



Community Initiatives for Social Ecology
Pathways to a Connected Life



YOUR INVITED FOOD ENTERPRISE PROJECT KILKENNY *A community driven culinary enterprise* FEPK



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INTRODUCING FEPK: A Community-Driven Culinary Enterprise

FEPK is an inspiring culinary initiative co-founded with Camphill Initiatives for Social Ecology and Knockdrinna Enterprise, built to empower local talent and boost rural innovation.

Stage 1: Trained 12 participants in culinary skills and launched a range of handcrafted food products, now sold at local markets.

Stage 2 (currently underway): the vision grows - a dedicated local food hub is being established, now taking shape at Billy's Tea Rooms in Ballyhale.

A bold step toward social inclusion, sustainable enterprise, and vibrant rural regeneration.

Empowering Through Enterprise

This strand: Work Integrated Social Enterprise (WISE) based in Ballyhale Kilkenny (FEPK)

Established Through Camphill Initiatives 2019 to support Citizenship and Inclusion through Job Creation and Training

Blends hands-on training, real-world experience, and community integration

Transitioning and Expanding a Food Training Initiative to New premises

Transforming a local facility “Billy’s Tea Rooms” into a café and Food training hub

Supports long-term unemployed individuals with additional support needs

Answers a social and services need within a rural village



Inclusive Training, Lasting Change

Training through Real Experience, Recognised Outcomes

12 participants over a 3-year structured training programme

Accredited food sector modules through ETB with a Focus on progression

Fostering personal and professional development, Training embedded in daily work

3 part-time, paid transitional roles (Wage Subsidy Scheme) Progressing to Open Employment

Several Employment outcomes: Open employment self-employment or sustainable jobs at the Social Enterprise



Rooted in Ballyhale, Serving the Wider Community

- A welcoming space for elderly residents, local families, and groups
- Community use: coffee mornings, local clubs (e.g. Shamrocks GAA), school run stop-ins
- Social support: waiting area for GP visitors, informal drop-ins
- Hosting events and supporting mental wellbeing initiatives
- Provisional Alzheimer's Café registration (pending lease)
- Off site Catering for local businesses
- An Innovative Social Food Enterprise with a grounded vision



From Vision to Viable Social Enterprise

Participants co-design their learning and goals

Tailored training and real-time learning on-site

Weekly product testing via pop-up café events

Marketing and sales strategies built on customer feedback

Strong links to local businesses and community networks

Sustainable Growth with Measurable Outcomes

Financial sustainability through social trading and subsidies

Governance embedded in community consultation

Clear progression pathways into employment or self-employment

Social value: inclusion, mental wellbeing, and rural regeneration

P&L Overview: See attached sheet for cash flow and projections



Profit and Loss Statement (July 2025 – July 2026)

Business: Billys Tea Rooms Community Café and Food Hub / Shop & Outside Catering

Sales of Income	Amount (€)
Café / Shop Sales (300/day × 4 days × 45 weeks)	€56,200
Outside Catering (60 lunches × 2 days/week × €10 × 40 wks.)	€48,000
Total Sales	€104,200

Cost of Sales	Amount (€)
Food Costs including packaging	€25,500
Staff: Supervisor 2 PT (40 hrs/week)	€34,694
Staff: 3 Part-time Operatives (15 hrs/week each, subsidy) (15 hrs/week each, with wage subsidy)	€17,550
Total Costs of Sales	€77,744

Overhead Costs	Amount (€)
Insurance	€2,000
Light and Heat	€16,000
Accountancy Fees	€3,500
Telephone/Broadband	€600
Cleaning Materials and Supplies	€500
Upkeep and Maintenance	€2,500
Miscellaneous	€500
Total Overheads	€25,600

Summary	Amount (€)
Total Sales	€104,200
Less: Cost of Sales	(€77,744)
Less: Overheads	(€25,600)
Net Profit	€856

Training Component is additionally supported through Pobal Workability program

CATEGORY	JULY	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE
CAFE SALES	4200	5700	5700	4800	3500	4700	2500	3500	4800	5700	5700	5400
CATERING	3200	3200	4800	6400	4800	3200	1600	3200	3200	4800	4800	4800
TOTAL INFLOWS	7400	8900	10500	11200	8300	7900	4100	6700	8000	10500	10500	10,200
WAGES	4354	4354	4354	4354	4354	4354	4354	4354	4354	4354	4354	4354
LIGHT & HEAT	900	950	1050	2200	1500	100	350	2000	1800	1250	1000	900
FOOD COSTS	4200	2300	2300	2300	1300	3300	-	1300	1400	2300	2300	2500
INSURANCE	166	166	166	166	166	166	166	166	166	166	166	166
ACCOUNTANT												3500
UPKEEP & MAINTANCE			500				500				500	
CLEANING MATERIALS		125		125						125		
MISC	100		200		100			100				
BROADBAND	50	50	50	50	50	50	50	50	50	50	50	50
TOTAL OUTFLOWS	9770	7945	8620	9195	7470	7970	5420	7970	7770	8245	8370	11470
NET CASH FLOW	-2370	955	1880	2005	830	-70	-1320	-1270	230	2255	2130	-1,270
OPENING BALANCE	5000	2630	3585	5465	7470	8300	8230	6910	5640	5870	8125	10255
CLOSING BALANCE	2630	3585	5465	7470	8300	8230	6910	5640	5870	8125	10255	8985

Come On Board

Thank you for taking the Time to Read This

The significance of the Food Enterprise Project lies in the opportunity to make a real difference in people's lives.

The local community in Ballyhale needs a social café hub and shop in the town. Local job seekers require training and innovative pathways to employment. Together, we have the chance to enable a key development that could decisively shape the future for many.

This project offers an ambitious vision for rural community social, economic, and cultural development.

A potential template and inspiration for rural communities everywhere. Our aspiration is matched by strong foundations: a solid business plan, EU/Department of Environment support, a committed team of volunteers, and an altruistic purpose.



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