car event, demonstrations such as bygone farming, ploughing 	TDAL/Men's Shed Steering Group	Month 1	2,500 materials
Raise awareness of the Men's Shed and	<ol style="list-style-type: none"> 1. Project launch 2. Open night 	Project Manager	Month 1 ongoing	1,500 open night at

its purpose	<ol style="list-style-type: none"> 3. Press articles 4. Attendance at key events - vintage fairs, agricultural shows 			launch
Attract statutory bodies to work in partnership	<ol style="list-style-type: none"> 1. Invite statutory representatives to an information event at the Shed 2. Explore how a partnership model could be developed eg health outreach, advice sessions hosted at Shed 3. Use the venue for statutory outreach - meetings, advice clinics, etc 	Project Manager	Month 6	Time investment

8.0 Monitoring and Evaluation

8.1 This section of the proposal examines the post project management, monitoring and evaluation approaches which will be adopted by the Men's Shed promoters in order to ensure that the project presents a high degree of probability in relation to meeting its aims and objectives.

Capital Project Management

8.2 The project will be promoted and managed by TDAL and the Steering Group who will be responsible for:

- Engaging the design team
- Signing off the finished concept
- Securing planning permission
- Appointing a contractor
- Managing the construction phase
- Maintenance of the facility

Post Project Monitoring

8.3 There are two key aspects to the Post Project Monitoring of the Men's Shed project as follows:

- Construction phase
- The project development and facilities management phase

Construction Phase

8.4 The project promoters will take the following approach to the monitoring of the construction phase of the project:

- A Project Architect will be appointed following an open call. The architect will prepare a full tender pack for the project. A select list of appropriately experienced contractors will be developed. Tender packs will be issued to pre qualified contractors and a contractor will be appointed. On appointment the contractor will be requested to develop a contract plan setting out key milestones in relation to timeframes and budget. This will be used as the baseline and monitoring document for the construction phase of the project
- Fortnightly site meetings will be held and attended by a representative of TDAL, project funders, the architect and the contractors nominated Contracts Manager.
- The Contracts Manager will prepare a contract progress report for each site meeting. The contract report will establish progress against the milestones for time and budget; identifying any variances and proposed remedial action

- Where required remedial actions will be discussed, agreed and minuted.

Project development and facilities management phase

8.5 The success of the Men's Shed will be determined by its impact and progress in reaching agreed targets. This will be achieved through adherence of the monitoring and evaluation framework presented below which illustrates the following key factors:

- What will be measured
- How it will be measured
- When it will be measured
- Who will have the responsibility to measure

What Will We Measure	How Will We Measure	When Will We Measure	Who Will Be Responsible
User Numbers	An attendance register will be compiled, holding details of all persons attending the Men's Sheds	Daily and presented in monthly management reports	Project Manager
Awareness Raising	Linkages established with local groups Attendance at key events/meetings	Outputs collated in monthly management reports	Project Manager
Improved health and well-being	Self evaluation forms completed by users Health check held at centre and attendance numbers	Quarterly	Project Manager
Increased integration and community participation	Progression routes of users eg accessing other opportunities such as education/training courses at BVLC; participation in wider community events/activity/groups	Quarterly	Project Manager

Risk Register

9.1 To ensure a robust and successful project a Risk Register has been developed for the Men's Shed which identifies key risks and how best they can be addressed.

Risk	Description	Contingency
Lack of engagement by those most at risk	Those men who are isolated in rural communities lack the confidence or awareness to visit the Men's Shed	Working with a range of local bodies to reach out to those who are genuinely isolated Ongoing local media coverage and open evenings which have an informal "drop in" approach
Sustainability	Lack of resources to sustain the Men's Shed and its work	Development of a fundraising strategy.
Capacity	It is recognised that this project is specialist in nature and that the promoter has not previous experience in the development and management of a Men's Shed project.	<ul style="list-style-type: none"> • TDAL has a strong track record in capital build and project management. • Join the Men's Shed National Association • Best practice visits e.g. to the Netwell and Men's Sheds projects in Co Louth • Developing the current Working Group into the Board of a Social Economy Enterprise