



Sligo Family Resource Centre Annual Report 2019

<https://www.facebook.com/SligoFamilyResourceCentre>
www.sligofamilyresourcecentre.org



TÚSLA

Gleobhaisreacht um Leanaí
& Teaghlaigh na hÉireann
Ireland's Child & Family Agency

An Roinn Coimirce Sóisialaí
Department of Social Protection



HE

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



1. Introduction

Sligo Family Resource Centre (FRC) has been in existence since 1995. Based at 49 The Mall, Sligo this FRC is one of 121 FRCs in the country. The FRC Programme is Ireland's largest national family and community-based support programme core funded by Tusla Child and Family Agency.

Mission of Sligo FRC is to:

To support individuals, families and communities to reach their full potential and in doing so help to build a stronger healthier community

Sligo FRC has based its objectives on the Túsla CFA National Programme Outcomes for parents and children:

1. Active and healthy, with positive physical and mental wellbeing.
2. Achieving their full potential in all areas of learning and development.
3. Safe and protected from harm.
4. Economic security and opportunity.
5. Connected, respected and contributing to their world.

The outcomes that the Sligo FRC hope to achieve are as follows:

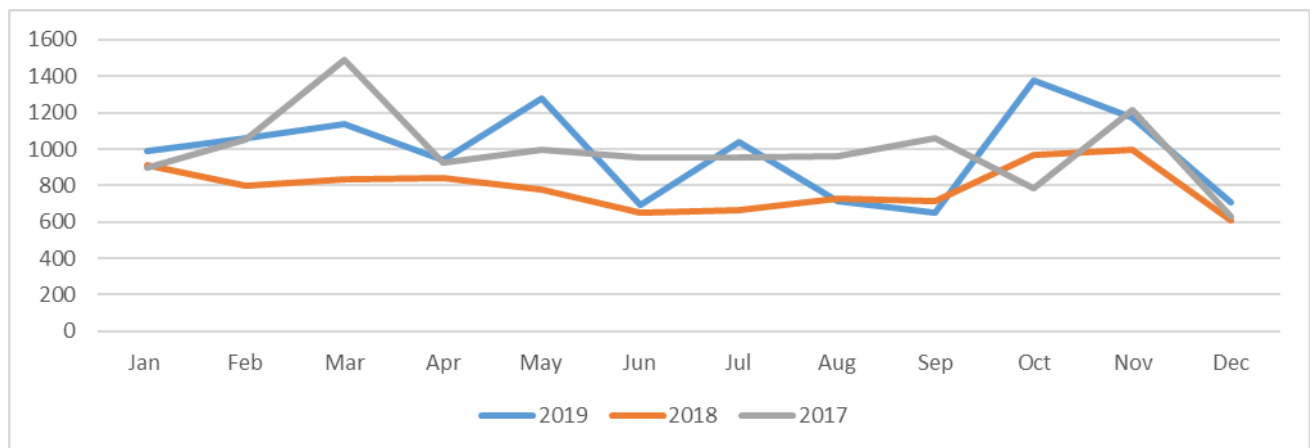
- That individuals, families and groups have access to a range of supports and services that enable and promote participation in society
- That people actively avail of a variety of community-based learning and development opportunities
- That children's holistic development is nourished in a safe, comfortable and fun environment.
- That individuals and families are supported in times of need
- That minority individuals and groups are empowered to participate in their wider community

A statistical analysis of every aspect of Sligo FRC's work is made annually through the FRC's SPEAK (Strategic Planning Education and Knowledge) recording system. This annual report is intended to give the reader a flavour of the various services, events and activities offered by the FRC in 2019.

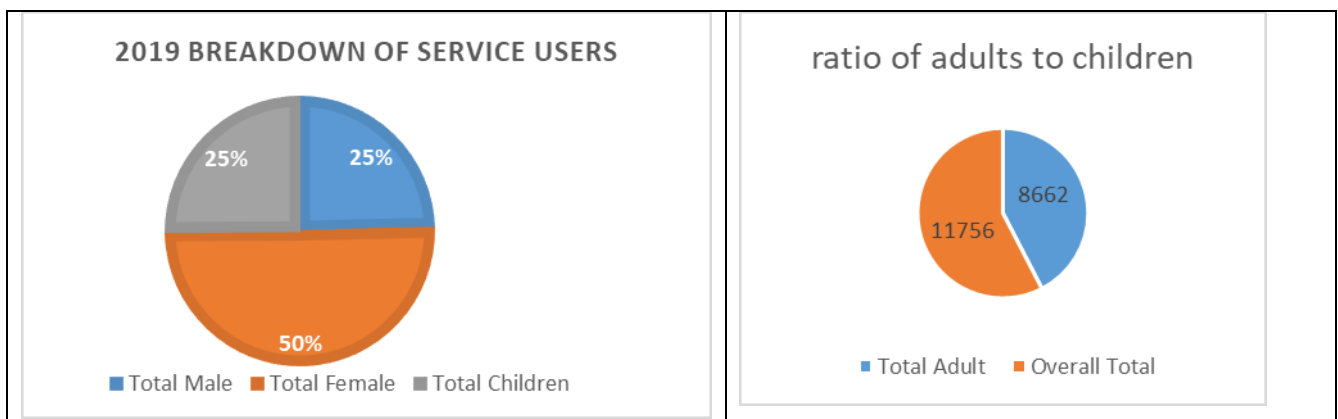
2. Information and Services

Sligo FRC welcomes any member of the community to avail of its programmes and services and/or to find out more about other services or opportunities here in Sligo. Below is an indication of the footfall in the FRC over the past three years 2017, 2018 and 2019 i.e. the number of visits by people in and out of the FRC from 01 January to 31 December in 2019. This year we had 11,756 visits up on the previous year 9,492. These figures only include the people who come into the FRC building and in some cases the same person may visit numerous times.

The numbers however, do not include the outreach work carried out by the FRC staff in the family support service in north Counties Sligo and Leitrim and Sligo town, support to adults with learning disabilities service including the Countess Café and Cregg House, the Intercultural Events the Methodist Hall on Wine Street (over 200 attended on St Patrick’s Day), Model Niland (over 200 attended the International concert in October 2019), the Parenting Conference organised in collaboration with the Parenting Support Champions and Children and Young Peoples Services Committee (CYPSC) (approximately 120 attended), the workshop for parents of children with dyslexia and their children (up to 60 attended) and the Anxiety workshops for parents with 75 in attendance, and the family fun event Sligo Woodland School (45 attended).



Footfall of people coming into the FRC 2017-2019



2.1 Information is provided through a selection of leaflets, fliers, posters available at the front office. Staff can respond to a range of queries through the bank of knowledge built up among the staff in reception over the past 15 years. The use of social media has greatly enhanced our method of getting information out to families and the community. We administer three pages:

Sligo FRC <https://www.facebook.com/SligoFamilyResourceCentre> (1,510 followers with 1,474 likes 24 Events with 16.6K people reached)

Sligo Intercultural Project <https://www.facebook.com/SligoInterculturalProject/> (673 followers with 667 likes 6 Events with 6.7K people reached)

Parent hub Sligo Leitrim: <https://www.facebook.com/SligoLeitrimParentHub/> (1,510 followers with 1,473 likes 52 Events with 31.4K people reached)

2.2 Administrative support such as photocopying and printing is also available at the Centre but it is not used to a great extent.

The **Sitting Room** is used mainly as a waiting room for people who are waiting to be seen by a support worker. It is also used for access visits in the afternoons mainly. Children can play or read and adults can meet to chat or feed a baby. We promote breastfeeding in particular in this room. The **Outdoor Garden/Play area** offers excellent play opportunities and a good meeting point for parents, particularly those who have attended groups or **Footprints Crèche**. This area is also used by the children in Footprints crèche. Rooms for **Access** visits are also available on the first floor and these families can avail of all the facilities outlined as part of these visits.

Meeting rooms at the Centre are available for hire at subsidised rates to facilitate community groups and organisations to meet. Sligo *Lend a Hand* group has been using one of the rooms for over a year now. The AA and Hope House continue to meet every Monday and Tuesday night throughout the year.



Parent Zone

One to one informal support for parents of children of all ages. Information and advice Signposting to other supports.

Free, friendly place to visit for information and support for any parenting concerns

Thursday 10:00 - 12:00

Venue: Sligo FRC 49/50 The Mall

Phone: 071 - 9146315

Contact: Karen 087 - 7555381

Email: Karensligofrc@gmail.com

Sligo Family Resource Centre (CLC) is a Registered Charity - Our Ref: CHY 12821
Company Registration No. 325403



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3.Supporting Parents and families

Parent Zone– Sligo FRC received funding from the National Lottery to have a drop-in parenting support clinic one morning a week – this is available every Thursday morning 10:00 – 12:00. The facilitator is trained in Parents Plus and has worked as a family support worker for over 12 years.

*‘It had been so helpful to come in and walk out with so many different options’
Dad attending Parent Zone*

Parenting Support Champions is part of the Tusla Parenting Support Strategy whose aim is to promote 7 general

messages and the 50 key messages for parents within the Parenting24seven initiative https://www.tusla.ie/uploads/content/Tusla_50_Key_Messages_for_Parenting_Support.pdf.

There are 6 PSCs in Sligo/Leitrim and the Sligo FRC manager is one of these. To date we have established a Facebook page to disseminate information on parenting in the two counties (see above) and the Make One Change initiative in 10 schools: 5 in Leitrim and 5 in Sligo.



In September/October 2019, we organised a conference entitled *Promoting Continence in Children with Disabilities* – with guest speaker June Rogers Bowel and Bladder consultant UK. The evening session on 24th November was attended mainly by parents (35) and the Tuesday by health professionals (72). As part of this initiative Sligo FRC hosted two workshops with Dr Julie

Great informative evening on anxiety with practical doable ideas (Parent attending the workshop on

Meehan entitled How to Support your Child with Anxiety one for primary school parents and one for secondary school parents (75 parents in total attended).

All Ireland Parenting Network: The Sligo FRC manager attended two meetings in Dublin representing the FRC National Forum. In December 2010 the Centre for Effective Services established The Parenting Network – *Influencing Policy, Practice and Learning*. The All-Ireland Group brings together senior staff in several of the statutory and non-statutory organisations relating to parenting and children along with, public officials, professional bodies and senior academics and professional researchers also working in this field. The Conference attended in October was entitled Policy to Practice: Successful implementation of Parenting Support Policy.

Danú Birth Mother's Support Group has been meeting since 2015 and continues to be facilitated by Sligo FRC manager. Sheila Gallagher Tusla SW and Carmel McNamee DVAS manager. New women continue to join the group and the attendance remains at about 8-10 women per meeting. In 2019, we sought to have this service externally evaluated and funded a researcher Celia Keenaghan to draw up a Tender Proposal to undertake this work.

Parents of children with dyslexia attended a workshop in May with speaker, Dr Ann Marie Casserley St Angela's College, Sligo (60 parents attended). The afterschool classes for children with dyslexia continued throughout 2019 with two teachers from the Mercy Primary running the classes. Parents pay for this service. There was no subsidy for this year. There are 6 children in each class so 12 in total availed of this service.



Adoptive Parents Group We continue to disseminate information by email to this group. This group met for lunch in December 2019. They have a WhatsApp group set up to share information. The Sligo FRC manager is a member.

Sligo FRC ran one **Summer Camps** during July for 10 children aged 4-6 years. We hosted two **family fun event** in Sligo Woodlands School at the Spring. Up to 35 parents and children attend the woodlands mornings.

Fund for European Aid to the most Deprived (FEAD) funded by the European Union and Department of Social Protection, this service is designed to support those who are struggling in the form of food parcels.

Parent and Toddler groups

The Tuesday morning with Deirdre Gaul continues and is very popular. This has been running for almost 15 years now so we have seen children grow up and now in secondary school who attended when they were little. This year we ran two number of parent and toddler group session in Caltragh Community Centre. The numbers attending these were low.

Breastfeeding Support Group – we held the first of these in December – 14 parents and babies attended.

4. Family Support Service Including Footprints Drop-in Crèche

The **Family Support Service** including Footprints crèche (details below) is funded by Tusla Partnership Prevention and Family Support (PPFS) office, Pobal (Department of Children and Youth Affairs) and Dept. of Social Protection. In 2019 it provided home based targeted family support to families in North Counties Sligo and Leitrim as well as Sligo Town (Child and Family Network Area CFSN 1). 76 families including 310 children availed of this service in 2019. The support it provides includes:

- Advise on children's behavior
- De-cluttering
- Early years development & mirroring parenting
- Emotional support to parents
- Financial issues, welfare payments
- Food shopping
- Introducing parents to parent & toddler groups
- Linking with relevant health services
- Parents Plus one to one parenting programmes

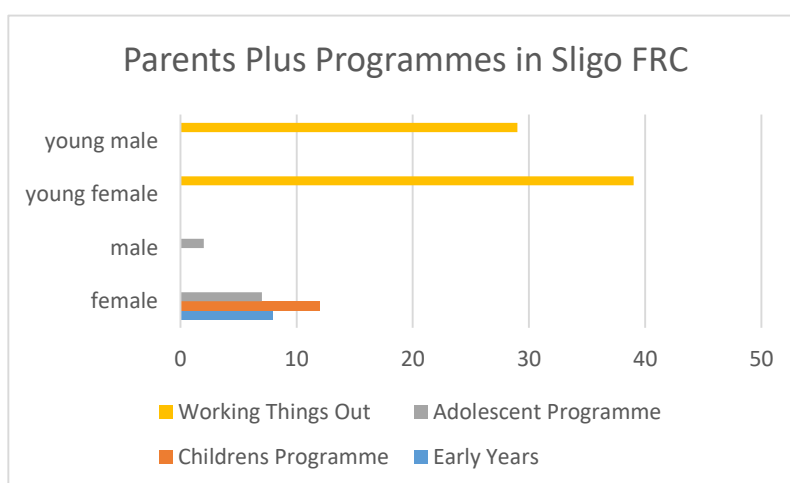


- Preparation of healthy meals
- School attendance
- Supporting mothers with breast feeding
- Supporting children with homework
- Support to parents & children with additional needs
- Supporting young mothers
- Working with the parent on basic house hygiene
- Working with teenagers

Of these families 36% were parenting alone, and 24% from minority ethnic groups. The issue included mental health (39%) domestic violence (16%), social isolation (22%) parenting (36%) substance misuse (12%) and household management (12%). Many families presented with a combination of some of these issues.

Footprints Crèche is a service open to all families in Sligo and the surrounding area. It provides sessional care for up to 10 children up to six years of age on a once off or continuous agreed basis to facilitate parents to attend appointments, training, counselling etc. In 2019, 57 children from 49 families used the crèche. Referrals from social work are given priority.

Parents Plus programmes are rolled out by the family support workers as part of the family support service. In 2019, four Parents Plus programmes were rolled out; two in in the FRC and one in Kiltyclogher, North Leitrim. Parents Plus Working Things Out was rolled out in St Clare's Manorhamilton with the Home Youth Liaison Service (HYLS). Six staff members are trained in facilitating these programmes. Parents Plus is also rolled out on a one to one basis with parents and 45 parents availed of this during the year.



Meitheal is an approach to help children where they may need the support of more than one service. Meitheal is a case co-ordination process for families with additional needs who require multi-agency intervention but who do not meet the threshold for referral to the

Social Work Department under Children First. Sligo FRC took part in seven during the year and was Lead Practitioner in four of them.

5. Community based education, training and social integration opportunities

The **Parent and Toddler Drama** with a trained drama teacher continues every Tuesday morning, which consists of a programme of music and drama to develop toddlers' language and movement. This has been running in the FRC for over 13 years now. Associated with the drama group is the **annual Christmas party** with Santa and his helpers in December. Up to 25 adults with 35 children took part in this class this year.

Sligo FRC works with Mayo Sligo Leitrim Education and Training Board (MSLETB) to provide a variety of training opportunities in the community. During the year the MSL ETB funded **Knitting Classes** attended by 16 women and is a great favourite here in the FRC. MSLETB also uses the FRC for training throughout the year.

6. Services to Adult with a Learning Disability

Sligo FRC has five part-time support workers on varying hours and one part-time co-ordinator employed in this Service. The **one-to-one support** to five adults with learning disabilities living in the community is in the form of addressing issues such as healthy eating and lifestyles, managing a household, managing a budget, personal care and self-care and social activities such as the library, board games, baking, walking, tennis, light aerobic classes, (including the purchase of a smart watch to count steps) writing letters, postcards cards for people, reading and writing comprehensions, reading about Daniel O Donnell and then answering questions about him. Listening to Daniel O Donnell



The support workers work closely with Ballytivnan Centre, National Learning Network (NLN) and attend meetings including Multi-Disciplinary meetings, weekly reviews, safeguarding strategy, social workers and community mental health nurse.

One adult completed two projects during the year "All about Me" and "Friendship/Relationship Project".

Other examples of support include:

- looking after apartment - supporting with recycling, cleaning, cleaning windows, small sewing jobs, buying furniture,
- doing small repairs in apartment (hanging curtains/ hanging pictures),
- finding other community support for bigger repairs (Sligo Lend a Hand),
- support with ESB bills and meter reading,

- support contact with landlord and write emails about property,
- support in purchase of and set up of WIFI and Netflix
- budgeting for these bills. Signposting and encouraging client to
- access community facilities such as volunteering, library, local sports and recreation, community hub (No.45 High Street), housing needs and
- occasional recreational day trips.
- strategies put in place that are required to keep the client safe.
- practical and emotional issues as they arise.
- Carrying out mindfulness techniques.
- implementing a behavioural strategy, to enable them to better manage their emotions and reinforce positive behaviours.
- Supported with the preparation of their New Directions Person Centred Support Plan and assist in collating the required information
- Assisted in sourcing employment via online applications, in store application and creating a CV where they distributed to various premises.
- Facilitated several practical cooking sessions to promote healthy eating on a budget. *“We plan her weekly menu and I assist her with her cooking”.*
- Advise on budgeting and handling money. *DSW*
- Supported in securing a grant to allow for the purchase and installation of a new washing machin..
- Support to attend GP and contact the PHN as required.
- Referred client for counselling.
- Accompanying to meetings with other agencies such as Social Care Team for Long Term Children in Care, Employment Response, Solas Case Officer (DEASP).
- Secured training (computers and manual handling) through Sligo ETB and Solas.
- Support to pursue activities of interest such as traditional music, crochet and art and craft activities.
- Accompany client on a leisurely walk to promote good physical health and positive mental health.
- Signposted client to various workshops within the community.
- Carrying out guided mindfulness techniques to help relieve stress and reinforce positivity.
- Supported in court
- Continuously liaising with social worker via telephone and email to ensure consistency of support.
- Providing the opportunity to go on local outings to various locations such as Strandhill, Rosses Point, visiting loved ones in the cemetery

The work we do in **Cregg House** is to provide community integration with residents involving bringing them into town to shop, baking arts/crafts, jigsaws, building blocks, feed the ducks, have coffee, hair /nail appointments, buy shoes or clothes, etc. Four women availed of this service in 2019.

The **Coffee Dock Café** based in the foyer of Markievicz House, provides a safe and supportive environment for training opportunities in a quality catering service for 17 adults with a learning disability. Feedback from participants and their families is very positive. This is run in partnership with the HSE and DSP who fund two supervisors (25 hours/week each and two CE participants (19.5 hours/week) respectively. Opening hours are 9:30 to 3:30 Monday to Friday. Training undertaken by staff and trainees include:

- hand-washing workshop facilitated by Dr. C Keville.
- half day training on manual handling, first aid & CPR which is sponsored by Premier first aid.
- fire safety training run by the HSE in Markievicz House and take part in their fire drills.
- in-house training in relation to chemicals, their storage and handling.
- HACCP training, also in-house.

Attendance at the **Thursday Club** is constant each week with about 10-12 male and female adults with varying levels of ability. Two support workers facilitate activities such as yoga, art & crafts, board games, bingo or even just a friendly chat with a cup of tea

7. Working with Cultural Minorities



Sligo FRC continues to be actively involved in working with minorities. We were successful in receiving funding again from the Department of Justice (June 2019) for the third year running. The Intercultural workers left in March for a fulltime post elsewhere and was replaced in September on a one-day/week post. Her role is to co-ordinate the intercultural work undertaken by Sligo FRC

The **Interagency Intercultural Working Group** made up of agencies working with new communities (migrants, refugees, asylum seekers) and Travellers met twice this year. Again, this year we had the **Annual St Patricks Day Event** in the Methodist Hall and **the Fourth International Concert** in the Model.. Performers in the concert included acts from India, Korea, Latvia, Nigerian/Irish, Ireland, Panama, Philippines, Russia as well as a few mixed group comprising of migrants from Britain, Croatia, Germany and Nigeria. We had a mixture of traditional dance, rap,



ballet, piano, harp, choir, group and individual singing, poetry and drama. Up to 200 people attended each of these events

In November 2019, we organised a workshop for migrant women in association with Aikidwa, a national network of migrant women living in Ireland and the International Organisation for Migration based on the UN Sustainable Development Goal 5 Gender Equality, ending all discrimination for women and girls. This was attended by up to 20 women.

Globe House Direct Provision Centre – in 2019, we supported the residents through the



work in the library which was run by two students from Ballinode College on work placement in the FRC. In addition, the student on placement from Sligo IT facilitated hurling workshops in collaboration with the GAA for children in Globe House. Up to 12 children took part. Residents from Globe House are invited to and included in all our family activities.

Social integration opportunities: two woodland trips and two parent and children craft mornings were organised in the Spring of 2019 for host and migrant families to meet and have the time to chat and share a fun experience.

Zemene the Latvian cultural group meet every second Monday with about 15 children using music, song, crafts and games to promote Latvian language and culture.

Crafty Friday continues every second Friday in the FRC – this group is made up of women from different nationalities who come together to do various crafts. The women organise the work and the meetings themselves using a WhatsApp group messaging service.

We have 12 volunteers working with the Syrian refugee families **Befriending Project**. Many of these volunteers have been with the families now for over 2 years. The volunteers meet in the FRC every 10-12 weeks for peer support facilitated by the Intercultural Worker or the FRC manager. Issues that arise for the volunteers include housing, assistance with form filling including citizenship, school, employment and health. This year we secured three volunteers to **teach English language** to a small group of teenage girls, a woman in her home, three adult women and an adult man.

The programme in general, I reckon, was a great success and a good move for the community. It's a great way for local people to contribute and to achieve a sense of purpose and meaning, especially if retired (volunteer with the Befriending Project)

8. Older People's Initiatives

The Digital Awareness Programme ran for one week in the Autumn where 10 adults took part. The group learned basics computer skills, email and accessing social media on their phone /l-pad/ laptop.

From September, the University of the Third Age (U3A) have met every Monday afternoon in the Sligo FRC to do Creative Writing, Italian and Irish. In addition, we had a singing group for a number of weeks organised through the HSE mental health services.

9. Celebrating Women

We ran a coffee morning for women to mark International Women's Day on 08 March this year.



10. Interagency Work

Sligo FRC is represented on a range of committees and boards in Sligo in order to represent the needs of the families and individuals and to bring about policy and practice changes which it is hoped will improve their lives. Here is a flavour of this work done in Sligo FRC

- AKIDWA's Salome Mbugua and International Organisation for Migration's Edge Dhela meeting
- Breastfeeding Friendly Sligo initiative with HSE HPU, Lifestart and CYPSC
- Caltragh Interagency Committee
- Child and Family Support Network areas 1 and 3
- Childcare managers network
- Child Protection Conferences
- Climate Change Conference PPN Sligo
- Community Enhancement Programme Grants award ceremony
- Conor Kenny Medicins San Frontier
- CYPSC Board
- CYPSC Supported in Active Learning subgroup
- CYPSC Connected and Respected subgroup
- Diaspora Strategy launch
- Digital Towns Coffee morning Glasshouse
- Embracing Diversity : A future Together in Ballyhaunis conference
- Education Training and Lifelong Learning (LCDC sub group)
- Fáilte Isteach – meeting between FRC and SLP volunteers
- Global Kitchens event in the Model
- GPs Sligo Leitrim – presentation on parenting supports to their monthly meeting
- Kickstart event SICAP
- Local Community Development Committee

- Outlanders Book Launch Easons (Shane Tuohy author is a volunteer with Sligo FRC)
- Make one Change presentation Riverstown (PSC initiative)
- Meitheal meetings
- MPact Launch
- Multi-Disciplinary Team meetings
- Multiple Adverse Childhood Experiences (MACE) meetings attended
- National Childhood Network
- National Forum of FRC including the Annual Conference
- North West Regional Forum of FRCs
- Parenting Support Champions Conference, Kilmainham, Dublin
- PEACE IV closing ceremony Manorhamilton
- PPFS review meeting
- PPN AGM
- Professional Meetings
- Recovery College Project
- Sanctuary Runners
- Sexual Violence Focus Group with the Rape Crisis Centre
- Social Inclusion Community Activation Programme (SICAP) steering committee
- Sligo County Childcare Board of Directors
- Sligo Leitrim FRC manager's meetings
- Sligo.ie launch
- Trishaw Launch St John's Hospital
- Triple P promotion meeting
- UNESCO Child and Family Research Centre 9th Biannual International Conference: Changing Families, Changing Policy, Changing Practice: Family Support Now and in the Future – Charlotte Bussmann had a poster presentation
- Volunteer meetings

11. Voluntary Board of Directors, Staff and Volunteers 2018

Sligo FRC is managed by a voluntary Board of Directors who oversee the work of the Centre and strategically guide the services. Sixteen full and part-time staff are employed to manage and implement the work and ensure services are provided to the highest standard. Eleven staff are employed through a CE training scheme.

The voluntary Board of Directors was made up of eleven volunteers in 2019. The executive sub-group meets for employment/staff matters or specific issues. Sub-groups of 2-3 board members are established for specific, short term pieces of work in order to share the load and they've proved to be effective.

Chairperson: Sonya Coffey

Treasurer: Nessa Cosgrove

Vice Chairperson: John Burrows

Secretary: Padraic Cuffee

Directors: Sarah Wetheral, Michelle Lally, Ada Cunningham, Chris Davis, Shona Gallagher, Phil Brennan, Julie Potyska

Staff

Aishling Kelly	Family Support Worker
Anna Tulin Brett	Intercultural Support Worker from Sept
Ann Boyd	Disability Support worker
Cathy McGowan	Administrator
Charlotte Bussmann	Family Support Service Co-coordinator
Charmaine Davidson	Family Support Worker
Emma O Connell	Disability Support Workers and Family Support Worker
Elizabeth King	Manager
Helen Powell	Disability Support Worker
Izabella Sawicka	Disability Support Worker
Karen Casey	Coffee Dock supervisor and Family Support Worker
Lorraine Johnston	Family Support Worker
Loretta McLoughlin	Disability Support Worker and Social Club Leader
Marion Roycroft	Coffee Dock supervisor
Rose McCrann	Footprints Crèche Supervisor
Sinead Benison	Family Support Worker (maternity cover May-Dec 2019)



Bridie Walsh CE supervisor (job share) retired and was replaced by Corena Ward (who resigned) then by Sarah McCaffrey. Sarah Cleasby (job share) Both are employed by Youth Work Ireland North Connuaght

Resignations included: Kate Lambe, Debbie Feeney, Sanja Ivandic

Students in 2019:

Rory Breslin, Amanda Cushman (Ballinode College) – one day/week for the college year

Kieran Donoghue Sligo IT – 14 weeks

FÁS Community Employment Scheme Participants (2018/2019), 19.5hrs/week

Administration and Reception

Shauna Kelly, Karen McArt, Dennis Sherry, Tom Clarke (left in August)

Childcare and Home Support Workers

Geraldine Ryan, Margaret Coen (Alveena Devaney and Shauna Foye left in 2019)

**Disability Workers
Caretaker/Cleaner**

Caroline Cunningham, Julie Nichols
Tom Dillon (retired in 2019) Michael
Malowski

Volunteers

Befriending and English language volunteers: Pamela Barnes, Kevin Buckley, Olivia Byrne, Sheila Canning, Isabel Claffey, Geraldine Delorey, Maura Doherty, Ciara Gallagher, Mary Heery, Christopher Kelly, Naoimi McBride, Fiona McLoughlin, John Moore, Nicholas Vreeland

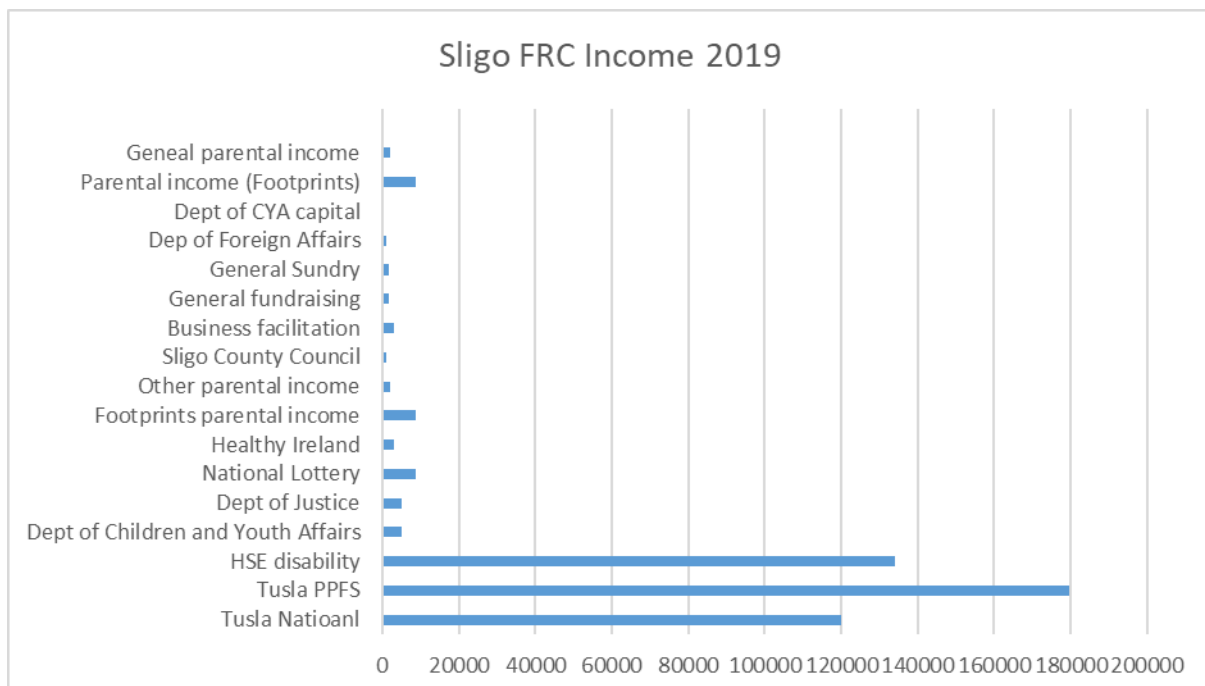
Team Building

Deputy Tony McLoughlin TD invited the staff and board of management to the Dáil in September 2019. In December we had our annual Christmas night out, Quiz and Kris Kindle.



12. Funding

Here is a breakdown of the funding received in 2019 (€474,869) and the sources of this funding.



13 Staff Training

- Additional Needs
- ASSIST
- Affordable Childcare
- Approaches to early childhood education
- Anxiety and children (secondary school)
- Childcare
- Child and Youth Participation introduction to using toolkit
- Children First
- Compassion Fatigue (refresher)
- Communications
- Court Skills
- Dealing with Disobedience Triple P programme
- Designated Liaison Person (DLP)
- E learning child protection
- Early Childhood Care and Education
- Early Childhood Education and Play
- Early years intervention information session
- Early Years Conference (Derry)
- Employment Response an introduction
- First Aid Refresher FAR
- Gender Equality (Sustainable Goal No 5)
- Healthy Ireland validation session
- Induction Family Support and FRC to students
- Intellectual Disability studies
- Introduction to New Childcare Scheme (NCS)
- Introduction to Meithal
- Introduction to Motivational Interviewing
- Introduction to the work of Pieta House
- Lifestart information session
- Manual Handling/health and safety
- Multiple Adverse Childhood Experiences (MACE)
- National Forum FRCs induction
- National Information and data hub workshop
- Parents Plus Adolescent facilitator training
- Parents Plus Working Things Out
- Parents Plus Group session
- Policy to Practice: Successful Implementation of Parenting Support Strategy (All-Ireland Parenting Network)
- Promoting continence in children with disabilities
- Resilience and emotional well-being
- Signs of Safety

- Social care studies
- Social care skills
- Social Prescribing (National Forum FRCs)
- Safeguarding vulnerable adults training
- Threshold Training
- Website and Facebook training (Tusla)
- Young People and Pornography training