



Chairperson's Statement



Special points of interest:

- Counselling & Art Therapy
- Early Years News
- Creativity Cafe
- Visually Impaired/ Blind Walking group
- Farewell to Sharon

Another year has passed and the team at Le Cheile FRC have risen to the challenges as we do every year. Le Cheile FRC is becoming noticed by many more people and our services are encouraging newcomers to join.

We have had changes during the past year, we have welcomed fabulous new staff and unfortunately we had to say good bye to others who will always be missed and are wished well in their future endeavours. Each and every person who becomes part of Le Cheile FRC as a Director on the Board, staff, or client leave an imprint on all of us. Change can be difficult for everyone and sometimes we do not want to embrace it. However, if we continue to do what we have always done, how can we expect to get a different result?

Embrace change, join the groups you have thought you might like to join. Taking the first step is always the hardest part but you know we are all here to support and to encourage you on your new journey. The doors of Le Cheile FRC are always open and the staff are waiting for your call.

The Board want to acknowledge the huge commitment by management and staff who go above and beyond to make Le Cheile FRC the fabulous place it is today.

Ann Ward—Chairperson

Manager's Statement

Another year around the sun and 2024 was a year like no other. It gave us such happy times coupled with sad times and the odd challenging moment too.

2024 gave us a renewed sense of purpose and drive to keep going, excel in our field of work and create.

We welcomed new staff and supports to Le Cheile FRC and said goodbye to others.

This year, seen much work being ploughed into planning for the future—our staff team have fantastic plans and ideas for Le Cheile FRC for the next 3 years. What is more, our service users gave valuable feedback. All of which in-

forms our work for 2025 onwards. We look forward to sharing our strategic plan for 2025-2027 with you all shortly.

The secret of change is to focus all of your energy not on fighting the old, but building the new

◇ Socrates

Pamela Nolan—Manager



Parenting

Le Chéile FRC supports are enhanced by our Family Support team, of long standing and dedicated staff members:

- Noreen & Sharon.
- Main methods of providing family support:
- One to one support
- Group parenting course
- Meitheal process
- Parent & Toddler Group

597 one to one sessions took place with parents in 2024



In 2024, we successfully ran 2 Parents Plus parenting courses. In the Spring we covered the Early Years programme & in the Autumn, we covered the Adolescent Programme. These were well attended and participants were thrilled with their certificates on the last day.



Farewell to Sharon

November 22nd marked a sad day in Le Cheile FRC as we bid farewell to long time staff member—Sharon Darsan. Sharon joined us in April 2006 as Tenancy Support Worker. She remained working in Le Cheile FRC through role changes, and the many developments she was part of in 18 and half years. She is and was known far and wide as a voice of reason, respect and always being approachable for a chat and a cuppa. Never a week went by without another staff member here in Le Cheile FRC approaching Sharon for a chat, piece of parenting advice or a bar of chocolate! Her work with parents and the community was unparalleled—she was real in her approach, honest in her conversations and empowering to find change. Sharon has pursued her passion in life and we are so proud of her.

Mallow Community Health project continues to meet a need for physical and mental health related initiatives in our community. Under Pauline’s careful guidance the project goes from strength to strength each year. New this year was the introduction of activities for those that are visually impaired/ blind, including a walking group (see pic over)



Mallow
Community
Health
Project

231 Health related classes/ activities





Social Prescribing

resource within the community.

The majority of referrals into the service are made up of: self-referrals, GP referrals and Public Health Nurse department.

A new offering in 2024, was Mindfulness in Everyday Life and Mindset Coaching—these were a resounding success and will be continued into 2025.

New in 2024, thanks to funding sourced from Creative Communities, Social Prescribing in conjunction with Le Cheile FRC Counselling service ran 2 Creativity Cafes over the summer. A space to meet, chat, be creative and have a cuppa. Both were a triumph.

In 2024, Social Prescribing excelled in its home in Le Chéile FRC, thanks to the continued efforts of Eithne,

165 new clients were engaged with over the course of the year, which is beyond the KPI by a staggering 37.5%.

Social Prescribing is now a central part of the offering from Le Cheile FRC and is a well known

Early Years

Le Chéile FRC Early Years setting is after a busy year operating 5 rooms with 70 children attending from 1 year to 5 years, thanks to our dedicated staff team. We welcomed our new staff members Monica, Sharon & Natalie - who are all settled well into their roles.

This year many staff trainings took place:

First Aid, Manual Handling, Fire Safety, Epilepsy Awareness and Better Start Quality Development Support.

We plan to continue training for all staff into 2025.

70 children in 2024

43 ECCE places availed of

In 2024, we took a big leap and opened our childcare kitchen in January 2024. After some initial teething problems, the kitchen is now providing hot dinners to all full time & part-time children in the service for a small fee each week.



Ukrainian Support Worker

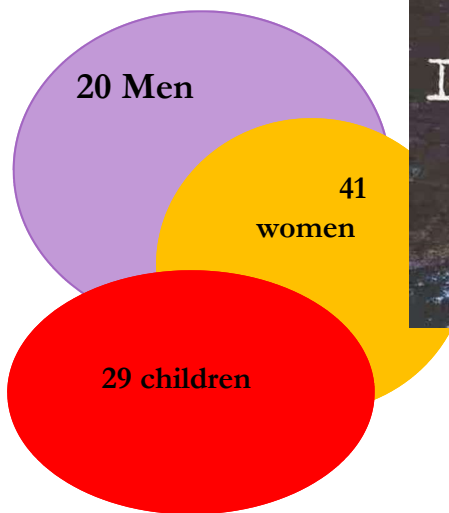
In March 2024, we welcomed Alex to our team. Alex gives support to families who are adjusting to life in Ireland from Ukraine. This support can be: assistance with navigating the education, social welfare or medical system, parenting in a new culture, family support or integration ideas in general about life in Ireland. Welcome Alex.



Some of the equipment that was invested in by the service in 2024, were Tuff Trays— the children love playing with various items.

Counselling Service—available in Mallow, 5 days per week

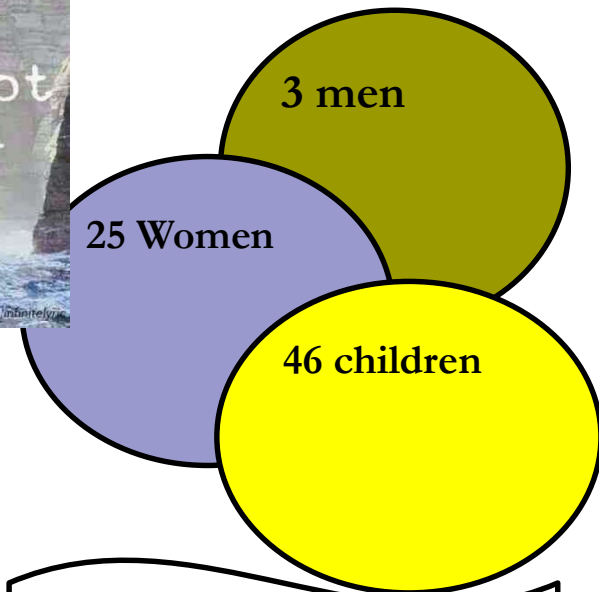
Counselling



It's okay not to be okay

720 sessions delivered in 2024

Art Therapy



566 sessions delivered in 2024

Literacy Support Programme

2024 seen expansion of the Literacy Support Programme here in Le Cheile FRC. We welcomed Deirdra (pictured right) to the team in September 2024 to supplement the work Karen is already doing. Together, the work is complete via an online computer programme TTRS (Touch, Type, Read, Spell) and is supplemented with adds on such as various educational exercises associated with the English curriculum in schools. Emphasis is also put on social skills, life skills and group work to enhance the programme. Class sizes are kept small—8/9 children per class.

Overall, in 2024 **458.5 hours of literacy support class time** was provided.

This programme is self-funded with one off pockets of funding—this year we were kindly supported by [Avondhu Blackwater Partnership](#).



Mercy Centre: Le Cheile FRC has managed the Mercy Centre since 2019—this project has gone from strength with Bhavna at the helm keeping everything going.

With thanks to our funders, who without their support annually our work would not be possible.



An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Sláintecare.



An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth



National FRC
Mental Health
Promotion Project