Comhpháirtíocht Chathair Luimnigh
Limerick City Partnership

SICAP Case study Narrative 2026

Rialtas na hÉireann
Government of Ireland

Arna chomhchistiú ag an Aontas Eorpach
Co-Funded by the European Union

SICAP
Social Inclusion & Community Activation Programme

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Limerick City Partnership

LCDC

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union.

Supporting Individual Journeys

Strengthening Engagement through Person-Centred SICAP Supports.

Limerick City Partnership
CAB/Lot number: Limerick Urban 21-2
Case study theme and sub-theme: Target Group Focus – Strengthening engagement with SICAP target groups through accessible, flexible and person-centred supports.

Limerick City Partnership delivers the Social Inclusion and Community Activation Programme (SICAP) across Limerick City. Through SICAP, we work with individuals from a range of SICAP target groups who face social and economic disadvantage and barriers to participation. Over the course of this SICAP programme, the Local Community Development Committee (LCDC) has identified three Local Priority Target Groups (LPTGs) for Limerick City: People Living in Disadvantaged Communities, International Protection Applicants, and People with a Criminal History. These groups reflect key areas of need within the local context and are a particular focus of SICAP engagement and support activity.

Through targeted engagement and person-centred supports, SICAP helps participants reduce barriers, strengthen participation and progress towards goals related to employment, education, training, social inclusion and community participation. In Limerick City, we deliver SICAP in a flexible and responsive manner, recognising that meaningful engagement with SICAP target groups requires supports to be tailored to each individual's circumstances, aspirations and needs.

The people engaging with the programme belong to one or more SICAP target groups and many experience multiple forms of disadvantage and significant barriers to social and economic inclusion. Almost nine in ten SICAP participants are unemployed or economically inactive, while almost 40% are affected by homelessness or housing exclusion. Many participants experience overlapping challenges, including educational disadvantage, low income, disability, family responsibilities, social isolation, migrant status and difficulties accessing services. These interconnected circumstances require a flexible, person-centred response tailored to individual needs and aspirations.

A key strength of the SICAP programme delivery model in Limerick City is its accessibility. Traditional office-based services do not always reach those most likely to benefit from SICAP supports. SICAP staff operate from several locations and settings across the city, ensuring that support is available to people where they live and where they feel most comfortable. This enables staff to engage with individuals who may be unaware of available supports or who face barriers in accessing mainstream services.

Over the lifetime of this SICAP programme, 72% of participants engaging with SICAP supports in the Limerick Urban Lot will belong to one of the three Local Priority Target Groups (LPTGs) identified by the LCDC for Limerick City.

- People Living in Disadvantaged Communities: 55%
- International Protection Applicants: 13%
- People with a Criminal History: 4%

Supporting Individual Journeys

Strengthening Engagement through Person-Centred SICAP Supports.

Limerick City Partnership works in collaboration with eight SICAP Community Partners[1], enabling SICAP supports to be delivered within key communities across the city. In addition, we offer outreach clinics in a variety of community and frontline service settings[2], helping to increase awareness of and access to SICAP supports amongst a wide range of target groups. Staff also attend community activities and events, such as Conversation Club, creating opportunities to engage with people who may not otherwise be aware of the supports available to them. Through these activities, staff can identify individuals who may benefit from additional support and begin building trusted relationships.

SICAP takes a person-centred approach, recognising that no two journeys are the same. While participants may initially seek support with a specific issue, such as employment, digital skills or training, conversations with SICAP staff often uncover wider needs, opportunities and aspirations. Staff work alongside participants to understand their circumstances, identify barriers and recognise their strengths and potential.

Developing a Personal Plan with a SICAP case worker helps participants reflect on their circumstances, identify opportunities and set realistic goals. Breaking larger ambitions into manageable steps helps support progression and build confidence. In some cases, the Distance Travelled Tool[3] is also used to support reflection on personal development and progression over time, helping participants recognise achievements and identify next steps.

The supports provided through SICAP are tailored to the individual. These may include one-to-one guidance, personal development programmes, employment supports, education and training guidance, digital skills support, referrals to specialist services, or assistance in overcoming practical barriers. SICAP staff maintain strong working relationships with community groups, education and training providers, employment services, and a range of statutory and voluntary organisations across the city. Drawing on these networks and their extensive local knowledge, SICAP staff can connect participants with services and opportunities most relevant to their circumstances and goals. SICAP's role is not only to inform participants about available supports, but also to empower them to engage with and benefit from these opportunities.

The accompanying video highlights the experiences of two SICAP participants whose journeys demonstrate key elements of SICAP delivery in Limerick City, including outreach and engagement, personal planning, tailored supports, referrals and progression. While participants progress in different ways and at different speeds, outcomes may include employment, education, increased confidence, improved wellbeing, stronger social connections and greater community participation.

An important feature of SICAP is its flexibility. Participants may engage intensively with supports at one stage of their lives and then require less support as they progress into employment, education or training. However, they can return to SICAP when new challenges arise or when they need support to achieve new goals. This ongoing relationship helps ensure that participants continue to have access to guidance and support as their circumstances change over time.

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[1] SICAP is delivered through a consortium model with eight Community Partners across Limerick City: Garryowen Community Development Project, Learning Hub Limerick, Kings Island Family & Community Resource Centre, Moyross Community Enterprise Centre, Our Lady of Lourdes Community Services Group, Southill Hub, St Munchin's Community Enterprise Centre and Tait House.

[2] We offer outreach clinics in settings such as Accommodation centres, International Protection accommodation centres, Domestic abuse support settings, Services that support people with criminal histories, and housing and homelessness support services.

[3] The Distance Travelled Tool supports participants to reflect on their progress over time across areas such as literacy and numeracy, confidence, communication skills, social connections and work readiness, helping to identify achievements and future goals.

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Department of Children, Disability and Equality

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