



SICAP can help you to set up your own business or social enterprise giving you:

- Supports to develop a business idea and business plan
- Business advice, guidance and training
- Information about networking and sharing good practice
- Help to apply for grants and allowances such as the Back to Work Enterprise Allowance

For social enterprises we can help you to:

- Set up or develop a social enterprise
- Create employment and volunteering opportunities
- Develop a social inclusion focus

What people said

"I was given support on every level and every step of the way in starting my own business."

"Not only did it give me the skills, it made me believe I could use the skills to set up my own business."

Contact your Local Development Company (LDC) for more details:



Southside Partnership DLR

The Old Post Office, 7 Rock Hill, Main Street, Blackrock, Co. Dublin, A94 E8R6

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Email: info@sspship.ie
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Ríaltas na hÉireann
Government of Ireland



Arna chomhchistiú ag
an Aontas Eorpach
Co-Funded by the
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Social Inclusion &
Community Activation
Programme

What is SICAP?

SICAP is the Social Inclusion and Community Activation Programme. It aims to reduce poverty and promote social inclusion and equality.

All SICAP services are free, confidential and optional.

SICAP offers (supports may vary locally)

- Access to education and training
- Personal development and well-being programmes
- Connections with your local community and services
- Supports for local community organisations
- Job and career supports
- Help to start a business or social enterprise

Education, Training and Well-Being



SICAP can help you to explore educational options that fit your needs:

- Leading to formal qualifications or shorter jobs skills courses
- Help with IT and digital skills (such as using computers to help you with your studies)
- Help to improve your English (if needed)
- Help with reading, writing and numeracy
- Personal development and well-being supports

What people said

“The advice I got led me in the right direction to access these services.”

“It put me on the right path, I returned to education, and I am now working.”

Community Organisations



SICAP can help your local community organisation with:

- Networking opportunities
- Preparing a community action plan
- Training in key areas, for example, governance (how to run an organisation) and applying for grants
- Identifying skill gaps and training needs for your board and committee members
- Running your meetings
- Supports to set up a social enterprise

What people said

“I met people at the courses, and this led me to getting involved in other activities.”

“It helped me set up a local residents’ association by providing training and support and resources.”

Job Supports



SICAP can help you to improve your quality of life through job supports and training.

This includes giving you:

- Advice and mentoring (support) both individually and in groups
- Guidance on local employment options, including how to plan your next steps
- Access to job-specific training courses like manual handling or care skills
- Guidance on how to prepare or improve your CV and interview skills
- Guidance on how to develop personal skills like confidence and self-esteem

What people said

“They helped me get my confidence back and apply for jobs.”

“I was given support, advice and information on what courses I needed to complete to upskill for the job roles I was interested in doing.”