



*Chairperson's Statement*



Special points of interest:

- Honoring the Past, Welcoming the Future
- Our new Children's outdoor Space
- Woodwork Project
- Our Funders

As we reflect on the past year, we are reminded that Le Chéile FRC continues to be a place where people feel welcome, supported and inspired to take that next step, whether it's joining a group, accessing a service, or simply connecting with others. We have seen new faces become part of our team and we have celebrated the contributions of those who have moved on to new chapters in their lives.

This year has been one of progress and shared success. New programmes, fresh ideas, improved facilities and renewed energy have helped us strengthen the services we provide.

On behalf of the Board, we want to acknowledge the incredible commitment of our management and staff. Their passion and hard work make Le Chéile FRC the vibrant, welcoming place it is today. Together, we look forward to another year of building connections, supporting families and creating a stronger, more connected community.

- Sharon Simcox

*Manager's Statement*



Well what can I say except "Wow", a year of huge progress, meeting goals we set ourselves and excelling in all areas of our work. As I reflect on the year, I must mention the unbelievable effort from all the Le Cheile FRC staff in their different roles to keep everything moving, running smoothly, progressing, developing and striving for the best.

During the year, we welcomed new staff with openness and with sadness said farewell to staff who have left. These times of change whilst hard, are essential as we move and change.

As we look forward to another year ahead of us—we are excited to see the Community Garden being fully operational, offering new supports in the community, and as always strive to be the best we can be each and every day.

Pamela Nolan—Manager

"Life is short. Do not forget about the most important things in our life, living for other people and doing good for them." ~ Marcus Aurelius

Le Chéile FRC were privileged to have Catherine O’ Sullivan on our staff team since 2000. Catherine has seen the organisation go from strength to strength and she kept all of us rooted firmly on the ground, with her no nonsense approach. Catherine trained in many people in Main Reception throughout the years, put many practical and financial systems in place, and ensured our organisation was always ready to move forward. Catherine retired in November 2025 and we would like to take this opportunity to thank her for her tremendous work ethic, care, and professionalism over 25 years with the organisation.

Enjoy your retirement!



## Honouring Our Past & Welcoming our Future

In 2025, we successfully recruited Allison for the role of Community Development & Family Support Worker. Allison joined us with a wealth of experience in supporting young people and their families over many years.

Allison’s main role is providing support to parents on a one to one basis along with facilitating Parenting Courses, our Laugh & Craft group, and our Parent & Toddler group.

You are so welcome to the team, Allison .



Finally, this year we welcomed Oksana to Le Cheile FRC. Oksana took up the position of Project Administrator in November 2025. Oksana has a wealth of experience and knowledge of finance and reporting from previous roles and we are very lucky to have her on our staff team.



**725**  
**Counselling sessions**

### Counselling & Art Therapy

**430**  
**Art Therapy sessions**



### Mallow Community Health Project

**231 Health related classes/ activities**



### Social Prescribing

**188 individuals supported in the Community in 2025**

# Parenting & Family Support

In 2025, we were lucky enough to have a full team on board. Our Family support team work very hard to ensure people are met where they are at when they arrive to us. In 2025, 393 individual meetings were held with parents & individuals during 2025.

Main topics of concern:

- ◇ Parenting
- ◇ Communication at home
- ◇ Separation in families
- ◇ Paperwork for various applications: Social welfare, Assessment of Need
- ◇ Meitheal meetings & follow up work

While asking for support is never easy, here are some testimonials from parents who engaged with us in the past year.

*"Having this support has made all the difference. I honestly don't know where I would be with my family support worker".*

*"I have learned practical strategies that actually work for my child".*

*"I have learned so much over the past few weeks, thanks for all the tips and ideas".*

245 individuals /  
parents  
supported in  
2025

**Meitheal**  
A TUSLA led national practice model



## Our Early Years Service

Le Chéile FRC Early Years setting is after a busy year—we took the difficult decision during the year to close our baby room. Thankfully, we could retain all the children within the service as it was time to progress onto new spaces.

We sadly said goodbye to Liz, our Childcare Manager, since Sept 2021 who went onto new areas of work along with Guada & Paula, but we also welcomed Della to a new role here in Le Cheile FRC.

Staff Training was very important to us again this past year with the dedicated childcare team taking on 21 different pieces of training including: FAR, Manual Handling, Fire Safety, Neurodiversity in Children—Approaching Parents with concerns, Food Safety, Effective Communication Skills, Being Inclusive: Disability Awareness, Cultural Awareness and inclusion, Promoting Children's Well-Being, sensory processing in Early Years, Strength based approach to Early Learning and Childcare. (Pic below is from Staff Training Day— May 2025).



67 children in  
2025

50 ECCE places  
availed of



In 2025, Le Cheile FRC invested back into our service in the form of a pergola for the childcare service where the children can play daily— no matter what the weather brings.

It spans the length of 3 childcare rooms and offers access directly from classrooms.

Here are some snaps of the children as they enjoy the outdoor space.



## Literacy Support Programme

2025, was a year when 306.5 hours of class time took place in the Literacy Support Programme. Not only that, but it was a year for new development —wood work. The idea came as a means to show young people that we all learn differently, but equally effectively. While the woodwork programme wasn't the traditional way we teach organisation, planning, maths, writing a plan and report, following a plan—it sure was effective. Below are pictures of the finished products that sold out within 90minutes of the Christmas Fair opening on 23rd November. Well done to all students involved and a huge thank you to Karen our Literacy Support Tutor & Karol our Caretaker for guiding the entire project from start to finish.



*Integration Support Worker*

72 individuals  
supported

**The Mercy Centre:** A hub of activity and busy-ness, the rooms of the Mercy Centre have seen 1200 bookings in 2025. This is a huge asset to our work as it broadens the offering in the Community. Thanks to the Women's Shed and Cork County Council, the Mercy Centre gained a picnic space for people to sit & enjoy in the fine weather.



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

**TÚSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

**HE**

Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

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

**Sláintecare.**



Cork  
County Council  
Comhairle Contae Chorcaí



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



ciste na  
gcuntas díomhaoin  
the dormant  
accounts fund



**pobal**  
government supporting communities