



Ballymote Family Resource Centre CLG



Annual Report 2023

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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

Chairperson: Marian Conboy/Margaret McCallig

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.

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, Sooley, Riverstown, Geevagh, Castlebaldwin, Cloonloo, Gurteen, Sligo side of Ballyfarnon 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 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. A total of 168 sessions took place in 2023.

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

The year 2023 can be summarised as a positive year for the Family Resource Centre in Ballymote, as the activities, groups, and community engagement in Ballymote and its surrounding areas returned to pre-Covid status. Ballymote FRC offered a range of services to support families, individuals, and children, including Adult Counselling Service, Family Support Service, Play therapy for young people, and Family Access visits.

Additionally, the centre responded to one-to-one meeting requests and provided admin services such as photocopying and printing by appointment. The FEAD Food Parcels were also made available for collection by appointment, and the essential groups utilise the centre as a meeting space.

In 2023, the Staff team consisted of Niamh Flaherty, Full-Time Project Coordinator (PC), Orla McGarry, Part-Time Project Administrator, Clare Harold, Part-Time Project Administrator, Stacey Feeney, Part-Time Garda Vetting Officer, and Sinead Benison, Part-Time Family Support Worker (FSW), Maura Conway was a welcome addition as Child & Youth Development Worker and also covering maternity leave for our Family Support Worker. We also welcomed Sarah Duffy who joined us following Orla McGarry's departure for new pastures in autumn 2023. The Staff team was supported in their work by Community Employment and TÚS workers, whose input to the running of the FRC is invaluable

I want to take this opportunity to thank the Board and Staff for their continued hard work and dedication during the year. We look forward to continuing to respond to the needs of our service users and community in the coming year, and we appreciate your ongoing support in making this possible. Ballymote FRC remain committed to adapting and evolving our services to best meet the needs of our community into the future.

Margaret McCallig, Chairperson Ballymote FRC 2023

Overview of 2023 Activities

Introduction

From the First week in January 2023, we opened our doors to the public and we were able to resume group activities and delivered a comprehensive programme of activities including:

- √ Healthcare Level 5
 - √ Peek – a -boo Parent Toddler Group
 - √ Play Therapy Sessions
 - √ Adult Counselling
 - √ Parenting Programmes
 - √ Art Class
 - √ Crochet Class
 - √ Adult Irish Classes
 - √ Adult French Classes
 - √ Childrens Art classes
 - √ Robotics
 - √ Evening Yoga
 - √ Daytime Yoga
 - √ Family Support Service
 - √ Admin Services
 - √ Slimway
 - √ Sean Nos Dancing for Children
 - √ Camp for Children
 - √ Cookery And Nutrition Course for Children
- Along with many more.



Families and individuals food packages

-Supporting families and children are an intrinsic part of our service. During 2023 we provided food packages through the FEAD programme to 30 adults beneficiaries and 54 children beneficiaries a total of 63 FEAD packs have been distributed. Families can apply for a food parcel once a month once registered at the centre. Food packs containing dry and non-perishable goods are available to those



Counselling and Play Therapy

Counselling sessions are provided at the centre every Friday. This is a referral service but self-recommendations can be also accepted.

Counselling is provided by an experienced and qualified counsellor who is accredited with the Irish Association for Counselling and Psychotherapy (IACP). Each session will run for approximately 45- 1hr. The Counselling service offers a safe and confidential space to chat openly with the therapist in a relaxed and friendly environment. In 2024 we have worked with 22 women and 7 men. A total of 168 sessions have been carried out.

During 2023, our **Play Therapist** provided 212 one-to-one play therapy sessions to 19 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. Healthcare Level 5 - Health care ran every Thursday morning. A total of 16 sessions and 8 participants attend each session.
2. English Classes - English classes are held at the centre Monday mornings. A total of 32 sessions have taken place and 14 participants. The classes were aimed at helping with their English language which would help with gaining employment etc

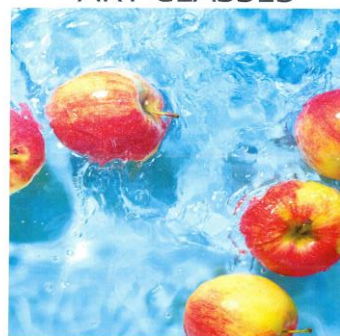
Groups/classes for children and adults



The crochet group meet every Tuesday for 2 hours per week in our Family Access room. The consists of mainly women but everyone is welcome and new members are very welcome. A total of 46 session has happened and a total of 7 people attend.

Art Classes for Adults runs on a Thursdays. A total of 19 session has happened in 2023 and a total of 5 people attend.

ART CLASSES



Art Classes for Beginners +
Resource Centre
Ballymote
Thursday afternoons
Call Paul on 086 1990478

Adult Irish classes were held on Tuesdays for 10 weeks in quarter 3 & 4 of 2023. 5 Participants attend this class.

French Classes was a new course that ran in 2023. Two groups each containing 7 sessions ran in 2023. A total of 11 participants attended.



In January 2023 we commenced a **Confidence in the Kitchen** for 8-10yrs. This was a 6-week course (this was ran Twice) which covered nutrition, the origin of foods and preparation of healthy snacks. This **programme is delivered by a** HSE Nutritionist. The programme was funded through the National Lottery. A total of 32 participants took part. We received lots of great feedback from these sessions.



FEEDBACK FROM CONFIDENCE IN THE KITCHEN: "I enjoyed making French toast", "I found everything nice and enjoyable", "I loved the French toast and trying new things", "The fun we had doing it", "I liked preparing the food", "Cooking the food and eating", "I enjoyed the fruit salad", "I loved trying the food and I loved cooking ", "We learnt new cooking tips", "Learning how to make the food", "I like to cook food and learn recipes", "I liked cutting the fruit and vegetables", "I liked the lovely teacher", "I liked finding out how to make new food", "I have learned methods to release stress and I have more confidence in myself"



Peck-A-Boo Parent and toddler

The parent toddler group takes place every Wednesday morning from 10 till 12 in our main hall.

It is great fun the toddlers and gives the parents a chance to meet new parents and have a chat over a coffee.

New parents are always welcome to come along and join the group. A total of 35 sessions was held this year with up to 15 parents and 24 children join us.

Ballymote FRC ran a programme called **Baby Boppers.**

This is music, Movement sensory class. A total of 15 adults and 15 children took part over 3 sessions.

Ballymote FRC ran a programme called Purposeful Play was a sensory based play class aimed at children up to 5 years old. This again was funded through Sligo Couty Childcare committee. A total of 2 sessions took place and 14 adults and 14 children attended. A practical guide to first aid (with a focus on parents) was a one-off session held in June. This was funded by Sligo County Childcare committee. 12 parents attended this once of session.



Buggy pals meet at the centre every Thursday from 10.00.

They enjoy a brisk walk together before returning to the centre for a coffee and chat.

New parents are always welcome to pop along 😊

A total of 38 sessions took place in 2023 and 9 adults and 12 children attended.



Robothink was a new addition in 2023.

It ran for 6 weeks from Sept 13th for ages 6 -12

Funding was granted through The HSE National Lottery. A total of 12 children attended.



Art classes started in the centre in September for 6 weeks. The class was aimed at the 8 to 12 yrs. Funding was granted through The HSE National Lottery. A total of 12 children attended.

Childrens Art Classes

For 8 - 12 years

Monday 18th September
6 Week Course
3:30pm - 4:30pm

Booking Essential
Contact for more details :
ballymotefrc@gmail.com
or call
071 919 7818




Sean Nos Dancing Classes are held every Friday evening and are very well attended. They also run a summer camp for one week during July for the group, which includes other activities. They finished off their year with a show for family and friends at the centre to showcase their new-found skills they have achieved during the term.

The group can be contacted via the Sean Nos Dance School. A total of 33 sessions were held and 10 children were in attendance.

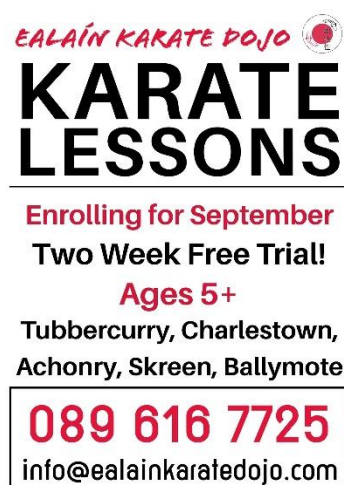


Kids Yoga . Focusing on a variety of ages, 3-5yrs, 6-9yrs and 10-13yrs were facilitated. A total of 18 participants total and 31 sessions took place.



Infinity Stage School

A total of 41 participants attend a day and 24 sessions has took place in 2023. It Runs every Wednesday evening from 5:30 to 9pm.



Karate was a new class offered this year. It started in September 2023 and takes place on Monday afternoons. 33 participants attended every evening and a total of 15 sessions has been carried out in quarter 3 & 4.



The women's group meet every 2nd Monday the centre. Our women's group has an estimated attendance of 11 people per session. In 2023 the women's group made some St. Bridget's day crosses, St. Patricks day badges and took on a project with clothes pegs and made small decorative chairs. A willow work workshop took place and the women's group made lanterns from willow and we made papier Mache bowls. This workshop lasted for 4 weeks.



The women's groups started a 6 week gardening class. This was funded by MSLETB. The women's group mainly sowed vegetable seeds. These included broad beans, beetroot lettuce and ruby chard. We also grew herbs and edible flowers. In October the ladies group took a trip to Westport. This was funded by MSLETB. This consisted of a boat trip and they explored an art gallery. Followed by 5 weeks of dance classes. TranscenDance and was meant to promote mindful movement and wellbeing by supporting physical, mental and emotional health. The women's group met a total of 24 times.





The centre held a **Health Morning** **Check** on Wednesday 28th June. Various speakers and classes were held. This included a talk on Cancer Awareness and Nutrition. There was also an opportunity to have your blood pressure taken and weight checked plus a Yoga chair session. have your blood pressure taken and weight checked plus a Yoga chair session.



BFRC Youth Group
6 - 8 Years

Time : 3:15pm - 4:15pm
Every Thursday*
Starting 28th Sept To 14th Dec

- Ice Breakers
- View & Voice of Child
- Safe Space
- Socializing
- Drama Workshops
- Programs
- Arts & Crafts



To register your interest contact Ballymote FRC on 0719197818 or email ballymotefrc@gmail.com

 *Not Running the Week of Halloween

BFRC YOUTH GROUP
8.5YRS - 10 YEARS



28TH SEPTEMBER
4:30 - 5:30PM

- Ice Breakers
- View & Voice of Child
- Safe Space
- Socializing
- Drama Workshops
- Programs
- Arts & Crafts


To register your interest contact Ballymote FRC on 0719197818 or email ballymotefrc@gmail.com


Youth Groups

BFRC ran two youth groups in quarter 1 & 2. The age groups involved were 10-12yrs and 13-15yrs. The youth group aged 10 – 12yrs a total of 20 children attended and 24 sessions carried out. The youth group aged 13 -15yrs a total of 6 children and 12 sessions carried out.


BFRC ran two youth groups in quarter 3 & 4. The age groups involved were 6-8yrs and 8.5-10yrs. The youth group aged 6– 8yrs a total of 10 children attended and 3 sessions carried out. The youth group aged 8.5 -10yrs a total of 10 children and 13 sessions carried out. Activities and healthy snacks were provided.

Ballymote FRC were delighted to announce twice week **"DROP-IN IT CLINIC"** here at the Centre. This was to help anyone who had queries or questions you may have in relation to using their phone, laptop or smart device.

 **Drop in IT Clinic/ Computer Club**



Tablets, Smartphones, PC's/Laptops



Internet skills

Learn new skills

Help and Advice for your computing needs

Ballymote Family Resource centre

Monday 3:30pm - 4:45pm
Thursday 10am - 12pm



Pilates classes have been established at Ballymote for many years. The classes take place on Tuesday evenings from 6pm till 9pm. A total of 29 sessions took place in 2023 and an estimate of 38 people attended.

Day Time Yoga classes are held at the centre every Tuesday morning from 9:30am till 10:30am. A total of 2 sessions was carried out in 2023 and 12-15 participants attend.

YOGA SESSIONS WITH AOIFE KANE

Forrest Yoga Flow



Upcoming Dates:
 Tuesday 10th Jan - Tuesday 14th Feb
 Time: 9:30am-10:30am
 Ballymote Family Resource Centre

6 Class Investment: €80
 Drop in classes available: €15

BOOKING ESSENTIAL
 CALL OR TEXT AOIFE ON 086 894 9040
 OR EMAIL HER AT AOIFEKANEYOGA@GMAIL.COM

Suitable for mixed level ability.
 Beginners are welcome!

IYENGAR YOGA CLASSES

Thursday Evening
 Ballymote FRC

Level 1 Beginners
6.30 - 7.45 PM

Level 2 Intermediate
8.00 - 9.30 PM

 **November 9th**

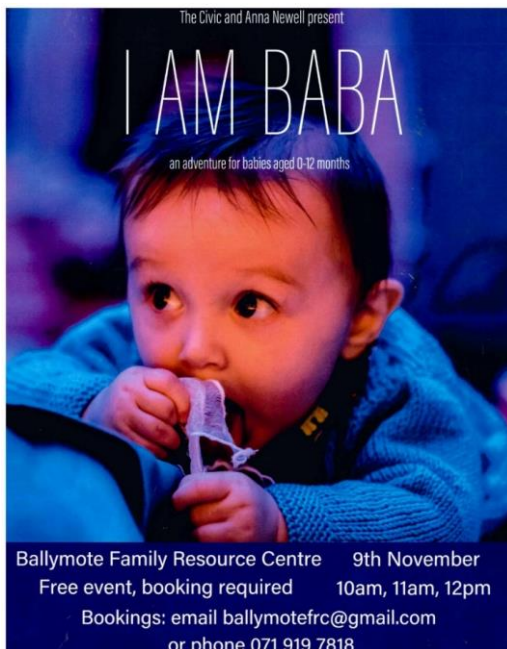
TO BOOK A PLACE
CONTACT THERESE - 086 3230197

Evening Yoga classes are held at the centre every Thursday evening from 6pm till 9pm

They are a very well establish group and have been using the centre for quite a few years. They run 2 classes for different ages and levels and are always well attended. A total of 45 session has ran in 2023 and an estimate of 13 ppl attend each.



Sarah Timlin Training ran **fitness classes** on a Monday evening in quarter 1 & 2. A total of 14 sessions took place and 6 people attended.



I Am Baba is a show about identity, agency and personhood. For babies under 12 months old. Three sessions took place over one day. 18 adults and 18 babies attended. Enjoyed by all.



The **Graffiti Workshop** was held on October 1st and taught a variety of street art skills. The event was a great success with the group making a piece for the centre. This was funded through the MSLETB. 12 children attended for 3hrs.



Local Creative Youth Partnership
MAYO • SLIGO • LITRIM
Gradually Matters

GRAFFITI WORKSHOPS

BALLYMOTE FRC HAVE A SPECIAL GROUP RUNNING ON SUNDAY (THIS SUNDAY) THE 1ST OCTOBER FROM 10 AM - 11:45AM

THE GROUP WILL LEARN ALL THE BASIC SPRAY PAINT SKILLS, INCLUDING HOW TO CREATE AND PAINT STREET ART STENCILS. USING THESE NEWLY LEARNED SKILLS, THIS GROUP WILL CREATE A MASSIVE GRAFFITI CANVAS FOR BALLYMOTE FRC

AGE CATEGORY : 10 -12YRS

PLEASE CALL

0719197818 TO BOOK IN.

10 SPACES AVAILABLE ONLY

AM.out.

The Mindful Garden Workshop

This was a four-week programme which offers children the opportunity to enhance self- esteem, confidence, courage and resilience and fun.

The course included arts and crafts, drawing, making cards and animal creatures.

The workshop was aimed at the 6-12 years old age group.

The course was run with our youth group who are established at the centre.



Collaboration event with Day care centre

Mental Health Ireland, that encourages people to say 'Hello' and ask 'How, Are You?' The concept of the Hello, How are you? Campaign is to ask with meaning, and to really listen to the person's response. The coffee morning was held at the Ballymote day care centre in association with BFR. All funds raised on the day went to Mental Health Care Ireland.

The centre provided refreshments and music which went down a treat.

It was very well attended and a total of **€626.50** was raised by the event.



Save the date!

Say Hello
on March 30th

Hello
HOW ARE YOU?

COFFEE MORNING
@THE ROCK *Free!*

TIME AND DATE: 11-12.30PM, 30 MARCH 2023
LOCATION: BALLYMOTE DAYCARE CENTRE, TOP OF THE ROCK, BALLYMOTE, CO SLIGO.
ANY FUNDS RAISED GO TO MENTAL HEALTH IRELAND

Join us for refreshments, home baked goods & tunes with Pat and Joe!



Camps

Ballymote FRC were delighted to hold **Two camps in 2023.**

An Easter Camp 2023 was held over two days at the centre during Easter half term. A total of 10 child attended.

A Summer Camp 2023 was held over Five days at the centre. A total of 14 children attended.

The children were treated to various art and crafts sessions.




Ukraine cookery sessions

A group of Ukrainians who are residing in Ballymote were invited to use the kitchen facilities at the centre to prepare local Ukrainian dishes. Ballymote FRC provided the ingredients and all facilities. This was thoroughly enjoyed by all.




Family Support Service

Our Family Support Worker (FSW) is funded by the Tusla – Partnership, Prevention & Family Support Office. During 2023, our Family Support Service engaged with a total of 36 adults and 58 children 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. Ballymote FSW carries out home based targeted support for families. Food packages and school packs can be obtained via this service for family's who are having difficulties and need support.




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



An Chláiríocht um Leasú agus an Toghach
Child and Family Agency

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 2023 the FSW continued to link in with other family support agencies within the area to develop positive working relationships with colleagues within Sligo. Many one to one parenting



Family Support



The aim of the Family Support Service is to engage with children, young people and families within the geographical area of Ballymote, Sooby, Riverstown, Geevagh, Castlebaldwin, Cloonloo, Gurteen, Sligo side of Ballyfarnon

We offer in-home family support to families who may require additional support.

Each family is individual in the supports they may require. Therefore, an individual support plan is created in partnership with each child and family to provide a service that meets their individual needs and achieves their goals.

Often a family needs someone to talk to when they are going through a difficult time. Our Family Support Worker is trained to offer support, advice and help.

We advocate for families who wish to access further services and supports in the community.

Referral forms must be completed and can be found on our website
(www.ballymotefamilyresourcecentre.ie)

Family Support Worker Contact : fswballymote@gmail.com
Project Coordinator/Manager : coordinatorballymote@gmail.com



An Chláiríocht um Leasú agus an Toghach
Child and Family Agency

programmes were ran such as parenting plus and Circle of security. During 2023, our Family Support Service provided a total of 206 sessions.

No complaints were received in 2023 however we received many complements.

Some examples: *"Great support and links made in the community". Families have said they are forever grateful for the emotional and practical support. "Family support worker was empathic and kind to family & Non-judgmental." "Family support service extremely helpful and a lifeline." "I received brilliant help that I truly needed." "I received support that was non-judgemental, and my family really benefited from it." "Helped me understand and figure out what was needed."*

In quarter 3 and quarter 4 a **drop in outreach family support service** was set up in Riverstown. This was a new service. As we try to capture those who do not have transport and may not needs to be open to family support but would like information on their family needs etc. This ran a total of 10 times with a total of 12 families beneficiaries attending.

Parenting Programme called Parents Plus was ran by Ballymote FRC. This was to improve outcomes for families. This was identified as a need in the area. A total of 6 sessions were carried out each session been two hours long and a total of 8 adult beneficiaries attended.



In 2023 Ballymote Family Support Worker and Project Coordinator set up a **peer to peer support group of parents or carers of children with additional needs**. A Peer to Peer support group which brings people from the local area to support and learn from each others experiences and share resources. A total of 4 sessions took place. A total of 20 adult beneficiaries attended and 37 children beneficiaries. A guest speaker was provided for two of the sessions this being an occupational therapist and a play therapist. In October we ran a sensory Halloween camp for the families of this group and again in December we ran a sensory Santa for parents and children of this group only.



Family Access

Ballymote create a safe, secure environment in which Supervised access visits can be carried out and parents and children can bond and spend time with one another. A total of 94 sessions happened this year.

Collaboration events with secondary schools



Ballymote FRC were delighted to link in with Coláiste Muire and Corran College in 2023. A Teen Tool Kit course was held at the centre during late February and March.

A total of Two classes in our main hall and catered for up to 40 students each class

and four session. The course was designed for students to experience greater wellbeing, fulfil their potential and pursue their goals in life.

This focused on many areas to mention few : Mindset, Recognising your Needs/Boundaries, Understanding the Brain, Connection between Mind & Body, Setting Goals. Feedback from the Teen toolkit: "I learned how to relax", "How to breathe when you get mad", "I learned how to relax properly", "I felt a lot calmer and happier", "I felt very

good after and positive", "I felt very good and positive", "I learned how to love me", "Know how to calm down", "Better about myself, More confident in myself", "I learned how to breathe and cope in difficult situations", "Help believe in myself", "I have learned methods to release stress", "I feel I can use visualisation to benefit me", "Healthy coping mechanisms", "Peace and relaxation", "To relax, stop and take deep breaths, drawing time", "How to love myself and also to relax and not stress about small things", "I know a lot about expressing your feelings and wellbeing."

Information Provision & Referral

During 2023, 137 adults, 94 children and 24 families accessed information, advice and advocacy supports/Directing while also been referred to a range of different services for support by Centre Staff.

Admin Services & Resources

During 2023, 205 individuals and 2 group availed of a range of Administration Services and resources we provide.

Space for meetings provided.

During 2023, 4 group availed of space and a total of 30 sessions were held.

Space for external consultation – MABS and Citizens info

During 2023, 6 external consultations were held.

Space for external groups – adult art group, crochet group and Slimway

During 2023, 134 sessions were held.

Family Resource Centre Garda Vetting Service

2023 was a very busy and challenging year for this service. A total of 1674 forms were processed in 2023. A total of 23000 have been processed since the service opened.

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 2023, the Board met 10 times using a hybrid approach of face to face and via Zoom. The Board continued to be fully compliant 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 2023.

Board of Directors/Management during 2023

Marian Conboy, Chairperson (Resigned 2nd May AGM)

Margaret McCallig, Chairperson (Appointed 2nd May AGM)

Bernie Healy, Vice Chairperson (Appointed 2nd May AGM)

Anne Kielty, Treasurer (Resigned 2nd May AGM)

Elaine Garrett, Treasurer (Appointed 2nd May AGM)

Dara Clery, Company Secretary (Resigned 2nd May AGM)

Conor Higgins, Company secretary (Appointed 2nd May AGM)

Frank Mc Donagh, Board Member

Niamh Rogers, Board Member (Resigned at 2nd May AGM)

Joao Almedia, 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.

2023 Meeting Attendance of the Board of Directors

The Board of Directors met 10 times during 2023. They held their AGM on the 2nd of May 2023. The table below outlines the Board member attendance at 2023 Board meeting:

Board Members	Attendance for 2023
Marian Conboy	3 out of 4 meetings
Anne Kielty	2 out of 4 meetings
Dara Clery	4 out of 4 meetings
Frank Mc Donagh	8 out of 10 meetings
Joao Almeida	5 out of 9 meetings
Niamh Rogers	4 out of 4 meetings
Bernie Healy	10 out of 10 meetings
Conor Higgins	3 out of 10 meetings
Margaret McCallig	7 out of 10 meetings
Elaine Garrett	9 out of 10 meetings

Table 1. 2023 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 2023, the Charities Regulator Governance Code was Reviewed on the 14th November 2023 and Ballymote FRC are in Full compliance. 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 2023 Staffing.

- **Niamh Flaherty**, Project Coordinator/Manager
- **Orla Mc Garry**, Project Administrator- 4 days a week – Resigned on the 29th June
- **Sarah Duffy – Finance and administrator officer – 4 days a week –** Started September 7th September
- **Clare Harold**, Project administrator - one day a week
- **Stacey Feeney**, Garda Vetting Service Officer - 31hrs
- **Maura Conway –** Maternity Leave cover for Family Support worker (Start date 4th July 2023 and resigned on 19th March 2024)
- **Sinead Benison**, Family Support Worker - 28 hrs a week (Maternity Leave started on 6th July expected return date 23rd April 2024)

TÚS & Community Employment Scheme (CE) Workers

At the end of December 2023, the following workers on CE and TÚS were in place:

- **Majella Carberry** - TUS Scheme
- **Noreen Durand** - CE Scheme
- **Christopher Roy** - CE Worker
- **Angie** – CE worker
- **Dermot Hayward** – CE scheme

Staff Engagement, Reporting & Support

During 2023, Staff members continued to have both formal and informal meetings (face to face and via Zoom). Staff were provided with regular support and supervision and the Family Support Worker provided with clinical support and supervision every 8 weeks. A total of 10 Sessions were completed. 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 2023, 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 2023 we continued to update our new website

<https://ballymotefamilyresourcecentre.ie/> .

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 • Refugees • 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 • Ukrainians
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 	<ul style="list-style-type: none"> • Physical /Mental Health • Isolation • 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

- | | | |
|---|---|---|
| <ul style="list-style-type: none">• 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• Clear desk Policy• Code of good practice for staff and volunteers working with young people.• Gift and Gratuities Policy• Unpaid leave policy | <ul style="list-style-type: none">• 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• Grief & Bereavement policy• Performance related Pay• Guiding Principles for employees• Policy on working alone | <ul style="list-style-type: none">• 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• Data retention policy• Risk assessment for remote working• Working from Home application• Privacy statement• Driving for work• Mobile phone and device policy |
|---|---|---|



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Revenue CHY number 13862. Registered Company number 332554.**

Directors: Margaret McCallig, (Chairperson), Frank Mc Donagh, Bernie Healy, Conor Higgins, Elaine Garrett, Joao Almeida.

