Sligo Family Resource Centre Annual Report 2024

www.sligofamilyresourcecentre.org

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

An Roinn Coimirce Sóisialaí
Department of Social Protection

TUSLA

pobal
government supporting communities

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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 (CFA). The Centre provides a range of universal and targeted services in meeting the needs of individuals, families and the wider community in Sligo.

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 based its objectives on those of the Túsla CFA National Programme Outcomes for parents and children. They include:

- 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, families and groups are empowered to participate in their wider community.

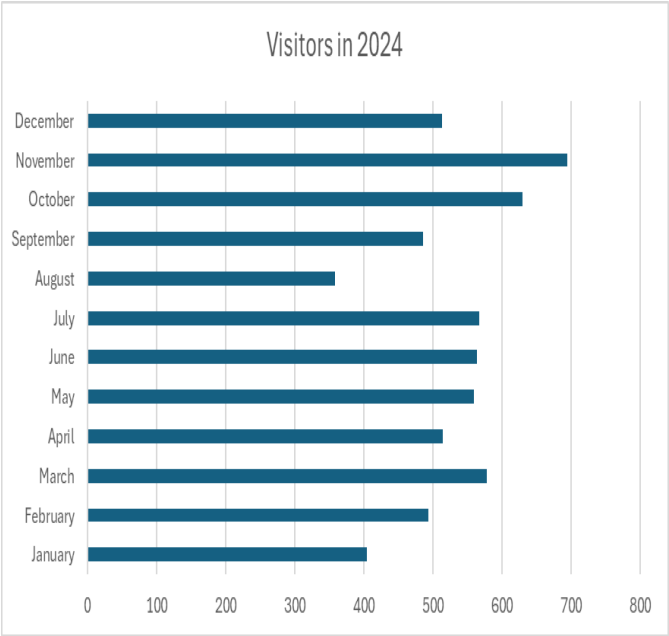
Work around relocating the building continued into 2024 with little success. The existing building is badly in need of repair. Other premises have been looked at but as the FRC requires a building central to Sligo Town with an outdoor space (a requirement for the creche), options are limited. We will continue this work into 2025.

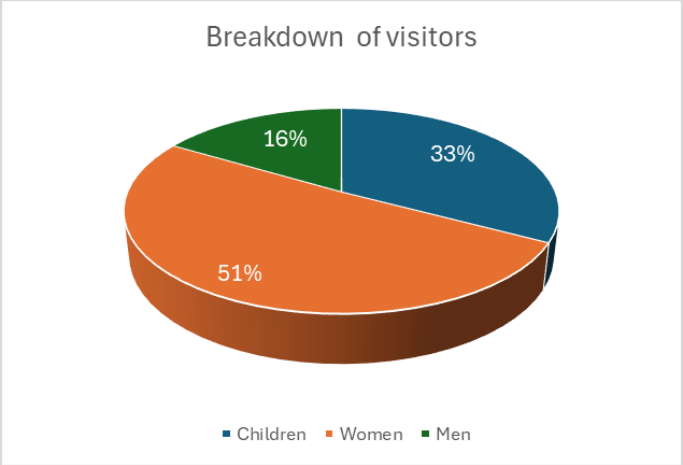
A statistical analysis of every aspect of Sligo FRC's work is made annually through the FRC's SPEAK (Strategic Planning Education and Knowledge) recording system. This annual report is intended to give the reader a flavour of the various services, events and activities offered by the FRC in 2024. All our Annual Reports are available on the Sligo FRC website if the reader wishes to see the work carried out by the FRC since 2004.

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. There were 6,663 documented visits to

the FRC in 2024, the breakdown is outlined below. In addition to this we have used the Avalon Centre (60 adults /50 children), Summerhill College (50 adults / 40 children) Presbyterian Hall (40 adults), Clayton Hotel (105 adults) and Glasshouse Hotel (65 adults), Ballisodare IPAS and other IPAS centres (75 adults), Markievicz House Countess Café (25 adults), Sligo Education Centre webinars (404 adults) , Ballymote FRC, Screen Health Centre, Mental Health Unit SUH (40 adults), Ballyshannon Health Centre (35 adults) as well as the homes of families and individuals with whom we work. These (844 plus adults and 90 plus children) are not counted in the footfall to the FRC outlined below.

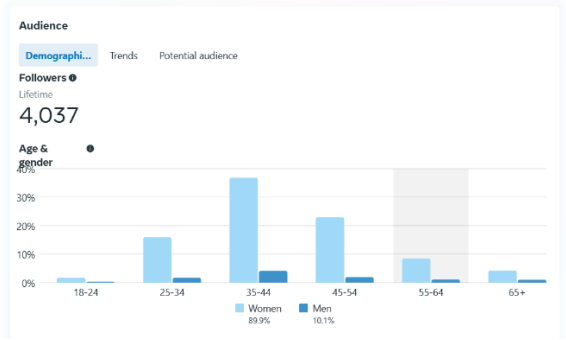




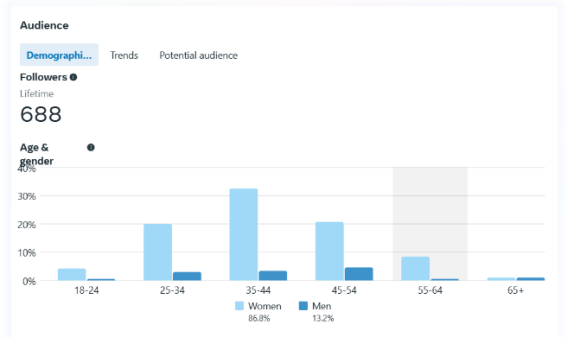
In order to get information out to the public, Sligo FRC uses word of mouth, fliers, window/noticeboard displays, video/reels, emails, our website, information sessions (mainly undertaken by the Social Prescribers) in Sligo Sports Complex, Community Mental Health Day Services, St John's Hospital, Alzheimers' Society Memory Café, HSE Mental Health of Intellectual Disability Service Users, Adult Community Intellectual Disability nurses, a bereavement group, attended Connect Cafes in Tubbercurry FRC, ATU, Employability Coffee Morning, CARU Networking event.

In addition, we use Messager, WhatsApp, Facebook, Instagram and X (formally known as Twitter) to disseminate information.

Social media usage for Sligo FRC is outlined below



Sligo FRC Facebook Followers Up from 3,696 in 2024 (an increase by 8.4%)



Sligo FRC Instagram Followers up from 596 in 2024 (an increase by 14.8%)

Sligo Intercultural Project https://www.facebook.com/SligoInterculturalProject/ (959 followers)

Social Prescribing: https://www.facebook.com/SocialPrescribingSligoandSouthDonegal

659 Followers Instagram: (491 followers)

Business facilities at the Centre are available for hire at subsidised rates to facilitate community groups and organisations to meet. In 2024 we accommodated meetings on three evenings with the support of CE participant staff from the Northside Community Centre. These groups had previously met in St Michael's and we were able to accommodate them when that facility closed.

3. Parenting Supports

Parent and Toddler Music sessions continued to run on Tuesday mornings 10:30 – 11:30. Facilitated by Oksana Hushpit, a total of eighteen adults and twenty two children took part.

"My toddler loves watching other children dance and he copies them which is great for his development. He also loves the music and the balls. I love the songs that focus on body awareness"

The **Dads' group** is run in collaboration with Sligo Springboard Resource House Project. In 2024, the group met three times with four, two and six attendees on each of the three evenings.

Breastfeeding supports: Sligo FRC runs a Breastfeeding Group on the 1st and 3rd Thursday of the month. These group continue to be facilitated by one of Sligo FRC's CE participants. Meetings are held in the FRC with the occasional session in the Glasshouse Hotel. In addition, Sligo FRC continues to support the ***"We're Breastfeeding Friendly Sligo"*** initiative, in partnership with Lifestart, CYPSC and the HSE.

This year we facilitated the Maternity Unit in Sligo University Hospital to undertake two sessions on parents **"Maternity Experience".** Fifteen parents with babies born in the past 12 months took part. Learning from these focus groups will be used to improve and enhance. the maternity experience for future parents

Baby Massage Classes were offered to Mums with babies aged 4 -12 months. Therese Harrison Brogan, one of our CE participants was trained to facilitate these through a Parenting Support Champions initiative. She rolled out three 5-week programmes between September and December 2024. Eighteen Mums and babies attended.

Access visits: We provided space for fifteen parents to meet with their children for access visits during the year – thirty visits took place during the year, all supervised by the Tusla CFA team.

Parenting Strategy for Sligo/Leitrim 2022-2026: Much of the work we do in relation to parenting is based on the information collected from parents and others in the compilation of this strategy.

Parenting Support Champions (PSCs) is part of the 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 six PSCs in Sligo/Leitrim of which the Sligo FRC manager is one. 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 November 2024, we hosted an **information evening** entitled *Understanding and Supporting Your Anxious Child* for parents in collaboration with Sligo Education Centre and Sligo County Childcare Committee as part of our work with Parenting Support Champions. The speaker was Dr Sharyn Byrne, Clinical Psychologist. 150 parents registered and 84 attended.

Brilliant presentation, loads of valuable information that I know I can use with my 8-year-old

Webinars in collaboration with the Sligo Education Centre were run in spring 2024. Entitled *Anxiety Management and Wellbeing for Children with Challenging Behaviours*, *Nurturing Positive Body Image and Self Esteem*, *Dyslexia and Self-esteem*, *Helping the Anxious Child Return to School* and *Learn to Read at Home*. These were attended by 404 parents online.

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, volunteer. The group met five times in 2024 in the Glasshouse Hotel. Ten to twelve women attend each session. The women who attend come from Donegal, Galway, Leitrim, Mayo, Sligo and Tyrone. More information can be found on the website: https://birthmothersgroup.com/. Following the retirement of the Tusla Social Worker in 2024, we began the process of moving this Group into Barnardos Adoption services.

School Kits As part of the SMD Programme we were able to give school kits to 97 children. These included junior and senior primary school and secondary school children. In addition, this year we gave school packs directly to some of the local primary and secondary schools.



Camps/Activities for children

This year we ran a number of camps for children. Three **Craft Camps** facilitated by Martha Van Der Meulan and Megan O Kelly were hosted over the February, Easter and Summer breaks. Forty one children took part in these. Facilitated by Oksana Hushpit, sixteen children took part in two **Music Camps** over Easter and Summer. For the

younger children aged 4-6 years we ran Camps over seven sessions with thirty one children attending. These were facilitated by Izzy Claffey and Megan O Kelly with support from three volunteers.



This year we also had a number of Family Camps where children and their parents enjoyed some fun time together. These included **Craft, Music and Cookery Camps,** forty eight participants (parents and children) took part over two days with the Craft Camps facilitated by Martha van Der Meulan. seventeen parents and children took part in the one-morning Music Camp facilitated by Oksana Hushpit and there were 104 participants (forty nine parents with forty four children) in the four 3-day Family Cookery Camps hosted in the Home Economics room in Summerhill College. These were facilitated by Sligo FRC staff.

My daughter is a picky eater. Now she loves the homemade lasagna and chicken goujons

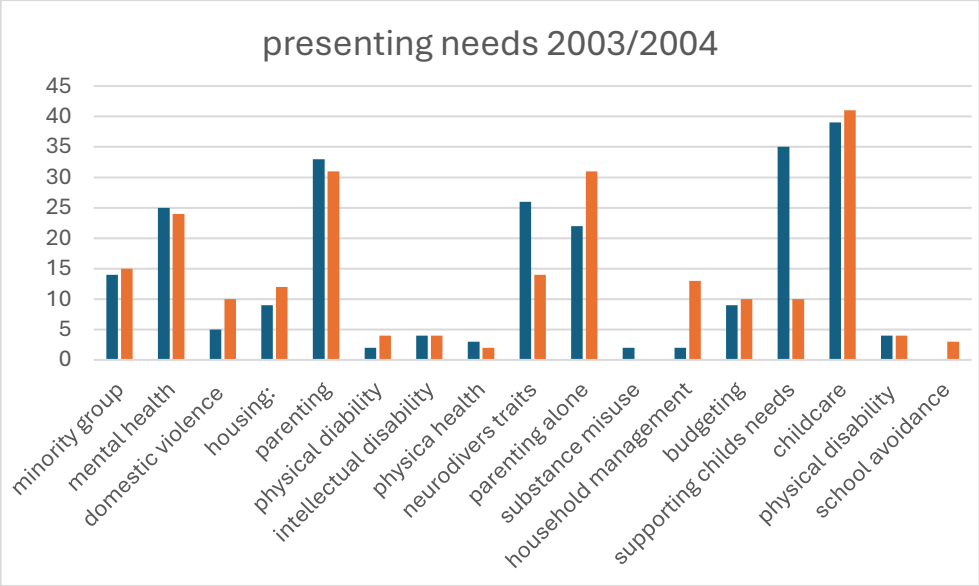
In addition, thirteen children took part in an **Afterschool Percussion** classes facilitated by Oksana Hushpit.

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 and Department of Children Equality, Disability Integration and Youth (DCEDIY) under Pobal. Sligo FRC has four Family Support Workers (FSWs) two full-time and two part-time.

In 2024 the Service provided home based targeted family support to 65 families with 120 children in north Co. Sligo, north Co. Leitrim, and Sligo Town (Child and Family Support Network CFSN area 1). This amounts to an average twenty families each week.

Presenting needs of families are collated each year – these are shared at the CFSN Area 1 meetings where emerging needs are discussed and ways to address them are suggested. See below for comparison between 2003 (blue) and 2004 (orange). Challenges around school attendance were added in 2024 due to the increase the number of families referred to the Service and this being identified as a very challenging emerging need for parents and children.



Parenting programmes: A Parents Plus Early Years Programme was rolled out early in the year with two parents attending. In 2024, Sligo FRC became involved in a new partnership with Mid-West Regional Forum of FRCs. This involved rolling out on-line Parenting When Separated programmes with facilitators in the Mid-West. This Project is led out my Limerick's Northside FRC. In March, we ran one such programme for nine parents from the Mid-West and Sligo.

Later in the year we ran a Parents Plus Children's Programme in collaboration with St Edward's school – numbers were small (three parents) so we did not continue past week three. Parents Plus programmes are rolled out by the FSWs on a one-to-one basis – this year saw eighteen parents benefitting in this way.

The Working Things Out Programme was rolled out in Ballinode College to fifteen Transition Year students.

The Family Support Workers engaged with a number of **Meithals**[1] which benefitted twelve parents with six children.

In November 2024, the Family Support team picked up the Tusla Child and Youth Participation award in Dublin. This award demonstrates that Sligo FRC takes seriously the issue that children and young people who use the services feel that their voices are truly heard and that they can take part in decision making.



Norah McLoughlin and Charlotte Bussmann receiving the Tusla Child & Youth Participation Award at a ceremony in Dublin

Footprints Crèche is a service open to all families in Sligo and the surrounding area. It provides sessional care for up to five children /session up to 6 years of age on a once off or continuous agreed basis to facilitate parents to

Thank you to all the wonderful staff in Footprints creche (child's name had a wonderful year there

(card received from parent

[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.

attend appointments, training, employment, counselling etc. In 2024, the creche provided childcare to forty-one children from thirty seven families. 39% of the children were from one-parent families, 65% come under the heading of inclusion i.e. disability/parents moved to Ireland recently and 14% were linked in with the FRC Family Support Service. Referrals from social work are always given priority.

The annual picnic in Doorley park took place in June and the Christmas visit by Santa in early December. There were also trips to the library and play in the outside area at the back of the builidng.

5. Services to Adults with Learning Disabilities

In early 2023, we were allocated an additional thirty-eight hours to provide more services to the adults with whom we work. Sligo FRC now has six Disability Support Workers (DSWs) on varying hours and one co-ordinator employed in this Service. Our services include One to One support with adults living in the community, the 'The Countess Café' in Markievicz House and the Social Club.



Taking part in First Aid training

One to One support: Five DSWs are employed to work with thirteen adults living in the community. Their work includes advocating, educational and employment supports, emotional support including mental health, health and wellbeing, self-care and personal safety. New to 2024 was social farming where participants worked on a local farm and had the option of taking part in various activities. Social farming is a great way for service users to gain confidence, socialising and build relationships.

This service has built a very good relationship with the local *MLSETB* hairdresser and hairstyling course. Both parties gained from the relationship while the students get to practice their skills, the women had their hair cut and styled free of charge.



Disability Service Christmas Party

Some of the work undertaken by the DSWs includes: arranging appointments and accompany service users to meetings with their job coaches in *Employability Northwest* - three service users availed of this service. Meanwhile one service user availed of the *New Wave Workability Programme* which aims to support and enhance a person's pathway into employment through education, coaching and meeting their needs to secure successful employment while another attends ATU Project WAVE, a two-year program designed for individuals with intellectual disabilities, providing a comprehensive approach to social, academic, and vocational needs.

'The Countess Café' in the foyer of Markievicz House has been run by the Disability Service since October 2012. Since then, the Café has offered work experience to 92 adults with Intellectual disability and mental health issues. Today the Café offers a safe and supportive environment for eleven trainees with mild to medium-intellectual disability. At present it has forty one people on a waiting list to start their work experience in the Café.

Countess Café also provides a quality onsite catering service to HSE staff and the public including catering for up to 90 meetings and training sessions in Markievicz House. This year saw the introduction of a card reader – a new skill for the trainees to master. The Cafe is managed by three staff members and a CE participant. DSWs provide back-up assistance when required.

In addition to the everyday work of the Cafe, the trainees took part in workshops in handwashing, fire training, first aid, manual handling and CPR (courtesy of Tom McGoldrick from Premier first aid)

The **Social Club** was established to enable the people we work with to engage in adult-type social activities in the evenings. The social club activities in 2024 include:

- Dream Catcher workshop
- Castlebar Folk Park
- Karoke evening
- Tubbercurry Market Day
- Pizza making
- Christmas Dinner
- Kieran Quinn theme night
- Meal out
- Pitch and Putt
- Hawkswell *Singing in the Rain*
- Easter Hunt
- Knock Novena
- Halloween Movie night
- Christmas Panto
- Music/bingo/games
- Alpaca Farm
- Cáirde Arts Festival

7. Cultural Minorities



Sligo FRC continues to be actively involved in working with cultural and ethnic minorities. 2024 saw a substantial increase in the number of International Protection Applicants (IPAs) moving to Sligo, with the opening of new IPAS (International Protection Application Services) centres next door to the FRC (Lake Isle), Milligan Court on Connaughton Road and Benbulben Court, beside the Clayton Hotel. Many of the residents have used the FRC for support with English language, parent and toddler groups, camps. In addition, the people from Ukraine continue to use these services.

Intercultural Development Worker In 2023 we were successful in receiving funding from the DCEDIY International Protection Integration Fund, and Communities Integration Fund to recruit an Intercultural Development worker. She started in October 2023. This post continued up to June 2024. In September, we received funding under the Tusla Ukrainian Fund, and we were able to recruit again. With the increase in the number of Intercultural Workers in Co Sligo with other organisations it was deemed most appropriate to move away from the one-to-one clinic type support to concentrate on English language. As a result, the second half of the year was spent on English language classes for beginners and intermediate learners.

One-to-one sessions with residents of IPAS centres carried out in the first half of the year, included support with documentation e.g. supplementary swa1 forms for nappies and clothing allowance,

applications for work permits, school places, activity camps for children, football boots and baby clothes as well as emotional support and signposting people to relevant agencies.

English language classes Up to 40 people availed of these classes. Yuliia Zhurova who was volunteering to teach English to people from Ukraine from February 2025 applied for the three day post in September and was successful. Three days were increased to four in November/ December. She also ran a very popular English club on Friday afternoons where adults had the opportunity of practising their English in a fun way through games. Up to twenty men and women attend the Club.

We continued with the swimming sessions **for women from the Muslim faith** which started in 2023. These took place in the Clayton Hotel, Sligo with Sligo Splash School on Saturday evenings from 20:00 – 21:00 between January and April. Sixteen women attended. Following these sessions, three of the women went to Rosses Point and swam in the sea for the first time.

Fabulous – I loved it!

(woman who swam in the sea for the first time)



I liked the walk in the woods and learning to connect with nature on a deeper level.

With CYPSC, Sligo FRC established a the Sligo Leitrim Intercultural Workers Network – to coordinate the work, support each other and avoid duplication – this is now being led out by the Sligo County Council Intercultural Workers,

We continuted to promote health and well-being and organised a number of **walking trips** outside Sligo – these included Gortarowey, Hazelwood, Union Wood and Lissadell Goose Field and beach. Up to sixty adults and forty children took part in these very popular trips. Some of the children did not receive school places until September 2024, so these were a respite for the families from life in the IPAS centres and an opportunity to get out and enjoy the beauty of Sligo countryside.



Celebrating St Patricks Day in the Avalon Centre 17 March 2024

St Patricks Day was once again a big event for us with pizza, song and dance in the Avalon Centre. Over 100 adults and children attended this event.



Councillor Uruemu Adejinmi speaking at the Promotion to Register to vote event 20 February 2024

Sligo FRC hosted an information morning in February to support those recently arrived in Ireland as well as those who previously have not been registered to register to vote in the upcoming Local Elections which were held in May 2024. A number of speakers were invited including: Senator Eileen Flynn, Orla Barry Citizens Information Centre, Longford County Counsellor Uruemu Adejinmi and Valeria Aquino Immigrant Council of Ireland. Over 50 people attended. This was followed by Sligo FRC attending Ballisodare and Lake Isle IPAS centres to support people to register to vote on their phones.

In November 2024, we started a Migrant Women's Group made up of women who live in the local IPAS centres and women from Ukraine. They continue to meet and have enjoyed each other's company while doing various craft classes including; basket weaving, flower arranging, Christmas wreaths and Christmas decorations.



The Willow Woman working with the women November 2024.

8. Social Prescribing for Health and Wellbeing

In 2024, the HSE approached Sligo FRC with the idea of this FRC rolling out the Social Prescribing Service in South Donegal for one day a week. The post was advertised internally and Helen Powell was successful. This started in March with an office now based in Ballyshannon Health Centre.

If you are suffering with low self-esteem or chronic illness, how would you have the energy or skills to research what is best for you and then have the motivation to turn up to a class? That's where social prescribing can come into its own (Dr Conor Mitchell quoted in the Sligo Champion 24.07.2024)

In Sligo, the service is offered in Tubbercurry FRC one day a week, in the SUH Mental Health Unit, Screen Primary Care Centre and Ballymore FRC one day a month.

Each participant who avails of the service is provided with adequate time with the Social Prescriber to discuss what matters to them and are then linked into an activity or support that matched their needs.

"Social Prescribing helped me to focus while I going through a rough period. I enjoyed the sessions and found it took my mind off other issues during this time"

In South Donegal (one day/week), 35 people were referred to the service with links made with Men's Shed, Community Gardens, St. Vincent de Paul, Donegal Sports Partnership, Sports Inclusion Disability Officer, Bundoran Library, Bundoran Community Centre, Donegal Education and Training Board, Donegal Local Development and TUS scheme supervisor, local Garda station, ALONE, Living Well Co-ordinator, DFRC, MABS, Donegal Volunteer Centre, Active Retirement Groups, Donegal Intercultural Platform.

Meanwhile in Co Sligo, 169 referrals were made to the Service who were directed/signposted to the services and activities – the activities are listed below

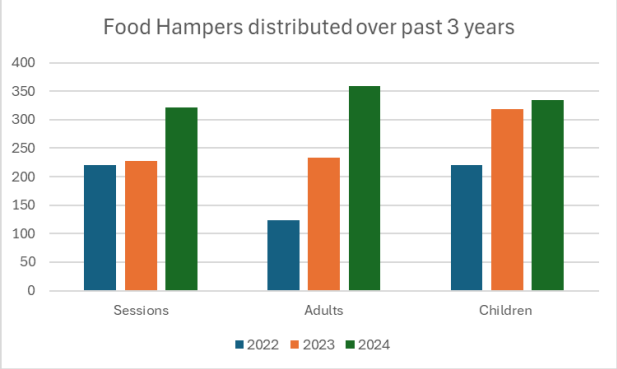
Activities they were directed to include:
Social: Men's Shed; Connect Café Coffee Mornings; Women's Groups; Women's Shed; No.45 Community Hub; Active Age Groups; Music Hobby Group; Music 4 Life Programme; Pottery Clas; Sewing Class; Knitting; Singing Group; Choirs; Cookery Classe; Community Garden; Art Workshop.
Physical Activities: Walking Groups; Fitness classes; Swimming; Pilates; Zumba; Sligo Lawn Bowls; Chair Yoga; Sligo/Tubbercurry Parkrun; Activator Pole; Outdoor Gym; Somatic Yoga; Games 4 All; Holistic Belly Dance; Stronger 4 Longer Programmes; Social Dancing
Wellbeing supports: Breath-work; Meditation; Affirmations; Nature Retreat; 90 minutes for me programme; Arts and Culture: Culture Night Events; Comedy Night Tickets; Cultural Companions @ Hawks Well; Sligo Global Kitchen event; Drama Groups (Tubbercurry/Cliffoney) Theatre Groups

Another aspect of the work Is the promotion of the service: in addition to the distribution of leaflets and posters to various stakeholders, the Social Prescribers undertook information sessions to exercise groups, HSE personnel including Occupational Therapists, psychiatry for older people, adult community ID nurses mental health ID services, older persons groups, ATU students, family support workers, attended Connect Café in Tubbercurry FRC, created a promotional video and participated in the Galway University and HSE evaluation of the Social Prescribing Service nationally.

9. Adult Supports

Support to the Most Deprived funded by the European Union and Department of Social Protection, this service is designed to support those who are struggling by donating food hampers to these families and individuals. In 2024 we distributed 322 food hampers to 694 people.

A local supermarket offered to host a food trolley for food collection over July and August 2024. In addition, we received a donation of food from a local company before Christmas. All of these added to our donations.



Healthy Food Made Easy: A Community Cooking Programme

Healthy Food Made Easy (HFME) is a community cooking programme developed under the HSE Sláintecare Healthy Communities Programme. It is an active programme in which participants improve their cooking skills, eating behaviours and nutrition knowledge. In 2024, 81 adults registered to attend the 6-week programme. By the end of the year, HFME programmes were run in the Sligo FRC; West Sligo FRC, Enniscrone; NLN Tubbercurry and Ballyshannon Co Donegal over eleven programmes with forty-nine participants.

"I learned to read labels and to distinguish between the healthy and unhealthy ingredients contained in them".

These programmes are coordinated by the Disability Support Service Coordinator who with Fiona Boyle roles these out. Much of the feedback from participants included: "*make the programme longer*".

In early 2024, working with the student on placement form ATU St Angela's a visual cookery book was created. This book is available in the FRC.

The **Living Well Programme** is a self-management programme for adults with long-term health conditions. The Sligo FRC DSS coordinator is trained in this programme and co-facilitated two programmes in 2023 with 32 participants.

Zumba classes continued into throughout 2024 with numbers dropping toward the end of the year.

In September, we ran a series of **Mindfulness Sessions** with Megan O' Kelly for adults – nine women took part in these over 6 weeks.

10. Interagency & Networking

Sligo FRC works in collaboration with other organisations locally, regionally and nationally to support families and communities. In addition, Sligo FRC is represented on a range of committees and boards in Sligo in order to represent the needs of families and individuals and to bring about policy and practice changes which it is hoped will improve their lives. Here is a list of those with whom we have worked over the year.

- ATU St Angela's
- ATU Sligo
- Barnardos
- Child and Family Support Network (CFSN) areas 1 and 3
- Childcare managers network
- Child Protection Conferences (CPCs)
- Children and Young People's Service's Committee (CYPSC)
- CYPSC Learning and Development sub-group
- Early Years Managers' network
- Family Support Workers Network Sligo/Leitrim
- Family Resource Centre (FRC) National Forum
- Foróige
- Health Service Executive (HSE) Disability Services and Primary Care
- Intercultural Workers Network Sligo Leitrim
- Multi-Disciplinary Team Meetings
- MSLETB
- Northwest Regional Forum of FRCs
- Parenting Support Champions (PSCs)
- Professional Meetings
- Shaping Ourselves and Our Children (SOOC) working group
- Sligo County Childcare Committee
- Sligo County Library
- Sligo Education Centre
- Sligo Leitrim FRC managers' meetings
- Sligo Public Partnership Network (PPN)
- Springboard Resource House
- Tusla Prevention Partnership and Family Support (PPFS)
- Tusla Commissioning Office
- Ukraine Cluster Group
- We're Breastfeeding Friendly Sligo

11. Voluntary Board of Directors, Staff and Volunteers 2024

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

The Voluntary Board of Directors 2024 was made up of ten volunteers. The executive sub-group meets for employment/staff matters or specific issues. Sub-groups of two to three board members are established for specific, short-term pieces of work in order to share the load and they have proved to be effective.

Chairperson: Phil Brennan
Treasurer: Pamela Hunter **Secretary:** Michael Yewlett
Directors: Sonya Coffey. Shona Gallagher, Michelle Doherty, Mary Heery, Sharon Boles

Staff

Aishling Kelly	Family Support Service Coordinator (job-sharing) /FSW
Allanah Queenan	Disability Support Worker
Carolina Pena Navarro	Family Support Worker (resigned Jan)
Caroline Cunningham	Coffee Dock Supervisor
Cathy McGowan	Administrator
Charlotte Bussmann	Family Support Service Coordinator (job sharing)
Charmaine Davidson	Family Support Worker
Elizabeth King	Manager
Erin Merridith	Disability Support Worker (maternity leave cover) (resigned Aug)
Fiona Boyle	Disability Support Worker and HFME Tutor
Geraldine Ryan	Childcare Worker (retired Aug)
Helen Powell	Disability Support Worker and Social Prescriber
Jade O Flanagan	Disability Support Worker
Karen Casey	Disability Support Coordinator and Coffee Dock Supervisor
Loretta McLoughlin	Social Prescriber
Lorraine Johnston	Family Support Worker (adoptive leave from Nov 2025)
Margaret McHugh	Intercultural Support Worker (Feb – June 2024)
Norah McLoughlin	Family Support Worker/FS coordinator maternity leave

Rose McCrann	Footprints Crèche Supervisor
Sarah Cleasby	Childcare Worker (relief)
Sharon Nicholson	Disability Support Worker
Therese O Loughlin	Intercultural Support Worker (resigned February)
Tracy Brooks	Disability Support Worker and Coffee Dock Support Worker
Yuliia Zhurova	Intercultural Support Worker (from September)

DSP Community Employment Scheme Participants (2024), 19.5hrs/week

Administration and Reception	Noreen McGoldrick, Jackie O Brien Craig McKenna, Karolina Bernacka
Support Worker	Therese Harrison Brogan
Caretaker/Cleaner	Michael Coyle, Ann Clarke
Housekeeper/Cleaner	Ikhlas Abdelrahman (resigned Dec 24)
Disability Support	Odette Williamson (resigned Oct 24)

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 through their supervision of the CE staff, filling in for them on occasion to cover breaks etc. and generally utilising their skills for the benefit of the FRC as a whole.

Volunteers

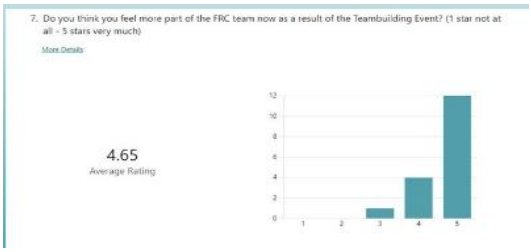
English language: Annick Vincent (stepped down Aug 24), Yuliia Zhurova (became an employee Sept 24)

Breastfeeding Group: Vachana Mol Philip

Summer Camps: Bella Job, Ben Kisby, Sarah Kisby

Team Building

Sligo FRC prioritises team building activities within the staff as it recognises that **a strong team through forming bonds and connections** enhances the work of this organisation thereby making what we do more effective. Sligo FRC had a number of team building events during the year including the Step Challenge in May, team lunches for people leaving, team event which included a trip to the America Ulster Folk Park, trip to *Singin' in the Rain* in the Hawkswell and Christmas night out and party games in December.



Questionnaire to staff asking if they feel more part of a team following the team-building event in September

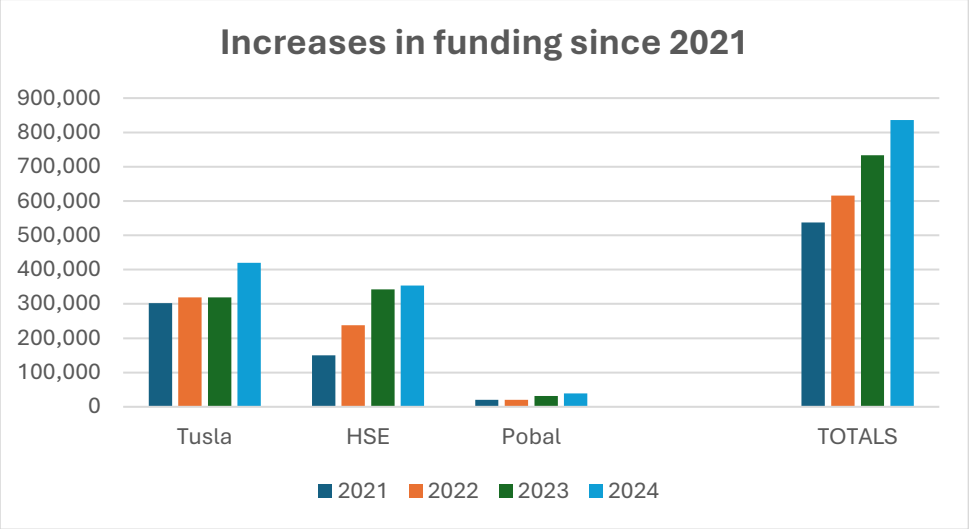
Students

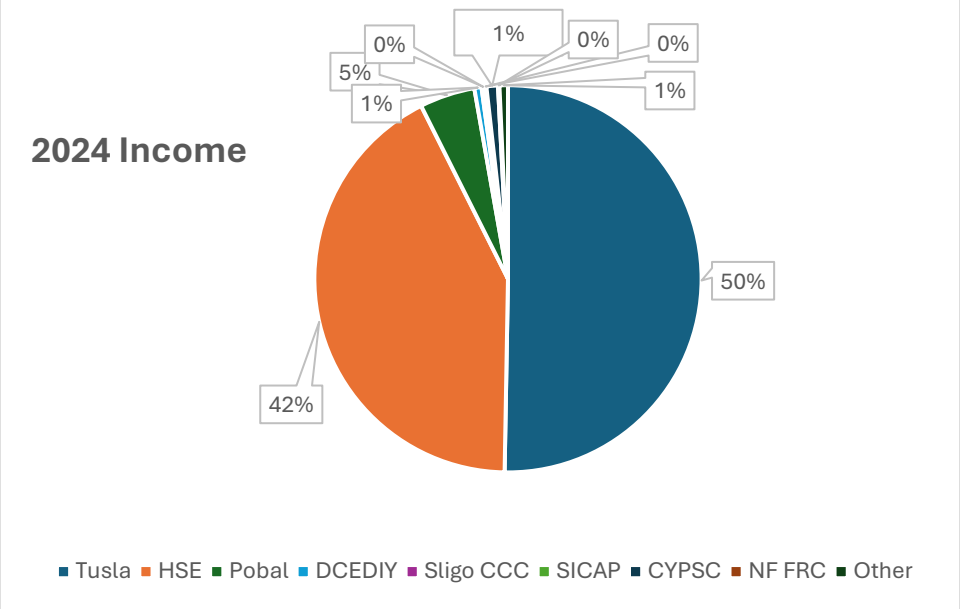
Lucy Cleary, St Angelas College, Sligo Home Economic Students 14-week placement January – May 2024

Adam Golden Summerhill college one session/week in the Coffee Dock

12. Funding

Sligo FRC has continued to grow year on year – the increase in funding from our main funder means an increase in the services and support we offer. The graph below demonstrates this.





Here is a breakdown of the funding received in 2024 (€835,936) an increase of €102,812 (14%) from 2023 where we took in €733,124 and the sources of this funding.

Other includes parental income to creche, camps and other activities, business facilitation, courts services and flag day.

13. 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.

14. Continuous Professional Development 2024 – staff

- ASSIST
- Children's First Online Training
- Child and Youth Participation
- Coaching Skills for Working Effectively with Participants
- Communicating Effectively Through Open Disclosure
- Consultation with HSE Mental Health & Wellbeing, Recovery Colleges & Social Prescribing.
- Decider Skills
- Dignity at work
- Disability Inclusion Training
- Fire safety training
- First Aid Responder and Refresher First Aid
- FSW Network meeting with talk from the Simon community
- HACCP (Countess Café staff)
- Making Every Contact Count
- Manual Handling
- Meitheal refresher and Meitheal Lead practitioner support group
- Parents Plus Parenting when Separated.
- Parents Plus Working Things Out
- Safeguarding adults at risk of abuse
- Service Promotion & referral pathways
- Social Farming Information Session
- Social Prescribing Peer Networking meeting
- SP Information sessions to Stronger for Longer Groups at Fall Prevention Service
- Team building events
- Working with Teenagers with Challenging Behaviours
- Work Life Balance and Miscellaneous Provisions Act 2023
- Working Effectively with Individuals with Intellectual Disability and Mental Health Difficulty Children First-
- Wellness Recovery Action Plan Training