

# St. Catherine's Community Services Centre



## Annual Report 2018

# Foreword from the Chair

The demand for St Catherine's services continues to expand. Last year income increased by 8% with the growth of current activities and the addition of some new ventures. Our running costs grew by 9.5% but this is manageable. It is important to take this opportunity on behalf of the Board, our staff and our service users to thank all our funders for their continued confidence in the work of St. Catherine's.

On behalf of the board, I would like to thank our Director of Services and all the staff and volunteers who make such a worthwhile contribution through their dedication and professionalism. It is not numbers that make our service, it's the people – the staff, the volunteers, the families and the community. It is their support that makes our Centre flourish.

As a charity, St. Catherine's is committed to operating to the highest standards possible. We are committed to good governance and transparency and we are happy to meet the reporting requirements of our funders to demonstrate we are operating as we should be at all times. We are currently working through the standards in the Charities Regulator's new Charities Governance Code to be ready to provide our annual Compliance Record in 2019.

As a voluntary organisation, St. Catherine's operates under the guidance of a Board of Directors who share their considerable expertise and time in the service of the Centre. I wish to acknowledge and thank them for their on-going support and commitment. In the medium term our aim is to expand our Centre to allow us to diversify and develop our services to meet the expectations and demands of our service users and funders.

**Adrian Dunlevy - July 2018**

## Note from the Director of Services

Overall the level of activity in St. Catherine's grew in 2018 as we added and developed new and existing programmes in response to emerging and growing needs. Some of the key developments in 2018 included:

- The new Carlow Syrian Resettlement programme which saw 18 families settle in Carlow by year end
- The State's recognition of Traveller ethnicity and the celebration to mark it
- The piloting of St. Catherine's Healthy Streets programme with 10 families

We could not continue to operate and grow without the support of a large number of people so I would sincerely like to thank:

- The people of Carlow who continue to support us and use our services
- Our 70+ volunteers and supporters without whom we couldn't survive
- Our 62 members of staff for their hard work and dedication
- Our Board members for their guidance
- Our funders and partners in the statutory, voluntary and community sectors. We depend and work closely with other agencies in virtually everything we do
- The services based in St. Catherine's – Citizens Information Service, Accord, National Advocacy Service for People with Disabilities and the other services that use the Centre

**Niall Morris - July 2019**

## 2018 in Figures

**198**

Socially Monitored Alarms and Pendants were Installed

**6** Teen Mothers moved into further training or education

**5** supported to stay in secondary school

**17,948**

Meals on Wheels Cooked and Delivered

**628** Learners

attended **71** Digital Skills courses countywide

**20**

QQI Level 3 module awards earned by 16 Making Connections learners including 2 Majors

**6** Mothers from Moving On went on to further education/training/jobs

**10** earned QQI Level 4 Major Awards

**1500+**

Health related engagements with the Travelling Community

**59**

Local agency staff attended our Traveller Culture Awareness training

**45**

Traveller Men engaged in health related group activities

**111** Women engaged in Catalyst Programme activities

**103**

QQI Awards delivered in Community Education

**17** LFEL and PFW learners went on to further education and training

**6** secured employment

**56**

Teenagers and their families were supported through the Teen Parent Support Programme

**70+**

Volunteers engaged in St. Catherine's

**€46k**

Saved by 99 savers in our new Community Savings Club

**223**

Children attended our 2 childcare services weekly

### New in 2018

- Healthy Streets programme piloted with 10 families from Jan - March
  - Carlow Syrian Resettlement Programme started in April
- The Rise Foundation ran a very successful programme with 5 families

# Who We Are

## **Mission Statement:**

Our mission is to provide quality services responsive to local needs, based on equality, diversity, justice and inclusion with a view to empowering and enriching individuals, families and communities in Carlow and its environs.

## **Aims:**

- To ensure work is responsive to local need with respect for equality, individuality and diversity
- To empower people to take control over their own lives and to participate fully in society
- Reduce barriers to participation of those most at risk of exclusion, poverty and disadvantage

## **Objectives:**

- To involve and consult with participants, target groups and local community in the planning, implementation and evaluation stages of all programmes and activities
- To work in partnership with statutory and voluntary agencies and community groups to ensure an effective, coordinated and strategic response to local needs
- To proactively encourage and facilitate the participation of those at risk of exclusion, poverty and disadvantage and to do this through the provision of information, support, community and developmental education
- To promote and support voluntary work as a means of providing services and to recognise and value the role and work of volunteers
- To evaluate and plan the work of St Catherine's on a regular basis in order to ensure that it is remaining responsive to identified need

## **Our Volunteers**

St. Catherine's would like to thank all our volunteers for their hard work and commitment to St. Catherine's in 2018. There were over 70 volunteers who regularly assisted in Meals on Wheels, Administration and Reception, Caretaking, Childcare and After Schools. St. Catherine's hosted our Annual Volunteer Christmas party in December to say thank you to our volunteers. Over 45 volunteers attended.

## **Our Board**

We would like to thank our Board members for their time and commitment to St. Catherine's:

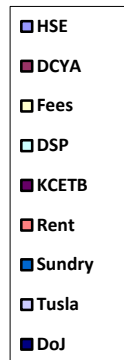
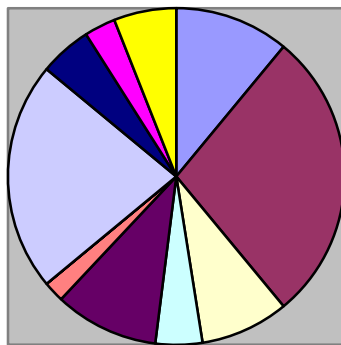
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|-----------------------------|-------------------------------|
| - Adrian Dunlevy (Chair)    | - Frank Comerford (Secretary) |
| - Brian Buckley (Treasurer) | - Marian Duffy                |
| - Maura Dowling             | - Fr. Tom Little              |
| - Sean Scanlon              | - Eamonn Ellis                |

St. Catherine's Board met 10 times in 2018. The Audit sub-committee met 3 times. The members are the Chair, Secretary, Treasurer and the Director of Services.

# Financial Overview

<b>2018 Summary Profit and Loss Account</b>		
	<b>2018</b>	<b>2017</b>
Programme Funding	1,689,833	1,479,492
Income from Services	157,727	215,132
Rental Income	45,377	46,467
Sundry Income	6,082	14,718
<b>Turnover</b>	<b>1,899,019</b>	<b>1,755,809</b>
Less Programme & Administration Expenses	-1,819,600	-1,660,212
Plus Other Operating Income		
Government Grants Received & Released	6,624	6,624
<b>Operating Surplus/Deficit</b>	<b>86,043</b>	<b>102,221</b>
Plus Bank Interest Received	404	527
Interest payable	0	0
<b>Surplus</b>	<b>86,447</b>	<b>102,748</b>

## St. Catherine's Sources of Funding 2018

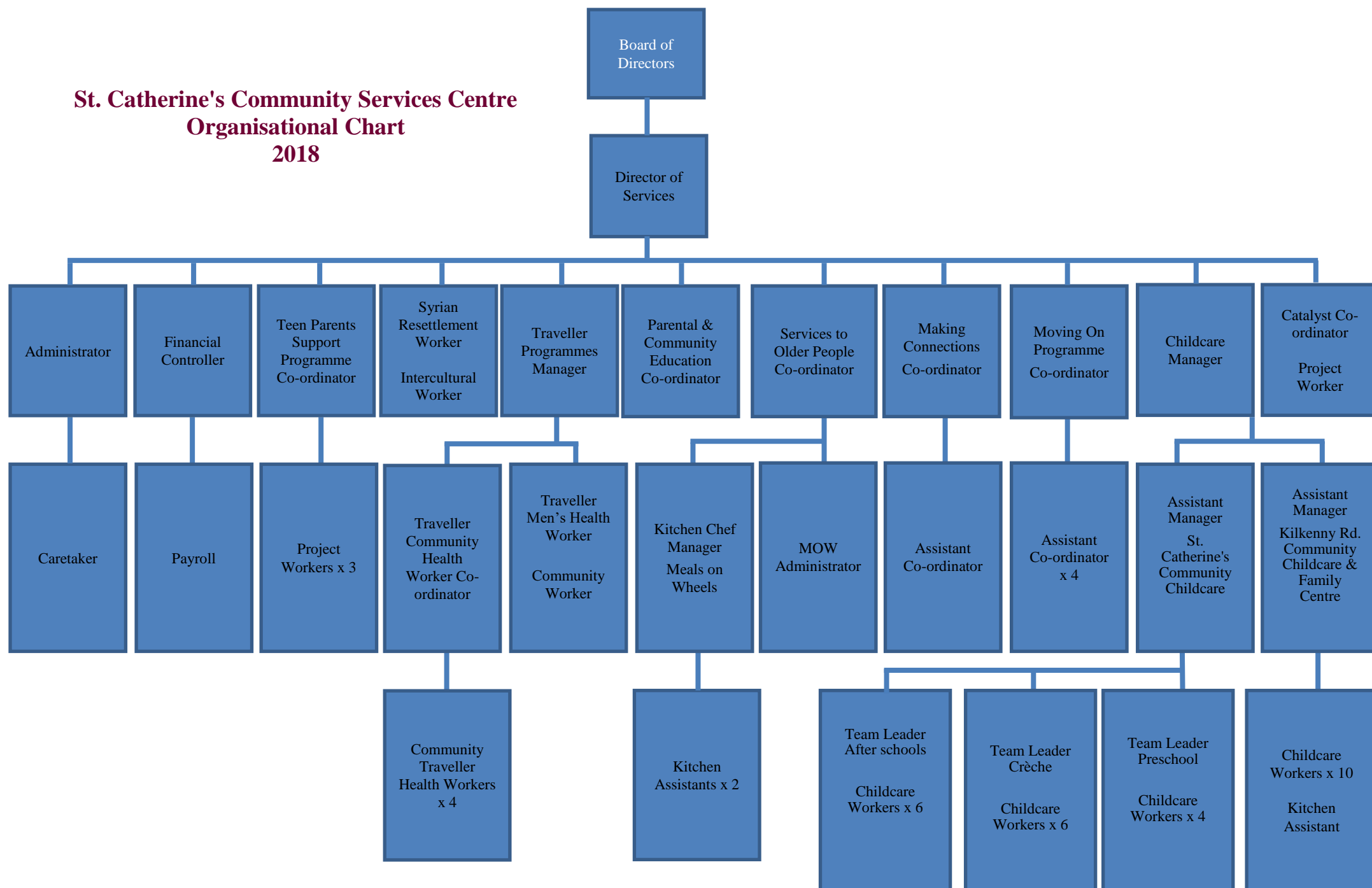


Dept. of Children and Youth Affairs = 28%  
 Tusla = 22%  
 Health Service Executive = 11%  
 Service Fees = 8.5%  
 KCETB = 10%  
 Dept. of Social Protection = 4.5%  
 Rental income = 2%  
 Dept. Communications, Climate Action & Environment = 3%  
 Carlow County Council = 6%  
 Department of Justice & Equality = 5%

Sundry Income at €6k was 0.03% of total income and includes funding from Carlow County Development Partnership, Aontas, ESB, St. Stephen's Green Trust and individual donations.

St. Catherine's work is funded from funding agency grants for specific programmes and projects, service fees and rental income and donations. We would like to acknowledge and thank our funders, service users and donors for their continuing support. Our funders are listed on our end page.

**St. Catherine's Community Services Centre  
Organisational Chart  
2018**



# St. Catherine's Childcare Service

## OVERVIEW OF PROGRAMME:

- We operate community childcare services in St. Catherine's and the Kilkenny Road with full and part-time places from 8.30am to 5.30pm
- We provide high-quality, child centred services that are affordable, inclusive and enable parents to engage in employment, training and work.
- We provide a safe stimulating space for all children to support them develop and reach their full potential
- At St. Catherine's, 28 places are available for children 1-3 years and 38 places for children aged 2 years and 8 months to school going age. We also have 34 afterschool places available daily
- At Kilkenny Road Childcare Service, 22 places are available for children aged 1- 3 years plus and 33 places available for ECCE/preschool and 16 places available in the afternoon.

"Excellent service, my child loves all the staff and appreciates your service" - Parent, St. Catherine's

"Very happy with the staff, happy child, happy mammy" - Parent, Kilkenny Road

## OUTCOMES/SUCSESSES/ACHIEVEMENTS:

- 223 children availed of childcare places (207 families) in both services
- The childcare service enabled 35 parents to engage in training and education in St. Catherine's and other training and educational programs
- Both services participated in Aistear and Síolta workshops facilitated by the Carlow County Childcare Committee
- 2 staff participated in a one day training programme with Epilepsy Ireland
- 1 staff member completed the Leadership for Inclusion in The Early Years programme
- New changing and toilet facilities were added in St. Catherine's preschool
- 2 staff members participated in FAR (First Aid Response) training and 5 did Paediatrics First Aid Training
- Practical advice and support were provided to parents
- Over 40 after schoolers were supported with their homework



## EVENTS & ACTIVITIES

- St. Catherine's and Kilkenny Road participated in Early Childhood Ireland's Pyjama Day and raised.€257.21
- The Children's Christmas Party was held in December in the Seven Oaks and was attended by staff, parents, carers and Santa
- We had an end of year fun Day in June for all the crèche and Preschool children.

## CONTACT:

Name: Pauline Byrne

Job Title: Childcare Manager

Email: [paulineb@catherines.ie](mailto:paulineb@catherines.ie)  
[childcare@catherines.ie](mailto:childcare@catherines.ie)

## FUNDERS:



An Roinn  
Gnóthaí Fostaíochta agus Coimírce Sóisialaí  
Department of  
Employment Affairs and Social Protection

**TÚSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



Office of the Minister for  
Children and Youth Affairs  
Oifig an Aire Leanaí  
agus Gnóthaí Óige

# Parental and Community Education

## Back to Education Initiative Community Strand

### OVERVIEW OF PROGRAMMES:

#### • LEARNING FOR EVERYDAY LIFE (LFEL)

A 28 week community education course that actively addresses the intergenerational cycle of education disadvantage and poverty by offering to participants a positive basic holistic community education opportunity that is accredited and linked to progression. Ran from September 2017 until March 2018, Monday to Friday 9.45 am until 1 pm.

#### • PREPARATION FOR WORK (PFW)

A part-time 10 week course that ran from April to June 2018, Monday to Friday, from 9.45 am until 1.00 pm. It provided participants with an opportunity to prepare for and gain experience in the labour market and to explore progression options while also achieving accreditation.

**The key factor to the success of both programmes is in the intensive individual and family support given to participants**

*'This course has taught me how to learn. I can't wait to start Level 4 now. A good few of us are going to do the Moving on Programme now. We wouldn't have been able to do that before'*

**LEFL and PFW Participant**

### OUTCOMES/SUCCESSES/ACHIEVEMENTS:

#### **LFEL 17 Progression Stats following completion of PFW**

Nos. Starting	21
Number Completing	14
Number Achieving QQI Accred.	11
Number Achieving Major Award	8
Number completing a Food Safety Qualification	13
Number that progressed onto PFW	13
No. completing work placement	9
Numbers to progress onto further education/TUS/CE	13
Number that took up employment	4

#### **Preparation for Work Course**

Additional Number of participants that joined PFW course 6

#### Of those:

Number Achieving QQI Accred	4
Numbers to progress onto further education/CE	4
Numbers taking up employment	2
Number completing a 4 week work placement	4
Numbers completing Manual Handling Course	13

Family support was provided to over 16 families with 40 children as parents were enrolled and supported while learning courses



### CONTACT:

Name: Andrea Dalton  
Job Title: Co-ordinator of Parental and Community Education  
Contact email: [andread@carlow.ie](mailto:andread@carlow.ie)

### FUNDERS:



Carlow County  
Development Partnership  
Comhghairleacht Fhorbartha Theoranta Chontae Cheatharlach



etb  
Bord Oideachais agus Oiliúna  
Chill Chainnigh agus Cheatharlach  
Kilkenny and Carlow  
Education and Training Board



An Roinn  
Gnóthaí Fostaíochta agus Coimirce Sóisialaí  
Department of  
Employment Affairs and Social Protection

# Community and Parental Education

## Community Education

### OVERVIEW OF PROGRAMMES:

#### EVENING CLASSES

Facilitates access to short term community based adult education courses. It is low cost and accessible and gives participants a very good experience of their first step back into education. Courses included: Yoga, Make Up & Nail Art, Healthy Eating and Nutrition.

#### DIGITAL SKILLS FOR CITIZENS PROGRAMME

Supports people to participate fully in Ireland's digital society by providing digital skills training to people who have never used the internet before on a computer, tablet or smartphone.

#### INTERNATIONAL WOMEN'S GROUP

This provides a space for non-Irish women living in Carlow, who are experiencing isolation to come together. It is activity based and assists women to improve their English, develop friendships and skills while further integrating into the local community.



*'Taking part in this course has changed my life. I have made new friends, learned new skills and have the confidence to try other courses now'*  
**Evening Class Learner**

### OUTCOMES/SUCSESSES/ACHIEVEMENTS:

- In 2018 over 965 participants engaged in a variety of part-time courses
- Digital Skills Internet and Email Courses - 71 courses of 10 hours each were organised and 628 participants took part in them
- Training was also organised externally with the following groups: Andrew Meadows Residents Association, Athy Library, Athy Young at Hearts, Barrow Valley Painters, Bennekerry ARA, Borris Library, Camphill Thomastown, Castledermot ICA, Crettyard CE Scheme, Garryhill, Hacketstown Core, Irish Wheelchair Association Carlow, Kildare Town Library, Kingsriver Community, Leighlinbridge ARA, Myshall Community Development Group, Muiriosa Stradbally, Teach Sonas Tullow, Turas Nua Carlow, Turas Nua Naas, Turas Nua Portlaoise
- Successfully applied for an extension to our Digital Skills for Citizens Grant to train a further 500 people in 2019
- Over 40 different women participated in the International Women's Group activities throughout the year

### CONTACT:

Name: Andrea Dalton  
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### FUNDERS:



**etb**  
Bord Oideachais agus Oiliúna  
Chill Chainnigh agus Cheatharligh  
Kilkenny and Carlow  
Education and Training Board



Roinn Cumarsáide, Gníomhaíthe  
ar son na hAeráide & Comhshaoil  
Department of Communications,  
Climate Action & Environment

CARLOW  
COUNTY COUNCIL

CIONNAIRIE CRIONTAR CHEATHARLACHA



# Traveller Programmes

## Community Development and Family Support

- New part time Community Development worker post filled in May 2018 - 49 Traveller women engaged in groups focusing on Health & Fitness, Crafts, Wellbeing and Driver Theory Training
- Family Support role ongoing and expanding with 334 contacts in 2018 including support with housing, education, welfare and health
- RISE support group delivered to 5 families affected by addiction
- Participation at Local and regional meetings including Traveller Interagency Group and LTACC
- Carlow Traveller Forum met 10 times in 2018. 28 individuals attended with an average attendance of 10 per meeting
- 6 Forum members availed of Committee Skills Training
- Programme supported by HSE Traveller Mental Health Liaison and Public Health Nurses
- Attended National Celebration to recognise Traveller Ethnicity Day
- Annual celebration of Traveller Pride in June 2018 was attended by over 100 members of the Traveller and settled communities

## Community Traveller Health: 4 Primary Health Care Workers

- Continues to improve health outcomes for Traveller families in Carlow by increasing awareness and uptake of health services
- Supported 80 adults and 79 children in 2018 in the families the CTHW's worked with
- 505 client engagements provided support with health-related queries
- 7 women attended the "Lackeen" group with health inputs
- 24 Traveller women attended 3 open days focused on mental health, cardiovascular and sun smart/cancer screening
- Traveller Culture Awareness training delivered to 59 workers in local agencies and services including Gardaí and HSE staff
- Supported 32 individual submissions to the HSE "Your Voice Matters" research on Travellers experiences accessing services

## Traveller Men's Health Worker

- The service covers counties Carlow & Kilkenny and works to support improvements in Traveller men's health in all areas of health including cardiovascular, mental health and diabetes awareness.
- Total number of contacts with Traveller men 1057 including outreach and drop in's
- On-going group activities with health checks and inputs in 2018 and the numbers of men who attended were:
  - Football – 25 Carlow, 15 Kilkenny
  - Driver theory – 4 CW, 3 KK
  - Healthy cooking – 13 KK
  - Horseshoes – 6 CW, 12 KK
  - Swimming – 12 KK
  - Handball – 9 CW, 16 KK
- A Health Check Open day in Kilkenny was attended by 18 men
- The Carlow Traveller Men's Shed was shortlisted for the National Topline Men's Shed award

## SUPPORTING TRAVELLER PRIDE – INCLUSION - RESPECT



### FUNDERS:

**TÚSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



**National  
Social  
Inclusion  
Office**

### CONTACT:

Name: Valerie Byrne  
Job Title: Traveller Programme Manager  
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# Meals on Wheels Service

## Our Service

- St Catherine's Meals-On-Wheels service provides hot nutritious meals to older people who are unable to cook for themselves allowing them to live independently in their own homes
- The daily visit from the volunteer delivering the meal also provides social contact for recipients helping to alleviate isolation while also monitoring their well-being.
- The service continues to service Carlow Town and two outreach services – the Alzheimer Unit in Bethany House and Leighlinbridge MOW's service
- The cost of the main meal and dessert is €5.50
- The service works closely with Public Health Nurses and GP's to ensure all meals meet client's dietary requirements



## CONTACT:

Name: Edel Keogh  
Job Title: Senior Community development  
Worker for Older Peoples Services  
Contact email: [mow@catherines.ie](mailto:mow@catherines.ie)

**St Catherine's  
Meals on Wheels Service  
deliver meals 51 weeks per  
annum with a special delivery  
on Christmas Day**

## Outcomes and Achievements

- In 2018 Meals on Wheels cooked and delivered 17,948 meals
- The service caters for an average of over 70 older people daily
- 6 kitchen staff and volunteers completed Manual Handling training
- 9 volunteer cooks completed Safe Food Ireland training
- At the end of 2018 we had 48 volunteers on the service
- The Service continues to work with The Carlow Volunteer Centre to recruit Drivers and Cooks on the service. 10 joined in 2018
- The service operates a Birthday book. For Bealtaine Delta Centre participants make birthday cards for our recipients
- 3 Community Garda Student volunteers joined the service
- Over 40 volunteers attended St. Catherine's Volunteer Christmas Party
- Carlow Volunteer Centre Thank you event attended
- The service drop-in recorded 271 contacts in 2018
- St Catherine's Safeguarding Vulnerable Adult Policy was updated in consultation with the HSE Safe Guarding Team
- Standard Of Excellence Document reviewed

**FUNDER:**



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# Senior Alert Service (SAS)

## What is the Senior Alert Service

- SAS is an alarm in the home that is monitored 24 hours a day ensuring older people in need can summon help instantly in emergency situations
- The alarm is worn as a wristband or pendant
- People over 65 with a landline or mobile can apply for the alarm
- St Catherine's coordinates the provision of the service in Carlow town, Tullow, Leighlinbridge and surrounding areas
- The service can be accessed directly by people over 65 or their families and referrals are also made through Public Health Nurses, the Gardai and local Community Alert representatives

**SUPPORTING older people to live at home safely and securely with peace of mind knowing that help is only a press of a button away if they should need it!!**

## WHAT SERVICE USERS SAY:

"The first year free maintenance really helped my financial situation"

"I can be at home and my family don't worry about me"

"It has given me back my independence"

"I fell and my son came to help me when I pressed the button"

"The Senior Alert Service saved my mother's life"

## 2018 OUTCOMES AND ACHIEVEMENTS

- 198 applications were made for alarms
- 310 enquiries were made to the service to include over 200 drop-ins
- The Senior Alert Service completed a successful Pobal audit in 2018
- SAS was promoted in the local press, on St. Catherine's social media, through the Public Health nurses and in a presentations to a local community group
- SAS provided peace of mind and security for older people and their families allowing them to live independently in their own homes!



## CONTACT:

Name: Edel Keogh  
Job Title: Senior Community Development Worker for Older Persons Services  
Contact email: [mow@catherines.ie](mailto:mow@catherines.ie)

## FUNDERS:



**An Roinn Forbartha  
Tuaithe agus Pobail**  
Department of Rural and  
Community Development

# Making Connections

## MAKING CONNECTIONS CARLOW

Making Connections is a KCETB funded Local Training Initiative (LTI) offering educational supports to individuals who have become distanced from mainstream education and training programmes. Participants are referred from agencies and support services that work with clients who are in recovery from addiction, substance misuse, transitioning from homelessness and linked with the Probation Services.

Making Connections supports recovery through education, raising competency levels and offering tailored flexible training. The unique element of the training is the **'one to one'** delivery of the programme. Learners have the opportunity to complete QQI Level 3 nationally recognised qualifications.

***"At Making Connections you are never rushed, you work at your own pace, that's what makes the difference"***  
.....Learner

### CONTACT:

**Name:** Maureen Egerton

**Job Title:** Making Connections Coordinator

**Email:** [maureene@catherines.ie](mailto:maureene@catherines.ie)



## National AONTAS STAR Award Winners

The highlight of 2018 for Making Connections was winning the National AONTAS STAR award for Learner Participation. The programme was shortlisted from over 60 nominations. The AONTAS star award recognises excellence and outstanding contributions of individual learners and groups participating in community education.

## National Award Winner 'AONTAS STAR Award 2018

- 16 Learners completed QQI accredited modules
- 20 QQI modules accredited
- 2 Major Awards Achieved
- 2 Employment Progressions
- MC Learner Award celebration, learner presentations, testimonials and poetry readings, guest speakers

### FUNDER:



**etb**

Bord Oideachais agus Oiliúna  
Chill Chainnigh agus Cheatharlairigh  
Kilkenny and Carlow  
Education and Training Board

# THE CARLOW CATALYST PROGRAMME FOR WOMEN

## OVERVIEW OF PROGRAMME:

**The Carlow Catalyst Programme For Women** is a needs based countywide project aimed at increasing women's personal potential and ability to access and engage in employment, education and training. The Carlow Catalyst programme is specifically aimed at women **not in paid employment**, who are **not registered as unemployed** and who are interested in entering or re-entering the labour market. All programme actions are delivered through a partnership approach with representation from local community and statutory agencies.

Interested women can choose from a range of supports including:

- Ongoing advice, and support about future training, education or employment options
- Information on and links to relevant support agencies or services
- Non-accredited hobby and confidence building courses
  - Basic computer skills training
- Job seeking and career preparation skills
- QQI accredited and work-related training and qualifications
- Meaningful work placements



## CONTACT:

Name: Orlaith McHugh  
Job Title: Project Coordinator  
Email: [orlaithm@catherines.ie](mailto:orlaithm@catherines.ie)

*"I know I would not be working part time today if I had not completed this programme so I am indebted to all of you, most importantly my self - esteem and confidence has increased greatly, so a huge thank you."*

**Bagenalstown participant 2018 PFW Programme**

## OUTCOMES/SUCSESSES/ACHIEVEMENTS:

In 2018:

- 111 women enrolled with the Catalyst programme and engaged with the services and supports on offer
- 6 hobby courses were delivered throughout the County in areas including Hacketstown, Tullow, Bagenalstown, Ballon and Carlow town
- 3 Preparation For Work Courses were delivered in Carlow town, Bagenalstown and Tullow
- 3 ICT courses were delivered
- A wide variety of training/education and work related information sessions were provided to the different women's groups including
- Adult guidance support was provided through KCETB
- 24 QQI Level III component certificates awarded
- 24 Manual Handling certificates awarded
- 11 participants have progressed to employment
- 15 participants have progressed to

**FUNDERS:** THIS PROJECT IS PART SUPPORTED BY THE IRISH GOVERNMENT AND THE EUROPEAN SOCIAL FUND (ESF) AS PART OF THE ESF PROGRAMME FOR EMPLOYMENT, INCLUSION AND LEARNING, (PEIL) 2014 – 2020.



Ireland's European Structural and Investment Funds Programmes 2014-2020  
Co-funded by the Irish Government and the European Union



EUROPEAN UNION  
Investing in your future  
European Social Fund

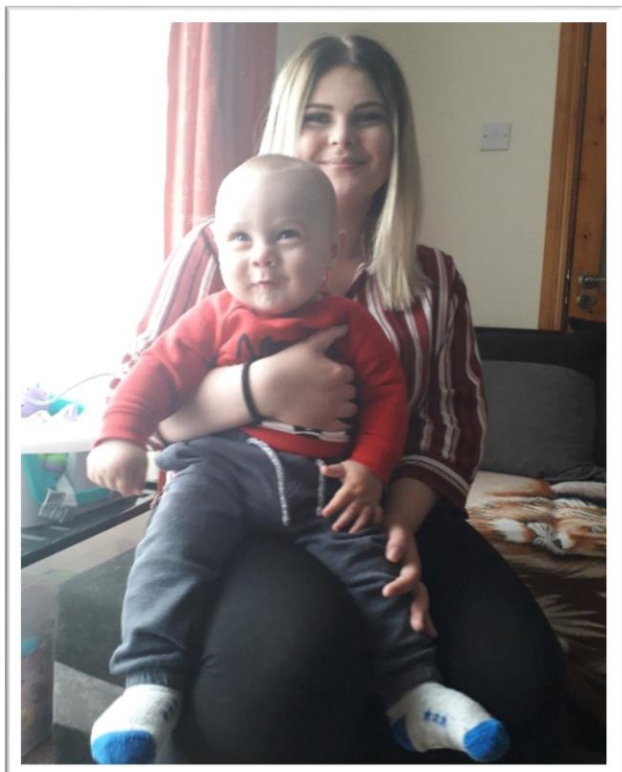


An Roinn Dlí agus Cirt  
agus Comhionannais  
Department of Justice  
and Equality

# Teen Parent Support Programme

## OVERVIEW OF PROGRAMME:

- The TPSP service covers counties Carlow, Kilkenny and South Tipperary
- The philosophy of TPSP is to offer a non-judgemental, non-stigmatising, holistic service to teen parents. We endeavour to be client led, flexible and creative in meeting individual needs.
- This is a targeted support service which focuses on specific areas of a teen parent's life in order to improve their overall outcomes in relation to parenting thus empowering them in their parenting role.
- Provide early interventions which are needs led and outcome focused, to enhance and support the wellbeing of all teen parents and their children.
- Support teen parents to remain in or return to education.
- Encourage existing services to work collaboratively in CW/KK/TS to respond to the needs of teen parents.



“Unreal”

(New community teen Dad after attending TPSP Antenatal Class)

## OUTCOMES/SUCSESSES/ACHIEVEMENTS:

- 56 teen parents engaged with the TPSP in 2018
- 5 teen parents were supported to remain in secondary level education
- 23 teen parents took up the service out of the 29 new referrals received in 2018. 6 were in Carlow, 11 in Kilkenny and 6 in Tipperary
- There were 4 Dads and 19 Mams
- Source of referrals: 14 Midwife; 5 Social Worker; 2 Self; 1 Mental Health Counsellor; 1 Carlow Youth Training
- Worked with 3 families as support in Barnardo's TLC KIDZ programme
- TPSP Antenatal Classes: 4 teen Mams; 2 teen Dads & 1 Grandmother.
- Outreach Antenatal: 1 teen Mam & Dad
- 35 post primary schools visited bi-annually in Carlow/Kilkenny/Tipperary.
- 6 teen Mams went on to St. Catherine's Moving On Programme.
- Child Protection Work: 4 Mams & 1 Dad: 3 teen Mams subject to pre-birth assessment and 1 unborn notification.

## Contact:

Name: Bernie Loughman

Job Title: TPSP Co-ordinator CW/KK/TS

Contact email: [berniel@catherines.ie](mailto:berniel@catherines.ie)

## FUNDERS:

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



# Syrian Resettlement Project

## OVERVIEW OF PROGRAMME:

Carlow County has committed to resettling 22 Syrian Refugee families. 18 of the families have been resettled in Co. Carlow in 2018. The Programme is overseen by an interagency group led by Carlow County Council. St. Catherine's, working in partnership with Carlow Volunteer Centre and Carlow Regional Youth Services was awarded the tender to deliver the programme.

The Resettlement team, made up of a Resettlement Worker and an Intercultural Worker, work in partnership with other agencies and services to support families to access local statutory and community services and supports to assist the families settle into their new homes..

A key part of the programme is supporting adults and young people to engage in local activities that will promote integration into their local

"Carlow is very good, we are very happy here. The people are very friendly"  
.....Zeinab & Mohammed.

## OUTCOMES & ACHIEVEMENTS:

- 18 families resettled into their new homes in Co. Carlow and all are linked into essential services
- 18 families are linked in with local befrienders through the Volunteer Centre
- 8 young people accessed activities and supports through Carlow Regional Youth Services.
- 16 participants attended resilience and well-being groups and the feedback was very positive
- 9 children are attending primary schools and 7 are in secondary schools. Feedback from schools about the children is very positive
- 56 people including the families, volunteers and staff from local agencies attended an intercultural event in An Gairdin Beo
- 2 adults attended specialist counselling with Spirasi Counselling
- One adult has enrolled for a Masters Programme in IT Carlow
- All adults have been assessed and offered English language classes through KCETB
- Drop in's and supports are in place in Bagenalstown FRC, Forward Steps FRC in Tullow and St. Catherine's in Carlow



## Contact:

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## FUNDERS:



An Roinn Dlí agus Cirt  
agus Comhionannais  
Department of Justice  
and Equality



EUROPEAN UNION  
Asylum, Migration  
and Integration Fund

# The Moving On Programme

## OVERVIEW OF PROGRAMME:

The Moving On Programme aims to enhance the lifelong prospects of young mothers in County Carlow by enabling them to achieve inclusion in education, training, enterprise opportunities, the local labour market and their own communities. The main aims of the programme include:

- Enhancing the personal and social development of the participant
- The extension of the participants education and learning to enhance their life prospects
- Supporting the participants' parenting role and providing family support
- Engaging in advocacy and work to promote social change
- Raising aspirations
- Enabling young mothers to develop career pathways and progress to further education, training and employment

“During the Moving On Programme I met wonderful people and spent a great time. It is definitely an open place for students and the staff are supportive and helpful. The programme helped me to believe in myself and gave me opportunities for further education. I have now finished Holistic Health level 5 and still want to continue my education.”

## OUTCOMES/SUCCESES/ACHIEVEMENTS:

- 18 learners started the 2017/18 programme, with 14 gaining minor awards at QQI level 4 and 5.
- 10 learners completed the programme with all 10 gaining the overall QQI level 4 Major Award in Employment Skills
- In total there were 103 minor awards (90 at QQI level 4 and 13 at QQI level 5) and 10 major awards at QQI level 4
- 6 learners progressed into mainstream further education at QQI Level 5
- 1 learner secured employment after completing the programme
- The SOUL record supported improvements with all participants in their self-esteem, confidence and social skills

## HIGHLIGHTS:

Claus Creations mini company was a successful enterprise for the learners who sold all their product and were unable to keep up with the demand for their Christmas decorations



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## FUNDERS:



**etb**  
Bord Oideachais agus Oiliúna  
Chill Chainnigh agus Cheatharligh  
Kilkenny and Carlow  
Education and Training Board



An Roinn  
Gnóthaí Fostaíochta agus Coimirce Sóisialaí  
Department of  
Employment Affairs and Social Protection

**TÚSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



**Carlow County  
Development Partnership**  
Cumhachtaíocht Fhorbartha Theoranta Chontae Cheatharligh

# Healthy Streets Programme

## OVERVIEW OF PROGRAMME:

- Healthy Streets was piloted with 30 families in Bagenalstown Family Resource Centre, Forward Steps in Tullow and St. Catherine's
- It was delivered twice weekly over 10 weeks between January and March 2018. 11 families participated
- HS worked closely with parents and children and covered healthy cooking, nutrition and food and fun family friendly exercise. The main aim was to "move more and eat better".
- The weekly cookery and nutrition sessions were based on the HSE Cook It programme
- Each family received a €30 food voucher weekly to buy the healthy ingredients to cook the meal at home
- Each family also received pedometers and swimming vouchers



*"I know a lot more now about different exercises that we can do together as a family, and, I suppose I know now that it's not hard to make exercise fun for the whole family, you know?"*

## OUTCOMES/SUCSESSES/ACHIEVEMENTS:

### Findings from the Trinity College Evaluation:

- The proportion of families cooking meals everyday increased from 63% to 74% between Week 1 and 10. Mothers reported that the quality of their meals improved and with it their confidence,
- The proportion of families exercising together improved. 33% of the group were inactive in week 1 versus, and by 6.7% by week 10
- Many mothers reported making friends which emphasises the value of a group approach
- All mothers reported using the vouchers for healthy foods they would not ordinarily have the funds to buy
- Programme Facilitators reported close to 100% attendance in all classes

The Study stated HS "...can be considered a safe and non-threatening entry point for families to engage with a broader range of support services offered by the Centres in which the programme took place."

*"Even, the kids at home are asking, 'Mammy what are you making today?' The week before last, we made the stir-fry. I had never made a stir-fry before and the kids all LOVED it, so they did. And I've made it since then, and it was lovely."*

FUNDERS:



# Other Services

## Counselling Service

- St. Catherine's internal counselling service responds to the emotional needs of programme participants and service users
- Clients are referred by Programme Co-ordinators and Managers
- The service is delivered in conjunction with PCI College, Dublin and is managed by their Practice Supervisor
- In 2018 ten people accessed approximately 65 hours of support

## St. Catherine's Community Savings Club

- The CSC allows people save for upcoming items and events including Christmas, First Communion and back to school costs
- The aim is to encourage people to get into the habit of saving rather than borrowing, particularly from moneylenders and others offering high interest loans.
- Based in St. Catherine's, the Club opens every Friday from 12.30pm to 1.30pm and savers can lodge any amount up to €50 per week
- In 2018 113 savers were registered and savings for the year totalled just over €46,000

Save towards the cost of

Christmas 2019



First Communion

Family Events  
Etc Etc

at

**ST CATHERINES COMMUNITY SAVINGS CLUB**

ST JOSEPHS ROAD  
CARLOW

**Available to Adults and children for individual savings of any amount  
up to €50 max per week**

Open Friday 12.30 - 1.30pm



**FREE AND CONFIDENTIAL**

## Access and Family Support Programme with Tusla Social Work

St. Catherine's entered into an agreement with Tusla to second two staff members to provide an Access and Family Support service to the Social Work Department in 2016

The programme provided 40 hours of support weekly to Social Work in 2018



The work includes:

- Facilitating and supporting supervised access visits between parents and children in care
- Providing family support to empower parents and enhance parental ability
- Linking families into support networks and community services

## General Family Support



Family and individual support is widely provided to participants and service users accessing most St. Catherine's services and programmes. Support was provided for a wide range of issues including accommodation, domestic violence, child protection and welfare, access, education and rights and entitlements.

Intensive support is also provided to families with children in care. This support coupled with the increased confidence and self-esteem that parents derive from participating in community education improves parental capacity by building on the strengths of parents. This can prevent children going into care as well as helping children return from care to their families.

## Tusla Meitheal Support for Families

- Meitheal is a TUSLA led national practice model to assist families to get the help and support that they need when facing challenges that are difficult to overcome
- A Lead Practitioner works with the family to identify their needs & strengths and to put a plan in place that requires one or more services
- St. Catherine's service is provided by our TPSP staff team



### 2018 Outcomes

- TPSP engaged in Meitheals with 13 children and young people and their families in 2018
- Referrals came from the Tusla Child and Family Support Network Co-ordinator, Tusla Social Work, HSE Mental Health services, Carlow Youth Training and self-referrals
- Challenges faced by families included behavioural and family relationship issues, educational challenges, mental health issues, addiction and parenting
- The families who engaged in Meitheals reported that they welcomed and valued the support

# Inter-Agency Collaborative Work

St Catherine's were represented on or worked with the following interagency structures in 2018:

- HSE Traveller Health Unit and sub groups and the Regional Traveller Health Network
- Carlow/Kilkenny Traveller's Health Committee
- Carlow Traveller Interagency Group (TIG) and Kilkenny TIG and sub groups including the Local Traveller Accommodation Consultative Committee
- Carlow Integration Forum
- Tusla Child and Family Partnership, Prevention and Family Support structures including the Carlow and Kilkenny Child and Family Support Networks (CFSN's)
- Teen Parent Support Programme National Inter-Project Committees
- County Carlow Public Participation Network (PPN) and Local Community and Development Committee (LCDC)
- Aontas Community Education Meetings
- Carlow Older Persons Forum
- Carlow Kilkenny Joint Older Persons Service Providers Forum
- Carlow Age Friendly County Committee
- Community Education Network
- County Carlow Children and Young Person's Services Committee and Sub-Groups
- Irish Traveller Movement Committees and Pavee Point
- Comhairle na nOg
- Traveller Mental Health Advisory Group
- St. Luke's Traveller Working Group and the St. Luke's Patient Partnership Forum
- Traveller Culture Awareness Training and the Traveller Mental Health Liaison Nurse Evaluation Steering Committees
- Carlow Resettlement Interagency Steering Committee
- Carlow Social Inclusion Forum Carlow Suicide prevention Planning Group and the Consultation Working Group,

# Additional Services based in St Catherine's

- **South Leinster Citizens Information Service – Carlow Area**

Citizens Information is a voluntary organisation serving the people of Carlow since May 1983. Their mission is to increase people's awareness of their rights and entitlements and to empower them by providing a free, confidential, independent, impartial, accurate, integrated and comprehensive information and advocacy service.

- **Accord**

Accord is a voluntary organisation that aims to promote a deeper understanding of Christian marriage. They offer people the means to safeguard and nourish their marriage and family relationships through the provision of pre marriage courses and counselling services.

- **Legal Aid**

Legal Aid provides legal services in relation to civil law matters to eligible persons. These legal services include legal advice and legal aid. Legal aid means representation by a solicitor or barrister in civil proceedings in the District, Circuit, High and Supreme Courts.

- **Alcoholics Anonymous**

AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

- **Al Anon**

Al Anon Is a support organisation for families, relatives and friends whose lives have been affected by someone else's drinking,

- **Grow**

Grow is a Mental Health Organisation, which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all form of breakdown, or indeed, to prevent such happening.

- **Overeaters Anonymous**

Overeaters Anonymous offers a program of recovery from compulsive eating. Worldwide meetings provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

- **National Advocacy Service for People with Disabilities**

The National Advocacy Service (NAS) was set up to provide independent, representative advocacy services for people with disabilities.

# Our Funders

