



Sligo Family Resource Centre Annual Report 2021

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

www.sligofamilyresourcecentre.org

#sligofrc

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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 Túsła 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 Sligo FRC outcomes 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 2021.

2. Information and Services

Sligo FRC welcomes all members of the community to avail of its programmes and services and/or to find out more about other services or opportunities in Sligo. In 2020, Sligo FRC was closed for a period of time and the building was revamped with Perspex, hand-sanitisers and a one-way system we created so reduce the risk of the spread of Covid. While we were open for the few weeks coming up to Christmas 2020, we had to close the FRC doors again in January 2021 following

government guidelines. Once again, we resorted to on-line and/or “window” support to those who needed our services.

On the 29th of March 2021, we were allowed to reopen the creche and gradually staff returned to the building on a phased basis and more direct contact with families and individuals recommenced. The Covid-19 Response Plan and Risk Assessment was being continually updated to ensure that the Centre was a safe space for staff and service users. Three additional workspaces were created to ensure staff were better able to spread out throughout the building. In addition, during the summer, the use of the gazebo in the garden enabled us to have an additional space for staff and service users.

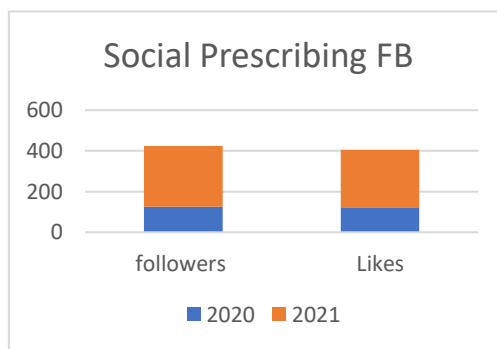
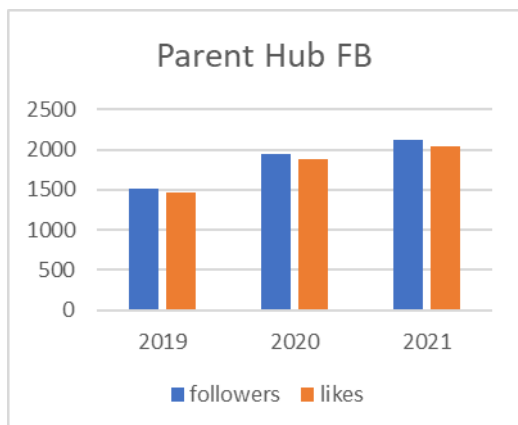
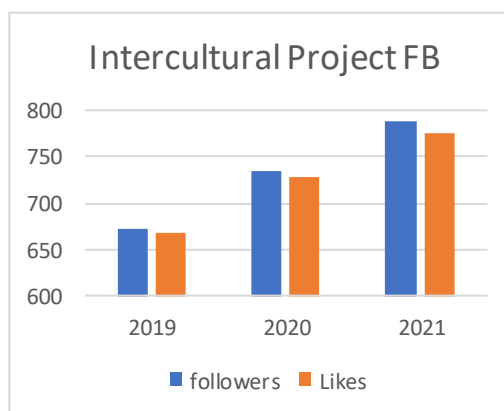
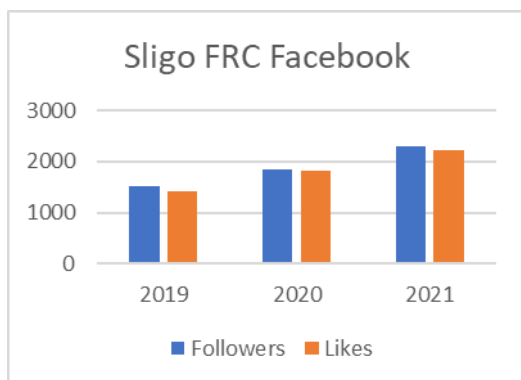
Information Social media usage increased (see below)

Sligo FRC <https://www.facebook.com/SligoFamilyResourceCentre> (2,302 followers (increase of 8%) with 2,235 likes)

Sligo Intercultural Project <https://www.facebook.com/SligoInterculturalProject/> (788 followers (increase of 8.4%) with 776 likes)

Parent Hub Sligo Leitrim: <https://www.facebook.com/SligoLeitrimParentHub/> (2,128 followers (increase of 24.8%) with 2,041 likes)

Social Prescribing: https://www.facebook.com/slifofrchealthandwellbeing_ (298 followers with 283 likes)



Business facilities at the Centre are available for hire at subsidised rates to facilitate community groups and organisations to meet. Due to Covid restrictions, there was a huge reduction in the Centre being used by outside groups.

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3. Parenting Support Initiatives

Breastfeeding supports: Sligo FRC in partnership with Lifestart, CYPSC and the HSE was involved in this new initiative for Sligo “*We’re Breastfeeding Friendly Sligo*”. It was launched by Minister Frank Feighan in October 2021. We also restarted the Breastfeeding group in November with face-to-face meetings every 1st and 3rd Thursday of the month. Five mothers availed of this.

Parenting Strategy: Sligo FRC is a member of CYPSC Learning and Development Working group which received funding to develop a parenting strategy for parents in Sligo/Leitrim 2022-2026. A number of services are involved in the Strategy sub-group. The launch of the strategy will be in March 2022.

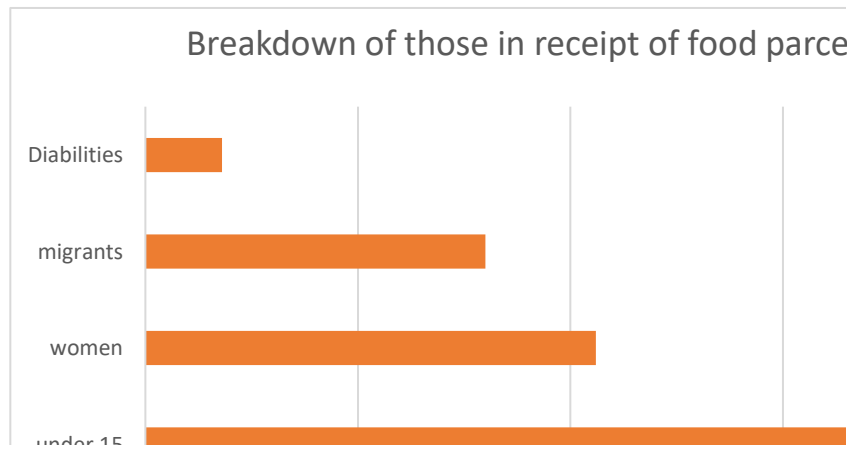
Parenting Support Champions is a Tusla Parenting Support Strategy whose aim is to promote seven general messages and the 50 key messages for parents within the Parenting24seven initiative. There are seven PSCs in Sligo/Leitrim and the Sligo FRC manager is one of these. In 2021, we began the process of setting up a website for the Sligo Leitrim Parent Hub.

Parenting Network: The Sligo FRC manager represents the FRC National Forum on this Network. The All-Ireland Group brings together senior staff in a number of the statutory and non-statutory organisations who work in the area of parenting and children along with, public officials, professional bodies and senior academics and professional researchers also working in this field. The Network hosted three webinars in 2021 on health and wellbeing for staff particularly in the context of staff returning to the workspace having worked from home during Covid and the lockdowns.

Tusla Parenting Working Group was set up to formulate a parenting strategy for Tusla. Sligo FRC manager was invited onto this WG. The strategy will be launched in mid-2022.

Danú Birth Mother’s Support Group has been meeting since 2005 and continues to be facilitated by Sligo FRC manager, Sheila Gallagher Tusla SW and Carmel McNamee. The group had one face-to-face in November 2021 in Castle Dargen Hotel. Eleven women attended a very emotional reunion after nineteen months of not having met.

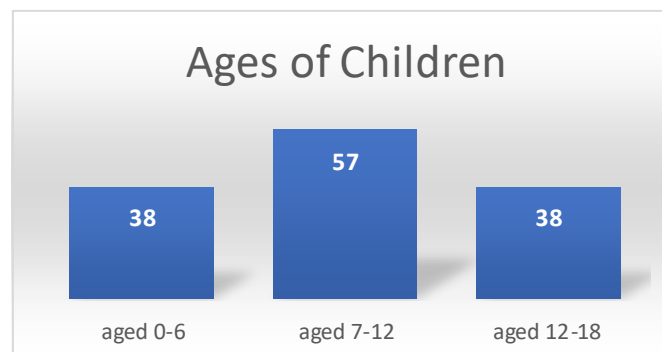
Fund for European Aid to the most Deprived (FEAD) funded by the European Union and Department of Social Protection, this service is designed to support those who are struggling in the form of food hampers. In 2021 we distributed 221 food hampers to 364 people.



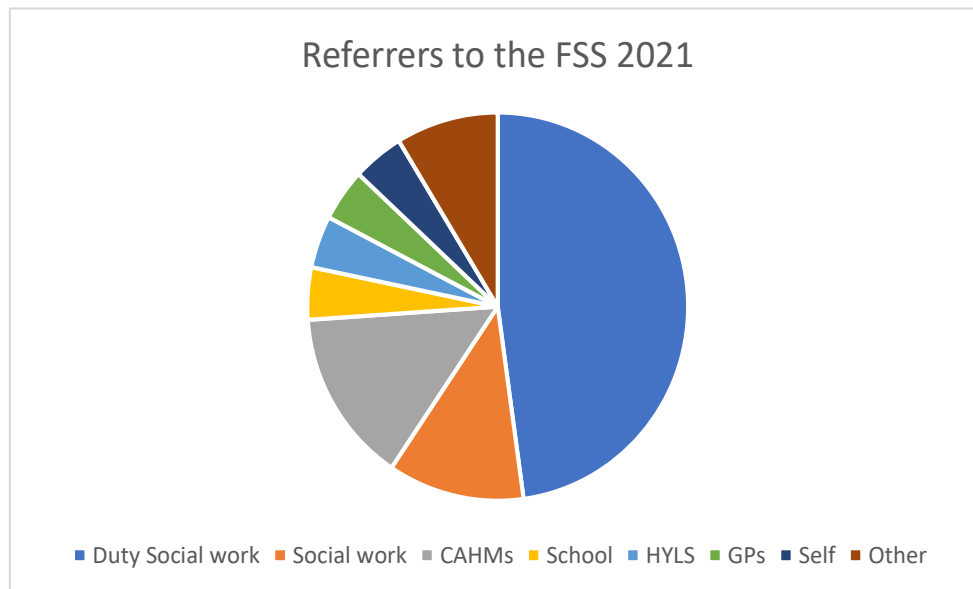
Recycled clothes During 2021, we continued to support families (5) with second-hand clothes advertising them on Facebook as we needed them. In addition, we were also able to provide Christmas presents to families who were unable to get to the shops in December due to Covid.

4. Family Support Service Including Footprints Drop-in Crèche

The **Family Support Service** including Footprints crèche is funded by Tusla Partnership Prevention and Family Support (PPFS) office, Department of Children Equality, Disability Integration and Youth under Pobal and Department of Social Protection. In 2021 the Service provided home based targeted family support to 59 families with 131 children in north Co. Sligo, north Co. Leitrim, and Sligo Town (Child and Family Network Area CFSN 1).



In 2021, families were supported via phone/zoom, outside visits and face-to-face depending on restriction at the time. From June onwards the majority of the support was face-to-face in the family home or in the FRC. FEAD food hampers, educational and outdoor activity packs were delivered to many of the families.



The above chart outlines all those who referred to the Family Support Service. Other includes CFSN area coordinator, PHN, DVAS, EIT and EWO

One **Parents Plus** programmes was rolled out on-line.

The Decider Skills Programme was rolled out in the primary school in Killough. This involved two Family Support Workers working directly in the school with 42 sixth class children. This was followed by an evening session with 16 parents of those children. This was our first time rolling out this Programme and feedback was excellent from the children and parents.

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 6 years of age on a once off or continuous agreed basis to facilitate parents to attend appointments, training, counselling etc. In 2021, the creche reopened at the end of March and provided childcare to 25 children from 24 families. Referrals from social work are always given priority.

5. Community based education, training, and social integration opportunities

A **Garden Parent and Toddler** meet-up was offered to parents in the summer months. This was availed of by four parents while face-to-face meetings occurred indoors from November onwards. Numbers were small but parents were very grateful to have somewhere to go after the long periods of isolation.

Sligo FRC works with Mayo Sligo Leitrim Education and Training Board (MSLETB) to provide a variety of training opportunities in the community. Six women attended the knitting class when it returned in October 2021.

6. Services to Adult with a Learning Disability

Sligo FRC now has six part-time support workers on varying hours and one part-time co-ordinator employed in this Service. **One-to-one support** was provided to ten adults with learning disabilities living in the community in the form of addressing issues such as healthy eating and lifestyles, managing a household, managing a budget, personal hygiene, social isolation, mental health and self-care.

Support throughout the year was continued both online, on the phone and face-to-face indoor and outdoor depending on the government restrictions at that time.

The service mainly targets adults living in Sligo Town but in 2021, we provided the service to adults in Tunnercurry, Ballymote, Ballisodare, Gurteen and Boyle.

With funding from Healthy Ireland, Sligo FRC Disability Service rolled out an on-line programme entitled “**Good for You**” over a six-week period. 41 adults with Intellectual Disabilities and mental health issues attended this programme. Feedback was very good. *‘I learned to like myself more.’ ‘I’m getting out for a walk far more.’*

‘I love it, it’s the favourite part of my week.’

Topics included: self-care, communication skills, overcoming barriers, healthy eating, physical education, Covid-19, the vaccination process, personal hygiene, budgeting, care of the environment, cyber-safety, followed by a period of meditation to end the session. The services users were supported to avail of the Covid -19 vaccination as it was being rolled out across the country.

7. Working with Cultural Minorities

Sligo FRC continues to be actively involved in working with cultural minorities. We were successful in receiving funding again from the Department of Justice in 2021 and we were able to carry some of the Healthy Ireland Budget into 2021.



For **International Women’s Day** in March, we ran a social media campaign in collaboration with the Sligo/Leitrim Gardai and Domestic Violence Advocacy Service (DVAS) to highlight the services for women in the Sligo/Leitrim area. We made a short video which we then promoted on Facebook.

With funding from Healthy Ireland, we promoted physical activity and organised two **walking trips** outside Sligo – in Gortarowey at the foot of Benbulbin and one in Strandhill.

Twelve people attended.

Globe House Direct Provision Centre – we provided support to the women in



GOOD FOR YOU

A SIX WEEK PROGRAMME TO BETTER PHYSICAL AND MENTAL HEALTH AND WELLBEING

WHAT
Six week programmes starting in January 2021

WHERE
Zoom

Contact
Karen Casey
087 7555381
karensligofrc@gmail.com



WORKSHOPS INCLUDE INFO ON:

COVID 19 & VACCINATION

HEALTHY EATING

PHYSICAL ACTIVITY

HOUSEHOLD MANAGEMENT

PERSONAL HYGIENE

MENTAL HEALTH & SELF-CARE

Globe House through sourcing baby clothes as they needed them.

Six volunteers working in the Syrian refugee families **Befriending Project** continue to support Syrian families in as much as they could with restrictions.

Sligo FRC supported eight children from the refugee community to attend a 2-week **Sailing Summer Camp** which was run in Rosses Point and funded by Safe Haven, a charitable community organisation founded to provide sailing opportunities to children and young people in Ireland.



In November 2021 we hosted two events – the first was a **Migrant Women’s Conference** with speakers which included Nike Ogun, Lola Gonzalez Farrell, Urenumi Adrejinmi and Hanan Amer. Up to 30 women attended. The second event **Cultural Competence Training** was hosted on-line in collaboration with Sligo PPN and speakers included: Dr Naomi Mascheti and Dt Coletta Dailiken. This event was recorded and can be viewed on the link below or on the Sligo FRC

website. <https://www.sligoppn.com/cultural-competencies/> There were two sessions one in the morning and one in the evening. In total 70 people attended. Feedback was very positive.

8. Social Prescribing for Health and Wellbeing

In November 2020, we secured funding for this service from the HSE Sláinte Care funding stream for 12 hours. This budget was to be spent by June 2021 but due to the success of the Project was extended to December 2021.

Each of the 90 participants who availed of the service was provided with adequate time with the Link Worker to discuss what mattered to them and were subsequently linked into an activity or support that matched their needs.

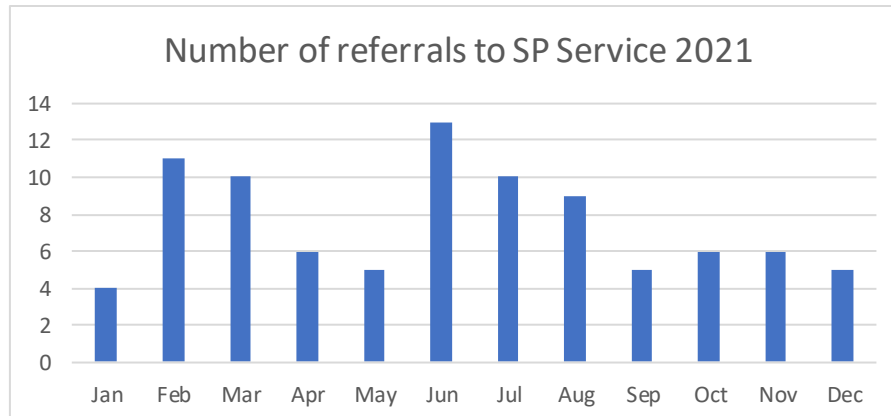
Services/programmes/activities offered to participants included:

Active Age Groups	GAA	Outdoor Fitness Class
Active Seniors Class	Getting Seniors Active	Personal Development Workshop
Alone Befriending	Grow your own Flowers	Photography Course
Anxiety information Booklet	Grow your own Herbs	Pilates
Anxiety Management Workshop	Healthy Meals	Petanque
Befriending	Holistic Therapies (Reflexology, Amatsu)	Poetry Workshop
Be Well Programme	HSE Healthy Living for LTC	Positive Psychology and Minding your Welling Workbook
Bird watching	HSE Minding your Wellbeing	Self-Development Programme
Building Confidence and Self Esteem Workshop	HSE Stress Control	Sligo FRC Intercultural Events (Walking groups, Information sessions)
Christmas Craft Workshop	Innovation Recovery Workshops	Sligo FRC Knitting Class
Citizens Information	‘Keep in Touch’ Programme	Sligo FRC Sewing Class
Computer Courses	Lawn Bowls	Social Dancing
Community Garden	LGBT Support Information	Social Farming
Cookery Class	Life Coaching	Support Group for Widows
Counselling Services (STOP, CIPC, Addiction, Bereavement)	Life Skills Support Group	Swimming
CREATE Programme	Living Well Programme	

Creative Writing
Dealing with Grief Booklet
East Sligo Walking Group
Employment Supports
Financial Supports
Fitline
FRC Building Healthy Habits Workbook
FRC Self Care Workbook
FRC Walking Groups

Meals on Wheels
Menopause Information (HSE)
Menopause Workshop
Men's Shed
Mindfulness
Minding your Mental Health in
Pregnancy
No.45 Community Hub
Online Art class
Online Yoga

Tennis
The Future Clinic
The Good for You Programme
Tidy Towns
Tree Nursery Workshop
Upcycling Workshop
Wildlife & Habitats Workshop
Woman's Hour
Woodlands for Health
Yoga class
Zumba Class



9. 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

- Community Resilience Fund
- Child and Family Support Network areas 1 and 3
- Childcare managers network
- Child Protection Conferences
- CYPSC (Children and Young People's Service's Committee)
- CYPSC Supported in Active Learning, Kinlough and Food distribution subgroups
- Health and Wellbeing Vision for Sligo (PPN)
- Local Community Development Committee
- Local Action Group
- Multiple Adverse Childhood Experiences Working Group
- Meitheal Meetings
- Multi-Disciplinary Team Meetings
- National Childhood Network
- National Forum of FRC including Board and Governance Sub-group
- Northwest Regional Forum of FRCs
- Professional Meetings

- Social Inclusion Community Activation Programme
- Sligo County Childcare Board of Directors
- Sligo Leitrim FRC manager's meetings

10. Voluntary Board of Directors, Staff and Volunteers 2021

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 ten volunteers in 2018. 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: John Burrows

Treasurer: Michelle Lally

Secretary: Padraic Cuffe

Directors: Sonya Coffey, Sarah Wetheral, Ada Cunningham, Phil Brennan, Shona Gallagher, Michelle Doherty, Michal Yewlett

Staff

Aishling Kelly	Family Support Worker
Ann Boyd	Disability Support Worker
Anna Tulin Brett	Intercultural Support Worker (left Sept 2021)
Caroline Cunningham	Coffee Dock assistant supervisor
Cathy McGowan	Administrator
Charlotte Bussmann	Family Support Service Coordinator
Charmaine Davidson	Family Support Worker
Elizabeth King	Manager
Helen Powell	Disability Support Worker
Izabella Sawiska	Disability Support Worker (left in November)
Karen Casey	Disability Support Coordinator and Coffee Dock Supervisor
Loretta McLoughlin	Disability Support Worker and Social Prescribing Coordinator
Lorraine Johnston	Family Support Worker
Mairead Jennings	Family Support Worker
Nadia Tamerji	Intercultural Support Worker (from October 2021)
Rose McCrann	Footprints Crèche Supervisor
Tracy Brooks	Disability Support Worker

FÁS Community Employment Scheme Participants (2021), 19.5hrs/week

Administration and Reception

Karen McArt (left 29/10/2021) Cathy Gallagher (left 10/09/2021) Louise Bewey, Alexandra Tomal, Huya'am Ibrahim;

**Childcare and Home Support Workers
Disability Workers**

Geraldine Ryan, Margaret Coen (left 10/09/2021)
Sidonie Leunde, Tracy Brooks (moved to DS
22/01/2021)

**Caretaker/Cleaner
Housekeeper/Cleaner**

Michal Malinowski and Michael Coyle
Emma Dolan; Yasmeeen Al Hussein (left
23/04/2021)

The two CE supervisors, Sarah Cleasby and Sarah McCaffrey, employed by Youth Work Ireland North Connaught have an office in the Sligo FRC and contribute greatly to the work of the FRC.

Volunteers

Befriending volunteers: Pamela Barnes, Sheila Canning, Geraldine Delorey, Maura Doherty, Mary Heery, Christopher Kelly, Naoimi McBride, Ciara Gallagher.

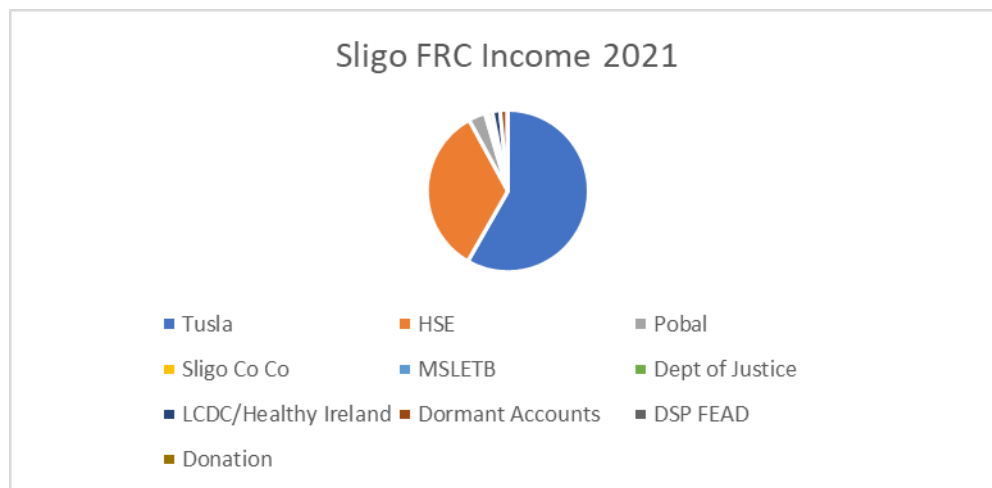
English language: Annick Vincent,

Team Building

This year team meeting took place online where all staff met on three occasions. The trip to Hazelwood in October was a particularly big hit with a treasure hunt followed by a pizza picnic.

11. Funding

Here is a breakdown of the funding received in 2021 (€537,180) and the sources of this funding.



12. Planning and Governance

In 2021, Sligo FRC Voluntary Board of Directors and staff undertook the task of drawing up a 5 year Strategic Plan. Training was provided to Directors and staff with funding from Tusla Commissioning Unit as part of a collaborative submission with the other 5 FRCs in the Sligo Leitrim area. The Strategic Plan is now available on the Sligo FRC website.

This year all registered charities were obliged to complete the Charities Governance Code for the Charities Regulator to ensure we have the minimum standards to effectively manage and control our charity. This meant ensuring policies and procedures were updated and renewed to ensure our charity achieves its charitable objectives with integrity and is managed in an effective, efficient, accountable, and transparent way.

The board and staff divided this work up over the board meetings throughout the year.

13. Continuous Professional Development 2021 – Sligo FRC staff

ADHD and Children (changing lives initiative)
Alcohol use as a response to childhood trauma
A Multi Agency Response to Sexual Violence
Attend Anywhere Training
Behaviours consistent with ADHD.
BrainCalm
Canva
Child safeguarding Statement
Child Youth Participation
Community Addiction Studies (QQI level 5)
Effective change/resolving conflict
E learning Safe -Guarding
Empowering children-the impact of domestic violence and abuse webinar
Enhancing your online Presence with Sligo Volunteer Centre
Essential Skills Training for Social Prescribing Link Workers
Ethnic Minorities & Mental Health
Facilitation skills
Family Law systems
FARR (First Aid Responder Refresher)
Fire safety training
First Aid Refresher
Group Coaching Session, Mental Health Ireland
Healthy Communities Launch
Hidden Harm
HR essentials in Childcare
Impact of Domestic Abuse on Children
Inappropriate harmful illegal content workshop
Infection control in child-care settings
Info session with Maeve De Faoite OT in the mental health dept
'Investing in Children Award' information session
MACE
Managing emotions 3–12-year-old
Managing emotions 12-18 year old
Mandated person
Manual Handling
Mental health and suicide awareness training
Metrics update
North-West STOP information

NVR Consultation

Online learning delivery methods

Parents Plus Parenting When Separated

Parents Plus Working Things Out

Pillars of Positive Health Training

Positive Behaviour Support (Part 1)

Positive Psychology and Happiness Webinar

QRF (Quality Regulatory Framework Tusla Early Years Inspection)

Safeguarding and awareness

Shaping Ourselves and Our Children

Social Media Training

Social Prescribing information

Suicide prevention code of practice

Supporting families with children at risk of ADHD

The Decider Skills

The Wellbeing Network Website Training for Social Prescribing

Traveller Cultural Competency

Tusla Parenting Support Strategy

Webinar *Get Active for your Wellbeing*

Webinar: *International home visiting webinar:*

Webinar *What lies beneath: The Trauma – Mental Health/Addiction Connection.*

Webinar *“Woodlands for Health”*

Webinar *Working with cultural and ethnic minorities*

Webinar: *Sense-Ability*

Webinar: *Zoom and Gloom*

Webinar *IPC guidance for Residential Care Facilities*

Youth participation LAB training