



# Ballymote Family Resource Centre CLG



Annual Report 2022

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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

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**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).**

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## 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

### **Contact Information:**

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

### **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.

### **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 2022 was characterized by a positive outlook for the Family Resource Centre in Ballymote, as the activities, groups, and community started to settle back into the new norm. Ballymote FRC will continue to navigate any ongoing changes and challenges presented by the pandemic, we remain committed to adapting and evolving our services to best meet the needs of our community within this new norm. Ballymote FRC offer 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 responds 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.

Following Christmas 2021, all groups and activities resumed, including Pilates, Yoga, Art Classes, Walking Group, Parent & Toddler Group. In 2022, 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), Amy Kelly/Creegan covered the FSW maternity leave for FSW from 1st January to 31st March 2022, and Maura Conway covered the remaining maternity leave from 13th April to 29th July 2022. The Staff team was 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. 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.

Marian Conboy, Chairperson Ballymote 2022

## Overview of 2022 Activities

### Introduction

From the First week in January 2022, we opened our doors to the public and we were able to resume group activities and delivered a comprehensive programme of activities including:

- √ Digital Photography Courses in Level 6
- √ Managing Personal Finances Level 3
- √ Digital Marketing Course in Level 5
- √ Healthcare Level 5
- √ SNA 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



**Food Packages** -Supporting families and children are an intrinsic part of our service. During 2022 we provided food packages through the FEAD programme to 111 adults beneficiaries and 230 children beneficiaries.



## 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. This started in 2021 and the pilot ended in March 2022. Ballymote FRC Brief intervention therapist carried out 9 sessions with 4 adolescents in 2022.



**Ballymote Family Resource Centre**

# Play Therapy

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 incorporates types of play and creative arts in various activities that a child can engage with to allow them to resolve them to resolve any issues.

**Play Therapy is now available at Ballymote FRC**  
 Suitable for ages 3-13 years of age. Self referrals accepted

**TUSLA**  
 An Ghriúcháirteach an Léinn ag an Teachlár Clárúil Family Agency

Please contact Niamh on the following for more details & for referral form  
 Tel : 071-9197818  
 Email: ballymotefrc@gmail.com

During 2022, our Play Therapists provided 313 one-to-one play therapy sessions to 33 children and our Counsellor provided 208 one-to-one counselling sessions to 26 adults.



**Ballymote Family Resource Centre**

## Counselling Services Now Available

When : Every Friday  
 Where : Wolfe Tone Street, Ballymote, Co. Sligo

People Enter Counselling for Various Reasons

- Family Life
- Relationships
- Personal Life
- Work Life

For more information and bookings please contact Niamh on the following  
 Phone 071-9197818  
 Email: ballymotefrc@gmail.com

**TUSLA**  
 An Ghriúcháirteach an Léinn ag an Teachlár Clárúil Family Agency

### Family Support Service

Our Family Support Worker (FSW) is funded by the Tusla – Partnership, Prevention & Family Support Office. During 2022, our Family Support Service engaged with a total of 22 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.

Ballymote FSW carries out home based targeted support for families while monitoring COVID-19 and keeping in line with any government and public health guidance that were still in place.



**Ballymote Family Resource Centre**

## 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 Ghriúcháirteach an Léinn ag an Teachlár Clárúil 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 2022 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 2022, our Family Support Service provided a total of 204 sessions benefiting 42 adults and 80 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
2. Digital Photography Level 6
3. Digital Marketing Course in Level 5
4. Healthcare Level 5
5. Managing Personal Finances Level 3



**msletb**  
Bord Oideachais agus Oiliúna  
Mhaigh Eo, Shligigh agus Liatroma  
Mayo, Sligo and Leitrim  
Education and Training Board



## Groups for Adults & Children



### ART CLASS FOR 3-5 YEAR OLDS

*"Play is the Work of the Child"*

*Your child will explore through meaningful activities in a relaxed environment. They will have opportunity to develop fine motor skills, sing songs, listen to stories and make art using different media.*

Venue: BALLYMOTE FAMILY RESOURCE CENTRE, F56R282

Time: 2.30-3.30PM

Dates: Mondays 7,14, 21, 28th November 2022

Tutor : Veronica O'Connor, BAZZ ART

To Book : Please call 071 9197818 or email balymotefrc@gmail.com



**Bazz Art Class** was aimed at children aged 3 to 5 years. This activity gave children a much-needed chance to express their ideas, build on their observational skills, gain confidence, promote feelings of self-worth and develop their creativity and imagination, as well as offering them time to relax. 4 sessions ran in November . This was funded by Sligo County Childcare and 6 children attended.



# CONFIDENCE IN THE KITCHEN

## 6 WEEK NUTRITION & FOOD AWARENESS COURSE FOR 9 -11 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 22ND JAN 2022 @ 10AM - 11.15AM  
**FACILITATORS**  
 LIZ RAFFERTY - DIETITIAN & LIFE COACH  
 HANNAH MCGLONE

**CALL OR EMAIL TO BOOK**  
**FEE €5 PER PERSON**




In January and 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. This programme is delivered by a HSE Nutritionist. The programme was funded through the Dormant Accounts and HSE, and Healthy Ireland through CYSPC. A total of 37 participants took part.



### Confidence in the Kitchen

**A 6-week Nutrition & Food Awareness Course for 9 to 12-year-olds**

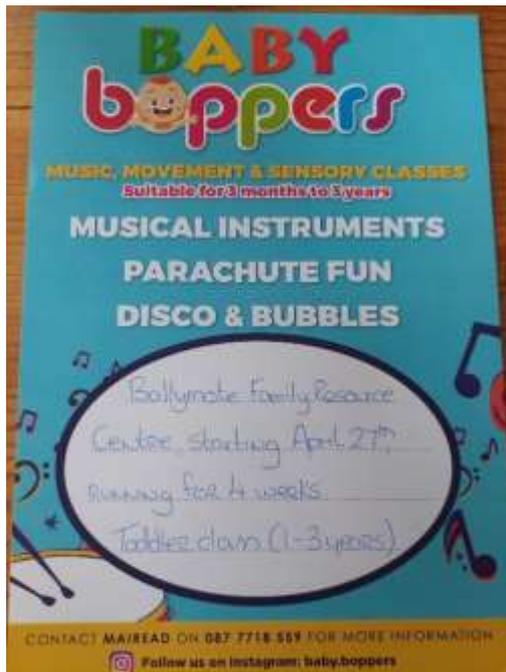
- 1) Safety in the Kitchen
- 2) Nutrition in Practice
- 3) Taste new Foods
- 4) Build Confidence & Self-Esteem by learning new skills

**Ballymote Family Resource Centre, F56 R282**  
**Dates:** Saturday mornings 5<sup>th</sup> Nov to 10<sup>th</sup> Dec 2022  
**Times:** 10.30am – 12noon **Total cost:** €30 per child  
**To book:** Call 071 91 97818



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. 🙏





**Peck-A-Boo Parent and toddler** returned in January 2022.

Ballymote FRC ran a programme called **Baby Boppers**. This is music, Movement sensory class. Baby Bopper was funded through Sligo County Childcare Committee grant. Two Different age



groups were targeted: 6mths to 1yr and 1yr to 3yrs. A total of 30 Participants took part. In April/May 4 sessions ran, September/ October 4 Session ran and November/ December 4 sessions were ran.



**KIDS YOGA CLASSES**

KIDS YOGA CLASSES WILL BE STARTING AT THE BALLYMOTE FAMILY RESOURCE CENTRE FROM TUESDAY 22ND OF FEBRUARY

There is a fee of 15 euros per child to cover the 4 sessions.

Ages 5-8 from 3.20—4.05 pm

Ages 9-12 from 4.10—4.55pm

To book a place contact us at [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com)

Places are limited so please contact us asap



**Kids Yoga** started in Ballymote FRC in February. Focusing on a variety of ages, In February 4 sessions focusing on the age groups of 5-8yrs and 9-12yrs were facilitated. This was funded through the HSE, express yourself grant. A total of 13 participants total.

Kids Yoga for the ages of 6 – 9yrs and 10 –13yrs ran again in

October/November with 14 participants attending and 5 sessions took October took place with over with 20 participants attending between the two age groups.





### Sean Nos Dancing

Irish dancing classes are held at the centre every Friday evening and proves very popular. They also ran a summer camp for one week in July, which included other activities along with Sean Nos dancing.

In December 2022, they ended with a show for family and friends at the centre to showcase their new-found skills they have achieved during the term.



**Design your own Gift** was facilitated and delivered by MSLETB Tutors. Ballymote FRC were granted 20hrs and a total of 11 participants attended.



### WALKING GROUP

Every Thursday, starting April 14th, at 10–11am a walking group will be leaving from Ballymote FRC. If you are interested in joining this group Telephone 071–9197818 or email [ballymotefrc@gmail.com](mailto:ballymotefrc@gmail.com) [www.ballymotefamilyresourcecentre.ie](http://www.ballymotefamilyresourcecentre.ie)



Ballymote Frc Walking Group Started on the 14<sup>th</sup> April.



# YOUTH HUB

BALLYMOTE FAMILY RESOURCE CENTRE

**Free Group**      **Ages 9 to 11 years**

**Icebreakers**      **Activities**

**Healthy Snacks provided**      **Encouraging Participation**

**Socialising**      **Confidence Building**

**Every Thursday**  
**3:30pm - 4:45pm**  
**Starting 5th of May - 23rd June**

**LIMITED SPACES**  
**FIRST COME FIRST SERVED**

**Register your interest by**  
**Phone : 071 919 7818**  
**Email : ballymotefrc@gmail.com**



A pilot of the Ballymote FRC's Youth Hub started on the 5th May until the 23rd June. Then resumed In September 2022. A total of 9 participants Joined the Youth Hub aged between 9 to 11 years. Activities and healthy snacks were provided this is a youth led group.

Ballymote FRC were delighted to announce twice weekly a "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**



On

Thursday 7th April between 11-1 we held a coffee morning support of the Hello, How are you Campaign.

For a nation of great talkers, how do we really ask and really listen?

Hello, How Are You? is a simple yet effective mental health promotion campaign developed by 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.



North West Hospice aims to provide the highest quality, person-centred palliative care services possible

**Ballymote FRC will be hosting a Coffee Morning to support our local Hospice. The Coffee morning will be happening on Thursday, September 22nd at 10am.**

Money raised from this event directly supports North West Hospice and remember, what is raised local stays local. Every cup of coffee or tea will all work towards improving the comfort of patients and families in our Hospice and Community.

On the 22<sup>nd</sup> of September Ballymote held there annual Big Coffee Morning. All proceeds in aid of North West Hospice Sligo.



Ballymote FRC were delighted to hold Two camps in 2022.

A summer Camp was held in July 2022 with a Total Of 12 participants attended. In November a Halloween music and fitness camp was held with 10 participants attend and in both camps places were prioritised for children of families linked in with the centre through the Family Support Service.



**Womans group**



Ballymote FRC established a womens group in 2022. Onteh first initial meeting about 20 women came. There were a lot of suggestions about activities for the group e.g. day trips, theatre outings, bridge clubs, gardening groups and talks about health. The womens group meet every two weeks on a Monday night at 7. Ballymote FRC started the group by building some flat-pack bird boxes. Building the bird boxes took two weeks. They were then decorated by painting



them and then varnishing them. Following this a six week crafts class was initiated. In this class we learnt to make Christmas decorations using mainly felt. For these classes the group met once a week every Monday. Before the end of the December more plans were put in place for Janauary 2023.

Ballymote FRC Mens group started on the 27<sup>th</sup> July 2022. Numerous meetings were held and discussions took place.

**MENS GROUP**  
Open meeting to discuss  
the formation and structure

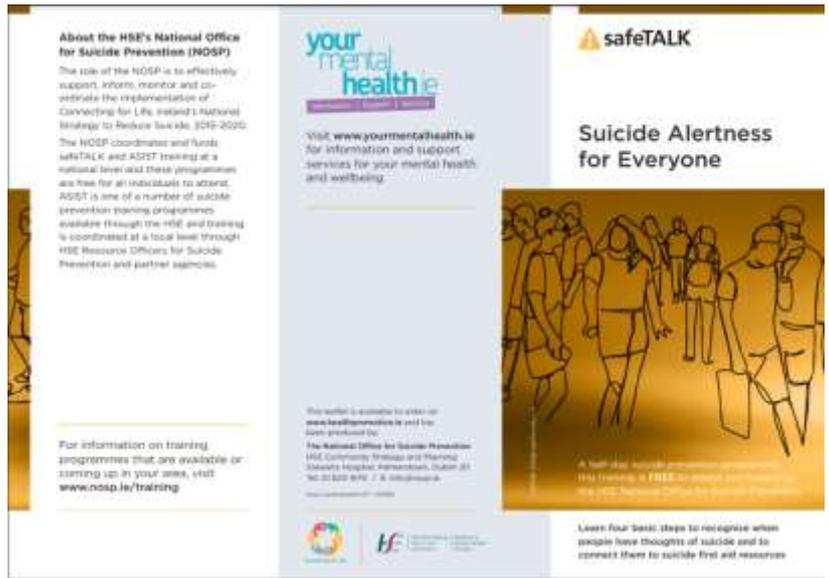
**Mens Group**  
To Include :

**Date: Wednesday 27th July**  
**Time: 7:30pm**  
**Venue: Ballymote FRC**

**Everybody Welcome**  
**Bring Your Ideas**

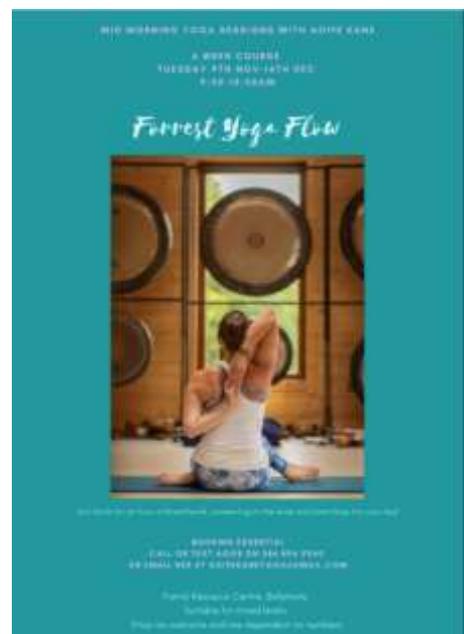
**Taster Workshops**  
**(Example : Music)**  
**Social Outings**  
**Meet New People**  
**Tea, Coffee**  
**and Snacks Provided**

Ballymote FRC hosted a SafeTALK on the 19<sup>th</sup> of September. A total of 14 participants attended. This suicide alertness programme took place over 3.5hrs. Its aim is to prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.



On the 22<sup>nd</sup> August 2022 "Stay Fit Not Still" started in Ballymote FRC. A total of 14 people attended. Stay Fit Not Still ran from 22<sup>nd</sup> of August until the end of December 2022.

DAYTIME YOGA. Aoife Kane Yoga instructor is with us on Tuesday mornings with Forrest Yoga. From 9:30-10:30am. Forrest Yoga is about connecting to your breath, move your body and rest back into your day.



## Open day

Ballymote FRC were thrilled with the turnout at their Open Day which was held on Saturday 22nd October. Over 150 families and individuals made their way to the Centre. The Open Day was an opportunity for everyone in the community to come inside the doors of the centre, to find out about the variety of supports and services that are on offer, to be entertained and to indulge in some tasty hot



**Ballymote Family Resource Centre**  
**OPEN DAY**  
**Sat 22nd Oct**

**ON THE DAY:**

- Introduction to COOKING for 8-12yrs (Booking Required)
- Kids Face painting
- A visit from Community Garda & Ballymote Fire Service + Fire Truck
- Supports and Services
- Launching our new Website

**11:30AM - 1:30PM**

You can contact the contact below for more information.

☎ 011 919 2818  
✉ ballymotefrc@gmail.com  
🌐 www.ballymotefamilyresourcecentre.ie  
📍 Waffle Lane Street, Ballymote

and cold snacks and bakes. There were information stands from organisations and agencies in the locality and the level of engagement was fantastic and really added to the value of the day. Thank you Sligo MABS , Sligo Leader

Partnership Company Ltd, ALONE , UBU Project Foroige, Sligo Leitrim Home Youth Liaison Service and the Possibility Illuminators.



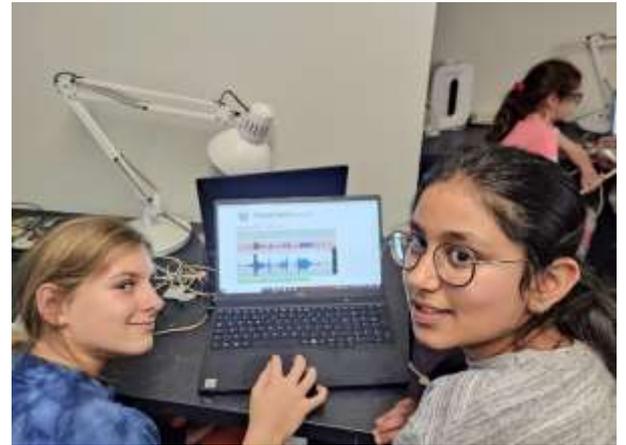
A big draw on the day were the staff and vehicles from An Garda Síochána and the Fire Service who arrived lights flashing and sirens blaring! The fingerprinting table and old uniforms on display were a big hit with young and old alike.

Ceol and craic were provided by Michael Hurley and the children in the music group! This went down a treat and really added a fabulous buzz to the day! Thank you to our face painter Kinsela who was an absolutely fantastic addition to the day. Another thank you is due to Imelda's Picnic Basket for the tasty savoury food, to Eileen's Kitchen Table for the scrummy cupcakes.





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.

A coding event "Learn the Code" was held over the morning by Mary Carden and 10 young people had the chance to work on some projects (inspired by the Among Us game) and they came up with some very creative projects this part of the event was sponsored by The Wheel and #meetandcode. A big Thank you to Mary Carden and we hope to work together very soon on another project.



**Collaboration events**  
**Christmas Collaboration**



Ballymote FRC on the 6<sup>th</sup> of December held a little Christmas celebration for our Peek a Boo parent toddler at the Coach House Hotel in Ballymote. All the children got to meet Santa and received a little present and all parents got some nice treats on the day also. A day filled of laughter, cheer and good will.

Following Our Little celebration for our Peek a Book Parent and Toddler group, Ballymote Family Resource Centre in collaboration with the Garda Station held a Christmas Lunch on in the Coach House Hotel, Ballymote for people in the Ballymote and Gurteen area. 144 people sat for the event.

A special thank you to our local choir from Coláiste Muire, Ballymote and to the Coach House who served a fabulous meal on the day. A special thanks also to our guest Patrick Feeney who sang on the day and a local trad band who finished the day in style for us. This lunch was not possible without the local community who donated so generously otherwise this event could not have taken place.



## Secondary school collaboration

Ballymote FRC were delighted to link in with Coláiste Muire In February 2022 for the delivery by Tammy from The Shona Project ([www.shona.ie](http://www.shona.ie)) of a workshop to some of the female students.

The workshop covered areas such as:

- \* The challenges we face as young women in Ireland today
- \* How we approach and address these challenges
- \* Respecting and Encouraging difference and diversity
- \* Setting goals and identifying how we can achieve them

The feedback from the students was very positive - "It Taught me to watch what I say and think before I say it and to be mindful of what others might be going though" "I learned a lot about how normal anxiety etc. and other problems are and how to deal with them" "good

for teaching girls they're not alone and a lot of girls are probably going through the same thing". Ballymote FRC would like to Thank again all students and staff of the school - we hope to collaborate with you again in the future.



External Makeover For Ballymote FRC



### **Information Provision & Referral**

During 2022, 99 adults, 49 children and 28 families accessed information, advice and advocacy supports/Directing while 24 adults were referred to a range of different services for support by Centre Staff.

### **Admin Services & Resources**

During 2022, 142 individuals and 1 group availed of a range of Administration Services and resources we provide.

### **Family Resource Centre Garda Vetting Service**

2022 was a very busy and challenging year for this service. A total of 1537 forms were processed in 2022.

## 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 2022, the Board met 8 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 2022.

### Board of Directors/Management during 2022

**Marian Conboy, Chairperson**

**Anne Kielty, Treasurer**

**Dara Clery, Company Secretary**

**Carmel O' Hara, Board Member (Resigned End of November 2022)**

**Frank Mc Donagh, Board Member**

**Niamh Rogers, Board Member**

**Bernie Healy, Board Member**

**Conor Higgins, Board Member (Joined in September 2022)**

**Margaret McCallig, Board Member (Joined in September 2022)**

### 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.

### 2022 Meeting Attendance of the Board of Directors

The Board of Directors met 8 times during 2022. They held their AGM on the 20<sup>th</sup> of September 2022. The table below outlines the Board member attendance at 2022 Board meeting:

<b>Board Members</b>	<b>Attendance for 2022</b>
<b>Marian Conboy</b>	8 out of 8 meetings
<b>Anne Kielty</b>	3 out of 8 meetings
<b>Dara Clery</b>	6 out of 8 meetings
<b>Frank Mc Donagh</b>	8 out of 8 meetings
<b>Carmel O'Hara</b>	2 out of 5 meetings
<b>Niamh Rogers</b>	7 out of 8 meetings
<b>Bernie Healy</b>	7 out of 8 meetings
<b>Conor Higgins</b>	3 out of 3 meetings
<b>Margaret McCallig</b>	3 out of 3 meetings

**Table 1. 2022 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 2022, the Charities Regulator Governance Code was Reviewed on the 27<sup>th</sup> October 2022 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 2022 Staffing.**

- **Niamh Flaherty**, Project Coordinator/Manager- (Returned from Maternity leave 28<sup>th</sup> February 2022)
- **Ann Flynn** , Maternity Cover Project Coordinator (Finished January 2022)
- **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 increased to 31hrs (5<sup>th</sup> Sep 2022)
- **Amy Kelly/Creegan**– Maternity Leave cover for Family Support worker ( 1<sup>st</sup> January 2022 – 31<sup>st</sup> March 2022)
- **Maura Conway** – Maternity Leave cover for Family Support worker ( 13<sup>th</sup> April – 29<sup>th</sup> July)
- **Sinead Benison**, Family Support Worker - 28 hrs a week (Maternity Leave – returned on 12<sup>th</sup> September 2022)

### **TÚS & Community Employment Scheme (CE) Workers**

At the end of December 2022, the following workers on CE and TÚS were in place:

- **Catherine Coleman** - CE Scheme (Finished on 24<sup>th</sup> June 2022)
- **Noreen Durand** - CE Scheme
- **Christopher Roy** - TUS Worker
- **Anne Clarke** - TUS worker – Changed over to CE Scheme on 26<sup>th</sup> September 2022
- **Dermot Hayward** – CE scheme

### **Staff Engagement, Reporting & Support**

During 2022, 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 7 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 2022, 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 2022 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.

Through Tusla Dormant account funding Ballymote FRC were able to purchase new flyers as promotional Material, along with Tote bags.

# Appendix 1

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

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

## 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
- Clear desk Policy
- Code of good practice for staff and volunteers working with young people.
- 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
- 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



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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, Niamh Rogers, Conor Higgins,  
Margaret McCallig.**

