



Sligo Family Resource Centre Annual Report 2022

<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.

We started 2022 with Covid infections and transmissions continuing to be a risk. Staff who could work from home were advised to do so if there is insufficient office space available in the FRC. Staff were requested to wear surgical masks instead of cloth masks and to continue to be vigilant re social distancing etc. The one-way system in the building continued for the first part of the year. By May 2022, all restrictions were lifted – staff no longer were requested to wear a mask. Staff were asked not to attend work in they had Covid and their sick leave was dealt with in the existing sick leave policy. The one-way system ceased and by the third quarter of the year groups and numbers within the building returned to pre-Covid numbers.

A 5-Year Strategic Plan was compiled by staff and Board members to run from 2022 – 2027. Ownership of the building changed hands and the FRC had a new landlord in February. Much of the work of the Board of Management was taken up with negotiating with the landlord in relation to

the maintenance and upkeep of the building. The building is badly in need of a new roof and the electrics need updating. These issues have not been resolved and the Board continues to negotiate with the landlord. Other premises were looked at but as the FRC requires a central building with an outdoor space (a requirement for the creche), options are limited.

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 2022.

2. Information and Services

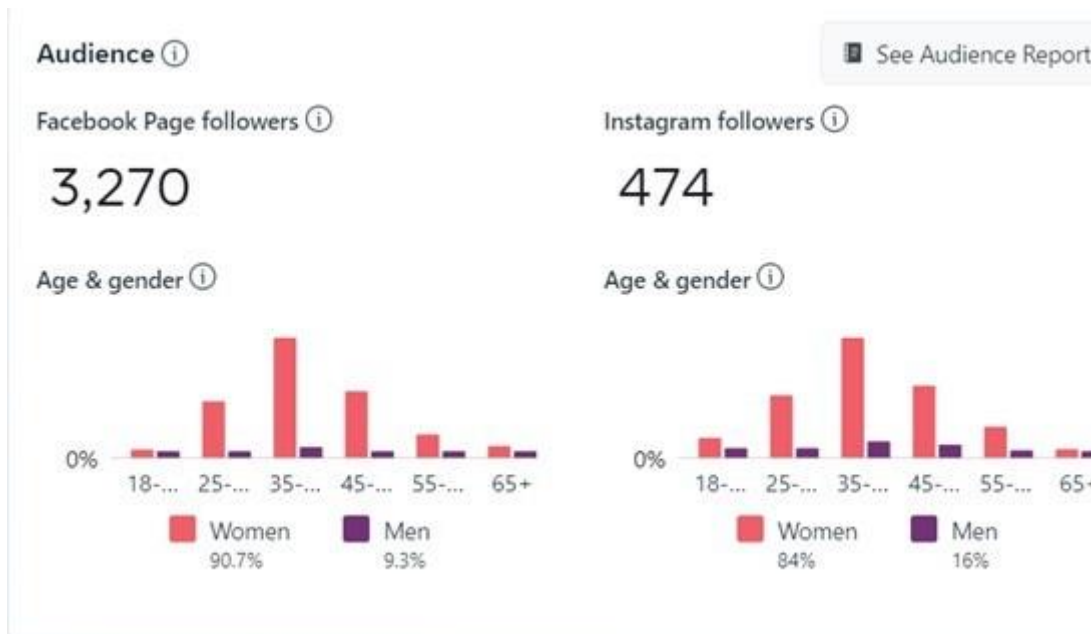
Sligo FRC welcomes all members of the community to avail of its programmes and services and/or to find out more about other services or opportunities in Sligo

Information Social media usage increased (see below)

Sligo FRC <https://www.facebook.com/SligoFamilyResourceCentre> (3,270 followers (increase of 22%) Instagram: 474 followers) Twitter: 268 followers

Sligo Intercultural Project <https://www.facebook.com/SligoInterculturalProject/> (934 followers up 15%)

Social Prescribing: https://www.facebook.com/slifofrchealthandwellbeing_ (298 followers up 42%)



Stats for Sligo FRC social media March 2023

Business facilities at the Centre are available for hire at subsidised rates to facilitate community groups and organisations to meet. The room usage increased substantially in 2022 following a drop in previous years due to Covid.

3. Parenting Supports

Breastfeeding supports: Sligo FRC runs a Breastfeeding Group on the 1st and 3rd Thursday of the month. In April we included them in the “Hello, how are you?” initiative being rolled out by the HSE Mental Health Ireland. To date we have had 21 women attending. This group is facilitated by a volunteer, Therese Harrison Borgan. Meetings are held in the FRC with the occasional trip to the Glasshouse Hotel. In addition, Sligo FRC in partnership with Lifestart, CYPSC and the HSE was involved in the “*We’re Breastfeeding Friendly Sligo*” initiative. This is being led out by Lifestart throughout the County.

Parent and Toddler sessions: These are run on Tuesday mornings 10:30 – 11:30. For most of the year they were not facilitated as we wanted to keep the numbers low due to the risk of covid infections. We had 5/6 parents attending regularly with their children. In November we recruited a drama teacher to run the session – these were very well attended with 10/12 parents attending over the last 5 weeks in the year.

Access visits: We provide space for 4 parents to meet-up with their children for access visits during the year – these visits are supervised by Tusla CFA.

Parenting Strategy: Sligo FRC was 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 strategy was launched in March 2022 by Liam White Area Manager Tusla Sligo Leitrim, West Cavan. Much of the work we do in relation to parenting now is based on the information collected from parents and others in the compilation of this strategy.

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 five PSCs in Sligo/Leitrim and the Sligo FRC manager is one of these. In 2022, we were delighted to launch the website <https://www.parenthubslwc.ie/> and we continue to support the Parent Hub Coordinator in ensuring the information is recent and relevant. In September we hosted a **Parenting Gala** in the Glasshouse Hotel in collaboration with Lifestart, where we asked various organisations to present their services to parents in a 3-minute presentation. This was followed by a Zumba session which was very much enjoyed. Up to 50 parents attended. We presented the learning from this initiative at the PSC Learning Day in late September via ZOOM.

*I am pregnant and due soon.
Therefore, I find this
morning very useful, big
help.*

*It is helpful to us parent
from other nations.*

*it was good at
normalizing
dyslexia with kids in
schools, using
technology and
talking to your child*

In January, we hosted a webinar with Sligo Education Centre entitled “*Supporting Leaving Cert Students to make Effective Career Choices*” 361 registered 191 attended from around the country. In November we hosted a seminar for parents of children with dyslexia 47 registered and 28 people attended. Ann Marie Casserly from St Angela’s was the guest speaker.

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

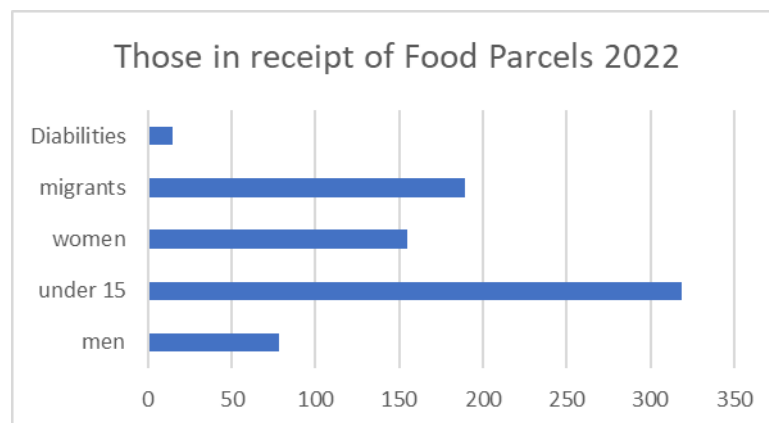
academics and professional researchers also working in this field. The manager stepped down from this Network in May 2022.

Tusla Parenting Working Group was set up to formulate a parenting strategy for Tusla. Sligo FRC manager was invited onto this WG and the strategy was launched in April 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 met five times all in Castle Dargen Hotel. 10-12 women attend each session. Barnardos who now offer an adoption service to birth mothers attended one of these meetings. One of the mothers launched her book *Does My Son Take Sugar?* about her adoption experience in Westport in June – many of the women from the group attended.

Support to the Most Deprived (SMD formerly known as 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 2022 we distributed 227 food hampers to 552 people.

We received a donation of food from a local company before Christmas which added an additional 15/20 hampers to our regular numbers.



Recycled clothes During 2022, we continued to support families (5) with second-hand clothes for 9 children advertising them on Facebook as we needed them.

School Kits As part of the SMD Programme we were able to give school kits to 144 children in 2022. These included junior and senior Primary school and Secondary school children.

4. Family Support Service Including Footprints Drop-in Crèche

In 2022, support to families returned to face-to-face. 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 2022 the Service provided home based targeted family support to 104 adults families with 96 children in north Co.

Sligo, north Co. Leitrim, and Sligo Town (Child and Family Network Area CFSN 1). This amounts to on average 17 families each week.

This year two cinema afternoons for the children in the families we work with was organised by the FSWs. These were greatly enjoyed.

Parents Plus Children's Programme for Dads was facilitated in autumn 2022 in collaboration with Sligo Springboard. Five Dads attended this 6-week programme. The Parents Plus Working Things Out Programme was rolled out in St Clare's School, Manorhamilton in collaboration with HYLS. In addition, the Parents Plus Programme was rolled out to 27 parents one-to-one by the Family Support Workers.

The Family Support Workers were also busy with **Meithals**¹ which benefitted 14 parents with 41 children.

The Decider Skills Programme was undertaken in St Edwards NS, Sligo Town in the Spring and autumn of 2022. This involved two Family Support Workers working directly in the school with a total of 35 sixth class children. This was followed by two evening sessions – in May and November with 19 and 10 parents respectively of those children. Feedback from the home school liaison coordinator: Decider Skills can also be rolled out one-to-one with individual parents.

The pupils loved the Decider Programme and we really feel it has been and will continue to be of benefit to the kids. The Parents were so impressed and spoke very highly to me of the FSWs. (Home school liaison coordinator)

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 2022, the creche provided childcare to 30 children from 21 families. 40% of these children were from one-parent families, 43% come under the heading of inclusion i.e. disability/parents moved to Ireland recently. Referrals were received from Social Work, Family Support, focus, globe House, DVAS and PHNS. Referrals from social work are always given priority.

Strong bonds were evident between the adults and the children in their care.

5. Community based education and training



Sligo FRC works with Mayo Sligo Leitrim Education and Training Board (MSLETB) to provide a variety of training opportunities in the community. This year this included knitting, sewing for beginners, sewing and upcycling, also My Baby & Me and Getting ready for School courses.

Thank you very much for the opportunity to use this camp. We enjoyed a lot. (Child's name) learned about simple recipes and we can cook at home. He is delighted.

¹ 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.

In addition, we ran a series of Family Cookery Camps using the kitchens in the Mercy Primary, these were very popular and we ran the 3-day Camps over three weeks – two in the summer and one at Halloween. 52 children and 26 adults attended over the 9 days.

6. Services to Adult with a Learning Disability

Sligo FRC currently has six Disability Support Workers on varying hours and one part-time co-ordinator employed in this Service. Our services include One to One support with adults living in the community and the running of 'The Countess Café' in Markievicz House with adults with an intellectual disability receiving work experience. In late 2022, we received HSE funding to facilitate an evening social club and recruit two additional staff to work with three service users. This will be rolled out in 2023.

In April/May 2022, the Disability Service facilitated a second "**Good for You too**". This ran from 27th April 2022 to 1st June 2022 and twelve people attended.

Topics and guest speakers included: Employability NW, Dermatology, County Counsellor Gino O' Boyle, Money Advice and Budgeting Service (MABS), flower arranging, cake decorating, a magic show, sing along, fire safety, manual handling first aid (Premier First Aid), healthy eating and wellbeing (Mental Health Ireland).

We were also visited by a number of students from Carlow University, Pennsylvania, USA and had a student from there on placement for two weeks.

'**The Countess Café**' in the foyer of Markievicz has been run by the disability service since October 2012. It offers a safe and supportive environment for eleven trainees on work experience each week. It also provides a quality onsite catering service to HSE staff and the general public. It is managed by two supervisors.



One to One support: Four Support Workers are employed at present to work with eleven individuals in the community. Below is a list of some of the work undertaken by the Disability Support Workers.

- **Advocating** for service users by supporting them in preparation and attendance at court hearings, with Social Workers, Tusla, long term children in care, Multidisciplinary Team meetings, safeguarding meetings, Legal Aid Board, Tuath, Employability NW, PCP meetings (Person Centered Plan), PHNs, Doctors' appointments, Electric Ireland/ Bank/Property Management companies (Landlord)/Credit Union Sligo County Council, healthcare and other appointments.
- **Emotional support:** Possibly the largest body of work done by our staff and it is ongoing in relation to issues which are affecting the everyday lives of the people we serve. It includes support following the death of a partner, breakup of a relationship, conflict with neighbors/ family and others in the community, preparation for access visits with children, moving home, maintaining family relationships, socializing and connecting with peers through courses and classes,
- **IT Support:** online banking, purchasing, and setting up a laptop online, Wi-Fi, and various online accounts e.g., Facebook page for a service user to sell homemade jewelry, myThree, Amazon, Paypal, online banking. including using a tablet, watching YouTube videos, form filling for housing grants, renewal of passports / medical cards/ social welfare payments / CWO

- **Health and Wellbeing:** Advice on reducing tobacco and alcohol products, healthy eating, weight loss (and gain) physical exercise, personal hygiene, dental care, encourage mindfulness, arts and crafts, word games, one service user has secured sponsorship for ROM gym in Sligo from Terry Quinn.
- **Practical Support:** Setting up TV, budgeting, shopping for essential items, making up cleaning schedule, buying bed linen, buying new phone, cleaning the house prior to daughter's visit, decluttering, ordering a skip and advice for a service user who has a cat, finding alternate accommodation, organizing orthopedic mattresses, laundry collections etc.
- **Personal safety:** Support service user in ways to be safe online and supported when issue needed to be referred to local Gardaí.
- **Employment Support:** arranging a meeting with an INTREO case officer and 'Employment Response Northwest', updating CV, interview preparation.
- **Educational support:** Signposting and support to access MSLETB weekly online maths classes, secured training (computers, English class and manual handling) through MSLETB and INTREO. Signposting to a Healthy Eating Workshop and a knitting class, Visits to the library
- **Mental health:** mindfulness and breathing, Referral for counselling.
- **Outings / activities:** Birthday parties organised, went to pantomime for Christmas (first time for most service users), Eagles Flying, Christmas market in Galway, Christmas dinners organised and delivered, Christmas lunch in Ballymote, Day trips to Mullingar & Letterkenny.
- **Self-Care:** The Disability Service has come to an arrangement with MSLETB to receive free haircuts/colour and blow dries for our clients. We are in negotiations with another College for other treatments such as facials/makeup and nails and we hope this will start in 2023.

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, Sligo PPN, Sligo Leader Partnership and Healthy Ireland through the Sligo Leitrim, CYPSC.



In the Spring we started up a group for Muslim women and six women attended. They met on two occasions in the FRC but to work, family and educational commitments, this did not continue.

For **International Women's Day** on 08 March, we hosted an event in the Glasshouse for women in collaboration with the Sligo/Leitrim Gardai and Domestic Violence Advocacy Service (DVAS) to highlight the services for women in the Sligo/Leitrim area. Over 80 women attended this very fun-filled event.

This event was followed very quickly by the St Patrick's Day Annual Event. This year we worked with The Model and Sligo Global Kitchens. Up to 300 people attended. We also raised €700 for the Ukrainian Appeal on the day.





In 2022, we continued to promote health and well-being with physical activity and organised three **walking trips** outside Sligo – in Gortarowey at the foot

Benbulbin and two trips to the Barnacle geese at Lissadell Beach. Over 100 people took part in these very popular trips. The buses for the two trips to Lissadell were funded by Transport for Ireland.

Globe House Direct Provision Centre – we work closely with **Diversity Sligo**. Some of the families took part in our walking trips.

A number of the people who volunteered for the **Befriending Service** in 2017/18 continue to link in with the Syrian refugee families they were assigned at that time – we continue to link in with those volunteers as the need arises.

Sligo FRC supported eight children from the refugee community to attend a 2-week **Sailing Summer Camp** for a second year and direct a child to “**The Sunset Belongs to You**” Project in the Model where he had his portrait painted by a distinguished artist.

In the summer of 2022, we supported large numbers of **Ukrainian families** and individuals. The main needs they identified at that time were English language classes and activities for the children over the summer. Sligo FRC organised summer-camps with Atlantic Surf School (55 children), All Stars Basketball (42 children) as well as facilitating camps in Drama, Art and mixed camps run in the FRC (55 children).



In addition we organised a bus to take families to **Beltra Country Market**, a trip (up to 80) to Oxfield Community Centre for a taster evening with **Drumcliffe Rosses Point GAA Club** and a second evening with **St Joseph’s Calry GAA Club** (28 children).

On the two Saturdays before Halloween and Christmas we ran Art Camps for children aged 8-12. These were attended by 18 children, the majority of whom were Ukrainian.

In addition we hosted English language classes throughout the year with three volunteers providing 5 classes over three days. We also provided classes in the home of one family with 4 adult women for a number of months. In total up to 35 adults attended these classes throughout the year.

In July the **Immigrant Council of Ireland** ran a workshop for service users on rights and entitlement of migrants coming into the country. This was attended by 12 service providers.

I get good information, what I want! And I got good solution about the menopause, health care.

In October 2023 we hosted a **Migrant Women’s Conference** in collaboration with Akidwa and the Immigrant Council of Ireland. This was hosted in the Glasshouse and up to 50 women enjoyed the inputs from the visiting organisations, arts and crafts session with Nike Ogun and Zumba dancing with Barbara Aluk. This was followed up by a series of **Zumba classes** held every Thursday morning in November and

December. Up to 20 women attended.



8. Social Prescribing for Health and Wellbeing

Social Prescribing Service is available to all those living in Co Sligo over the age of 18. In 2022, the Service received 168 referrals Jan 2022- Dec 2022 of these 62% were female and 38% were male. This service is offered out of Tubbercurry FRC one day as week.

102 people engaged with 66 dropping off at various stages of the intervention. Each participant 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.

I was reluctant to go to our first meeting as I thought it wasn't for me but I am so glad I did. Linking into these activities have given me great strength and something to look forward to

A four-week workshop in **Visual Storytelling** was held in May/June – 9 adults attended. In addition a number of **Connect Cafés** were held throughout the year -where people were given the opportunity to drop in to chat to the Link Worker and learn about the social prescribing service – these were not greatly attended.



Sources of referrals to the Service include:

Self; GPs; ICTOP, Occupational Therapist, SUH and Primary Care, Social Workers, Disability, Primary Care, Adult Mental Health Unit and Mental Health; Home Youth Liaison Service; Community Mental Health Nurse; Community Development Worker, Tubbercurry FRC; Disability Support Service and Family Support Worker, Sligo FRC; Consultant Psychiatrist; Adult Mental Health Unit; Physiotherapist, Primary Care; Counsellor @ MOVE Ireland, Pain Management Clinic. Dementia Advisor, Substance Misuse Service; Family support Worker, Springboard; Disability Training Centre, HSE; Chronic Disease Management Hub; Public Health Nurse; Family Support Worker, Forogie; Support Worker, North West Housing First; Advisor Money Advice and Budgeting Service; Support Worker Acquired Brain Injury.

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 undertaken in Sligo FRC

- 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 Learning and Development subgroup
- CYPSC Parenting Strategy sub-group
- Family Support Workers Network Sligo/Leitrim
- 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
- Shaping Ourselves and Our Children working group
- Sligo County Childcare Board of Directors
- Sligo Leitrim FRC manager's meetings
- Sligo Leitrim Infant Feeding Committee
- Tusla National Parenting Working Group
- Ukraine Cluster Group
- We're Breastfeeding Friendly Sligo

10. Lobbying

A group of Tusla funded services² met in late 2021 to examine the challenges facing their services in relation to recruitment and retention of staff. Much of this it was agreed was linked to the lack of incremental funding to services each year and the inability of employers due to funding restraints to give their staff increments, pensions and paid maternity and paternity leave.

In early 2022, representatives of this group met with three of the four TDs. These meetings culminated in an on-line meeting with Minister Roderick O Gorman in May and following numerous letters to the chairperson of Tusla, Bernard Gloster, by a meeting with Catriona Curtis and Eifion Williams Tusla Commissioning Office and the Sligo Leitrim Tusla Area Manager and PPFs Manager. Mick Hedigan, HYLS, Kate Donnelly, Lifestart and the Sligo FRC Manager were the group's representatives.

The outcome of this intensive lobbying was that those we spoke to listened to what we brought to the meeting and stated that they understood our challenges. All Community and Voluntary services funded by

² The group consisted of Home Youth Liaison Service, Lifestart Mohill, Ballymote Tubbercurry and West Sligo and Sligo FRCs, Sligo County Childcare Committee, St Michael's Family Centre, Diversity Sligo and Foróige

Tusla were awarded a 4% increase in our budgets with the promise that Tusla would seek increases each year on the annual budgets. In addition, the advice we received from the Minister was to go through the Work Relations Commission to lobby for increments, pensions etc.

11. Voluntary Board of Directors, Staff and Volunteers 2022

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

The Voluntary Board of Directors 2022 was made up of ten volunteers. 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: Phil Brennan

Secretary: Michael Yewlett

Directors: Sonya Coffey, Sarah Wetheral, Ada Cunningham, Phil Brennan, Shona Gallagher, Michelle Doherty, Mary Heery, Saoirse Wynn and Pamela Hunter

Staff

Aishling Kelly	Family Support Service Coordinator/Family Support Worker
Ann Boyd	Disability Support Worker (retired in February 2022)
Caroline Cunningham	Coffee Dock assistant supervisor
Cathy McGowan	Administrator
Charlotte Bussmann	Family Support Service Coordinator (job sharing)
Charmaine Davidson	Family Support Worker
Elizabeth King	Manager
Helen Powell	Disability Support Worker
Jade O Flanagan	Disability Support Worker
Karen Casey	Disability Support Coordinator and Coffee Dock Supervisor
Loretta McLoughlin	Social Prescribing Coordinator
Lorraine Johnston	Family Support Worker
Mairead Jennings	Family Support Worker (left in May 2022)
Norah McLoughlin	Family Support Worker (from September 2022)
Nadia Tamerji	Intercultural Support Worker (left in March 2022)
Rose McCrann	Footprints Crèche Supervisor
Sharon Nicholson	Disability Support Worker
Tracy Brooks	Disability Support Worker

FÁS Community Employment Scheme Participants (2022), 19.5hrs/week

Administration and Reception

Louise Bewey, Alexandra Tomal, Huya'am Ibrahim; Karolina Bernacka

**Childcare and Home Support Workers
Disability Workers
Caretaker/Cleaner**

Geraldine Ryan,
Sidonie Leunde,
Michal Malinowski replaced by Remi Borowicz;
Michael Coyle

Housekeeper/Cleaner

Emma Dolan replaced by Jackie O'Brien

Michael Malinowski secured employment in Carbury N.S as Caretaker/Cleaner

Emma Dolan returned to the live register but has subsequently secured part-time employment.

Sidonie Leunde secured full time work: 20 hours in Cregg House through Home Instead/ 20 hours with Rehab Care

Huya'am Ibrahim returned to the live register.

Training undertaken during the year included: Manual Handling/ Fire Safety / First Aid/ HACCAP/ Cleanpass/ Computerised and Manual Payroll/ Aromatherapy Training

Four-week work experience was undertaken by one participant with EmployAbility Northwest.

Recruitment proved a challenge with no application for the vacancies in the posts of Home Support Worker or Support Worker with Adults with intellectual Disabilities.

Due to the increased cost of insurance, audit and payroll system, in particular, the amount received in materials monies has been greatly reduced. There is the constant struggle to maintain the numbers on the CE scheme yet that goes against the principle of progression either into full or part time employment or education for participants.

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 overall work of the FRC.

Volunteers

Breastfeeding group: Therese Harrison Brogan

English language: Annick Vincent, Aisling Collins, Agnes Goldrick

Intercultural Work: Wafa Ibrahim, Theo Osho, Gigi Otlogeleng

Summer Camps: Michelle Weera, Olha Yurenko Sofie Boiko

Team Building

Sligo FRC prioritises Team building activities within the staff as it recognises that **a strong team through forming bonds and connections** is very beneficial to this organizations. Sligo FRC had two team building events during the year in September and at Christmas.



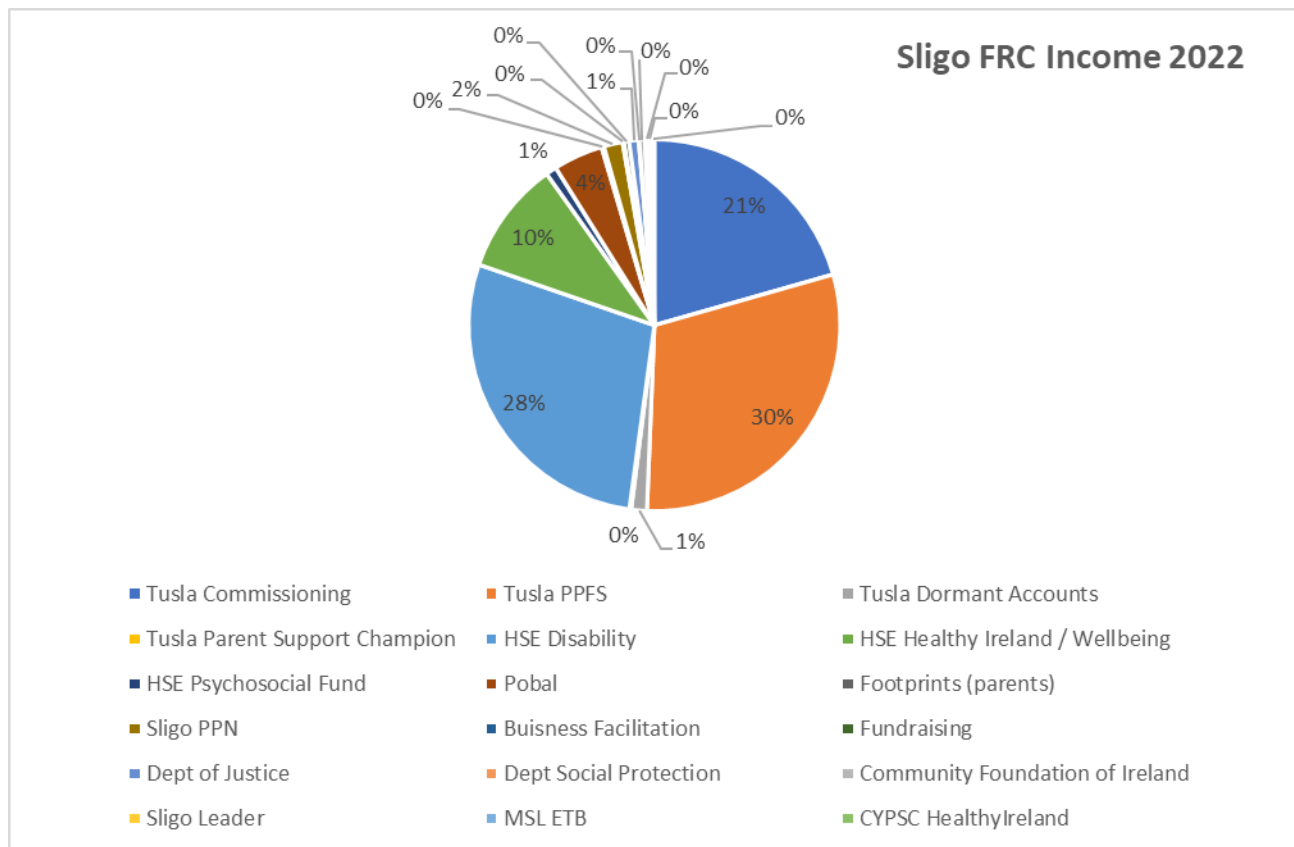
Students 11 students with 2 adults visited from Carlow University, Pittsburgh, Pennsylvania,USA on 24 May – one of the student, Hunter Smith did a 3-week placement with the FRC

Saorise Wynn St Angelas College, Sligo 3rd Year Home Economic Students 14-week placement January – May 2022

Sam YT Summerhill College Friday placements October – December

11. Funding

Here is a breakdown of the funding received in 2022 (€614,472) and the sources of this funding.



12. Planning and Governance

All registered charities are obliged to complete the Charities Governance Code for the Charities Regulator to ensure they have the minimum standards to effectively manage and control their charity. Sligo FRC Board of Management continue to oversee policies and procedures updating and renewing as necessary to ensure Sligo FRC achieves its charitable objectives with integrity and is managed in an effective, efficient, accountable, and transparent way.

13. Continuous Professional Development 2022– Sligo FRC staff

- Assisted Voluntary Return and Reintegration Programme webinar.
- Bromley By Bow Social Prescribing Training –Trauma Informed Care
- Bromley By Bow Social Prescribing Training –Social Prescribing In Primary Care.
- Bromley By Bow Social Prescribing Training – Module 3: Co-Production.

- Budgeting with MABS
- Community addiction studies
- Community Consultation Session for the new Sligo Age Friendly Strategy 2022-202
- Child and Youth Participation Training
- Children Disability Network Team information session
- Clinical psychologist introductory talk
- Decider Skills – 5th & 6th December
- Dermatology/ skincare with Selene Daly
- Epilepsy training
- First Aid Response and Refresher
- Functional Assessment of Capacity
- GDPR - HSEland
- Governance Compliance Training
- Healthy Eating
- “Hello How Are You” Mental Health Ireland
- LAMH
- Lens on Domestic Violence
- Liquid therapy
- Livingworks START training HSEland
- Men’s Mental Health HSE
- Manual handling
- Meithal
- National Standards for Adult Safeguarding HSEland
- Minding Mental Health with Mental health Ireland
- Neurodiversity Ireland Webinar on Autism
- NF FRC conference
- NMBI Summer Series, Intellectual Disability Nursing, St Angela's College
- Offaly Domestic Violence Service IWD webinar
- Parenting Strategy Launch
- Papercraft engineering workshop (MSLETB)
- Professional boundaries training
- Respecting the rights of the person
- Supporting families impacted by alcohol and drugs
- Supporting Parents: A National Model of Parenting Support Services
- Briefing on Parenting Model
- Safeguarding statement DLP & deputy DLP
- Stand Up to Stigma’ Webinar
- Supporting ourselves to support others
- Trauma informed workshop
- Understanding Trauma and Support the Needs of People fleeing War and Persecution
- UNESCO Conference Galway

14. Additional Useful Information

The National Model of Parenting Support Services was launched by the Minister on 27 April 2022
[file:///C:/Users/Liz/Downloads/221981_a8e73d11-c910-4abf-9f80-95bd46e641a0%20\(1\).pdf](file:///C:/Users/Liz/Downloads/221981_a8e73d11-c910-4abf-9f80-95bd46e641a0%20(1).pdf)

Parenting Strategy Tusla

https://www.tusla.ie/uploads/content/Tusla_Parenting_Support_Strategy_2022-2027_Web.pdf

Sligo Leitrim Parenting Strategy

<https://www.cypsc.ie/fileupload/Documents/Sligo%20Leitrim%20Parenting%20Support%20Strategic%20Plan%202022%20to%202026.pdf>