

St. Catherine's Community Services Centre



Annual Report 2019

Foreword from the Chair

St Catherine's remains firmly committed to the highest standards of governance and transparency. Work started in 2019 on meeting the standards specified in the Charity Regulator's Charity Governance Code and we will be fully compliant with the Code by the end of 2020, as required by the Regulator.

Over the coming years our aim is to continue to deliver services responsive to the evolving needs of local families, individuals, groups and communities that are socially excluded. The current pandemic poses many challenges for everyone at this time but St. Catherine's is fortunate to have a very dedicated and experienced team of staff and volunteers, ably led by our Director of Services, to respond to these challenges and drive our organisation forward.

Our volunteers continue to play a huge role in St. Catherine's. At a time like this they, along with our staff, deserve special recognition for their work in keeping our essential community services going in the face of the threat from Covid19. Without them services such as our Meals on Wheels could not have risen to the challenge of expanding our service to meet the rising demand for meals at the height of the crisis.

Our volunteers give their time and experience as Board members, in meals and wheels, after schools, counselling, reception and administration and parenting support. Working together with our staff, they are essential in ensuring we continue to provide the community services that people in Carlow need.

Adrian Dunlevy – August 2020

Note from the Director of Services

As we currently adapt to Covid 19 and the challenges it has thrown up for us as individuals, families and communities, 2019 now seems like a distant past fondly remembered but it was another busy year. Some of the key developments in 2019 included:

- The Carlow Syrian Resettlement programme finished in December. All 22 families are now settled and getting on well in Carlow, Tullow and Bagenalstown
- We recruited a Traveller Women's Awareness Worker as part of a pilot project supported by Pavee Point and Tusla
- We worked with 11 families in partnership with Carlow Library to encourage family reading and the use of the Library by all the family
- We invested in energy efficiency works to reduce our energy usage under the SEAI's Better Energy Communities programme

As always we would like to acknowledge and sincerely thank the following for their support:

- 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.
- All the services based in St. Catherine's and the other services that use our Centre

Niall Morris - August 2020

2019 in Figures

227

Socially Monitored
Alarms and
Pendants were
Installed

18,092

Meals on Wheels Cooked and
Delivered

22 Syrian families
supported in Carlow
Resettlement

44 women attended
our International
Women's Group

47

Local agency staff
attended our
Traveller Culture
Awareness
Training

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

11 earned QQI Level 4
Major Awards

1500+

Health related
engagements with the
Travelling Community

103

QQI Awards
delivered in
Community
Education

90 Traveller Men
engaged in health related
group activities in Carlow &
Kilkenny

25 QQI Level 3
module awards earned by
16 Making Connections
learners including 1
Major Award

543 Learners
attended **65** Digital
Skills courses

12 LFEL and PFW
learners went on to further
education and training

5 secured employment

79 Women engaged
in Catalyst Programme
activities

70+

Volunteers engaged
in St. Catherine's

166

Children attended our 2
childcare services weekly

51 Teens supported in
the Teen Parent Support
Programme

5 supported to stay in
school

4 went into training

€50k

Saved by 94 savers
in our new
Community
Savings Club

New in 2019

- Traveller Women's Awareness Worker recruited
- Story in a Box in partnership with the County Library
- Childcare engaged with Better Start Quality Assurance programme
- Solar panels, LED lights & insulation installed – SEAI grant aided

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 2019. 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 Directors for their time and commitment to St. Catherine's in particular Fr. Tom Little who resigned from the Board in March. Fr. Tom was replaced by Monsignor Brendan Byrne. Our Directors at the end of 2019 were:

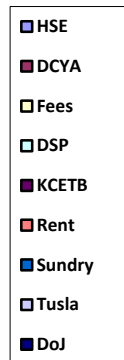
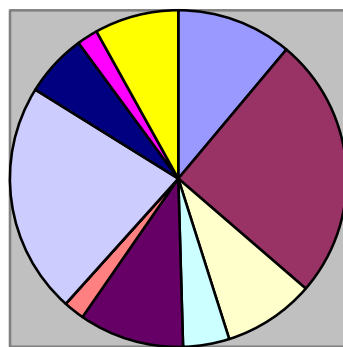
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|-----------------------------|-------------------------------|
| - Adrian Dunlevy (Chair) | - Frank Comerford (Secretary) |
| - Brian Buckley (Treasurer) | - Marian Duffy |
| - Maura Dowling | - Msgr. Brendan Byrne |
| - Sean Scanlon | - Eamonn Ellis |

A staff member, Andrea Dalton, also attends Board meetings. St. Catherine's Board met 10 times in 2019. The Audit sub-committee met 3 times. The members are the Chair, Secretary, Treasurer and the Director of Services.

Financial Overview

| 2019 Summary Profit and Loss Account | | |
|---|------------------|------------------|
| | 2019 | 2018 |
| Programme Funding | 1,704,414 | 1,689,833 |
| Income from Services | 167,957 | 157,727 |
| Rental Income | 43,927 | 45,377 |
| Sundry Income | 9,455 | 6,082 |
| Turnover | 1,925,753 | 1,899,019 |
| Less Programme & Administration Expenses | 1,914,093 | -1,819,600 |
| Plus Other Operating Income | | |
| Government Grants Received & Released | 5,993 | 6,624 |
| Operating Surplus/Deficit | 17,653 | 86,043 |
| Plus Bank Interest Received | 106 | 404 |
| Interest payable | 0 | 0 |
| Surplus | 17,759 | 86,447 |

St. Catherine's Sources of Funding 2019

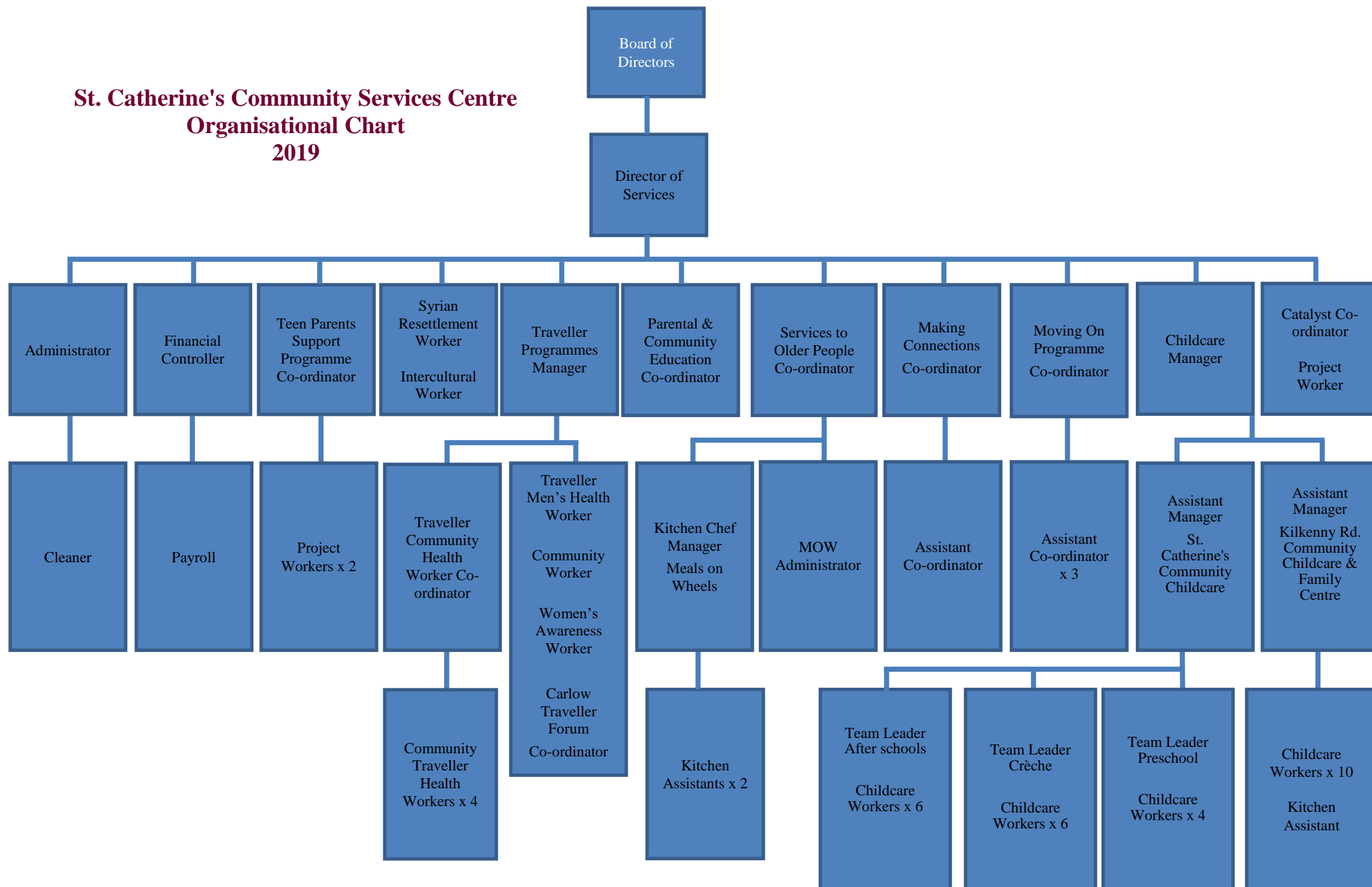


Dept. of Children and Youth Affairs = 28%
 Tusla = 22%
 Health Service Executive = 11%
 Service Fees = 8.5%
 KCETB = 10%
 Dept. of Social Protection = 4.5%
 Rental income = 2%
 Dept. Communications, Climate Action & Environment = 2%
 Carlow County Council = 8%
 Department of Justice & Equality = 6%

Sundry Income at €9k was 0.005% of total income and includes funding from Pavee Point/Tusla, Carlow County Development Partnership, 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
2019**



St. Catherine's Childcare Services

OVERVIEW OF OUR SERVICES:

- We operate community childcare services with full and part-time places in St. Catherine's from 9.15 – 5.30 and Kilkenny Road from 8.30 - 5.30
- 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, 22 places are available for wobblers and toddlers and 29 places for pre-school and ECCE children. In the afternoon we have 34 afterschool places available daily
- At Kilkenny Road Childcare Service, 22 places are available for wobblers and toddlers plus 33 places for ECCE/preschool in the morning and 16 in the afternoon.

"I would recommend this creche to anyone looking for a creche. They are very good with the kids, it's great"..Parent

OUTCOMES/SUCSESSES/ACHIEVEMENTS:

- 166 children from 154 families attended our 2 services
- 22 parents were enabled to engage in training and education in St. Catherine's and other training/education centres
- A Graduation ceremony was held in June for 50 children and their parents, guardians and families with 26 children transitioning to Primary School.
- 2 staff members completed FAR (First Aid Response) Training and 5 completed Paediatrics First Aid Training
- Our Manager and Assistant Manager completed Child Protection DLP Training
- Both services engaged with the Better Start quality assurance programme
- Practical advice and support were provided to parents
- 39 after schoolers were supported with their homework



CONTACT:

Name: Pauline Byrne

Job Title: Childcare Manager

Email: paulineb@catherines.ie
childcare@catherines.ie

EVENTS & ACTIVITIES

- Our services hosted an ice cream party and raised €166.93 for Down Syndrome Ireland.
- The children, staff and parents/guardians in Kilkenny Road raised €72.43 for Barnardo's by undertaking a Big Toddle Walk
- The Children's Christmas Parties were held in the Seven Oaks and the Kilkenny Road Service and was attended by the children, staff, parents/guardians and Santa.
- We had an end of year fun Day in June for all the crèche and preschool children

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

Community and Parental Education

Back to Education Initiative Community Strand

OVERVIEW OF PROGRAMMES:

• LEARNING FOR EVERYDAY LIFE

A 28 week community education course that actively addresses the intergenerational cycle of educational disadvantage and poverty by offering to participants a positive basic holistic community education opportunity that is accredited and linked to progression. It ran from September 2018 until March 2019, Monday to Friday 9.45 am until 1 pm.

• PREPARATION FOR WORK

A part-time 10 week course that ran from April to June 2019, 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.

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

'Thank you for the opportunity to start learning again. I now have the confidence to continue with my education. I know now I can learn and can't wait to do my next course'

..LEFL and PFW Participant

OUTCOMES/SUCSESSES/ACHIEVEMENTS:

LFEL/PFW 18 Progression Stats following completion of PFW

| | |
|---|----|
| • Number Starting | 18 |
| • Number Completing | 13 |
| • No. achieving QQI Accreditation | 10 |
| • Number Achieving Major Award | 7 |
| • Number completing a Food Safety Qualification | 11 |
| • Number that progressed onto PFW | 13 |
| • Number completing a 4 week work placement | 13 |
| • Numbers to progress onto further education/TUS/CE | 12 |
| • Number that took up employment | 5 |
| • Numbers completing Manual Handling Course | 8 |

Family support was provided to over 17 families and 40 children as parents were enrolled on these courses



CONTACT:

Name: Andrea Dalton
 Job Title: Co-ordinator of Community and Parental Education
 Contact email: 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
Gnóthai 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. Classes can be delivered 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.



CONTACT:

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

'Doing the Digital Skills course has opened up a whole new world for me. I can now facetime my grandchildren in Australia'
Digital Skills Learner

OUTCOMES/SUCSESSES/ACHIEVEMENTS:

- In 2019 over 721 learners participated in a variety of part-time courses.
- Digital Skills Internet and Email Courses - 65 courses of 10 hours each were organised and 543 participants engaged in them.
- Training was also organised externally with the following groups: Kildare Town Library, The Core Hacketstown, Athy Library, Ballon Business and Training Centre, Athy Community FRC, HSE Athy Library, Beam Services Bagenalstown, Carlow IWA, Clonmullion Retirement Village, Curragh FRC, IWA Athy, Teach Sonas, The Swan Community Centre, Turas Nua - Carlow, Kilkenny, Naas, Nenagh, Roscrea, Thurles and the Delta Centre.
- Successfully applied for an extension to our Digital Skills for Citizens Grant to train an extra 500 people in basic internet and email skills in County Carlow in 2020
- Over 44 different women participated in International Women's Group activities throughout the year.

FUNDERS:



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



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

CARLOW
COUNTY COUNCIL

CIONNAIRLE GRONTAR CHEATHARLACHA



Traveller Programmes

Community Development and Family Support

- Our new part time Traveller Women's Awareness Worker supported 34 women engage in DV focus groups
- 64 Traveller women engaged in groups focusing on Health & Fitness, Crafts, Wellbeing and Driver Theory Training
- Family Support role ongoing and expanding with 566 contacts in 2019 including Meitheals
- Participation at Local and regional meetings including Traveller Interagency Group and LTACC
- Carlow Traveller Forum met 11 times. 65 individuals attended in Carlow and Tullow
- Supported by HSE Traveller Health Unit staff and Traveller Mental Health
- Annual celebration of Traveller Pride in June was attended by 150+ people
- 40 attended Traveller Ethnicity day events
- Supported Women's Aid's 16 Days of Action campaign
- 10 people attended MABS training
- 10 women took part in National Suicide Awareness Day to promote Travellers Together Preventing Suicide
- Team presented at PPN National Conf.
- 15 women attended a Tusla focus group on engagement

Primary Health: Co-ordinator & 4 Primary Health Care Workers

- Continues to improve health outcomes for Traveller families in Carlow by increasing awareness and uptake of health services
- Supported 56 adults and 57 children in 2019 in the families the CTHW's worked with
- 451 client engagements provided support with health-related queries
- 5 women attended the "Lackeens" group with a focus on physical and mental health
- 28 Traveller women attended 3 open days focused on HPV information, mental health, and cardiovascular health
- 47 people attended Traveller Culture Awareness training s including Gardai, HSE staff and foster parents
- 10 took part in the Women's Mini Marathon raising funds for the Irish Cancer Society
- 20 people participated in the Pieta House 2019 Darkness Into Light event
- Supported Traveller Women's group in Forward Steps FRC, Tullow
- Supported referrals to Traveller Mental Health Nurse

SUPPORTING TRAVELLER PRIDE – INCLUSION - RESPECT



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 989 including outreach and drop in's
- The number of men who attended group activities with health checks and inputs were:
 - Cardiovascular 92
 - Mental Health 87
 - Diabetes 40
 - Physical activity 79
 - Information on cancer awareness 14Included driver theory, healthy cooking, horseshoe throwing, swimming & handball
- Supported 3 men in Urlingford to set up a Men's Shed

FUNDERS:

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



**National
Social
Inclusion
Office**

CONTACT:

Name: Valerie Byrne
Job Title: Traveller Programme
Manager
Contact email: valerieb@catherines.ie

Meals On Wheels

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

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

Outcomes and Achievements

- In 2019 Meals on Wheels cooked and delivered 18,092 meals
- The service caters for an average of 80 older people daily
- 6 kitchen volunteers completed Safe Food Ireland training
- At the end of 2019 we had 44 volunteers on the service
- The Service continues to work with Carlow Volunteer Centre to recruit Drivers and Cooks on the service. 12 joined in 2019
- The service operates a Birthday book. For Bealtaine, Delta Centre participants made birthday, thank you, anniversary and get well cards for our recipients
- A Community Garda Student volunteer joined the service
- Over 35 volunteers attended St. Catherine's Volunteer Christmas Party
- The service drop-in recorded 300 contacts in 2019
- St. Catherine's is member of the HSE Service Providers Forum and Carlow Age Friendly County Committee
- The service was promoted to the Bennekerry Active Retirement and Community Alert groups



CONTACT:

Name: Edel Keogh
Job Title: Senior Community Development
Worker for Older Peoples Services
Contact email: mow@catherines.ie

Funders



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

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:

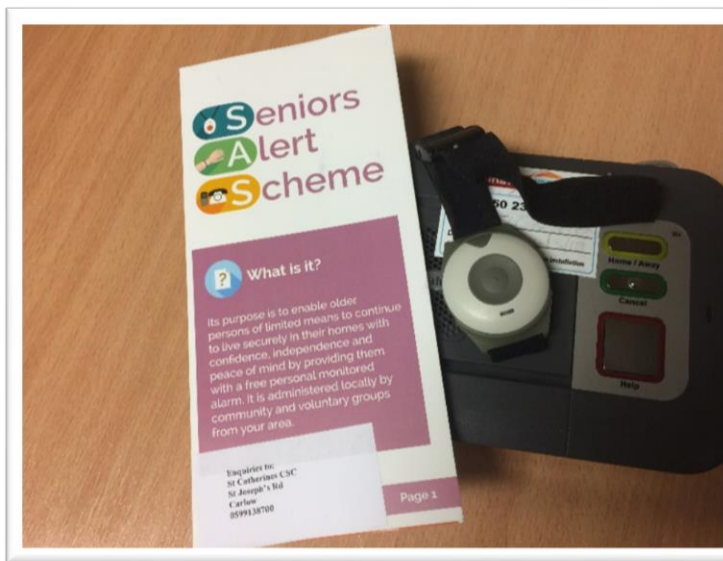
“The first year free maintenance really helped my financial situation”

“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”



CONTACT

Name: Edel Keogh
Job Title: Senior Community Development Worker for Older Persons Services
Contact email: edelk@catherines.ie

2019 OUTCOMES AND ACHIEVEMENTS

- 227 applications were made for alarms and pendants in 2019
- 315 enquiries were made to the service to include over 200 drop-ins
- The Senior Alert Service completed a successful Pobal audit in 2019
- SAS was promoted in the local press, on St. Catherine's social media, through the Public Health nurses and in presentations to local community groups
- SAS provided peace of mind and security for older people and their families allowing them to live independently in their own homes.

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



Outcomes, Achievements & Engagements

- **15** Learners completed QQI accredited modules
- **25** QQI modules accredited
- **1** Major Award Achieved
- **2** Employment Progressions
- **1** Learner progression to QQI Level 4
- **1** Learner progression to QQI Level 5
- In house Certification event for participants and family
- MS Word Project **8** Learners completed project

FUNDER:



etb

Bord Oideachais agus Oiliúna
Chill Chainnigh agus Cheatharligh
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



CONTACT: Sinead Fox/Orlaith McHugh

Job Title: Project Coordinator

Email: sineadf@catherines.ie,
orlaithm@catherines.ie

“I would thoroughly recommend this programme for any woman who finds herself a little lost in relation to her identity, which can sometimes get forgotten when you have been at home and looking after a family. It gives you renewed confidence, new skills and information.”...Carlow town participant 2019 PFW Programme.

OUTCOMES, SUCCESSES & ACHIEVEMENTS:

In 2019:

- **79** women enrolled with the Catalyst programme and engaged with the services and supports on offer
- **7** hobby courses were delivered in, Tullow, Borris and Carlow town
- **2** Preparation For Work Courses were delivered in Carlow town
- **2** ICT courses were delivered
- A wide variety of training/education and work related information sessions were provided to the different women's groups
- Adult guidance support was provided through KCETB's Adult Guidance service
- **52** QQI Level 3 component certificates awarded
- **35** Manual Handling certificates awarded
- **6** participants who finished in 2019 progressed to employment
- **18** participants who finished in 2019 progressed to further education or training

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 –



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.

"It was great to have somebody there to help me through the tough time of being a teen parent. Whenever I needed help or guidance it was just a text away. I would highly recommend TPSP."...Teen parent

OUTCOMES, SUCCESSES & ACHIEVEMENTS:

- 51 teen parents engaged with the Carlow/Kilkenny/Tipperary TPSP 2019.
- 5 teen parents were supported to remain in secondary level education.
- 13 teen parents took up the service out of 26 new referrals received
- 8 came from Carlow, 2 from Kilkenny and 3 from Tipperary
- There were 12 mothers and 1 father:
- Source of referrals: 7 Midwife; 1 Self; 1 School Completion Programme; 1 St. Leo's; 1 Youth Worker; 1 Kilkenny Employment; 1 Carlow Youth Training Centre Employment
- 4 teen mothers and three teen fathers attended TPSP Antenatal Classes:
- 35 post primary schools visited bi-annually in Carlow/Kilkenny/Tipperary.
- 4 teen mothers went on to St. Catherine's Moving On Programme.
- Child & Family Work: TPSP worked with 8 Meitheal referrals in 2019.
- TPSP worked with Tusla Social Work to support 4 families
- TPSP continued to support families engaged in Barnardo's TLC KIDZ programme



FUNDERS:

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



Contact:

Name: Bernie Loughman
Job Title: TPSP Co-ordinator CW/KK/TS
Contact email: berniel@catherines.ie

Syrian Resettlement Project

OVERVIEW OF PROGRAMME:

22 Syrian Refugee families have resettled in Carlow town, Bagenalstown and Tullow since 2018 under a Resettlement programme led by Carlow County Council and overseen by an interagency committee.

The Resettlement team in St. Catherine's worked in partnership with local agencies and services to support families access state and community services and supports to assist the families settle and integrate into their local communities.

The Resettlement programme ended in December 2019 after 21 months of support. The families gained in confidence over the duration of the programme and can now access many services independently. St. Catherine's and other local agencies and services will provide on-going support to families in the areas of community and family support, youth services, education and training, health, befriending etc .



Contact:

Name: Niall Morris

Job Title: Director of Services

Contact email: niallm@catherines.ie

"I am ready to start my new life here in Carlow. Carlow is very welcoming, I am happy now".
.....Nazem.

OUTCOMES & ACHIEVEMENTS:

- All 22 families are now settled in Carlow Each family is linked in to the individual essential services and supports they identified as needing
- Families are independently engaging with services including health, education, schools, childcare, etc
- Over 100 people attended a community cultural event in November which showcased Syrian food, music and dance
- 3 families took part in the Pride of Place competition with An Gairdin Beo. They cooked Syrian food and displayed artwork
- 17 families are linked in with local volunteer befrienders. This support will continue
- 1 member of the community graduated from IT Carlow with a Masters in Pharmaceutical Science. Another is in his third year in Chemistry in the IT
- 15 young people participated in summer camps with Carlow Regional Youth Services and 2 young people volunteered to help with other youth camps
- Many of the adults continue to progress with their English classes and other programmes with KCETB
- Women's groups were held in St. Catherine's Carlow and Forward Steps in Tullow and were well attended
- The families went on 2 social outings to Kilkenny Castle and the Discovery Park in Castlecomer

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



CONTACT:

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My journey in the Moving On Programme is something that I will never forget and I will always cherish. It gave me the opportunity to learn and meet new people that became my friends. Going back to education as a mother is not easy, it's a big challenge, but I've learned so much during those 10 months that I believe nothing is impossible if you keep believing in yourself.

...Erlinda MOP 2018/2019

OUTCOMES/SUCSESSES/ACHIEVEMENTS:

- 20 learners started the 2018/19 programme, with 15 completing the programme in full
- Of those 15, **11** learners gained the overall QQI level 4 Major Award in Employment Skills
- In total there were **116** minor awards at QQI level 4
- **15** learners completed Manual Handling training
- **7** learners progressed into mainstream further education at QQI Level 5
- **2** learners secured employment after completing the programme
- The SOUL record measured significant improvements for all participants in their self-esteem, confidence and social skills

HIGHLIGHTS: ENTERPRISE PROJECT

Glamour glass mini company was a successful enterprise for the learners who sold all their product and even adapted their original concept to include personalised orders for special occasions such as weddings, birthdays and multicultural celebrations.

FUNDERS:



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



An Roinn
Gnóthaí Fostaíochta agus Coimircé 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

Story in a Box Programme

OVERVIEW OF PROGRAMME:

- Story in a Box was funded by Carlow Library Service and ran with over 30 families in St. Catherine's, Forward Steps Tullow and Bagenalstown FRC
- It is a community based family literacy programme aimed at non-library users
- Its aim was to get families to read together and to join and use their local library
- The programme was promoted directly in St. Catherine's and in other agencies in Carlow town
- 8 workshops were held in St. Catherine's and 2 in Carlow Library
- They focused on reading a common book, selecting a book for home reading and sharing and talking about their books with the group
- Families crafted items related to their book and made unique boxes for them
- Independent use of the Library was

OUTCOMES/SUCSESSES/ACHIEVEMENTS:

- 11 families participated over 8 weeks in Carlow and included 10 mothers, 1 father and 16 children
- The group was made up of 7 Irish families including 4 Traveller and 2 Lithuanian, 1 English and 1 Pakistani
- All families joined the Library
- 10 borrowed books over the programme
- 3 families borrowed books 4 times
- 10 families attended a celebration in the Library and shared their experiences
- Interaction between children, parents and the facilitator was prioritised to ensure families enjoyed the programme
- A Storytelling workshop was held in Carlow Library
- Retention was high – all 11 families completed the programme
- All families received book tokens at the end of the programme
- The programme was evaluated and reported Story in a Box “..ensured a total family experience that was dynamic, high energy and exploratory.”



“We loved it. It brought reading back into our home. Both me and my daughter started reading together and for ourselves. It was 2 hours a week just for us together. I could see the parents enjoyed it just as much as the children” – Parent

“Qualitatively, families expressed their appreciation and valued reading together at home, chatting about the book, spending time together and meeting weekly as a group to socialise and make new friends.”Our Walk Down Story Streets Results Report

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 2019 eleven people accessed approximately 75 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 2019 94 savers were registered and savings for the year totalled just over €50,000

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

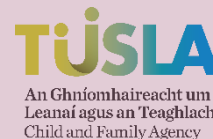


FREE AND CONFIDENTIAL

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 2019



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 mainly provided by our TPSP staff team but other programme staff are also involved and lead on occasion



2018 Outcomes

- St. Catherine's engaged in Meitheals with 9 children and young people and their families in 2019
- Referrals came from the Tusla Child and Family Support Network Co-ordinator, Tusla Social Work, HSE Mental Health services, Carlow Youth Employment 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

- 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 Network
- Carlow Older Persons Forum
- Carlow Kilkenny Joint Older Persons Service Providers Forum
- Carlow Age Friendly County Committee
- 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 Steering Committee
- 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 forms of breakdown, or indeed, to prevent such happening.

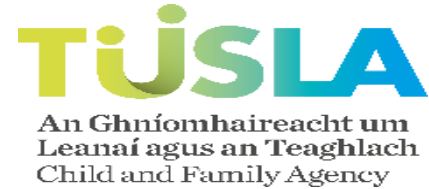
- **Overeaters Anonymous**

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



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CARLOW
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COMHAILLE CHONTAE CHEATHARLACHA



National
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Carlow Adult
Educational
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Comhshaol, Pobal agus Rialtas Áitiúil
Environment, Community and Local Government



Leabharlann
Chontae Ceatharlach
Carlow County Library



Carlow County
Development Partnership^{Ltd}
Comhpháirtíocht Fhorbartha Theoranta Chontae Cheatharlach