

## What is Community Facilitation?

The Community Facilitation Service is an integral part of the Social Work Department at Western Care Association. The service which is exclusive to the Castlebar area came into operation in 2001.

It was identified that a number of people with intellectual disabilities were living & working independently in the community. Some people found themselves in vulnerable situations where they required support but had nowhere to turn. As a result of this need the Community Facilitation service was developed.



Community Facilitation offers

- A confidential person centered service.
- It aims to provide support to adults with intellectual disabilities living

independently in the community and also to support individuals who are moving towards independent living.

- It provides supports to individuals who work in the community together with supporting individuals who are seeking employment.
- It is a positive, original, innovative and individualised service which strives to meet the needs of each person.
- It enables people to address key areas of their lives, e.g., loneliness, isolation, poverty, relationships, sexuality, personal safety, rights, social inclusion, housing and health.
- Inclusion and new opportunities are an essential aspect of the service and are continually explored in new and exciting ways with people.
- A number of workshops are delivered to meet the needs of people and include group work on self esteem, recognising stress, assertiveness,



health & well being, relationships & sexuality.

- It offers a women's and men's group where people can explore and talk about areas specific to men or women without feeling embarrassed especially around health and sexuality

The Drop-In Centre



The Drop-in, as the name suggests, is a place for people to "drop in" and have a chat with the Community Facilitators. People can share their good news and also seek support with anything that may be worrying them. A wide variety of concerns are addressed from entitlements, rights, housing, relationships, health, loneliness, isolation, poverty, personal safety, social inclusion—basically anything that the person identifies as a worry or an area to work on for themselves.

There are a number of activities organised by service users with the support of staff

where necessary.

Some of the activities are based at the Drop-in but people are encouraged to use their community wherever possible. Activities can range from art, relaxation, music, cookery, bowling, concerts, drama and all these can be seen at a glance on the social events calendar. The service users are responsible for the social events calendar which is prepared three months in advance. They decide the activity, the date and organise any bookings that may need to be done.

Shopping trips, weekends away, city breaks and sun holidays are all part and parcel of the drop-in activities with people having ventured to a variety of far off destinations.

The Drop-In Centre  
Western Care Association  
Newtown, Castlebar  
CO. MAYO



Phone: 094 9026116  
E-mail: [wcommunity@eircom.net](mailto:wcommunity@eircom.net)  
Website: [www.westerncare.com](http://www.westerncare.com)

If you are interested in availing of the Community Facilitation service please contact

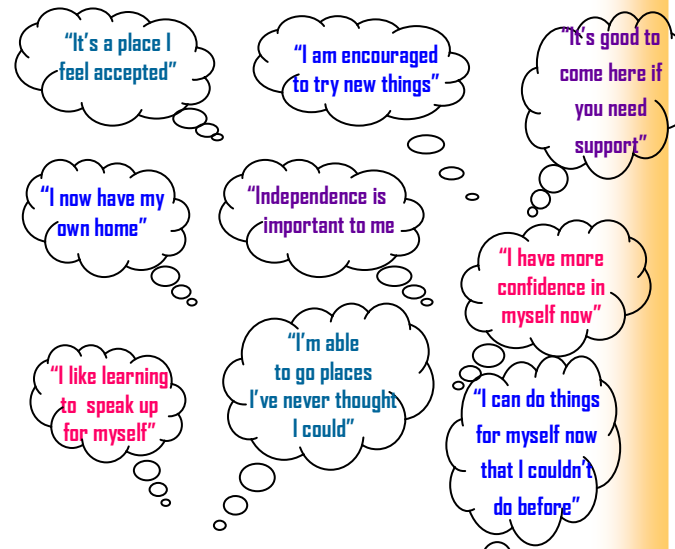
Director of Services

on (094) 9029100

or

email [info@westerncare.com](mailto:info@westerncare.com)

### Comments about the Community Facilitation Service from service users:



### Community Facilitation Service



The Drop-In Centre  
Western Care Association  
Newtown, Castlebar  
CO. MAYO

Phone: 094 9026116  
E-mail: [wcommunity@eircom.net](mailto:wcommunity@eircom.net)  
Website: [www.westerncare.com](http://www.westerncare.com)

## Community Facilitation Service

# Helping People to



# Help Themselves

The Drop-In Centre  
Western Care Association  
Newtown, Castlebar, Co. Mayo

TEL: (094) 9026116