



Chairperson's Statement



Special points of interest:

- Counselling
- Early Years Expansion
- Social Prescribing Project
- Fund Raising Efforts
- Art Therapy

I am delighted to be with you again this year as Chairperson of Le Cheile FRC Mallow. The past year has been a very interesting one where we reached out to more people who are either new to Mallow or have been part of our community all their lives. We are promoting the range of supports & services available on Social Media, in the local newspaper The Mallow Star and on our local radio station. Le Cheile FRC is part of the National Family Resource Centre programme and by its very name, it is a resource for all the family—no matter what that family might look like. Le Cheile FRC is here for everyone and we want you all to feel that this is your service and to avail of it. Recently, myself & some friends joined the Chair Yoga classes & Groovy Movers Class—what a welcome we received. I can assure anyone who joins the activities they will already know someone in the groups and if not they will make great friends very quickly. Please encourage people to come in to Le Cheile FRC for a chat and to be guided towards the different services. The staff here are so welcoming and love to chat. The Board members and I want to thank the staff of Le Cheile FRC for their dedication and support during the past year, it does not go unnoticed.

We look forward to another year and hope to provide new services depending on what is needed in our community. If you have any suggestions, we would love to hear them.

Ann Ward—Chairperson

Manager's Statement



Another year has gone by before our eyes. Our year was made up of change in our wonderful organisation: welcoming new staff to our Childcare team along with saying good bye to staff who had been with us many years.

The highlights of the year included expanding our childcare service to include a baby

room and securing a dedicated space for Art therapy.

This year was a year where the team of Le Cheile FRC came together to support me as I took Maternity Leave. I would like to express my gratitude to Sharon, Karen, Catherine, Bhavna & Eileen who all took on extra responsibilities in my absence.

This is the essence of what we do everyday—support families in whatever a family needs. Le Cheile FRC supported me and for that I will be eternally grateful.

Pamela Nolan

“Surround yourself only with people who are going to take you higher”

~ Oprah Winfrey

Le Chéile FRC supports are enhanced by our Family Support team, of long standing and dedicated staff team of Noreen & Sharon. We were sad to see Mag Mullane move onto new pastures in October 2023 & we wish her well in your new role.

Main methods of providing family support:

One to one support

Group parenting course

Meitheal process

Parent & Toddler Group

Parenting

600 one to one sessions took place with parents in 2023

Meitheal
A TUSLA led national practice model

The main reasons for attending the service in 2023 included:

- ◇ School Refusal
- ◇ Behaviour challenges
- ◇ Communication between child & parent
- ◇ Assistance with paperwork

This year staff gained Training in Parents Plus—Healthy Families programme.

Counselling—available in Mallow

“Emotional wellbeing is just as important to us as Breathing is!”

BetterLYF

24 Men

43 women

22 children

757 sessions delivered in 2023

Community Health Project

Mallow Community Health project is breaking the barriers to ensure people have access to health related activities and info throughout the lifespan



Pic over is from the Menopause morning held in The Mill, Castletown Roche in 2023

2 Walking groups

Knitting & crochet

Chair Yoga & Pilates, Groovy Movers

176 Health related classes



Social Prescribing

Proud to have Social Prescribing part of the fabric of Le Chéile FRC since Jan 2020.

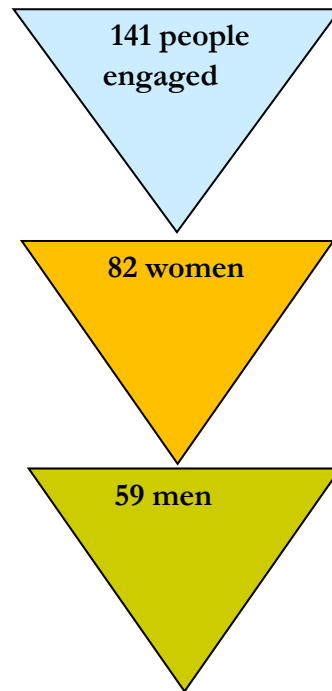
Secure annual funding from the HSE and administered through the FRC Mental Health Promotion Project has been the key to ensuring that Social Prescribing is embedded into our community in Mallow.

The main aim is to link persons into activities within their communities to improve their health and wellbeing with an overall aim of self-management. Ideally referrals were to come from GPs and health professionals, like the

UK model of Social Prescribing.

From the first time since the project began GP referrals are almost as high as self referrals. A huge jump for Social Prescribing.

- ◇ Self- Referrals 32%
- ◇ GPs 30%
- ◇ Public Health nurse 23%
- ◇ Occupational Therapist 20%
- ◇ Mental Health team 12%
- ◇ Counsellors/ Psychiatrist 8%



Top Ten links within the Community were made to the following:

1. Social Groups
2. Walking Group
3. Support Group
4. Cultural Group (new this year)
5. Exercise programme
6. Educational group
7. Return to Education
8. HSE Services
9. Healthy Lifestyle
10. Arts Group

Early Years

Le Chéile FRC Early Years setting is after a year of expansion to include a baby room—

Caterpillars. Have a look at the welcoming space for our littlest people and some of their happy little faces!

We have a dedicated childcare team of **17**, some of whom we are lucky enough to have with us for 20 years. We welcomed our new staff members Janet, Fiona, Guada during the year. All of whom are a huge asset to our team.



Art Therapy

Within 2 short years, our Art therapy service is thriving

We are glad to report in 2023, that 570 sessions took place

Supporting 42 children in the North cork area



Literacy Support

This work is complete via an online computer programme **TTRS (Touch, Type, Read, Spell)** and is supplemented by our Literacy Support tutor Karen who adds on social skills, life skills and group work to enhance the programme. It has gone from strength to strength over the years and now is the most successful stand alone project that we are proud to call our own in Le Cheile FRC.

Class sizes are kept small—8/9 children per class

Overall, in 2023 **398 hours of literacy support class time** was provided.

Women's Shed

The Women's Shed is a special group that meet each Thursday in our Mercy Centre building. This group of women are proactive, welcoming and worldly wise. They are approachable and are amazing ambassadors for our work. In December 2023, The Women's Shed presented Le Cheile FRC with a defibrillator, purchased through fund raising efforts by the group. (see pic below). Not only did they make the effort to fund raise for us but the welcome they give to anyone who joins their group on a Thursday is not short of showing what Community Development truly is all about.



Wishing Mag all the best

In October 2023, we bid farewell to Mag Mullane. Mag was an integral part of our team for many years. Mag began as our childcare supervisor when we opened the building in 2009. Mag did stellar work in our childcare service over the years welcoming many children and parents to our doors. Mag was a constant source of support and encouragement to the childcare staff team. In 2021, Mag moved to the role of Family Support worker and flourished in her work with parents and families. Mag brought expertise to the role in the area of Infant Mental Health, Matresence and her 1 to 1 work with parents was remarkable. We were sad to see her go but we wish her well in her future career.



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



government supporting communities

