



Sligo Family Resource Centre

FIVE YEAR STRATEGIC PLAN

2022 - 2026



Contents

1. CONTEXT	3
RATIONALE	4
VISION STATEMENT	4
MISSION STATEMENT	4
VALUES	4
PRACTICE PRINCIPLES	5
GOALS	6
1.1 HISTORY OF SLIGO FRC	7
1.2 DESCRIPTION OF THE AREA	9
1.3 LOCAL COLLABORATIONS	11
2.0 CONSULTATION	14
2.1 PROCESS USED FOR CONSULTATION	14
2.2 PRESENTATION OF RESULTS OF CONSULTATION	14
2.3 SUMMARY OF KEY ISSUES FROM THE CONSULTATION	15
3.0 MANAGEMENT STRUCTURES	17
3.1 INTERNAL MANAGEMENT STRUCTURES	17
3.2 SLIGO FRC BOARD OF DIRECTORS	17
4.0 INCOME AND EXPENDITURE (2020)	19
5.0 PLAN	20
APPENDIX 1	26
APPENDIX 2	29
BIBLIOGRAPHY	31

1. CONTEXT

Ireland now has a national programme of 120 Family Resource Centres (FRCs) based in both rural and urban areas of which Sligo FRC is one.

The Family Resource Centre Programme's role is outlined in the Strategic Framework for Family Support within the Family and Community Services Resource Centre Programme¹ is based on community development; providing an accessible, open-door service at no or low cost; universalism with targeting; working with the local community; proximity services as a gateway to mainstream ones; with a focus on poverty and social inclusion.²

Today, the work of FRCs including Sligo FRC is underpinned by two key documents: Better Outcomes, Brighter Futures, 2014-2020 (2014) and First 5 (2018).

Established in 1995, Sligo FRC is a Company limited by guarantee, a condition for the funding; a registered charity and comply with the governance code for community, voluntary and charitable organisations.³

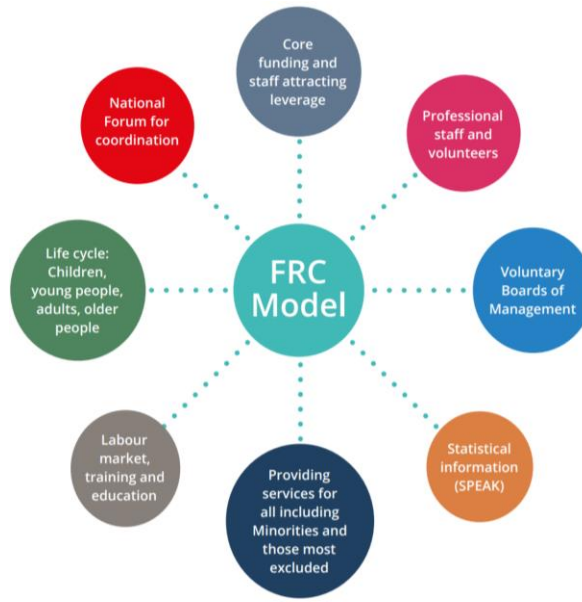
Sligo FRC is a locally managed with a voluntary board of directors which are drawn from members of the local community who have first-hand experience of living in the area, and have experience in various areas of life (e.g., human resources, health, parenting, disability, education etc.) and supplemented by professionals with specific skills to run the FRC

Sligo FRC model of work is very much based on the model of FRCs throughout the country as outlined below.

¹ McKeown, Kieran: Strategic framework for family support within the family and community services resource centre programme. Dublin, Family Support Agency, 2011, revised 2013 (2nd edition).

² Our Story: Family Resource Centre National forum
https://www.familyresource.ie/uploadedfiles/FRCNF-Our%20Story%202020-final_web_4.pdf

³ <https://www.governancecode.ie/>



Source: The Family Resource Centre National Forum (2020), *Strengthening and empowering children, families and communities through the Family Resource Centre Programme*

RATIONALE

Being strategic gives a sense of confidence, stability and direction to a Family Resource Centre (FRC). The development of the Sligo FRC Strategic Plan will help this organisation to remain proactive rather than re-active irrespective of whatever changes may take place.

VISION STATEMENT

Our vision is an inclusive society where everyone reaches their full potential.

MISSION STATEMENT

Our mission is to work with and support individuals, families, and communities in a welcoming, friendly, inclusive and open environment

VALUES

The Sligo FRC, through the staff and Voluntary Board of Directors will be a place that will support and enable:

Inclusion: be inclusive of volunteers, staff and service users and encourage participation, volunteerism, and a sense of belonging

Equality and Human Rights: operate on community development principles of social justice, self-determination, working and learning together, sustainable communities, participation, and reflective practice.

Diversity: encourage diversity and creativity in thought and action

Participation: Our work is underpinned by a commitment to equal participation of all those involved

Community Wellbeing : supporting the wellbeing of the local Sligo community through services and interventions that seek to address key societal factors that are known to have a negative impact on peoples physical and mental health

Climate Change and Climate Justice: our work is informed by the challenges faced by climate change and climate justice, and we endeavor to be mindful in all our actions of the implications of what we do on future generations.

PRACTICE PRINCIPLES

Sligo FRC aims to act from the following principles:

Child Centred: to consider the views of the child in accordance with their capacity, age and maturity keeping in mind that all participation is voluntary and ensuring that participation is comfortable for them

Transparency and Accountability: act in a fully transparent way and be accountable to its service users and funders in line with good practice

Collaboration: work in collaboration and partnership with its service users where it will encourage participation and a sense of ownership, funders and other local, regional, and national community and statutory agencies

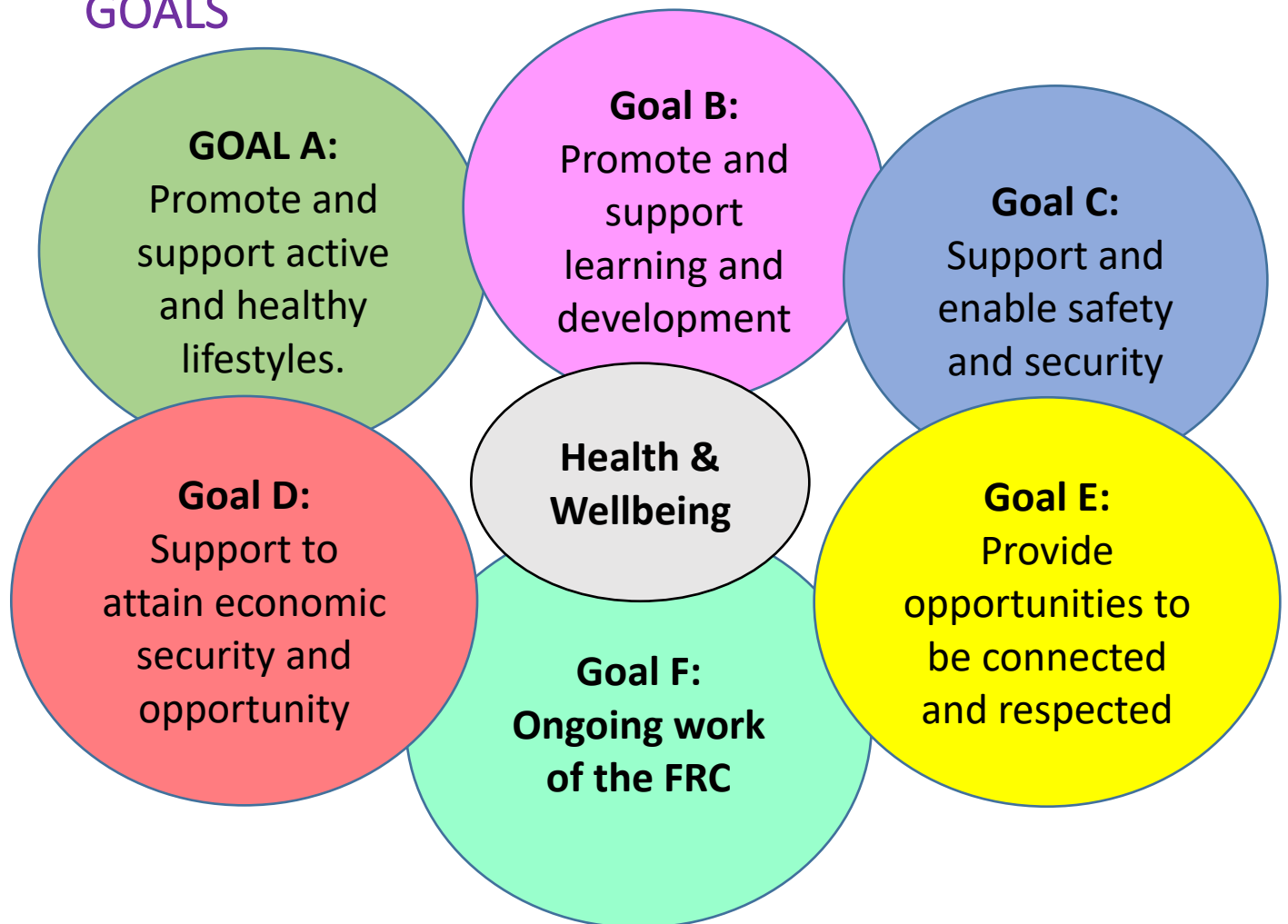
Creating a supportive environment: ensure that those who come into our building feel, welcomed, respected and heard.

Operate on **community development principles** of social justice, self-determination, working and learning together, sustainable communities, participation and reflective practice.

Promote social inclusion while encouraging diversity and creativity in thought and action

Be realistic and resourceful in working within the constraints of the resources that are available to the Centre

GOALS



1.1 HISTORY OF SLIGO FRC

The Sligo Family Centre was established in 1995 following a series of events organised for the International Year of the Family (1994). In 2003, the Sligo Family Centre was accepted onto the Family Resource Centre's National Programme and was renamed the Sligo Family Resource Centre (FRC).

The Sligo FRC has moved premises within Sligo town three times since 1995 and grown from a staff of five Community Employment participants in 1995 to twenty-six (of which eleven are CE participants) in January 2021.

The areas of work carried out to-date include:

- Providing family support to parents directly in their own homes through the Tusla, Prevention Partnership and Family Support (PPFS) funded Family Support Service and home support workers through the Community Employment scheme, Parents Plus parenting programmes, Footprints crèche for children aged 0-6 years as well as facilitating access visits at the FRC;
- Parenting seminars/workshops and webinars in collaboration with other agencies including the Parenting Support Champions, CYPSC, and Sligo Education Centre
- Supporting adults with learning disabilities living independently in the community, through one-to-one support work, a lunch-time club every Thursday, social integration of residents in Cregg House, healthy living programme on zoom, one-to-one support for a trainee based in a HSE training centre and employing the supervisors in the Countess Cafe in the Markievicz House who work with adults with learning disabilities as well as those with mental health issues to run the Cafe;
- Supporting the inclusion of new communities in Sligo through the befriending service, annual St Patrick's Day and International concerts, workshops and events to highlight and enable inclusion.
- Responding to community needs through short-term funded projects such as; workshops for locally based disadvantaged groups; integration and befriending supports for asylum seekers/refugees, programmes for parents and children, family days etc;
- Supporting parent groups in the form of the adoptive parents' group, the birth parents support group (Danú), parents of children with disabilities and support to parents of children with dyslexia, and breast feeding mothers.
- Community Education for adults programme (MSLETB) and afterschool classes for children;
- Training people for employment through the Community Employment scheme;
- Addressing issues of poverty through the FEAD programme, School kits and baby/children's clothes and equipment exchange

- Provision of an information service, administrative support, meeting rooms, counselling rooms and kitchen facilities for groups including in the evenings and weekends;
- Fund-raising events such as raffles, quizzes, races, carol singing and special events to raise funds for the Centre's programmes and overheads,
- Representation and lobbying work to represent the needs of disadvantaged groups with whom we work and to devise joint initiatives with other voluntary and statutory organisations in the community.

Today, the Family Support Service works directly in the home with on average 60-70 families each year and delivers the Parents Plus programmes to an additional 25-30 parents on a one-to-one basis or in a group format. In addition, Footprints crèche offers childcare to up to 30 children from 25 families.

The Disability Support Service has increased its capacity to working now with 9 individuals, 18 trainees in the Coffee Dock, up to 20 adults with ID availing of the Thursday Social Club and 40 took part in the zoom Healthy Ireland funded programme Good4You.

The Intercultural Work now supports 11 volunteers in the Syrian Family Befriending Service and has operated the Annual St Patricks Day Intercultural Event and the Autumn International Concert for the past 8 and 5 years respectively. In addition, workshops/ information events and other social events have been organised over the past number of years to promote inclusion in our society.

The past two years 2020 and 2021 has proved challenging for all with Covid 10 restrictions preventing much face-to-face contact and the doors to the FRC were closed from 16 March 2020 to 28 July 2021. On the positive side, staff adapted exceptionally well to working from home, funding was made available by various funders to make this possible with the purchase of additional laptops and mobile phones, staff were offered vaccinations from March 2021. In addition, Sligo FRC received funding to put Perspex on all desks and the reception area, hand-sanitising points throughout the building, masks, additional work spaces and additional cleaning equipment. This enabled the FRC to open its doors to the public once again in June 2021 and by 22 October 2021 all work returned to the FRC.

1.2 DESCRIPTION OF THE AREA

Socio-Economic Snapshot of Sligo Town⁴



Total population 19,199



4,323 families



5,313 children



29% women parenting alone



3.3% men parenting alone



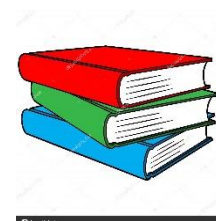
19.02% born outside Ireland



17.5% over 65 years



14.6% with a disability



14.2% nor formal education
or primary education only



Male unemployment



Female unemployment

Sligo FRC generally operates within Sligo Town, North Sligo and North Leitrim which includes the Tusla PPFS Child and Family Services Network Area 1

⁴ Central Statistics Office 2016

Sligo is the county town and the most populous urban area in County Sligo. With a population of 19,199 in 2016, it is the second-largest urban centre in the province of Connacht, after Galway, and the twenty fourth overall in Ireland. Sligo was formerly a major commercial port on the west coast of Ireland, and is now a major economic, educational, administrative and cultural centre of Ireland's Border Region.

The town is also an important tourist destination, owing mainly to the renowned natural beauty of the surrounding countryside and its literary and cultural associations. The following statistics are for Sligo Town only and taken from the 2016 CSO census.

Size of family	No of families	No of persons in families	No of children in families
2 persons	2,047	4,094	663
3 persons	1,040	3,120	1,303
4 persons	751	3,004	1,600
5 persons	333	1,665	1,040
6 or more persons	152	997	706
Total	4,323	12,880	5,312

Age of children	Couples with children	Mothers/children	Fathers/children
Number of families			
All children under 15	941	404	31
All children 15 and over	657	442	96
Children both under and over 15	263	100	5
Total	1,861	946	132
Number of children			
All children under 15	1,799	635	45
All children 15 and over	982	603	116
Children both under and over 15	808	308	16
Total	3,589	1,546	177

Family cycle	No of families	No of family members	Marital Stats	Male	Female	Total
Pre-family	423	846	Single	5,611	5,688	11,299

Empty nest	480	960
Retired	481	962
Preschool	442	1,344
Early School	498	1,808
Pre adolescent	436	1,644
Adolescent	527	2,000
Adult	1,036	3,316
total	4,323	12,880

Married incl same sex/civil	2,936	2,928	5,864
Separated	262	358	620
Divorced	223	285	508
Widowed	206	702	908
TOTAL	9,238	9,961	19,199

Location	Birthplace	nationality
Ireland	14649	15,525
UK	1227	375
Poland	831	886
Lithuania	112	119
Other EU (28)	596	590
Rest of World	1269	753
Not stated		436
Total	18684	18,684

Ethnic/cultural Background	Persons
White Irish	14,373
White Irish Traveller	169
Other White	1,983
Black or Black Irish	379
Asian or Asian Irish	715
Other	339
Not stated	726
TOTAL	18,684

1.3 LOCAL COLLABORATIONS

Sligo FRC works collaboratively with other agencies, service providers, funders community groups in the area. The collaborative work adds an enormous value to the work we do.

Name of Body	Purpose	Value to the FRC work
<ul style="list-style-type: none"> ▪ Aremoja, ▪ Diversity Sligo, ▪ Globe House, ▪ Sligo/Leitrim Phillipino Association, ▪ Sligo Indian Association, ▪ Sligo Pakistani Community, ▪ Sligo PPN ▪ Sligo Travellers Support Group ▪ Sligo Volunteer Centre 	Intercultural work	We engage with new communities and ethnic minorities linking in with these groups

<ul style="list-style-type: none"> ▪ Avalon Community Centre, ▪ Caltragh Residents and Interagency Group, Cranmore Co-op, ▪ Merville Community Centre, ▪ Mail Coach Road Community Centre, ▪ Sligo Northside, ▪ Sligo Abbeyquarter, ▪ The Crib, ▪ Sligo Social Services, ▪ Sligo Family Support Limited with Lifestart, ▪ Springboard Project Resource House, ▪ St Michaels' Family Life Centre, ▪ Home School Liaison Service, Centre. ▪ Foróige, 	<p>Other community and voluntary groups in the area</p>	<p>We liaise with these groups to share information, refer families/individuals to their services, work together on projects/initiatives</p>
<ul style="list-style-type: none"> ▪ Child and Family Services Network (CFSN) areas (Area 1 and 3) 	<p>Coordinated by Tusla</p>	<p>We play an active role in these Networks sharing information etc.</p>
<ul style="list-style-type: none"> ▪ Sligo Leitrim Children and Young People's Services Committee (CYPSC), 	<p>Coordinated by Tusla</p>	<p>Sligo FRC is represented on this committee and sits on the Learning and Development subgroup</p>
<ul style="list-style-type: none"> ▪ Sligo Community Childcare Company Ltd., ▪ Childcare Managers Network, 	<p>Childcare issues in Sligo</p>	<p>The manager sits on the board of the CCC, the creche supervisor attends the Manager's Network</p>
<ul style="list-style-type: none"> ▪ Department of Social Protection, ▪ Dept of Justice, ▪ Sligo County Council, ▪ MSL ETB, ▪ Programme (SICAP), ▪ Gardaí, ▪ Local Community Development Committee (LCDC), ▪ National Lottery ▪ Sligo LEADER Partnership with Social Inclusion Community Activation 	<p>Funding sources and some collaborative work with SICAP and the Gardaí</p>	<p>MSL ETB runs some of its programmes from the FRC, we use the PPN to disseminate information on our services/programmes</p>
<ul style="list-style-type: none"> ▪ Disability Services HSE, ▪ Health Promotion HSE ▪ Túsla PPFS, ▪ Markievicz House, ▪ Parenting Support Champions (PSC) 	<p>Funding sources and collaborative work</p>	<p>We have rolled out a number of seminars/webinars as part of the PSC</p>

<ul style="list-style-type: none">▪ Domestic Violence Advocacy Service,▪ Sligo Rape Crisis Centre	Collaborative working with women	The Sligo FRC Intercultural Project has worked on events with this both
<ul style="list-style-type: none">▪ Sligo /Leitrim FRC Managers Network,	The six FRCs in Sligo Leitrim meet to share information and ideas	

2.0 CONSULTATION

2.1 PROCESS USED FOR CONSULTATION

The consultation process to compile the Plan included:

- Training undertaken by some staff and board members in May/June 2021 in how to write a strategic plan facilitated by Liam Scollan. This was organised in collaboration with the other five FRCs in Sligo / Leitrim
- Team planning meeting regarding the plan with supervisory staff of the Centre;
- Consultation meeting with all staff of the Centre took place on 16 June 2021 by Zoom. 23 staff members attended
- Survey Monkey online survey of users of the Centre early June 2021 – 114 people took part.
- Consideration of the consultation data from the County Sligo Vision for Community Wellbeing document 2019-2020 (Sligo PPN)

2.2 PRESENTATION OF RESULTS OF CONSULTATION

Sligo FRC presents here the results of our consultation.

The Voluntary Board of Directors:

The BOM discussed future planning at a number of board of management meetings which took place in

- Sligo FRC needs to create greater awareness of its services in the community to generate more local engagement and highlight the many opportunities to engage in active learning and development at the Centre and with partner organisations.
- The Centre requires a marketing strategy to highlight the Centre's services, in particular Footprints crèche, services to parents, parent and toddler groups, access visits, once-off events and the various training we provide under our the community education brief.
- The Centre staff require continuous professional development to ensure the community receive quality interventions and development opportunities.

Consultation with staff Sligo FRC:

Focus group discussions took place with the staff of each of the services/areas within the FRC. The following issues were raised as needing a response from the centre:

Internal:

- The upcoming end of lease and the sale of the building is worrying
- The condition of the building – damp, cold, roof needs replaced etc.
- Lack of adequate physical space for groups using/hiring the FRC;
- Lack of disability access in the building (we only have the ground floor which is limited).
- Pressure to fundraise to cover overheads and reach fundraising targets for building works to make it accessible to all user-groups

External:

- The need to market the Centre's services in order to target families/individuals who are most disadvantaged and could avail of our services;
- Continue to address the limited integration between ethnic minorities including Travellers living in Sligo and the general community;
- Continue targeting the more disadvantaged families with services we provide such as the crèche, the parent support groups, access visit facilities and family support;
- Continue to provide the family support project including the crèche which has been successful in reaching out to disadvantaged families
- Continue the work we do in collaboration with the HSE is addressing the issue of social isolation of adults with learning disabilities living independently. The feedback from clients and the HSE on the service to adults with intellectual disabilities has also been very positive and the increase in the number of referrals to this service is a good indicator of the need for this type of work in the community.

Survey Monkey Consultation with Both Users and Non Users of the Sligo FRC May/June 2021 – see Appendix A.

2.3 SUMMARY OF KEY ISSUES FROM THE CONSULTATION

SUGGESTED NEW AREAS OF WORK THAT HAVE BEEN PRIORITISED DURING CONSULTATION

ADULT GROUPS: Evening groups for adults with additional needs/ Most events are between 9-5 – an evening knitting/crochet/sewing group would be nice – could make it

intercultural – language no issue for crafts/ Irish language events/ Art workshops/ Men's groups/ Women's groups/Women's courses/Afterschool/ Parent meetups/ Parenting alone support group

SUPPORTS WITH CHILDREN: Helping our children get ready for college and what supports there are for child and parent/ Mindfulness groups – parenting teenagers/ Camps for preteens – 10=-12/ Children and young people's Digital Space/ Mental health supports for young children and adolescents – diagnosis and referrals/ Things for early teenagers that do not involve football/ Afterschool groups providing friendship skills/ Afterschool in the morning and after school ..my current provider no longer offers 8am school start – its stressful

COUNSELLING/MENTAL HEALTH: Couple's counselling/Support loneliness/ Phone advice and information/ Counselling services for teenagers due to family passing/ Bereavement support/ Counselling and more cultural morning activities when allowed after Covid./ Mental Health Counselling

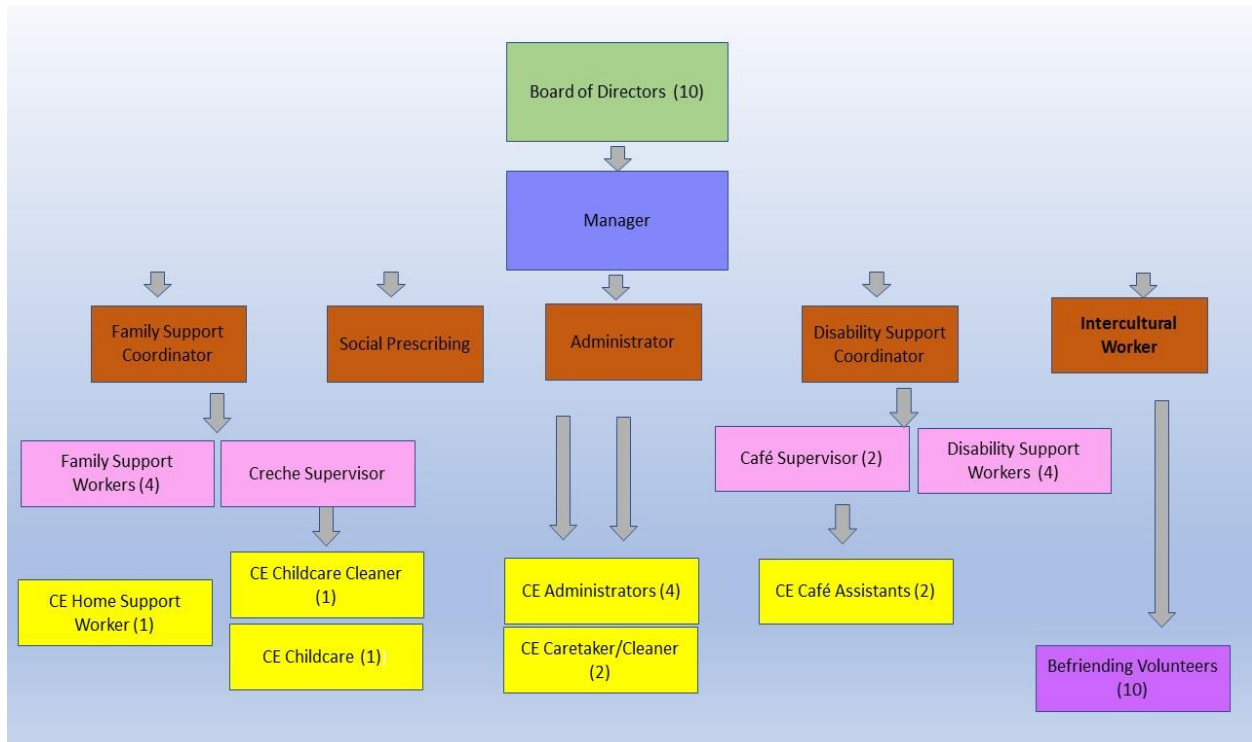
IT SUPPORT: Internet access and printing/ access to Broadband or a digital Library

PHYSICAL EXERCISE: Exercise class and yoga/ parent and child coding class, parent and child cooking class family challenges get country/city families involved in fitness challenges – meet other parents in the county

OTHER: Improved building/ Café/Doulas. /bedwetting – 9-year-old still wet not sure who to contact re this/Babies and children's equipment for sale or free /Pro-life group and help for crisis pregnancies

3.0 MANAGEMENT STRUCTURES

3.1 INTERNAL MANAGEMENT STRUCTURES

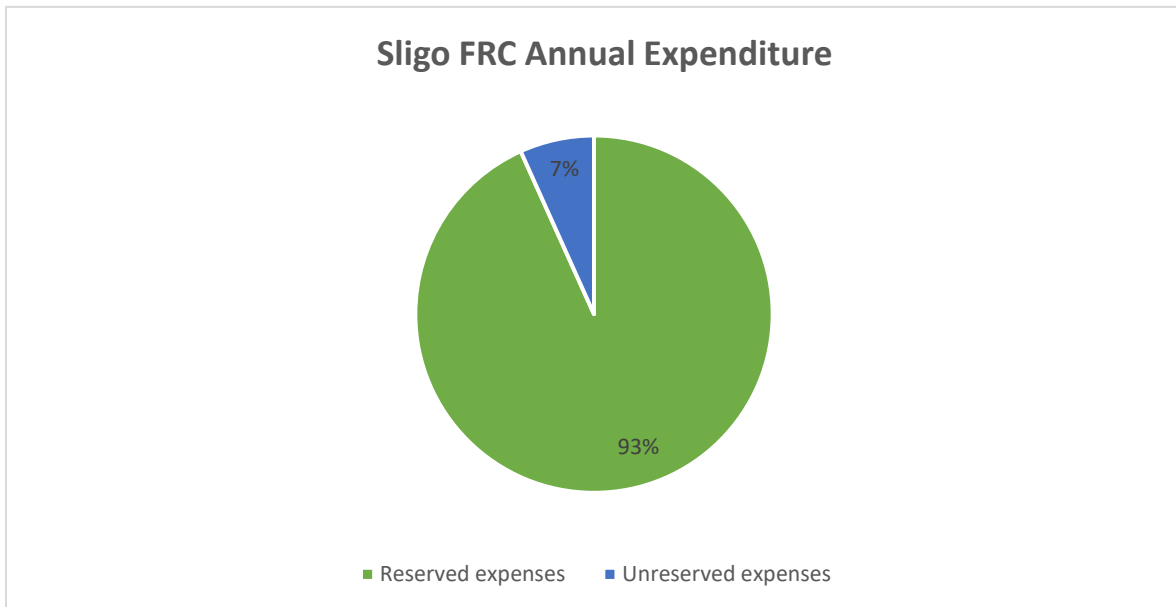
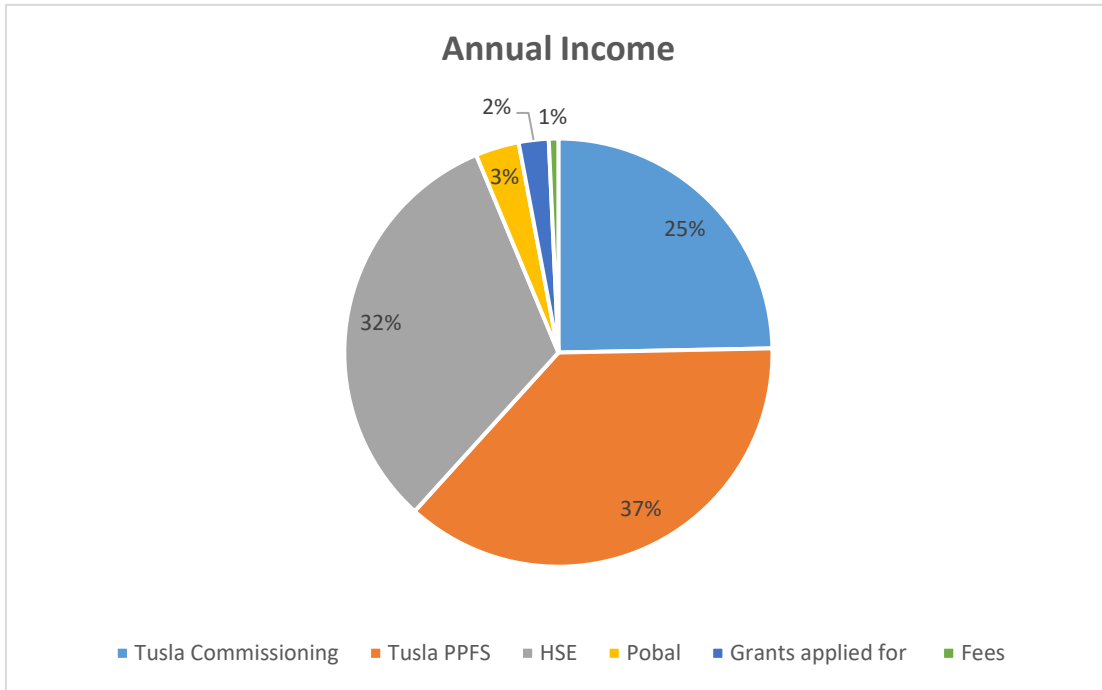


3.2 SLIGO FRC BOARD OF DIRECTORS

Role	Name	Skills/experience
Chairperson	John Burows	HR
Secretary	Padraic Cuffe	Education
Treasurer	Michelle Lally	Community Development/Housing
Outgoing Chairperson	Sonya Coffey	Education
Committee Member	Ada Cunningham	Early years
Committee Member	Phil Brennan	Community Development/Disability

Committee Member	Sarah Wetherald	Community and Rural development
Committee Member	Shona Gallagher	Health Promotion
Committee Member	Michelle Doherty	Early years
Committee Member	Michael Yewlitt	Young people

4.0 INCOME AND EXPENDITURE (2020)



5.0 PLAN

GOALS	OBJECTIVES	MEASUREMENT
<p>GOAL A</p> <p>Individuals and families will be more active and have a healthier lifestyle</p>	<p>OBJECTIVE 1: Parents and toddlers will easily access the weekly facilitated parent and toddler group</p> <p>OBJECTIVE 2: Members of the community will be able to access the various Walking Groups established by the FRC</p> <p>OBJECTIVE 3: Mothers who breast feed will have space to feed their babies, an opportunity to meet other breast-feeding mothers and receive relevant information and signposting</p> <p>OBJECTIVE 4: Birth mothers through the support group Danu will have a confidential space to speak about their experience of adoption and the effects it has had on their physical and mental health</p>	<p>No of parents and children attending.</p> <p>No of sessions in the year</p> <p>Feedback from parents using comment box</p> <p>No of people who avail of these walks</p> <p>No of mothers who avail of these services</p> <p>No of women attending.</p> <p>Feedback from women</p>

GOALS	OBJECTIVES	MEASUREMENT
<p>GOAL B</p> <p>That people actively avail of a variety of community-based learning and development opportunities.</p>	<p>OBJECTIVE 1: Provide a warm learner-friendly environment for young people to learn</p> <p>OBJECTIVE 2: To facilitate community education in cooperation with MSLETB including crafts</p> <p>OBJECTIVE 3 To support those with intellectual disabilities (one-to-one support)</p> <p>OBJECTIVE 4 Provide learning opportunities for parents through parenting programmes (Parents Plus), seminars, webinars</p> <p>OBJECTIVE 5 Ensure parents are aware of learning opportunities by sharing information with those who drop-in and through social media</p> <p>OBJECTIVE 6 Providing space and opportunities for work experience (Coffee Dock and students)</p>	<p>No of programmes run</p> <p>No of programmes run annually</p> <p>No of people supported one-to-one and number of hours for each service user</p> <p>No of parents/carers who attend these annually. No of programmes/ seminars run. No of collaborations with other agencies in running these.</p> <p>No of those who accessed information (SPEAK records) No of engagements with social media/text/email</p> <p>No of students/trainees availing of work experience</p>

GOALS	OBJECTIVES	MEASUREMENT
<p>GOAL C</p> <p>That children’s holistic development is nourished in a safe, comfortable, and fun environment.</p>	<p>OBJECTIVE 1: To provide low-cost childcare to parents in the area (Footprints crèche)</p> <p>OBJECTIVE 2: To provide support to families in the North Leitrim, North Sligo and part of Sligo Town (CFSN area 1) directly in their own homes (Family Support Service)</p> <p>OBJECTIVE 3 To provide space for access visits and to enable these visits to be as pleasant as possible</p> <p>OBJECTIVE 4 To support families and children by working closely with other organisations using the Meithal system of working.</p>	<p>No of families and children who avail of the service</p> <p>No of families and children who avail of the service</p> <p>No of families and children who avail of the service</p> <p>No of families and children who avail of the service</p>

GOALS	OBJECTIVES	MEASUREMENT
GOAL D Economic security and opportunity	OBJECTIVE 1 To support participants on the CE OBJECTIVE 2 To support people who are struggling financially by providing food parcels OBJECTIVE 3 To support people who are struggling financially and to encourage recycling by providing a second-hand clothes exchange service	No of participants on the scheme Training completed by CE participants No of individuals, children, women, migrants, those with disabilities and homeless who avail of this initiative No of individuals who donate and families who receive clothes

GOALS	OBJECTIVES	MEASUREMENT
<p>OUTCOME E</p> <p>Connected and respected</p>	<p>OBJECTIVE 1: Social Prescribing</p> <p>OBJECTIVE 2: To engage with families and individuals from ethnic and cultural minorities – intercultural events</p> <p>Objective 3 Social media campaigns</p>	<p>No of those who received a social prescription. No of engagements with other organisations /services etc where people are referred</p> <p>No of intercultural events taking place No of people who engage with these initiatives</p>

GOALS	OBJECTIVES	MEASUREMENT
<p>OUTCOME F</p> <p>Public have a Centre where they can avail of services they need</p>	<p>OBJECTIVE 1: To recruit staff as required to carry out the work of the FRC and to support and supervision their work</p> <p>OBJECTIVE 2: Ensure adequate finances are in place to carry out the work of the FRC</p> <p>Objective 3 Policies and procedures are in place, relevant and up-to-date</p> <p>Objective 4 Participation in local regional and national networks</p> <p>Objective 5 Continuous Professional Development training and team building events are organised to create a good working environment</p> <p>Objective 6 Admin support and space is provided</p> <p>Objective 7 Services users are support by Informing directing and referring them as appropriate</p>	<p>No of staff</p> <p>No of support and supervision sessions</p> <p>Policies in place for employing staff</p> <p>Budgets balance</p> <p>Document relevant, reviewed and easily accessible</p> <p>No of meetings/ no of networks</p> <p>No of training/team building events</p> <p>No of people / groups availing of these (SPEAK stats)</p> <p>No of people availing of this (SPEAK stats)</p>

Sub-total							
Goal 3 That children's holistic development is nourished in a safe, comfortable, and fun environment.	1 Footprints creche	x	x	x	x	FSS	12,000
	2 Family support	x	x	x	x	FSS	170,000
	3 Access visits	x	x	x	x	Admin	0
	4 Meithals	x	x	x	x	FSS	
	5						
	6						182,000
Subtotal							
Goal 4 Economic Security and opportunity	1 CE scheme	x	x	x	x	All	
	2 FEAD	x	x	x	x	Admin	0
	3 Clothes exchange	x	x	x	x	Admin	0
Subtotal							0
Goal 5 Connected and respected	1 social prescribing	x	x	x	x	SPS	20,000
	2 intercultural events	x		x		IP	10,000
	3 social media campaigns	x	x	x	x	Admin	
Subtotal							30,000
Goal 6 Public have a Centre where they can avail of services they need	1 Recruit staff as required					manager	
	2 Ensure adequate finances are in place	x			x	Admin/ manager	
	3 Policies in place and reviewed			x		manager	
	4 Participation in local, regional and national networks	x	x	x	x	Manager	
	5 CPD	x		x		all	

	6 Admin support and space provided	x	x	x	x	admin	
	7 Inform, direct and refer service users as appropriate	x	x	x	x	all	
Sub-total:							125,000
TOTAL:							497,500

APPENDIX 2

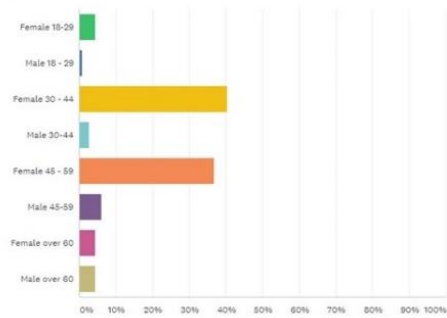
Survey Monkey June 2021 Questionnaire

Q1

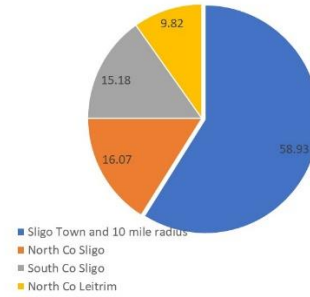
Customize

Which of the following best describes you?

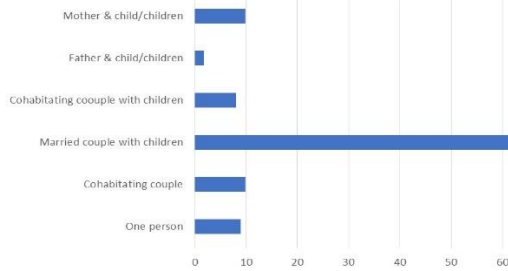
Answered: 114 Skipped: 0



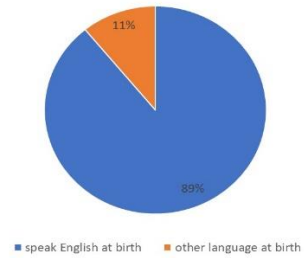
Where are you now living?



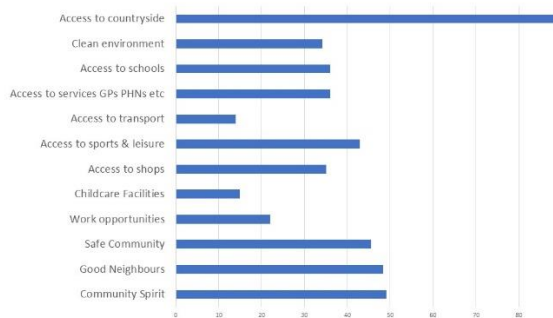
Type of household



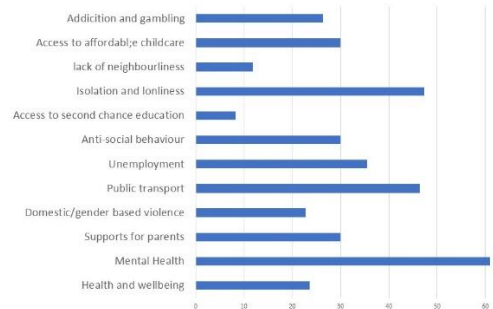
Language spoken at birth

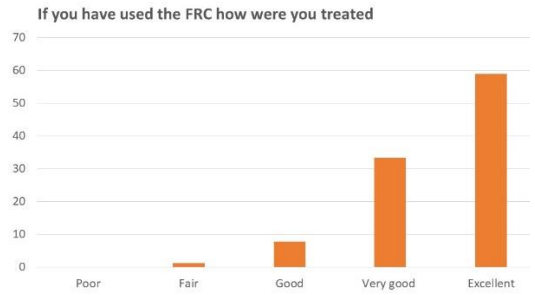
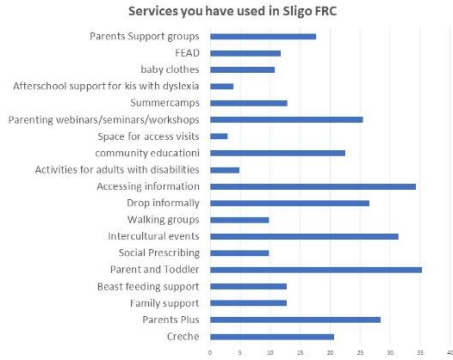


WHAT IS GOOD ABOUT LIVING IN SLIGO



Key Challenges for people living in Sligo





Name a support not already listed that you would like to see available in FR

ADULT GROUPS: Evening groups for adults with additional needs/ Most events are between 9-5 evening knitting/crochet/sewing group would be nice – could make it intercultural – language no for crafts/ Irish language events/ Art workshops/ Men's groups/ Women's groups/Women's courses/Afterschool/ Parent meetups/ Parenting alone support group

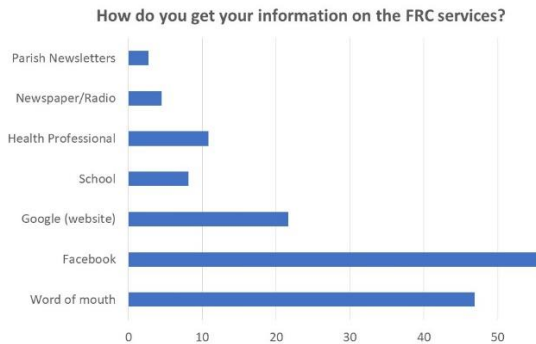
SUPPORTS WITH CHILDREN: Helping our children get ready for college and what supports there : child and parent/ Mindfulness groups – parenting teenagers/ Camps for preteens – 10-12/ Child and young people's Digital Space/ Mental health supports for young children and adolescent: diagnosis and referrals/ Things for early teenagers that do not involve football/ Afterschool group providing friendship skills/ Afterschool in the morning and after school ..my current provider no offers 8am school start – its stressful

COUNSELLING/MENTAL HEALTH: Couple's counselling/Support loneliness/ Phone advice and information/ Counselling services for teenagers due to family passing/ Bereavement support/ Counselling and more cultural morning activities when allow after Covid./ Mental Health Counselling

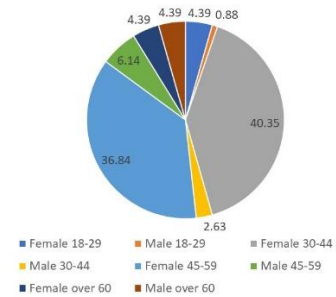
IT SUPPORT: Internet access and printing/ Access to Broadband or a digital Libran

PHYSICAL EXERCISE: Exercise class and yoga/ Parent and child coding class, parent a child cooking class family challenges get country/city families involved in fitness challenges – meet other parents in the county

OTHER: Café/Doulas./Bedwetting – 9-year-old still wet not sure who to contact re this/Babies and children's equipment for sale or free /Pro-life group and help for cri pregnancies



Breakdown of those who took part (114)



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& Tíughlúgh na hÉireann
Ireland's Child & Family Agency

An Roinn Coimisce Sóisialaí
Department of Social Protection



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive