

**CAPACITAR'S**

vision is  
Healing  
Ourselves  
Healing  
Our World.

**CAPACITAR**

means  
to empower,  
to encourage,  
to bring each  
other to life. We  
are an  
international  
network of  
empowerment  
and solidarity.

Capacitar teaches  
simple practices  
of healing,  
team building,  
and self-  
development to  
awaken people to  
their own source  
of strength and  
wisdom so that  
they can reach  
out to heal  
injustice, work  
for peace and  
transform  
themselves, their  
families and  
communities.  
Using a popular  
education  
approach,  
Capacitar works  
with grassroots  
people in 28  
countries.

Dear Capacitar Friends,

As Capacitar Ireland continues to grow and become a fruitful branch of Capacitar International, we thought a newsletter now and again would keep you all in touch with what's going on.

On behalf of Capacitar Ireland, I would like to thank Pat Cane who, to date, has trained about 150 people North and South of Ireland as well as facilitating numerous Taster Days North, South, East and West of the country.

Her enthusiasm, wisdom, energy and generosity have put us on the road and now Capacitar Ireland Teams whom she has also trained, are emerging and taking on Taster Days and Refresher Sessions.

I think we have all been touched in one way or another by the simplicity and effectiveness of the Capacitar practices and indeed the sharing and caring that characterises Capacitar.

May we keep that spirit alive as we continue to support and encourage each other.

Namaste!

Kathleen DayIJS

***Toni Ryan, chairperson of the Board of Management charts Capacitar Ireland's journey from the beginning:***

It will be five years in May since I first emailed Pat asking her to put me in contact with those people in Ireland whom I had heard had attended some of her workshops in the States. I had just returned from Chile where I had worked with Capacitar Chile and wanted to continue to practice what I had learned there. Pat's first words to me were 'What Synchronicity'! She was planning a holiday in Ireland the following May and said she would be delighted to give some workshops here at the end of her holiday.

And so Capacitar Ireland began!

In the first few years most of our work consisted in organizing workshops and trainings which were facilitated by Pat on her many visits here – in Dublin, Belfast, Newry, Mayo, Galway and Cork. The skills learned in these workshops have been shared with diverse groups – refugees and asylum seekers; those with learning disabilities; those suffering with cancer; the aged; and up to a hundred community groups throughout the island of Ireland

With Pat's support, encouragement and gentle challenge we have moved slowly but solidly into building our own organization. We now have an established Board and have secured Charity status for the organization. We have also written and are delivering two Fetac modules(level 5) in Capacitar practices under the enthusiasm and skill of Marian Baker.

Aiveen, Marian and Kathleen also gave our first taster day to 25 teachers on March 3rd 2007

I want to take this opportunity to thank everyone who has given of their skills, time and encouragement in the birthing of Capacitar Ireland

It is hard to single out anyone but I must especially thank Kathleen Day. There is no doubt that it is Kathleen's enthusiasm, passion, generosity and brilliant skill as an administrator that has driven the organization in the last two years. Without her we would not be where we are today.

This is a great moment for us all as we carve our own identity as another region of Capacitar. How we in Ireland contribute to the healing of our world will depend on the unique skills and passions of all of us. And so we would love to hear from you with your ideas on what direction we might take –e.g. what programmes; trainings; retreats we should offer. We would especially like to hear from any of you who would be interested in the design and delivery of these.

Finally, as Pat so often reminds us, synchronicity is but another word for Spirit.

May the Spirit that inspired me to write to Pat continue to guide the organization in the unique path it needs to take in its own small but important way to heal our broken world.

## Capacitar for Teachers and children



On Saturday, March 3<sup>rd</sup> Capacitar held a day-long workshop in St Joseph's Primary School in Ballymun, for teachers and people involved in childcare. Twenty-five people attended



The day was facilitated by one of the Capacitar Ireland Teams:

Marian Baker, Aiveen Mullally and Kathleen Day

There was a great reaction and enthusiasm for the Capacitar practices and the teachers commented particularly on the Tai Chi and finger holds as being very suitable for the classroom. There is great need for these exercises for both teachers and pupils, as teachers are working in an ever increasing stressful environment with many children who are lacking stability and struggling with learning difficulties.

Comments from some participants....

*"I discovered how easy it is to help myself to relax and destress and I hope to help others do the same."*

*"I plan to use all the techniques, in particular the finger holds and Tai Chi with my class"*

*"So refreshing to come to a workshop where you come away not overwhelmed but excited and rested. Looking forward to spreading the good news on home visits to parents, and with teachers and students."*

*Marian Baker of An Cosan, Tallaght, shares some of the ways Capacitar is helping the Tallaght community*

We are currently delivering the Capacitar for Childcare FETAC level 5 Module to two groups. It is being integrated into these programmes; both are childcare training programmes but have slightly different focuses. One course is for those who are working with 3-5 year olds. The second course has an after-school recreational focus. I have done two evening sessions with the Men's Group here and have been asked to do another session with a new Men's group.

It has come to our notice that there is a very high percentage of young



teenage mothers in our community. Their mothers (young grandmothers) are carrying additional responsibilities for their grandchildren, while many of them

are still rearing their own families.

With this in mind I approached the Dep. Social Community & Family affairs and was successful in accessing funding to deliver

### **Capacitar Holistic Health Practices for grandparents.**



**Tomo Hayakawa**, medical student of Trinity College, Dublin organised a Taster Day in the College of Surgeons, Dublin on 28th January

*"Body-mind balance, sense of wholeness, being grounded and centred..."*

These are the gifts I experienced at the Capacitar workshop by Dr Cane. This is probably true too for most of our participants, medical students and medical professionals. I experienced a sense of relief, and it was certainly a healing. Very unlike the conventional medical approach to our health, Capacitar practices help us to be responsible for and take care of our body, mind and spirit in an integrated way.

"Fill yourself up with energy from the earth and universe, and you will now be able to give it to people around you."

Many thanks to Dr Cane and Kathleen for these wonderful teachings.

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***Ann Brady RSM sends an account of the growth of Capacitar in the North East***

The North Eastern group is composed of 9 members all of whom have completed Training with Pat and are now in the process of being Mentored by her. Initially members of this group secured funding and offered 2 Taster Days facilitated by Pat. Participants were drawn from Statutory, Community and Voluntary Agencies. Subsequently the Banbridge training was organised and it is anticipated that approx 23 people will complete the Programme with Pat in May 2007

***High Zone Women's Group, Cave House***

Revision sessions were organised by members of our



group following the Training weekends.

Members of the North Eastern group are committed to using Capacitar practices within the scope of their work. Consequently many community groups, self-help and Carers groups as well as Health & Social Services and Cross Border Networks have been introduced to Capacitar vision, mission and practices

The awareness generated through Women and Family Health Initiative in South Armagh has prompted an enquiry for follow-up from Jodhi Quinn of Communities Connect.

Links have been forged and a Taster day sponsored by this Cross-Border initiative has been organised to take place in Dundalk on April 19<sup>th</sup>. Members of our group will facilitate the day on behalf of Capacitar Ireland.

***Capacitar practices with rural Teachers, Zambia***



While working in Nigeria in November 2006 Paula and Ann introduced several Carers groups, Aids Councillors, and The Grassroots Women's Foundation to the riches and potential of Capacitar practices and were privileged to launch the campaign "To End Violence against Women" supported by Women in Peacebuilding Network.

***Aine Campbell RSM from the North East group reports on a new outreach for Capacitar***

Since training in Capacitar Julia Ritchie, Donna Quinn and myself have found the practices invaluable within our own therapeutic practice and for our own self-care as psychologists working with a traumatised population.

We decided at the November 2006 Annual Conference of The Psychological Society of Ireland (PSI) to offer a workshop to our colleagues and share with them the tremendous benefits that Capacitar can provide to professionals and to those with whom they work.

The workshop proved very successful with many Psychologists calling for further training in what they acknowledged as highly effective and empowering tools for self-care and healing.

In response to this request the Division of Counselling Psychology of PSI have invited Dr.Pat Cane to facilitate a one-day workshop for Psychologists at All Hallows College in May 2007

Encouraged by the positive and enthusiastic response from our colleagues at PSI we have now agreed to offer a taster session to the British Psychological Society at their annual conference in May 2007, let's see where this leads!

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**Step it Out!**  
Run or Walk for Capacitar Ireland!  
Flora Women's Mini Marathon  
**June 4<sup>th</sup> 2007**



Interested in walking 10k around Dublin next June?  
Feeling more energetic and considering running the  
mini-marathon?

If so, why not do so for Capacitar Ireland and help us  
raise much needed funds to raise the profile of Capaci-  
tar in Ireland?

Contact Aiveen Mullally at [aiveen@online.ie](mailto:aiveen@online.ie)  
for a sponsorship card.

### Upcoming Events

#### Pat Cane's schedule: May 2007

May 11-12	Training 4 Banbridge, Co Down
May 14	Workshop, Chrysalis, Co Wicklow
May 16	Taster day, All Hallows College, Drumcondra, Dublin
May 18	Taster Day for Psychologists All Hallows, Drumcondra, Dublin
May 19-20	Training 2 Wilton, Cork
May 22-23	Mercy Sisters and Colleagues Derry and Navan
May 26-27	Training 1 Hammersmith, England

*Taster Days and Refresher Sessions*  
facilitated by *Capacitar Ireland Teams*

March 3rd	Primary School Teachers, Dublin
March 17th	Crawley, England
April 19th	Cross community Groups Dundalk, Co.Louth

Energetic Trainees in the Cork venue are coming  
together in between the Training Weekends  
to consolidate what they have learnt to date:

March 8th	Cork
April 14th	Killarney, Co. Kerry
April 21st	Esker House, Athenry, Co Galway.

### Gala Musical Night

Special thanks to Marian Baker who organised a fund-  
raising event in the Crown Plaza, Tallaght on March  
8th. Our thanks also to the Garda Band who gave us a  
most enjoyable musical night (free!) It was a bonus to  
catch up with  
Capacitar friends on the night.

### Strategic Planning

The Board of Management and some invited  
Capacitar members had a very fruitful day on Strategic  
Planning for Capacitar Ireland.

A big thank you to **Liz Waters** and her  
colleagues who drew up a comprehensive report on  
the way forward. We hope to begin implementing this  
in the year ahead



**May 16 2007**  
**Open Taster Day in**  
**All Hallows College, Drumcondra, Dublin 9**

**Facilitator: Dr. Pat Cane**  
**If you would like a brochure for any of**  
**your friends please contact**  
**Kathleen Day IJS**  
**cap.ireland@eircom.net**

### Annual Capacitar Ireland Gathering

We've already had one gathering at An Tobar  
(Navan, Co.Louth) and have now decided to make  
it an annual event.

*Please keep Sunday June 17th free* and we'll  
post you later on the Time and Venue.

*Next Board Meeting: March 31st 2007*