

Ballymote Family Resource Centre CLG



Annual Report 2021



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Introduction

Ballymote Family Resource Centre (FRC) is in operation since 2001. The Family Resource Centre (FRC) programme is Ireland's largest National Family and Community-based support programme, core funded by Tusla – The Child and Family Agency.

A central feature of the FRC programme is the involvement of local people in identifying needs and developing needs-led responses. FRCs are participative and empowering organisations that support families while building the capacity and leadership of local communities. FRCs provide a range of universal and targeted services and development opportunities that address the needs of families and individuals.

Our aim is to offer everybody, particularly those who experience disadvantage and marginalisation, the opportunity to improve the functioning of the family unit and ultimately to fully realise their own potential through total involvement in the work and programmes of our Family Resource Centre.

We provide a wide range of supports, services and activities which support the individual, the family, and the wider community. Examples include:

- Information, advice, and referral.
- Family access and child contact centre.
- Support to parents through parenting programmes, 1 -1 family support, and support groups.
- Meitheal – which brings together people and services who want to support a child or parent so that he or she can make the changes to their life that they want and need.
- Interagency networking on issues of addiction, domestic violence, social inclusion, community initiatives, parenting, and integration of minority groups.
- Training and education programmes for targeted groups – individuals parenting alone, disability group, rural and isolated members of the community and the long-term unemployed.
- The establishment and maintenance of new community groups to meet local needs and the delivery of services at local level (for example Men & Women's groups, etc.)
- The provision of counselling, play therapy and support to individuals and groups.
- Supporting personal and group development.

Our Vision

OUR VISION IS FOR BALLYMOTE TO BE ONE OF THE BEST AREAS IN THE COUNTRY IN WHICH TO RAISE A FAMILY, AND WHERE THE RIGHTS OF ALL CHILDREN AND YOUNG PEOPLE ARE RESPECTED, SAFE, SECURE AND FULFILLED; A PLACE WHERE THEY WILL BE HEARD AND LISTENED TO, WHERE THEY ARE SUPPORTED TO BE THE BEST THEY CAN TODAY, TOMORROW AND INTO THE FUTURE

(ADAPTED FROM BETTER OUTCOMES, BRIGHTER FUTURES 2014 - 2020).

About Us

Ballymote FRC core funding is provided by Tusla- The Child & Family Agency.

We are located at: Wolfe Tone Street, Ballymote Co. Sligo. F56 R282.

Charity Registration Number: 20044237. Charity Number (CHY): 13862. Company Registration Number: 332554.

A voluntary Board of Directors provides direction and governance to the work of Ballymote FRC.

Project Coordinator: Niamh Flaherty (From the 21st of June 2021 for the remainder of the year, Ann Flynn covered the coordinators maternity leave).

Chairperson: Marian Conboy

Contact Information:

FRC phone number	071 9197818
Contact mobile phone number	087 2193183
FRC email address	ballymotefrc@gmail.com
Coordinator's e-mail	coordinatorballymotefrc@gmail.com
FRC Twitter address	https://twitter.com/BallymoteCentre
FRC Facebook address	https://www.facebook.com/ballymotefamilyresourcecentre/
FRC Instagram address	https://www.instagram.com/ballymotefrc/
FRC Website	https://ballymotefamilyresourcecentre.ie/

Opening Hours:

Our normal opening Hours are as follows:

Total Hours of opening (front desk being covered and open to the public) Monday to Friday 9am -5pm.

During 2021 because of COVID-19, public access to the centre was curtailed in line with Public Health & Government Guidance.

What We Do

Family Support Service

The aim of the Family Support Service is to engage with children, young people, and families within the geographical area of Ballymote, Sooeey, Riverstown, Geevagh, Leitrim Village, Drumshanbo and to empower each person to address the various challenges and risks in their life and who are in need of support. Our Family Support Worker responds to the individual child and family by looking at their needs and carefully developing a plan with the parent(s) to respond to those needs. This helps address both the short-term and long-term difficulties the child, young person and family may be having. The work is carried out through a needs-led and outcome-focused approach. Other agencies may be involved if relevant based on each family's needs and support requirements.

Parenting Programmes

Parents Plus Parenting programmes are delivered through the Family Support Service. Triple P Parenting programmes are delivered by the Project Coordinator.

Counselling

One-to-one counselling sessions are available at the Centre during the day on a Friday. Counselling is provided by an experienced and qualified counsellor who is accredited with the Irish Association for Counselling and Psychotherapy (IACP). Areas covered include – Bereavement Counselling, Anxiety, Depression, Trauma, Relationship Counselling. Costs are subsidised through funding from TUSLA. Self-referrals are accepted.

Play Therapy

One-to-one play therapy sessions are available at the Centre. Play Therapy is provided by an experienced and qualified play therapist and is suitable for children aged between 3 and 13. Costs are subsidised through funding from TUSLA. Self-referrals are accepted.

Play Therapy is a non-directive form of psychotherapy that allows a child to express themselves through the medium of play. Play is familiar and natural for children and play therapy incorporates several types of play and creative arts in various activities that a child can engage with to allow them to resolve any issues.

Children can often find it difficult to verbalize their feelings and emotions as they do not understand them and/or they do not have the vocabulary to define the issue. As play comes naturally to children, it is a highly effective way for them to resolve any issues that they cannot comprehend or explain. Play Therapy is designed to help alleviate any

social/emotional/behavioral problems that may be preventing a child from reaching his/her full potential. Play allows a child to feel competent and gives them control over what they want to do and create.

Our playroom is a safe space that offers art and crafts, sand play, small world play, music, movement, puppets, stories, construction, messy play, and it also has a cozy corner and tent for relaxing and creative visualization.

Learning & Educational Courses & Supports

At the Centre we provide a range of accredited training courses including Healthcare, Information Technology and Childcare at QQI Levels 3, 4 and 5 delivered in conjunction with the Mayo, Sligo and Leitrim Education & Training Board (MSLETB). Learners are also supported with the application process. When requested Adult Literacy sessions are offered at the Centre and delivered by the Adult Literacy Service in MSLETB. Non-accredited courses are held throughout the year, for example: Furniture Painting, Household Budgeting, Craft courses, Flower Arranging, Cookery classes, Introduction to Tablets.

Hobby & Leisure Groups for Adults

We have several wonderful groups who meet weekly at the Centre – Art Group, Crochet Group, Walking Group and we are always interested in starting up new groups and activities and can assist groups in the preparation and submission of applications for funding.

Groups For Children

Activities and events for young people form a key part of our annual activity. We run Easter, Summer, Halloween and Christmas kids camps where children are encouraged to develop skills and interests through active learning. We also have a weekly drama group, kids' yoga sessions and dance classes.

Information Provision & Referral

We provide information, advice, and advocacy to individuals in areas such as housing, employment, enterprise, social welfare entitlements etc. A key feature of this work is signposting/referring people where appropriate to other programmes, services, and agencies. Over the years we have established excellent working relationships with all state agencies, not-for-profit and non-government organisations in county Sligo and beyond.

Admin Services & Resources

At the Centre we provide a range of Administration Services including Printing, Photocopying, Laminating, Binding and Internet Access. In addition, we provide administrative resources to individuals and group such as CV preparation, form filling and funding applications.

Senior Alert Scheme

The Seniors Alert Scheme provides funding for a free personal monitored alarm for people aged 65 and older and of limited means. The scheme is intended to support older people to live securely and independently in their homes. The Seniors Alert Scheme is administered by Pobal, a not-for-profit company that manages programmes on behalf of the Irish Government and the EU. Applications for the Senior Alert Scheme are processed through the Centre. Where required we support individuals with their applications to the scheme.

FEAD Food Packages

Food Packs containing dry and non-perishable goods are available to those in need through the Centre. Food packs can be collected on a weekly basis. This is facilitated through the FEAD (Fund for European Aid to the most Deprived) programme which is an EU-wide programme to help people take their first steps out of poverty and social exclusion.

Room Hire

We offer rooms of varying sizes for rental on an hourly, half day or full day basis. Equipment (projector, screen, flipcharts) and WIFI are available on request. We also have a specific room that is used for child & family access requests which is well equipped, child friendly and safe for all parties.

Family Resource Centre Garda Vetting Service

Since 2009 the national Family Resource Centre (FRC) Garda Vetting office is located at Ballymote FRC and all vetting for all staff/volunteers for all 121 FRC's is conducted at this office, this includes but is not limited to:

- Childcare Services including Creche, Afterschool, Breakfast Club, Homework Club, Preschool/ECCE, Summer Camps, Youth Clubs, and all Children's Activities.
- Vulnerable Adult Services including Day Care Centres, Alzheimer's Services, Meals on Wheels, Senior Alarm Services, Befriending Services, Vulnerable Adult Activities/Crafts.
- COVID-19 Responders who respond and provide essential care and deliveries to persons who are isolating/in need of assistance throughout the pandemic.
- Counselling & Play Therapy.
- Administration/Coordination/Facilitation Staff.

The National Vetting Bureau (Children and Vulnerable Persons) Acts 2012 to 2016 provide a statutory basis for the vetting of persons carrying out relevant work with children or vulnerable persons. The Act also creates offences and penalties for persons who fail to comply with its provisions. FRC's conduct Garda Vetting for employees/volunteers who conduct relevant work at/for the FRC in accordance with the Act.

A Message from our Chairperson

2021 was another challenging year for our Family Resource Centre. Due to the continuation of Covid-19 and in line with public health guidelines we remained working behind doors for the first 8 months of the year. During this time, we continued to provide as many of our usual services as possible through phone/online based support and via Zoom.

Later, in the year as restrictions eased, we were able to resume our face-to-face Adult Counselling Service, Family Support Service, Brief Intervention Counselling Service for young people and Family Access visits. We responded to one-to-one meeting requests and provided admin services - photocopying, printing etc. by appointment. Also, our FEAD Food Parcels could be collected on a Friday or by appointment and essential groups like the AA were able to meet in the Centre.

From the 20th of September we were delighted to be able to welcome back all our group activities including Pilates, Yoga, Art Classes, Walking Group, Parent & Toddler Group and all Staff returned to the centre on a fulltime basis. From September to December, we delivered a comprehensive program of activities targeted at all age groups and provided opportunities for further education, parenting and support programmes for young people.

In 2021, our Staff team consisted of: Niamh Flaherty, Full-Time Project Coordinator (PC), (From the 21st of June Ann Flynn covered the PC's maternity leave, Orla McGarry, Part-Time Project Administrator, Clare Harold, Part-Time Project Administrator, Stacey Feeney, Part-Time Garda Vetting Officer, Sinead Benison Part-Time Family Support Worker (FSW) (from 29th of November Amy Kelly covered the FSW maternity leave). The Staff team were supported in their work by Community Employment and TÚS workers.

I want to take this opportunity to thank the Board and Staff for their continued hard work and dedication during the year in meeting the challenges posed by Covid-19 and we look forward to continuing to respond to the needs of our service users and community in the coming year.

Marian Conboy, Chairperson.

Overview of 2021 Activities

Introduction

We began 2021 operating under Level 5 restrictions with the Centre closed to the public and groups from January to September. All educational courses were delivered online. Only one-to-one play therapy, counselling and AA meetings continued in the Centre with limited face to face support and home visits by our Family Support Worker when deemed essential. From the 20th of September we were able to resume group activities and delivered a comprehensive programme of activities including:

- √ Digital Photography Courses in Level 6
- √ Digital Photography Course in Level 3
- √ Digital Marketing Course in Level 5
- √ Healthcare Level 5
- √ Childcare Level 5
- √ Parent Toddler Group
- √ Play Therapy Sessions
- √ Adult Counselling
- √ Parenting Programmes
- √ Art Class
- √ Crochet Class
- √ Evening Yoga
- √ Daytime Yoga
- √ Family Support Service
- √ Admin Services
- √ Weight Watchers
- √ Sean Nos Dancing for Children
- √ Halloween Camp for Children
- √ Cookery And Nutrition Course for Children

Families & Individuals



The flyer features the Ballymore Family Resource Centre logo in the top left corner. The main heading is 'Food Packages' in a large, bold, red font. Below this, it states 'Available weekly. Call 071 91 97818 to arrange collection.' and 'Funded through FEAD Programme, Food Cloud & Donations'. A photograph of various food items like cans, jars, and bottles is shown in the center. At the bottom, contact information is provided: 'Tel: 071 9197818, Email: ballymorefrc@gmail.com'.

Food Packages -Supporting families and children are an intrinsic part of our service. During 2021 we provided food packages through the FEAD programme to 35 families.



Counselling & Play Therapy

One to One Brief Intervention Counselling Service (BICS) for Young People. This pilot Service funded through Healthy Ireland is being delivered in Ballymote, Drumshanbo, Mohill, Tubbercurry and West Sligo FRCs. The service is a free and confidential therapeutic service for young people aged 10-18 years. The young person meets with a qualified therapist on an individual basis for 6-8 sessions. Each session will run for approximately 45 minutes in your local Family Resource Centre/ Youth Centre. The brief interventions offers a safe and confidential space for the young person to chat openly with the therapist in a relaxed and youth friendly environment. Drumshanbo's Brief intervention therapist carried out 24 sessions with 5 adolescents. Ballymote FRC Brief intervention therapist carried out 47 sessions with 12 adolescents.

During 2021, our Play Therapists provided 27 one-to-one play therapy sessions to 5 children and our Counsellor provided 150 one-to-one counselling sessions to 23 adults.

A flyer for counselling services. At the top left is the Ballymote Family Resource Centre logo. The main heading is "Counselling Services Now Available". Below this is a photo of two people sitting at a table in a counselling session. To the right of the photo, it says "When : Every Friday" and "Where : Wolfe Tone Street, Ballymote, Co. Sligo". Below the photo, it says "People Enter Counselling for Various Reasons" followed by a list: Family Life, Relationships, Personal Life, and Work Life. At the bottom, it provides contact information: "For more information and bookings please contact Niamh on the following: Phone 071-9197812" and "Email: coordinatorballymote.fr@gmail.com". The TUJSLA logo is in the bottom right corner, with the text "An Gleamhainneacht an Léinn agus an Toghlaigh Child and Family Agency".

Family Support Service



Family Support Services



PROVIDING A RANGE OF SUPPORTS TO FAMILIES IN THE COMMUNITY

- Practical Help
- Emotional Support
- One to One Support
- Programme Delivery
- Information and Advice
- Advocacy to Access further service and supports

Where to find us : Wolfe Tone Street,
Ballymote,
Phone : 071-9197818
Email : ballymote frc@gmail.com



TUSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Our Family Support Worker (FSW) is funded by the Tusla – Partnership, Prevention & Family Support Office. During 2021, our Family Support Service engaged with a total of 26 Families offering various supports, depending on the needs of each family and the recommendations from the referral for each family. The referral varied from Tusla referrals, other Voluntary agencies, GPs, HSE staff and self-referrals. We have had very positive feedback in terms of engagement with family support, with 95% of families keeping open, continuous engagement during their time receiving the service.

As a result of COVID-19 from January 2021 to May 2021, our FSW delivered family support via telephone, zoom, email and WhatsApp Video calls. From June 2021, our FSW began home based targeted support for families where the need was

essential while monitoring COVID-19 and keeping in line with government and public health guidance.

A key part of the FSW work is to link in with referral agencies and any other agency linked in with the family to ensure maximum support is given. Relevant support links that suit the individual family needs are sent via email or WhatsApp. Families are also linked into various continuous supports, following an assessment of the needs within the family home. Throughout 2021 the FSW continued to link in with other family support agencies within the area to develop positive working relationships with colleagues within Sligo and Leitrim.

During 2021, the FSW completed the Parents Plus Programme with a variety of families, 15 adults and 20 children on an individual basis. Also, in conjunction with Lifestart Sligo delivered a 6-week online Parents Plus course for parents of children between 1 and 6 years of age in the Sligo, Leitrim, and West Cavan area.

During 2021, our Family Support Service provided a total of 375 sessions benefiting 39 adults and 51 children

Learning & Educational Courses & Supports

The following courses were delivered by the Mayo Sligo Leitrim ETB in conjunction with Ballymote FRC over the course of the year:

1. Early Childhood Education and Play Level 5 (online and moved to in-person from Sept to December)
2. Digital Photography Level 3 (online and moved to in-person from November 2021)
3. Digital Marketing Level 5 (In-person from November 2021)
4. Digital Photography Level 6 (In-person from December 2021)
5. Managing Personal Finances Level 4 (In-person from November 2021)
6. Health & Safety at Work Level 5 (online Jan to June and moved to in-person from Oct to Dec)
7. Household Budgeting (non-accredited) in April – May 2021 (all online)

msletb SOLAS learning works
Further education and training courses are co-funded by the Government of Ireland and the European Union

FREE PART TIME COURSES, BALLYMOTE FAMILY RESOURCE CENTRE, STARTING NOVEMBER 2021.
MSLETB BTEI (BACK TO EDUCATION INITIATIVE)

INTRODUCTION TO DESKTOP PUBLISHING QQI LEVEL 3 (MON. & WED. 12PM – 2 PM)
LEARN HOW TO CREATE CARDS, INVITATIONS, POSTERS, MENUS, WORK WITH IMAGES AND DIFFERENT TYPES OF TEXT

MANAGING PERSONAL FINANCES QQI LEVEL 3 (TUES. 10AM-1PM)
LEARN ABOUT BUDGETING, SHORT AND LONG TERM SAVING AND BASIC TAX AND SOCIAL WELFARE DEDUCTION AND ENTITLEMENTS

To book your place contact
Paula: ✉ PaulaDufficy@MSLETB.IE ☎ 071 9138412 OR Emma: ✉ EmmaGray@MSLETB.IE ☎ 071 9141251
Visit our website @ www.fetchcourses.ie

Please note:
Timetables are subject to change.
Courses will run subject to sufficient level of enrolment.

msletb SOLAS learning works
Further education and training courses are co-funded by the Government of Ireland and the European Union

FREE PART TIME COURSES, BALLYMOTE FAMILY RESOURCE CENTRE, STARTING NOVEMBER 21.
MSLETB BTEI (BACK TO EDUCATION INITIATIVE)

MANAGING PERSONAL FINANCES QQI LEVEL 3 (TUES. 10AM-1PM)
LEARN ABOUT BUDGETING, SHORT AND LONG TERM SAVING AND BASIC TAX AND SOCIAL WELFARE DEDUCTION AND ENTITLEMENTS

To book your place contact
Paula: ✉ PaulaDufficy@MSLETB.IE ☎ 071 9138412 OR Emma: ✉ EmmaGray@MSLETB.IE ☎ 071 9141251
Visit our website @ www.fetchcourses.ie

Please note:
Timetables are subject to change.

Parenting Programmes



PARENTS PLUS
Early Years Programme
 A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 6 years.

A 6 week course taking place every Tuesday morning from Tues 19th January to Tues 23rd February 2021

It will take place online through zoom from 10am to 12noon.

The course will be facilitated by Sinead, Ballymote FRC and Belinda Lifestart

For more information or to reserve your place, please contact:
 Sinead on 0873348567
 OR
 Belinda on 0860475342

ParentsPlus
 Empowering Professionals to Support Families
 Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in community and clinical settings. Our programmes support families to communicate effectively, build lasting relationships and overcome emotional and behavioural problems.
 www.parentsplus.ie

In January 2021, our Family Support Worker in conjunction with Lifestart Sligo delivered a 6-week online Parents Plus course for parents of children between 1 and 6 years of age in the Sligo, Leitrim, and West Cavan area.




BALLYMOTE FRC ARE HOSTING A FREE WEBINAR ON THURSDAY, 16TH OF SEPTEMBER AT 7PM ON:

Back to School Anxiety

PRESENTING:
DR. MARY O'KANE
 LECTURER IN PSYCHOLOGY, MONTHLY CONTRIBUTOR TO PARENTING SLOT ON IRELAND AM, AND AUTHOR OF "PERFECTLY IMPERFECT PARENTING"

CALL 071 91 97818 TO BOOK A PLACE

TUSLA
 An Ombudsman for Children and Family Agency

In September 2021, we hosted a free Webinar with Dr. Mary O' Kane, a Lecturer in Psychology and Author on the topic: *Back to School Anxiety*. 22 adults participated in the Webinar. And in October we hosted another free Webinar with Dr. O'Kane on Teen Anxiety Over 60 people tuned in to hear Dr. O' Kane practical advice, tips, and tools to help support anxious teens.




BALLYMOTE FRC ARE HOSTING A FREE WEBINAR ON THURSDAY, 7TH OCTOBER AT 7PM ON:

TEEN ANXIETY

PRESENTING:
DR. MARY O'KANE
 LECTURER IN PSYCHOLOGY, MONTHLY CONTRIBUTOR TO PARENTING SLOT ON IRELAND AM AND AUTHOR OF "PERFECTLY IMPERFECT PARENTING"

CALL 071 91 97818 TO BOOK A PLACE

TUSLA
 An Ombudsman for Children and Family Agency

Ballymote FRC in association with Donegal Youth Service invites you to:




CYBER SAFETY FOR PARENTS

Theme: Tips and advice on how to live in harmony with your child & their device



October 19, 2021
7.30 PM
Online meeting via Zoom

Register today by calling 071 91 97818

no entry fee

On October 19th in conjunction with Gareth Gibson from Donegal Youth Service at 7.30 we delivered a workshop on Cyber Safety for Parents. The workshop was delivered via Zoom and there were 11 attendees in total. This was funded by the Coordinators Budget and the content included

- How to introduce your Child to a device/phone
- Digital age of consent for technology and apps
- Trust with devices - how to build trust with your child before a device is introduced

Groups for Adults & Children





Balance
Jumping
Co ordination
Fun games
multiskills

KIDS CLASSES

Fun Fitness via Zoom 6.30pm-7.10pm
starting Thursday 18th of Feb
AGES 6-10 YRS | FREE | 5 WEEKS | FUN
Contact Niamh or Orla at 071-9197818 for more information




A Community Sports Hub Initiative



LET'S DANCE WITH US!

6 week programme
Ages 5-12 years

DANCE

ZOOM ONLINE **Classes**

HIP HOP | STREET | AND MORE...

Starting Wed 24th March-28th April 6.30pm-7.10pm

Contact Niamh/Orla on 071-9197818 for more information





A Community Sports Hub Initiative



In May and June, we ran the “Sow and Grow” Project for children aged between 5-10 years
 Each participant received a Grow Pack with trays, seeds,



compost and some gloves and tools! and they were asked to join a WhatsApp group where participants shared their progress through updates and photos.

Funding received through the Wheel “Meet and Code” Project funded a coding workshop held at the centre on a Saturday over October. There were 10 attendees in total aged between 8-12 years of age.

BALLYMOTE FRC PRESENT

Ballymote Family Resource Centre

HALLOWEEN CAMP

FOR 5-10 YEAR OLDS

Activities: Baking, Arts & Crafts & lots more



Oct 26-29th, 2021
10-2pm @ Ballymote FRC

Funded thru HSE National Lottery Grants.
Call 071 91 97818 to book.

National Lottery

Children's Halloween camp "Express Yourself". We were very grateful to the HSE National Lottery fund which supported this camp. There were 10 participants aged between 5 and 10 years old and places were prioritised for children of families linked in with the centre through the Family Support Service.



In November we commenced the Confidence in the Kitchen a 6-week course (Twice) which covered nutrition, the origin of foods and preparation of healthy snacks. The programme was funded through the Dormant Accounts. 20 children attended in total.

CONFIDENCE IN THE KITCHEN

6 WEEK NUTRITION & FOOD AWARENESS COURSE FOR 8-12 YEAR OLDS



TOPICS COVERED:

- NUTRITION IN PRACTICE
- WHAT DO CERTAIN FOODS TASTE LIKE?
- WHERE DO WE GET CERTAIN FOODS?
- BUILD CONFIDENCE & SELF ESTEEM THROUGH LEARNING NEW SKILLS

LOCATION BALLYMOTE FRC, F56 R282
STARTING SAT 6TH NOV @ 10AM - 11.15AM

FACILITATORS
LIZ HAFFERTY - DIETITIAN & LIFE COACH
NICOLA SCULLY - LIFE COACH WHO HAS WORKED WITH CHILDREN

PHONE 071 9197818 TO BOOK

FEE €5 PER PERSON

The Positives Illuminators

In September 2021 our Parent & Toddler recommenced.

Ballymote Family Resource Centre



PEEK-A-BOO PARENT TODDLER GROUP

Weds 10-12pm @ Ballymote FRC F56 R282.
Booking essential.
Call 071 91 97818

The Possibility Programme

Ballymote Family Resource Centre

is delighted to host this course, by

The Possibility Illuminators (Nicola Scully & Liz Rafferty)

Live Your Best Life

Venue: In Ballymote Family Resource Centre
Four Friday Mornings 9.30 - 11.30am
Starting Friday 16th April 2021

This course boosts your energy and gives you renewed motivation and strength going forward

Topics include:

- Values & Beliefs
- Thoughts
- 'The Inner Critic'
- Build Your Faith and Strength
- Self-Compassion & Self-Care
- Adjust Your Attitude
- Relationships
- Manage Your Anger

Cost: €80 for the full course (€20 per 2-hour session)
or reduced to €70 if full payment in before 10th April 2021

Booking: Call Nicola 087 2228302 or Liz 085 8169948
Enquiries email: thepossibilityilluminators@gmail.com

Our plan is to host this course in Ballymote Family Resource Centre.
If Covid lockdown rules still apply the course will change to online.



MID MORNING YOGA SESSIONS WITH AOIFE KANE

4 WEEK COURSE
TUESDAY 9TH NOV-14TH DEC
9.30-10.30AM

Forrest Yoga Flow



Join Aoife for an hour of breathwork, connecting to the body and stretching into your soul!

BOOKING ESSENTIAL
CALL OR TEXT AOIFE ON 086 694 9040
OR EMAIL HER AT AOIFEKANEYOGA@GMAIL.COM

Family Resource Centre, Ballymote.
Suitable for mixed levels.
Drop-ins welcome and are dependent on numbers.

Relaxing SOUND BATH Meditation

at **Ballymote
Family Resource Centre**

Friday 12th November
6.50pm for 7.00pm prompt start

with
Andy Tyler-White of Sound Health

Please bring: Sheepskin or mat to lie on, pillow & blanket

€20

Deep relaxation with the sounds of gongs and singing bowls

Advance bookings only!

soundhealth.at@gmail.com
087 3373 087

Ballymote FRC were delighted to host this course by the Possibility Illuminators (Nicola Scully and Liz Rafferty) which will cover areas like "Inner Critic", " Relationships", "Building Faith and Strength" and is designed to renew your energy and boost your motivation and strength to move forward in your life.



Big thanks again to @Sligo Leader Partnership for funding these school stationery packs through the SICAP Program. These packs were gratefully received by some of the families we work with in our Family Support Service. 🙏



Walking Group - We were delighted to welcome back our Walking Group to the Centre in September 2021. Here is a few of us - a couple of shy walkers are missing from this photo! We had a lovely sociable chat and stroll around the town and park in the sun! Hoping to see everyone again next week! Thanks to John from Sligo Sport and Recreation Partnership for leading the group today and for sharing his knowledge on the history and heritage of the area! 😊 For info call 0719197818

Local Collaborations

PUBLIC INFO EVENT
WITH A VIEW TO ESTABLISHING AN OLDER PERSONS COUNCIL

VENUE: BALLYMOTE FRC, F56 R282
DATE: FRI 12TH NOV, 10-11.45am.
ACTIVITY: EILEEN KIRRANE will host a **baking demonstration** and there will be an opportunity to sample the goodies afterwards!

Ph: 071 9197818 to register.
COVID certificate will be required

In November we were delighted to host an event from Age Friendly Sligo on the establishment of an Older Persons Council in Sligo. Eileen Kirrane from [Eileen's Kitchen Table](#) did a bakery demonstration.

Information Provision & Referral

During 2021, 128 adults and 20 families accessed information, advice and advocacy supports while 41 adults were referred to a range of different services for support by Centre Staff.

Admin Services & Resources

During 2021, 80 individuals and one group availed of a range of Administration Services and resources we provide.

Family Resource Centre Garda Vetting Service

2021 was a very busy and challenging year for this service. A total of 1245 forms were processed in 2021.

Structure, Governance & Staffing

Ballymote FRC is a company limited by guarantee and a charity. Ballymote FRC is governed by a Board of Directors/Trustees. FRCs rely on the input of their voluntary boards of management (VOBM) for ongoing internal management, planning and evaluation, as well as support for the development of programme activities. During 2021, the Board met 9 times via Zoom. The Board continued its work to be in full compliance with the Charity Regulator Governance Code and Tusla's Good Governance Code. The Board is supported in its work by a Finance, Garda Vetting, Governance and Staff Liaison Sub-Groups. The Project Coordinator attended all Board meetings during 2021.

Board of Directors/Management during 2021

Marian Conboy, Chairperson

Anne Kielty, Treasurer

Dara Clery, Company Secretary

Carmel O' Hara, Board Member

Frank Mc Donagh, Board Member

Niamh Rogers, Board Member

Bernie Healy, Board Member

Role of Ballymote FRC Board of Directors

The role of Ballymote FRC Board of Directors is to:

- Ensure that the organisation has an appropriate legal structure and is representative and inclusive of people from all parts of the community.
- Develop the overall vision, aims and objectives of the organisation.
- Make policy decisions and / or changes and develop internal policies, procedures, and appropriate codes of practice.
- Ensure that all members of the Staff, the Board and Volunteers abide by the policies and procedures of the FRC.
- Ensure that the FRC fulfils its legal obligations.
- Take on the role as employers, ensure the FRC follows good employment practice and delegates responsibility for Staff support and supervision to a Staff Liaison Sub-Group.
- Ensure accountabilities for all finances and delegate the management of that to a Finance Sub-Group and the Coordinator / Administrator.

- Contribute to the development of the FRCs 3-Year Strategic Plans and ensure ongoing review and planning takes place.
- Ensure that all members of the VBOM have appropriate training to carry out their role.
- Positively represent the organisation to outside groups and media etc.
- Ensure that the FRC is in touch with the needs of the community and be open to feedback and consultation.
- Assess Risk and ensure it is managed and be accountable to all stakeholders.

2021 Meeting Attendance of the Board of Directors

The Board of Directors met 9 times during 2021. They held their AGM on the 1st of September 2021. The table below outlines the Board member attendance at 2021 Board meeting:

Board Members	Attendance for 2021
Marian Conboy	8 out of 9 meetings
Anne Kielty	6 out of 9 meetings
Dara Clery	9 out of 9 meetings
Frank Mc Donagh	4 out of 9 meetings
Carmel O'Hara	2 out of 9 meetings
Niamh Rogers	8 out of 9 meetings
Bernie Healy	8 out of 9 meetings

Table 1. 2021 Meeting Attendance of the Board of Directors of Ballymote FRC.

Board Member Expertise & Experience

The membership of the Board of Ballymote FRC is from a diverse range of professional backgrounds and brings experience and expertise to the Board in the areas of: Administration, Finance, Governance, Networking, Marketing, Adult & Children Education, Community Development, Best Practice, Early Years Services, and all have local knowledge of the area.

Governance & Risk Management

During 2021, Ballymote FRC continued its work to meet compliance with the Charities Regulator Governance Code. On the 28th of October Ballymote Family Resource Centre CLG confirmed that it is in full compliance with the Charities Governance Code. Appendix 2 outlines all the governance policies and procedures in place.

Overall responsibility for the management of risk within Ballymote FRC lies with the Voluntary Board of Directors. If an identified risk happens, Ballymote FRC will remedy the risk i.e., put in place a remediation plan that details how we will minimise potential damage to our FRC. Ballymote FRC recognises that risk management is not solely about managing risks, it is also about identifying and taking opportunities. A risk management policy is in place.

National & Local Tusla funded 2021 Staffing

- **Niamh Flaherty**, Project Coordinator/Manager
- **Orla Mc Garry**, Project Administrator- 4 days a week
- **Clare Harold**, Project administrator - one day a week
- **Stacey Feeney**, Garda Vetting Service Officer - 25 hrs a week
- **Sinead Benison**, Family Support Worker - 28 hrs a week

TÚS & Community Employment Scheme (CE) Workers

At the end of December 2021, the following workers on CE and TÚS were in place:

- **Catherine Coleman** - CE Scheme
- **Noreen Dunrand** - CE Scheme
- **Christopher Roy** - TUS Worker
- **Anne Clarke** - TUS worker

Staff Engagement, Reporting & Support

During 2021, Staff members continued to have both formal and informal meetings (face to face and via Zoom, MS Teams and by phone during lock downs). Staff were provided with regular support and supervision and the Family Support Worker provided with clinical support and supervision every 8 weeks. A Staff Liaison Sub-Group of the Board is in place in relation employment related issues and topics. An annual appraisal system is in place. Each Staff member prepared reports on their work which are circulated to Board members in advance of their Board meetings.

Networking & Representation

During 2021, Ballymote FRC continued to participate in various agency and networking bodies including the:

- Northwest Regional Forum of FRCs.
- Family Resource Centre National Forum.
- Children & Young People Service Committees (CYPSE) and sub-groups of CYPSE.
- Networking with other organizations and agencies at county, regional and national levels.

Staff and Board represented Ballymote FRC on the following:

- Board members and Staff are members of the FRC Northwest Regional Forum.
- Administrator is member of Administrators Regional Network.
- Coordinator is member of Coordinator's Regional Network.
- Coordinator represents the regional forum on the FRC National Forum Board.
- Coordinator attends the Child & Family Network (CFSN) area meetings.
- Coordinator attends CYSPC meetings.

Promoting our Work

During 2021 with the support of the Community Foundation for Ireland through the Comic Relief Fund 2020 we developed a new website <https://ballymotefamilyresourcecentre.ie/>
A key feature of the Website is real time Events calendar.

Ballymote FRC has a Facebook page which is very successful in disseminating information on courses/programmes/events etc. as they arise.

Link: <https://www.facebook.com/ballymotefamilyresourcecentre>

The FRC also advertise in local newspapers in the community diary section.

Appendix 1

Sector Partners, Target Groups & Issues we work on, on an ongoing basis.

Sector Partners	
<ul style="list-style-type: none"> • HSE other • MABS - Money Advice and Budgeting service • LCDP – Local and Community Development Programme • ETB'S – Education and Training Boards • Volunteer Ireland • Board match • Jigsaw – Support Young people and their mental health • LDTF- Local Drugs Task Force • CFSN- Children & Family Services Network 	<ul style="list-style-type: none"> • County Childcare Committee • Local Organisations • Schools • Springboard • Local Youth Services • CYSPC- Children and Young People's Services Committees • Sports Organisations - SSP • RAC or DVAS - Domestic Violence • Community Forum • Other FRCs • Foundations or Trusts • Trades Unions • National /Regional Networks
Target Groups	
<ul style="list-style-type: none"> • Children • Parents • Families • Community • Women • Men • Teens at Risk • Young Person • Older/Vulnerable Persons • Unemployed • Lone Parent 	<ul style="list-style-type: none"> • Homeless • Traveller Families • Other Ethnic Groups • Those experiencing rural isolation • Families affected by addiction • Indebted Households • LGBT • Young LGBT • People with a Disability • Carer
Issues	
<ul style="list-style-type: none"> • Child protection and neglect • Childcare • Parenting • Access to Rights and Entitlements • Education • Access to Education • Access to Education- Preschool • Education Access/Support- Primary • Education Access/Support- Secondary • Education Access/Support- Further • Personal Development • Labour Market Training • Unemployment • Inequality • Social Economy • Disability • Isolation 	<ul style="list-style-type: none"> • Physical Health • Mental Health • Access to Health Services • Family Breakdown and Stress • Information • Access to ICT • Lack of Amenities • Transport • Poor Community Infrastructure • Community Safety • Neighbourliness • Addiction • Bullying • Housing/ Built Environment • Domestic Violence • Drug Misuse

Appendix 2

Governance Policies & Procedures that are in place

- Anti-racism Code of Practice
- Child Protection Policy – Safeguarding Statement
- Code of Practice for working with Lesbian, Gay, Bisexual and Trans Communities
- Code of Practice relating to Domestic Violence
- Code of Practice on Suicide Prevention
- Data Protection Policy – in the process of being updated
- Equality Policy
- Policy for Groups using the Centre
- Internet Use Policy & Internet Access policy
- Public Relations / Media Policy
- Working Alone Policy
- Volunteer Policy
- Terms of Reference for Sub-Committees, Working Groups and Advisory Groups
- Financial Policies and Procedures
- Confidentiality Policy
- Recruitment of Volunteer Directors
- Turnover of Volunteer Directors
- Board Meetings without staff present
- Conflicts of Interest
- Non-attendance of Directors at Meetings
- Not acting in the best interests of Ballymote FRC
- Complaints Policy & Procedures for Stakeholders & Clients
- Health and Safety Statement and Policy
- Employee Handbook
- Bullying and Harassment Policy (Including Sexual Harassment)
- Dignity and Respect at Work
- Disciplinary and Grievance
- Recruitment and Selection
- Supervision and Support
- Time off in lieu
- Family Friendly Work Arrangements Options Related to Work Hours
- Statutory / Non-Statutory Leave Arrangements
- Employment or Career Breaks
- Job Sharing



Ballymote Family Resource Centre CLG

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Ballymote Family Resource Centre CLG is a registered charity: Charity number 20044237; Revenue CHY number 13862. Registered Company number 332554.

Directors: Marian Conboy, (Chairperson), Dara Clery, (Company Secretary), Anne Kielty, (Treasurer), Bernie Healy, Frank Mc Donagh, Carmel O'Hara, Niamh Rogers.