



Family Resource Centre National Forum

Supporting • Strengthening • Empowering



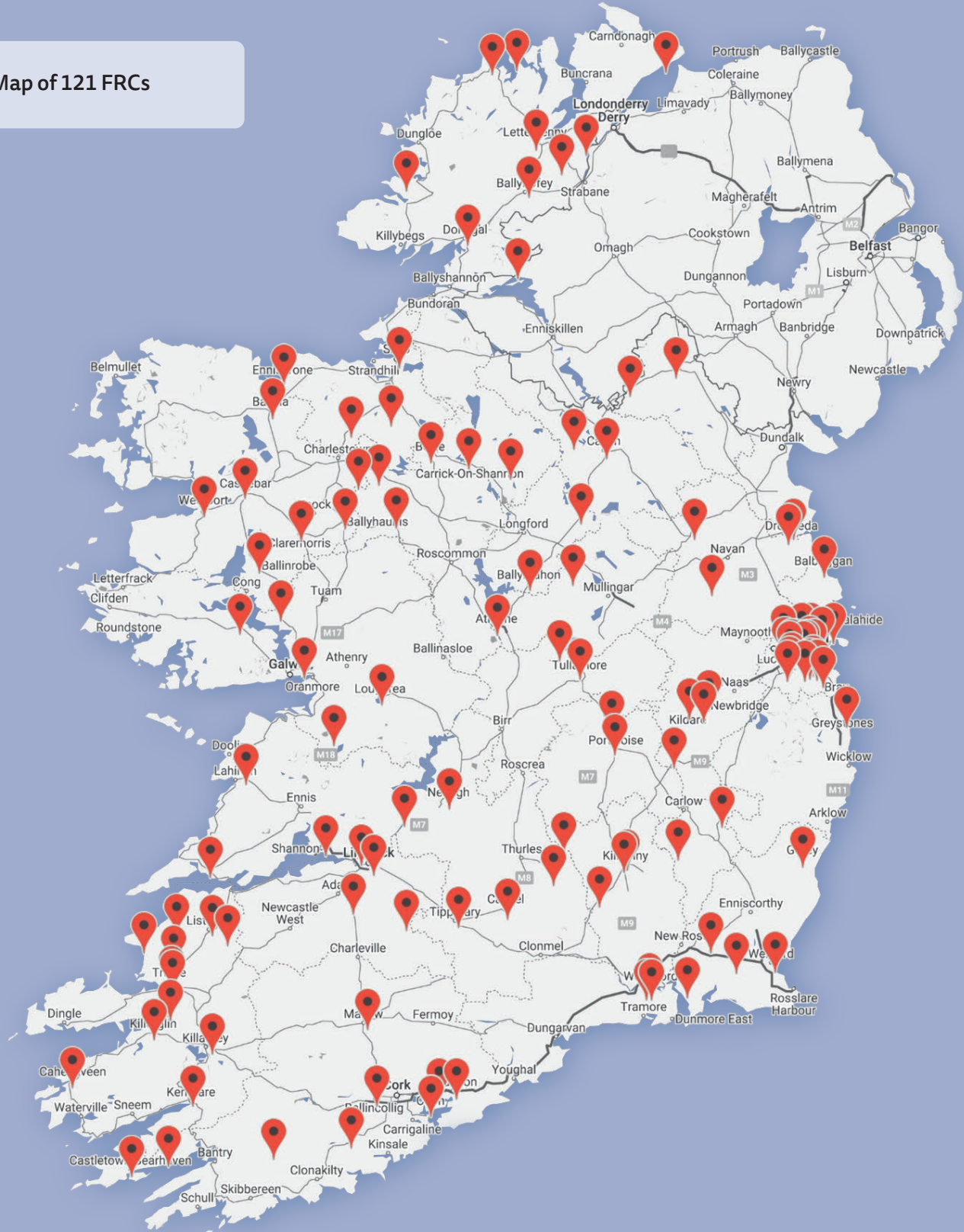
Annual Report 2022



Family Resource Centre National Forum

Supporting • Strengthening • Empowering

Map of 121 FRCs



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Foreword

Welcome to the 2022 Annual Report of the Family Resource Centre National Forum.

As Chairperson and CEO, we would like to thank our Board of Directors and 121 member Family Resource Centre's for your support and dedication to the Family Resource Centre National Forum (FRCNF) in 2022. We appreciate your commitment, support, and inspiration throughout the year. A special thanks to the directors who have retired or who have left the board during 2022, we thank you for your dedication and commitment and wish you well in your future endeavours.

We would like to thank our funders for their financial support in 2022 which has allowed the National Forum to both sustain and further develop our activities. We would like to thank the partners we have collaborated with over the course of 2022, many of whom are referenced in this Report.

In 2022, as we emerged from the Covid pandemic, we collectively faced into the post-covid world and the war in Ukraine brought a new challenge. Our members immediate and practical response to people displaced by the war in Ukraine was borne out of our long-standing commitment to, and experience with, new communities, migrants and all those seeking international protection who form an integral part of our communities. Again, collectively, we met the challenge presented as is evident in this Annual Report. We stand in solidarity with the people of Ukraine and with all those impacted by conflict, injustice, and inequality.

The work of the Forum continued to change in 2022, with a growing staff team, new opportunities for collaboration and additional funding accessed, both for the activities of the National Forum on behalf of members, and for the activities of members across 121 communities nationwide. We would like to thank all the staff team for their dedication, diligence, and engagement on behalf of members in 2022.



Louise Moran

Louise Moran
Chairperson



Fergal Landy

Fergal Landy
CEO

This Report is a key document in demonstrating the commitment of the FRCNF to transparency and good governance whilst also documenting and communicating the overall impact of the 121 FRCs in 2022 in their collective action through our National Programme. We are Ireland's largest human rights based, community development and family support programme, operating across the life course. The National FRC Programme is a unique and distinct programme within the rich tapestry that is the wider Community and Voluntary sector in Ireland. The range of activities undertaken by the National Forum in 2022 reflect our commitment to supporting the unique approach of FRCs. We are proud of this approach and the collective work of our staff, board, and 121 member FRCs, including their staff, voluntary directors, and volunteers. Together we continue to safeguard and develop our community development approach so as to carry out our mission, to be the collective voice of Family Resource Centres - to provide dynamic leadership, effective representation, collective capacity building and widespread promotion of the FRC Programme.

And achieve our vision, that:

all children, families, individuals and communities will actively participate and be included in a society that is free from prejudice, inequality, discrimination and exclusion, which will contribute to their greatest possible well-being.

About Us

Established in 1998, the Family Resource Centres (FRC) National Forum is the national representative and peer support body of the 121 Family Resource Centres (FRCs) throughout Ireland. We seek to ensure the effective representation of the Family Resource Centres, the communities in which they work, and the Family Resource Centre Programme, Ireland's largest national family and community support programme.

Our vision is that all children, individuals, families, and communities will actively participate and be included in a society that is free from prejudice, inequality, discrimination, and exclusion, which will contribute to their greatest possible wellbeing.

Our mission is to be the collective voice of Family Resource Centres - to provide dynamic leadership, effective representation, collective capacity building, and widespread promotion of the FRC Programme.

The **FRC National Forum** adopts an integrative approach to community-based Community Development and Family Support in addressing the needs of those most disadvantaged and in need. The values to which we ascribe to are equality, empowerment, fairness, collective decision-making, openness, and good practice.

Since its establishment, the FRC National Forum has undergone considerable change and has grown to become a dynamic and evolving national organisation with an active membership base throughout Ireland. We provide an opportunity in which models of good practice are exchanged. We have fostered an environment in which work-based issues can be resolved in a supportive and professional manner and enabled the development of a nationwide advocacy base for our work.

Members of the FRC National Forum also have the opportunity to participate in bespoke training programmes and in local, regional, and national initiatives to support the work of Family Resource Centres. More recently the FRC National Forum is also involved in providing governance and compliance support and access to funding opportunities for FRCs. The National Forum is serviced by a staff team of nine headed up by its Chief Executive Officer, Fergal Landy.

Membership of the National Forum is automatic for Family Resource Centres funded through the Family Resource Centre Programme. There are nine regions of FRCs – Cork, Kerry, Eastern, Mid-West, Midlands, North East, North West, South East, and Western. The regions meet regularly, allowing staff and members of the voluntary boards of management to network, discuss common issues, organise training, and plan for joint projects. Through the regions, FRCs can get representation on a variety of regional bodies. The regions also appoint the directors to the Board of the National Forum and thereby act as the main conduit for communications between FRCs locally and the FRC National Forum Board.

Family Resource Centre Programme

The Family Resource Centre (FRC) Programme is core funded by Tusla – The Child and Family Agency, which provides funding to all 121 Family Resource Centres in Ireland.

It is Ireland's largest family and community national support programme delivering universal services in disadvantaged areas across the country based on a life-cycle approach. The principal objective of the FRC programme is to combat disadvantage and to strengthen and empower children, individuals, families, and communities.

The programme involves local communities addressing the issues they face and creates meaningful partnerships for social change between voluntary and statutory agencies. In 2022, the Family Resource Centre Programme Tusla budget was €18.1 million. With this FRCs lever in additional funding in a 3:1 ratio ('leverage').



Family Resource Centres

There are 121 Family Resource Centres (FRCs) across Ireland. FRCs operate a human rights-based approach to community development and family support across the life course and this model is at the heart of the FRC Programme.

The centrality of community development informs the approaches, values, and methods, including collective action, community empowerment, social justice, sustainable development, human rights, and participation, all of which underpin the work of FRCs.

A defining characteristic of FRCs is that they are managed by local voluntary management boards, which are critical in facilitating meaningful participation within communities and in ensuring local knowledge and accountability.

FRCs are participative and empowering organisations that support individuals and families while building the capacity and leadership of local communities. FRCs have an open-door policy. They are all located in disadvantaged areas, as measured by the Trutz Hasse index used to identify those district electoral divisions of the census with the highest levels of poverty and disadvantage.



FRCs provide a range of universal and targeted developmental, recreational, educational, and therapeutic supports across the life course (cradle to grave) both in the form of group and 1:1 work that addresses the needs and promotes the strengths of children, families, individuals, and communities.

These include:

- The provision of information, advice, and support to target groups and families. Information concerning the range of services and development options available locally and advice on accessing rights and entitlements is also extended. FRCs act as a focal point for onward referrals to mainstream service providers.
- Delivering education courses and training opportunities.
- The establishment and maintenance of community groups to meet local needs and the delivery of services at a local level (for example, childcare facilities, after-school clubs, men's groups, etc.).
- The provision of therapeutic supports to children, young people, adults, and groups.
- Developing capacity and leadership within communities.
- Practical assistance to individuals and groups such as access to information technology and office facilities.
- Practical assistance to existing community groups such as help with organisational structures, assistance with accessing funding, or advice on how to address specific social issues.
- Contributing to local and national policy development.
- Work with migrant and new communities.
- Provision of parent programmes and support both individually and in group work.
- Delivery of youth work programmes.
- Strategic Alliances & Networking.

Strategic Plan 2019-2022

The FRC National Forum adopted five strategic focus areas for the duration of this strategic plan.

1 Membership Development, Networking & Support

To ensure that the membership of the FRC National Forum is supported to provide best practice family support within a community development framework by the development of an active membership and the provision of membership development and support opportunities.

2 External Representation

To ensure that representation of the FRC National Forum, and the issues it represents, is enhanced on all relevant networks and collaboration and to promote the FRC Programme.

3 Policy Development & Research

To improve knowledge, analysis, and awareness of the community development, family support, and well-being issues with which the Family Resource Centres engage by initiating and engaging in policy development and research.

In November 2022, the FRC National Forum successfully tendered for a consultant to undertake an organisational review of the National Forum and the development of our next Strategic Plan covering the period 2023-2027. This will guide the strategic development of the FRC National Forum and the wider FRC Programme over this period and work on the new strategy commenced in December 2022.

4 Enhancement of the Family Resource Centre

To ensure that the approach taken by Family Resource Centres to community development, family support, and wellbeing issues is appropriately represented.

5 Governance & Internal Processes

To ensure that the governance and internal processes of the FRC National Forum are maintained in line with best practice, transparency, and accountability.



Our Work in 2022



Our National Conference – Achieving Sustainability of the FRC Programme

On Wednesday, the 9th of March we held our first annual conference of 2022 in the Hodson Bay Hotel, Athlone.

This conference was the first in-person national event held by the National Forum for FRCs post-pandemic. The focus of the National Conference was very much on achieving sustainability for the FRC Programme. Louise Moran, Chair, and Jackie Landers, Vice-Chair, of the FRC National Forum welcomed attendees and delivered a joint opening address emphasising the many achievements of the programme throughout its lifetime and the potential for the future in light of positive recent developments such as the National Problem Gambling Support Service in collaboration with the Gambling Awareness Trust. This service was launched at the Conference in conjunction with Pam Bergin, CEO of the Gambling Awareness Trust.

The Evaluation of the Health and Wellbeing Community Referral Project in Cork and Kerry by Yvonne Pennisi, Lecturer in Occupational Science and Occupational Therapy University College Cork was also presented and launched.

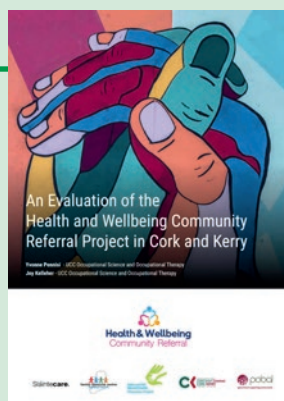


Louise Moran, Chair of the FRC National Forum giving the joint opening address at the March 9th FRC National Conference in Athlone.



Pam Bergin, CEO of Gambling Awareness Trust speaking about the National Problem Gambling Support Service at the FRC National Conference in Athlone.

University College Cork, Evaluation Report of the Health and Wellbeing Community Referral Project in Cork and Kerry.





Eifion Williams, Service Director, Head of Commissioning, Tusla speaking at the FRC National Conference in Athlone.

A total of 198 staff and volunteer board of management members from Family Resource Centres (FRCs) from around the country attended the National Conference. There was representation from all nine regions of the FRC Programme. Other agencies in attendance included The Wheel, the Community Foundation for Ireland, Clann Credo, and Community Finance Ireland.

The conference was addressed by Eifion Williams, Service Director, Head of Commissioning, Tusla who spoke about the sustainable development of the FRC Programme. Eifion outlined Tusla’s commitment to the FRC Programme and the FRC National Forum as demonstrated through the allocation of 4% additional funding to be added to ongoing core funding to assist with inflation and to achieve sustainability without any requirement for additionality. Eifion also indicated Tusla’s commitment to building on this approach to sustainability going forward.

The conference was then addressed by the CEO of the FRC National Forum, Fergal Landy, who is the Forum’s first-ever CEO having started in his position in September 2021. Fergal outlined some of the work undertaken since he commenced in the post concerning the engagement of FRCs through regional fora and work undertaken by the FRC National Forum



Fergal Landy, CEO of the FRC National Forum speaking at the FRC National Conference in Athlone.

to engage with funders and other stakeholders to promote the National FRC Programme. Fergal emphasised the uniqueness of the FRC programme in respect of our local-to-national community development approach and our ambition and potential to impact locally, nationally, and internationally. Fergal identified the achievement of sustainable funding for FRCs as a priority area of work for the FRC National Forum in the medium term.



FRC Members at the roundtable discussion on the key challenges and opportunities facing FRCs.

A roundtable discussion on the topic of the key challenges and opportunities facing FRCs took place. Members considered how the FRC National Forum could work to address the challenges identified and maximise the opportunities.

In line with the theme of the conference, a Panel Discussion focussed on Achieving Sustainable Funding took place in the afternoon. The panel consisted of: Anne Sheridan, Retired HSE National Programme Manager for Mental Health and Wellbeing; Frances Haworth, Head of Grants, Donor Care and Impact, the Community Foundation for Ireland; Hugh O'Reilly, Director of Development, The Wheel and Emma Lane-Spollen, Lane-Spollen, and Associates.

The panel focussed on some of the key issues that FRC members raised that morning about the insufficiency of core State funding and the pressure this puts on voluntary boards of management and staff of FRCs. Also, how FRCs find it difficult to balance the strategic planning that a community development approach requires with the day-to-day pressures they face.

Other key areas discussed by the panel were:

- What members could be doing both as individual FRCs and collectively through the FRC National Forum to address the challenges we face and maximise the opportunities we face.
- Managing the challenge of how situating the FRC programme within Tusla and under the Department of Children, Equality, Disability, Integration and Youth (DCEDIY) can limit the understanding of the programme as relevant to all governments and State Agencies.
- Strengthening the relevance of the FRC programme to the health system as we move towards Slainte Care implementation.
- Strategies to attract and grow the level of philanthropic funding accessed by FRCs and bridging philanthropic and State funding so that initiatives started with philanthropic funding have the best possible chance of being mainstreamed with State funding.
- The wider contextual issues relevant to the FRC programme and how FRCs could collaborate as part of the overall community and voluntary (C&V) sector to address funding sustainability.
- Opportunities in areas of the social economy or environmental sustainability that are relevant to the FRC programme.



The panel concluded by discussing how the community development ethos of the FRC programme is its most fundamental characteristic and what key actions that FRCs, locally and through the FRC National Forum might undertake to maintain and sustain this characteristic. The key conclusions were the importance of valuing the strengths of the FRC programme, continuing the focus on place-based identity and belonging, whilst capitalising on the work of the FRC National Forum to document and communicate the unique value and collective impact of the National FRC Programme.

Feedback on the Conference

“The conference was well organised, professional, relaxed, and informative, and the structure and timekeeping were excellent.”

“It was great to get an opportunity to talk with colleagues from around the country and to learn about other FRCs.”

Members of the Panel at the FRC National Conference in Athlone, L to R: Anne Sheridan, Frances Haworth, Hugh O'Reilly, Emma Lane-Spollen.



FRC National Forum Ukraine Response

With the onset of the Ukrainian war in February 2022 and the arrival of people into Ireland who had been displaced by the war, the FRC Programme sought to respond both at a local and national level.

At a local level, FRCs were often the first port of call or a place of welcome to those that had been displaced or were seeking refuge. The FRC National Forum circulated a survey to all 121 members in April 2022 to gather information on the number of FRCs involved in responding to the Ukrainian war and gain insight into what types of additional support and resources may be required for FRC members to meet the level of need. The data gathered from the survey was utilised to demonstrate to Government, State, and philanthropic bodies the need for additional resourcing for FRCs to respond to people displaced by the war within their communities. The FRC National Forum also attended fortnightly meetings and formed part of the National Irish Civil Society Response Network.



A further need identified by FRC members towards the end of 2022 related to combatting Far Right rhetoric. The FRC National Forum organised training workshops in partnership with the Far Right Observatory and Community Work Ireland to help FRCs identify, understand, and respond to Far Right rhetoric and activities. The workshops will take place in January and February 2023.

On December 16th, 2022, the FRC National Forum organised an online meeting inviting all FRCs responding to the Ukrainian war at a community level to join for an information exchange and discussion on key priorities moving into 2023.

FRCs provided an update and overview of initiatives and work being carried out by their FRC including current issues and challenges faced in responding to and supporting Ukrainians in their communities. It was highlighted that the FRC Programme needs to situate our response to the Ukraine war in line with FRCs community development approach and commitment to human rights and equality and to work with all the community including Irish people and all nationalities in need of support whether in the International Protection Accommodations Service (IPAS) system or not. The key priorities identified that the FRC National Forum can support FRCs in responding to the Ukrainian war in 2023 include organising a Task Group to ensure learning is shared and to actively communicate to the relevant funding bodies that FRCs require adequate sustainable funding for staffing for this important and additional community engagement work.

A second survey '**FRC Programme response to people displaced by the Ukraine war**' was circulated to all FRCs in December 2022. It aims to build on information gathered from the previous survey in April 2022 and provide updated information on the current situation including additional training and support required to respond to Far Right rhetoric being experienced within communities.

Social Finance Information Event

On May 26th Clann Credo - Community Loan Finance and the FRC National Forum hosted an online information event to showcase the benefits of working with Clann Credo for Family Resource Centres and other community-based organisations.

Clann Credo is a social enterprise that provides loans to community organisations, charities, and social enterprises. Since 1996, Clann Credo has provided affordable loan finance to community organisations that generate social benefits.

Mary Lawlor, CEO of Clann Credo, and Louise Moran, Chair of the FRC National Forum jointly hosted the webinar. Áine Deely, Coordinator of Loughrea Family and Community Resource Centre, Co. Galway and Corina Catterson Flynn, Project Manager with Finn Valley Family



Join our webinar!
26th May, 11 am

Funding for Family Resource Centres

Loughrea and Finn Valley FRCs will present their experiences of working with Clann Credo - Community Loan Finance.



Resource Centre, Stranorlar, Co. Donegal presented on their experience of working with Clann Credo to secure new premises for their FRCs.

Budget 2023 Campaign

FRCs have a vast, long-lasting, community-based impact on children, individuals, families, and the communities where they live, work, or play.

Being adequately resourced is essential for FRCs to continue to deliver on the range of supports and services they provide in their local communities.

During September the FRC National Forum in conjunction with its members engaged in a Budget 2023 social media campaign highlighting the work of FRCs over 2020/2021 and seeking that all 121 Family Resource Centres receive a minimum core funding of €166,400 annually, provided through the National FRC Programme with an adequate percentage increase annually thereafter.



National Family Support Network Visit to Ireland

In September, our Chair Louise Moran and CEO Fergal Landy welcomed Andrew Russo, Co-Founder and Director of the National Family Support (NFS) Network, USA to Ireland.

Similar to the FRC National Forum their mission is to **promote positive outcomes for all children, families, and communities by leveraging the collective impact of state networks and championing quality family support, and strengthening practices and policies.** Andrew visited Boyle Family Resource Centre in Co. Roscommon where Louise Moran is the Manager.



L to R: Andrew Russo, Co-Founder and Director of NFS Network meeting with Fergal Landy, CEO and Louise Moran, Chair FRC National Forum at Boyle FRC.

Together for Families Conference

In October, the FRC National Forum and three Irish FRCs; Newbridge, Co. Kildare, Listowel, Co. Kerry, and Tacú, Ballinrobe, Co. Mayo presented on their work at their biennial virtual Together for Families Conference that took place between the 19th to 21st of October. The Together for Families Conference is a unique virtual event that connects various stakeholders from across the United States and Canada in the family support and strengthening field to focus on best and promising practices for supporting families' advancement.



International Together for Families Conference Programme.

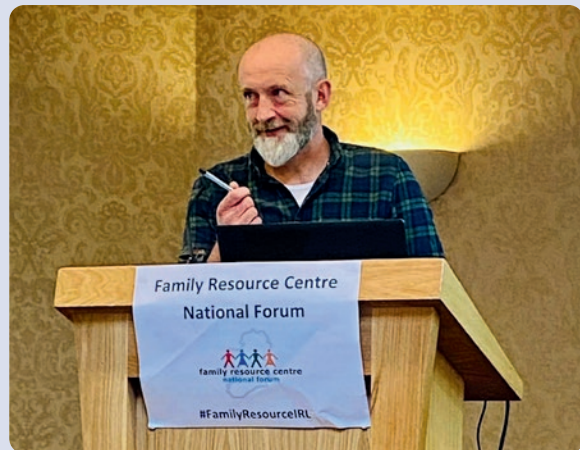
Our National Conference – The Importance of Place – Locally, Nationally, Globally

On Wednesday, 12th of October we held our second national conference for 2022 at the Hodson Bay Hotel in Athlone. The conference theme ***The Importance of Place – Locally, Nationally, Globally*** celebrated the value and uniqueness of the FRC Programme approach.

A total of 167 staff and volunteer board of management members from Family Resource Centres (FRCs) from around the country attended the National Conference. There was representation from all nine regions of the FRC Programme. Other agencies in attendance included Chime, Cairdeas, Mental Health Ireland, Kinship Care, and Tusla Commissioning Representatives.

Mary Mulcahy from the National Forum Mental Health Promotion Project started the day with a grounding and mindful meditation for all attendees. The opening address was delivered by FRC National Forum Board Member Seán Ahern. This was followed by Fergal Landy, CEO of the FRC National Forum who gave an update on activities and introduced the new staff of the National Forum.

The FRC National Forum Outgoing Chair, Clare Cashman, Louise Moran, Chair, and Jackie Landers, Vice Chair presented on the ***'The Journey of the National FRC Programme from its Origins in the 1990's to the current day'***, highlighting the structure of the FRC Programme and its development and growth over the years. It marked the pathway of the FRC National Forum giving a national voice to local voices and the importance of bringing communities to the national table.



Seán Ahern Board Member of the FRC National Forum giving the opening address at the National Conference.



The Journey of the National FRC Programme.



Louise Moran Chair, Clare Cashman Outgoing Chair, and Jackie Landers Vice Chair, presenting on the Journey of the National FRC Programme at the National Conference.

Professor Bob Lonne, from the Department of Social Work, Norwegian University of Science and Technology (NTNU) was the keynote speaker, presenting on **'System perspectives for prevention strategies – supporting and developing communities'** via Weblink. Bob spoke of the history of child protection including its strengths and limitations and public health approaches to the prevention of child abuse and neglect. Professor Lonne spoke of the importance of developing stronger communities and the role FRCs and communities can play in the area of Child Protection.

A central element to the conference was a series of presentations from FRCs across the country on **'Innovations within the FRC Approach'**. These included presentations from Midleton FRC on **Social Prescribing**, Listowel FRC on **LGBT+ Support**, West Clare FRC on **Ukraine Integration Project**, St. Andrews Resource Centre, Dublin on **Supporting older people using a Community Development Approach**, and Clara and Tullamore FRCs presenting on **The Midlands Trauma Informed Communities**. The presentations captured the broad range of work and initiatives taking place across the FRC programme.



Nora Conway, Community Link Worker at Midleton FRC presenting at the FRC National Conference.



Dara Terry, Manager Family Support at St. Andrews Resource Centre, Dublin presenting at the FRC National Conference.



Daniel Quirke, LGBT+ Community Support Worker Listowel FRC presenting at the FRC National Conference.



Elaine Boland, Manager Senior Care at St Andrews Resource Centre, Dublin presenting at the FRC National Conference.



Mary O'Donoghue, Coordinator West Clare FRC presenting at the FRC National Conference.



Liz Flemming, Coordinator of Clara Community & Family Resource Centre presenting at the FRC National Conference.



As part of the National Conference, the FRC National Forum sought to build on the roundtable discussion completed in March 2022. Tables were primarily comprised of FRC staff and volunteer board of management members from across the 9 regions. They were asked to reflect and review the challenges, and opportunities and identify key priorities going forward for the FRC National programme.

A key feature of the conference was the opportunity for FRC staff and volunteers to network. Information stands were hosted by the FRC regions and partner organisations during the conference. The conference facilitated the FRCs to meet on a national level and exchange information and share work practices. It provided them with an opportunity to meet the staff of the FRC National Forum. The conference created a space for FRCs to view themselves from a national perspective and take time out to be able to reflect on the work being done by the FRC Programme.

The presentations were well received with positive feedback from attendees.



“Lovely to see and hear about the diverse range of interventions and activities FRCs do.”

“Really enjoyed innovations within the FRC approach, very enlightening, kept people interested.”



Feedback on the National Conference

The conference evaluation feedback highlighted that both new staff and voluntary Board members found the conference incredibly beneficial and led to an enhanced understanding of the FRC programme and Community Development.

“Enjoyed the networking and interactive element and thought there was a lovely balance throughout.”

“I now have a much better understanding of FRCs and their networking and Community Development.”

A special presentation on the day was made to Clare Cashman, Outgoing Chair of the FRC National Forum, who retired at the end of 2022, in recognition of her long-standing commitment and dedication to the National Forum over the years.



Outgoing Chair, Clare Cashman receiving a special presentation from the FRC National Forum on her retirement L to R: Louise Moran Chair, Clare Cashman Outgoing Chair, and Jackie Landers Vice Chair, of the FRC National Forum.

External Engagement & Representation

An important aspect of the work of the FRC National Forum is promoting the National FRC Programme and representing the views of member FRCs in a variety of fora and committees relevant to the work of FRCs.

This external engagement and representation work is undertaken by the CEO, Staff, Chairperson, and Board Members of the FRC National Forum.

In 2022, the following external engagement and representation work was undertaken:

- Ongoing engagement and representation with a range of funders and potential funders of FRC activities including Tusla, HSE, Gambling Awareness Trust, and Community Foundation for Ireland.
- Specific engagement with Tusla as a core funder, including meeting with the CEO and Deputy CEO with a focus on representing the concerns of FRCs in respect of the potential impact of Tusla restructuring on the integrity of the National FRC programme as a distinct national human rights-based community development and family support programme operating across the life-course.
- Participation in groups convened by the Wheel focused on ensuring the provision of adequate sustainable funding for the community and voluntary (C&V) sector with the CEO representing FRCs as a distinct subset of the wider C&V sector. This includes representing the FRC National Forum on a Coalition of Tusla Funded organisations. Separately a discounted rate was negotiated for FRCs seeking to join the Wheel.
- Engaging and representing the FRCNF as a member of the Children's Rights Alliance including attending meetings of the Tusla Dialogue Forum.
- CEO is a Member of the Community Foundation for Ireland (CFI) Children's Advisory Panel. CEO attended the CFI 2022 All Island Fund Conference and participated in a panel discussion promoting the work of FRCs in combatting poverty.
- Membership of the National One Parent Family Alliance convened by One Family and focused on addressing the causes and impact of poverty amongst people parenting alone.
- Participation in group convened in respect of the recommendations of the Citizen's Assembly on Gender Equality.
- CEO is a Member of the Greentown expert group, focused on addressing the involvement of children and young people in criminal networks.
- Ongoing engagement with the Association of Agency Based Counsellors in Ireland (AACPI) in respect of synergies between the work of AACPI and the development of the National FRC Counselling and Therapeutic Supports Programme.
- Participation in an international network of FRC representative bodies with equivalent bodies in the United States, Canada, and the U.K., focused on sharing learning and collaboration.
- Membership of the Prevention and Early Intervention Network, the CEO was elected to its executive in 2022.



L to R: Louise Moran, Chair FRC National Forum, Roderic O'Gorman, Minister for Children, Equality, Disability, Integration and Youth, Fergal Landy, CEO FRC National Forum and Pat Rabbitte, Chairperson of Tusla at the Tusla Excellence Awards in Dublin.



Fergal Landy, CEO representing the FRC National Forum at the Community Foundation for Ireland All Island Fund Conference which took place on the 27th & 28th of September 2022.

- CEO and the Member Support and Engagement Officer represented FRC National Forum on the Civil Society Forum on the Response to people displaced by the war in Ukraine. The CEO was a member of a small delegation engaging with the Minister for Integration, Joe O'Brien.
- The views of FRCs were represented in reviews of the Community Services Programme and the Social Inclusion and Community Activation Programme seeking to ensure FRCs are viewed as key stakeholders in each instance.
- Ongoing engagement with Community Work Ireland (CWI) and the All-Ireland Endorsement Body for Community Work Education and Training focused on developing and promoting the National FRC Programme as a national community development programme.
- Representation of the FRC National Forum on the Community Platform.
- Our National Mental Health Programme Manager was part of the steering committee that helped support the development of the HSE five-year Stronger Together Mental Health Promotion Plan launched in April 2022. They are also part of the national co-production committee for the Mental Health Ireland 'Hello, how are you?' campaign. Over 50 FRCs took part in the campaign in 2022.
- Along with a Board Member our National Mental Health Programme Manager represents the FRC National Forum on the All-Ireland Social Prescribing Network and since 2019 is a member of the National Family Recovery Advisory Group which supports and guides understanding and development of family recovery across mental health services nationally.

FRC National Forum Mental Health Promotion Project

Our FRC National Forum Mental Health Promotion Project provides education, training, and best practice guidance to the staff and volunteers of all 121 Family Resource Centres around suicide prevention, wellness, recovery action planning, self-care, resilience building, and positive mental health promotion.

Funded by the National Office for Suicide Prevention (NOSP) and TUSLA, our FRC National Forum Mental Health Promotion Project promotes shared responsibility and response to the action of suicide. We foster collaborative partnerships with all relevant agencies, organisations, and other stakeholders and strive to raise awareness, reduce the stigma associated with mental health difficulties and reduce the number of suicides in Ireland.



In 2017, 'Building Resilient Communities' A Framework for Promoting Positive Mental Health within the Family Resource Centre Programme 2017 – 2022 was completed by key stakeholders including the FRC National Forum, NOSP, Tusla Mental Health Ireland, HSE Mental Health, Primary Care and Health and Wellbeing. This ambitious piece of work identified four key priority areas for the promotion of positive mental health within communities through the FRC programme. It included twelve recommendations for collaboration across services.

These key areas included:

Promoting Social Connectedness through our Social Prescribing, Health & Wellbeing Community Referral Programme.

Promoting Community Resilience through Suicide Prevention and Self-Care Training.

Providing Pathways to Care through our leadership in the area of our Social Prescribing Project & Training.

Combating Stigma by Creating Awareness, Advocacy & Dialogue.

Helping to create an informed, cohesive response to suicide and suicide ideation through the Research & Development of the Suicide Code of Practice.

Throughout 2022, our Mental Health Promotion Project strove towards further progressing these areas of work.

FRC National Forum Mental Health Training in 2022

Our Mental Health Training and Policy Officer, Mary Mulcahy, delivered the following training in 2022:

Suicide Prevention Code of Practice (SPCOP)

The Suicide Prevention Code of Practice provides Family Resource Centres with guidelines, protocols, and training on effective suicide prevention and the capacity to prevent and respond to suicidal behaviour.

The SPCOP guides staff members, volunteers, and members of voluntary management committees on how to identify warning signs and develop improved confidence, skills, and understanding in speaking with a person who is thinking about suicide. The SPCOP training is co-facilitated with an HSE Suicide Prevention Resource Officer with responsibility within the region where the training is being provided. Following the training, the board of management is supported and encouraged to ratify the SPCOP into their FRCs.

During 2022 SPCOP was delivered in eight Family Resource Centres – Ballymun FRC (Dublin), Kilmovee FRC (Mayo), Downstrands FRC (Donegal), Rosemount FRC (Dublin), Northside FRC (Limerick), Silver Arch FRC Nenagh (Tipperary), Athlone FRC (Westmeath) and Newbridge FRC (Kildare).

A total of 90 FRC staff and volunteers completed the training.



Suicide Prevention Code of Practice Manuals.



Suicide Code of Practice Training at Newbridge FRC – Standing: L to R Ellis Kenny, Glen Smith, Brendan Byrne, Ellen Duggan, Marsha Williams, Resource Officer for Suicide Prevention, Mary Mulcahy, National Forum Mental Health Training and Policy Officer, Joe Burke. Seated L to R: Grainne Kearney, Suzanne Connolly, Pauline MacLaughlin, Susan Kelly.



Mary Mulcahy, National Forum Mental Health Training and Policy Officer and Edel Geraghty, Training and Development Officer, Office for Suicide Prevention Midwest delivering Suicide Prevention Code of Practice training to staff and volunteers from FRCs in the Mid-West Region. Back Row: L-R Joseph Hargrow, Maureen Browne, Shirley Byrne, Pat Fitzpatrick, Mary Mulcahy, Edel Geraghty, Michelle Tynan, Jane Aylmer, Ruth Walker, Mary Harty. Front Row: L-R Chloe Whelan, Eva Stembridge, Kathleen Kemp, Alison Dore.



Mary Mulcahy, National Forum Mental Health Training and Policy Officer with staff and volunteers from Rosemount FRC & Hillview FRC Dublin at Suicide Prevention Code of Practice training.

Participant Feedback on the Suicide Prevention Code of Practice

“Really interesting training, very intense but upskilled me, and would feel confident now to deal with a situation. Good to have the checklist as a reminder whether by phone, email, in person, and so on.”

“Opportunity for the team to discuss this important issue. Good Information was provided by both facilitators.”

Wellness Recovery Action Planning (WRAP) Seminar 1

This two-day workshop teaches participants about Wellness Recovery Action Planning (WRAP) and demonstrates how this programme can be incorporated into daily life to improve personal wellness and quality of life.

WRAP is a person-centered, evidence-based, self-management programme for mental health, widely acclaimed nationally and internationally by health leaders. It is a highly individualised plan that helps you maintain your overall wellness.

During 2022, the 53 staff and volunteers that completed the 2-day programme were from 17 Family Resource Centres across the country – Lus na Gréine FRC (Granard), Athlone FRC (Westmeath), Bridgeways FRC (Longford), Cara Phort FRC (Westmeath), Focus FRC, Killeshandra (Cavan), Gorey FRC (Wexford), Southend FRC (Wexford), Taghmon FRC (Wexford), Raheen FRC (Limerick), Westport FRC (Mayo), Tacú FRC, Ballinrobe (Mayo), Claremorris FRC (Mayo), Rosemount FRC (Dublin), Athy FRC (Kildare), Balally FRC (Dublin), Greystones FRC (Wicklow), Artane FRC (Dublin).

Participant Feedback on WRAP Training

“I like the structure, creating a toolkit, and a plan. It’s concrete and helpful.”

“Excellent course and content very well delivered & approachable & fun.”



Mary Mulcahy, National Forum Mental Health Training and Policy Officer and Co-Facilitator Gina Delaney, Development Officer Mental Health Ireland with staff and volunteers from Gorey FRC (Wexford), Southend FRC (Wexford), Taghmon FRC (Wexford) & Raheen FRC (Limerick) at WRAP training. L-R: Liz Dooly, Emma Bennett, Jason Carrol, Brid Akinyemi, Gina Delaney, Deirdre Stanley, Eimear Hickey, Margaret Stafford, Elaine O Connor, Roisin Kelly, Martin Neville, Colin O’Muir, Mary Mulcahy, Pat Reid.



Mary Mulcahy, National Forum Mental Health Training and Policy Officer and Co-Facilitator Finola Colgan, Development Officer, Mental Health Ireland with staff and volunteers from Athlone FRC & Bridgeways FRC, Longford at WRAP training in Athlone FRC.

Self-Care

Our Mental Health Promotion Project offers Self-Care in-person events to the staff and volunteers of Family Resource Centres. These half-day and full-day workshops provide participants with the opportunity to learn mindfulness, relaxation, and self-care practices that can be incorporated into their daily routine both on a personal and professional level. During 2022, 1 full-day and 4 half-day workshops were delivered to 53 staff and volunteers in 12 FRCs.

30 Minutes for Me! & Guided Meditations

The 30 Minutes For Me! sessions are online meditation and mindfulness practices for FRC staff and volunteers, which have been running since the start of Covid 19. These sessions include some breathing exercises, meditation, and mindfulness practices. During 2022, we delivered seven 30 Minutes for Me! online session attended by 54 FRC staff and volunteers.

Information & Networking Events

Information sharing and Networking Events (South-East, Laois Offaly & Mid-West)

During 2022 our Mental Health Promotion Project working in partnership with the HSE Resource Office for Suicide Prevention and Mental Health Ireland organised and delivered three Information Sharing and Networking events. These events were aimed at Family Resource Centres and local and community organisations with an interest in and/or working in the area of positive mental health promotion and suicide prevention. Each day-long World Café Style event provided participating FRCs with an opportunity to share experiences, gather first-hand knowledge, and network with representatives from other community organisations, the National Office for Suicide Prevention and Mental Health Ireland. The events were held in Kilkenny (South-East Region), Tullamore (Laois and Offaly), and Ennis (Mid-West Region). Staff and volunteers from 17 FRCs participated in the three events.

Participant Feedback on Information Sharing and Networking Events

“Because I am quite new in my role, it gave me the opportunity to link in with other teams from other FRCs. It also opened my eyes a little further to the challenges we are facing, offered ideas, and motivated me further.”

“It was very down to earth, and it was done in a really nice small group way meeting all the other FRC face to face again.”

Staff and volunteers from FRCs in Laois & Offaly at the Information Sharing & Networking Event on September 20th in the Tullamore Court Hotel.



Training Needs Survey

In January 2022, our Mental Health Promotion Project invited all 121 Family Resource Centres across Ireland to participate in a Training Needs Survey, of which we received 138 responses from 81 FRCs across the 9 regions. Replies show that up to 80% of the respondents to the survey have previously attended Mental Health, Wellbeing, and Suicide Prevention training including but not limited to training provided by the National Forum's Mental Health Promotion Project, the HSE, TUSLA, Children and Young People's Services Committees (CYPSC) and Mental Health Ireland.

The top 3 training requests for training in 2022 were:

6. **64% Compassion Fatigue Training.**
7. **44% WRAP Seminar 1.**
8. **43% Suicide Prevention Code of Practice Training.**

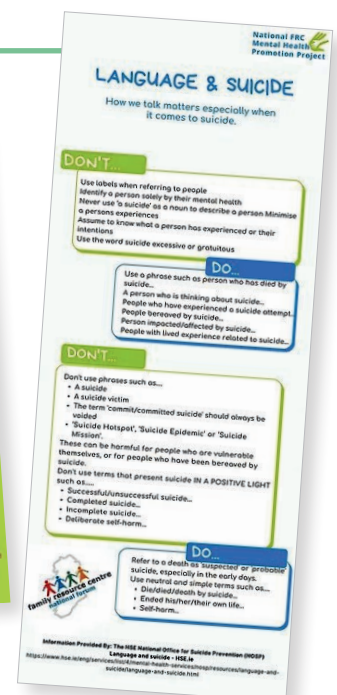
The respondents appreciate the resources and training offered through our Mental Health Project and have asked that this is continued. It was evident that a mixture of both in-person and online training would be welcomed by respondents.

Communications & Awareness Raising

The National Forum Mental Health Promotion Project website underwent a significant transformation in 2022 to promote the work and services of the project. As a result, the total number of unique visitors consisted of 10,925 and 8,637 first-time visitors, and 2,289 returning visitors; an increase of 75% from the previous year. Areas of the website that had the most traffic include:

- A new campaign section that highlights relevant national and international mental health awareness campaigns.
- An extended social prescribing section informing visitors about the community referral project.
- An extended training section that helps to inform and promote the training activities offered by the project.
- A resources section with posters, toolkits, information booklets, and reports created by the project.
- A section promoting evidence-based resources from partner organisations.

In line with our Mental Health Promotion Project efforts to create awareness and combat the stigma associated with mental health difficulties, the project implemented a social media strategy that saw its combined social media audience grow to 9,000 people with an approximate reach of over 60,000 people.



The project created two newsletters highlighting the achievements and work of the Mental Health Promotion Project, these were distributed to our mailing lists and are available online on the project website.

Across 2022 the National FRC Mental Health Promotion Project promoted over 46 national and international mental health-related campaigns through its website, social media, and direct email communications to an audience of almost 30,000 people. Several awareness-raising visual assets were created to support FRCs deliver important information to service users, all of which are available on our Mental Health Promotion Project website. These included an Eating Disorders Myth Buster Poster and a Language & Suicide Poster.

Health & Wellbeing Community Referral Project



The Health and Wellbeing Community Referral Programme is a Social Prescribing Service delivered through our Mental Health Promotion Project in partnership with the HSE in Cork and Kerry.

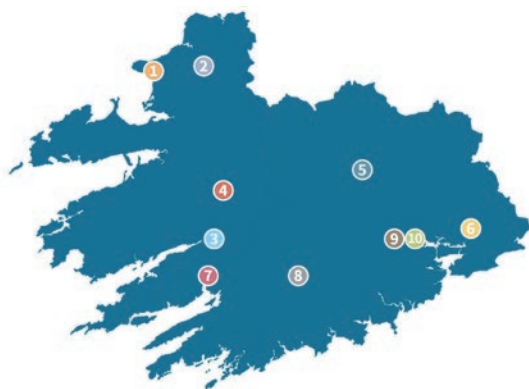
The service seeks to address the problems of social isolation, anxiety, loneliness, and feeling disconnected from your community, all of which negatively affect health and wellbeing. People who feel disempowered through life experiences have an opportunity and real support to navigate the resources/services that will support improving their quality of life, and their emotional, physical, and social health. Social Prescribing Link Workers, who are located in nine Family Resource Centres (FRCs) and one Community Development Project (CDP) across Cork and Kerry, work with adults (over 18s) to link them into and also support them to attend varied activities, groups, and resources that provide opportunities for connection and support wellbeing.

The project is funded through HSE Health and Wellbeing – for the Cork/Kerry region. Originally a pilot project, with 6 sites, funded through the Slaintecare Integration Fund 2019-2021, the project was mainstreamed in 2022 with an expansion to 10 sites.

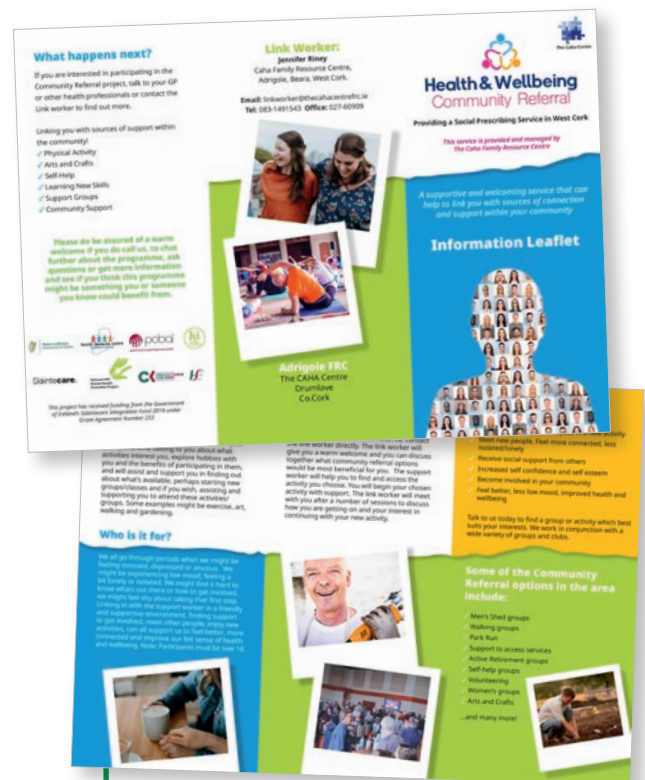
Principles of Social Prescribing:

The following are the principles of Social Prescribing as adapted from the HSE Social Prescribing Framework, 2021:

- Focuses on the individual's needs holistically.
- Individuals are empowered to become co-producers of their health and wellbeing.
- Takes into consideration the wider determinants of health, including environmental, social, and economic factors.
- Increased focus on early intervention and prevention.
- Emphasis is placed on building social connections and forging social capital.
- Utilises the support and services provided by the community, voluntary and private sectors.



- | | |
|---|---|
| <p>1 Kerryhead / Ballyheigue FRC
Marion Godley
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085 176 6304</p> | <p>6 Middleton FRC
Nora Conway
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085 862 5320</p> |
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| <p>5 Le Chéile FRC Mallow
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Sinead Murphy
sineadm@btcdp.ie
087 1207410</p> |



Map of the 10 Social Prescribing Community Referral Services in Cork and Kerry.

Caha FRC information leaflet on providing a Social Prescribing Service in West Cork.

In 2022, the FRC National Forum secured funding to employ a Regional Coordinator for the project who took up their post in May 2022. This role takes the lead in overseeing and implementing the project across both regions and providing support to the FRCs/CDP and Link Workers. The National Forums' role within this partnership is to deliver on the service arrangement, ensuring sites are supported to meet their referral targets and to report to funders every quarter. Bi-annual and annual reports are compiled, which delve deeper into the health and well-being outcomes of participants.

Key events and milestones in 2022:

- **January:** Funding awarded to the FRC National Forum to mainstream the rollout of Social Prescribing Service across Cork and Kerry.
- **February:** Mainstreaming site visits completed.
- **March:** Expansion to additional sites- Dunmanway and Killarney.
- **April/May:** Recruitment of Regional Coordinator.
- **June:** Rita Bevan our Regional Coordinator co-facilitated a workshop at the All Ireland Social Prescribing National Conference which took place in Derry.
- **July:** The Regional Coordinator gave a talk on Social Prescribing to the Oncology Unit at Cork University Hospital to increase awareness of the service.
- **August:** Bi-annual report launched for the service.
- **October:** The Regional Coordinator presented at the HSE National Clinical Programmes Conference at Croke Park in Dublin.
- **November:** Reflective practice and shared learning day for all link workers and managers took place.

Feedback – a short snapshot

"You're saving lives and I don't think you know it or how important you are to my clients." (Referrer, Psychiatrist)

"I didn't know where to turn to nobody ever listened or helped me, you changed my outlook on life and people." (Service-user)

"One person I worked with had a neurological condition and I linked her into her Public Health Nurse for the first time. Through this, she then could access OT, personal assistant hours, and a community physio." (Link worker)

A key output for 2022 was the research for quality assurance which was completed in partnership with University College Cork Occupational Science and Occupational Therapy Department. Through this reporting and evaluation, the National Forum was able to showcase the excellent work done, to sustain, develop and grow the programme, and also to demonstrate what an excellent fit the FRCs/CDP projects are for a Social Prescribing Service.

Outcomes of the Social Prescribing Service for 2022 include:

- 692 referrals across 10 sites.
- Regarding service-user relationship status, the majority were single, including those who are widowed or separated (58%).
- A large number of service users reported living alone (39%).
- Retired individuals accounted for the largest group of service users at 39%. Individuals currently unable to work account for 28% of service users, reasons for being unable to work may include physical or mental illness.
- 80% of interventions provided were group-based, which demonstrates the social focus of the service.
- Women made up 66% of service users.
- GP referrals have increased significantly from last year, with 85 referrals received across the 10 sites – they account for only 3% of referrals the previous year.
- Mental health professionals accounted for 73 referrals, or around 11% of the total referrals received.
- Social isolation was the most commonly reported primary concern.
- Mental health difficulties made up 67% of concerns reported by service users.

National Problem Gambling Support Service

In 2022, the FRC National Forum secured €1.5 million from the Gambling Awareness Trust (GAT) for the delivery of a three-year National Problem Gambling Support Service across 20 FRCs.

National Problem Gambling Service
Family Resource Centre National Forum

County	Lead Family Resource Centre
Carlow	Baginbstown FRC
Clare	North West Clare FRC
Cork	Carrigrohilly FRC
Donegal	Finn Valley FRC
Dublin	The Forge/Paenaga
Dublin	Quarryvale FRC
Galway	Balkyle FRC
Kerry	Loughrea FRC
Kilkenny/Tipperary	Listowel FRC
Laois	Millennium FRC
Leitrim/Sligo	Portlaoise FRC
Limerick	Boyle FRC
Limerick	Hospital FRC
Longford/Westmeath	Northside FRC
Louth	Bridgeways FRC
Tipperary	Connect FRC
Roscommon	Spafield FRC
Tipperary	Boyle FRC
Waterford	Silver Arch FRC
Waterford	St. Brigid's FRC

Gambling as we all know can be a very hidden yet extremely damaging and prevalent addiction, for the problem gambler and their loved ones. As our FRCs are the heart of their community providing many supports and services, this service is now part of that holistic response to support the individual with a gambling problem and their concerned loved ones and family.

Please contact the above FRCs for further information

TUSLA

International research reports that for every single person identified with a 'gambling disorder', up to six other people are impacted significantly.

Given the estimated prevalence of 55,000 problem gamblers in Ireland, this presents a significant number of individuals affected in Irish society and highlights the need for increased services and support in this area.

This 3-year project aims to support the development and delivery of a National Problem Gambling Support Service for those experiencing harmful gambling and their families.

The supports are through a clinical service, where therapy is offered to those impacted by Problem Gambling, and by also raising awareness in communities around harmful gambling, through community development approaches, educational awareness, and marketing campaigns.

The Gambling Awareness Trust launched the service on the 31st of May at the Georgian Rooms, Number 5, South Leinster Street, Dublin.



Willie Collins, GAT Board Member, Louise Moran, Chair of the FRC National Forum, and Tom Hayes, Chair of GAT at the launch of the National Gambling Support Service in Dublin.



Louise Moran, Chair FRC National Forum, Pam Bergin, CEO of GAT and Caitriona Curtis, Tusla at the launch of the National Gambling Support Service in Dublin.



Launch of the National Problem Gambling Support Service.



FRCs delivering the National Problem Gambling Support Service at the information and sharing event in Galway.

During 2022 through this partnership, gambling therapy and supports were available in 20 FRCs in 19 counties across the country. On the 27th of June, the 20 FRCs delivering the National Problem Gambling Support Service came together in Galway City to connect, share knowledge, and learning from others. Guest speakers on the day included: Tony O'Reilly, who told of his personal story of gambling addiction and how it all started with a one-pound bet and ended with a jail sentence and personal losses; Pam Bergin, CEO of Gambling Awareness Trust; and Fergal Landy, CEO of the FRC National Forum.



L to R: Tony O'Reilly, Guest Speaker with Fergal Landy, CEO FRC National Forum, and Pam Bergin, CEO GAT at the information and sharing event in Galway.

In 2022 the following outcomes were achieved:

- 81 people reached out for therapeutic support since the beginning of the project- 55 males and 26 females. 75 of these individuals self-referred, with other referral sources including from the HSE, FRCs, Money Advice & Budgeting Service (MABS), and other community supports and services.
- A total of 59 Problem Gamblers utilised the service.
- 29 affected others have reached out for support/counselling.
- There has been a total of 405 therapeutic sessions delivered, 380 of which have been face-to-face.
- 33 individuals were aged between 25-44, with the next most common aged cohort being 45-64 (33 individuals).
- The most common recorded form of gambling was online sports betting followed by bookmakers.

There has been an incredible amount of community development, building referral pathways, networking, and raising awareness completed across all funded FRCs in 2022. The National Forum will continue to support these FRCs to build a foundation for a high-quality sustainable service.

Recovery and Resilience Programme for Children

In 2022 the FRC National Forum in partnership with the HSE Mental Health Integrated Operations Care Group developed a once-off National Recovery and Resilience Programme for Children.

The 1-million-euro fund focused on supporting children and families to enhance a culture of Recovery and Resilience in the aftermath of Covid-19.

Family Resource Centres are ideally placed to deliver on the 'Recovery and Resilience Programme' as they have ample connections with families and provide community-based therapy support.

The main purpose of the funding is to provide local therapeutic support and to conduct a piece of research that will capture the experiences of and mental health impact of Covid-19 on children and families. This research will inform strategy and planning for the future, it will also build an evidence base on the need for and benefits of new creative therapeutic approaches for children and adults.

The fund was administered to 83 of the 121 Family Resource Centres across different communities providing various therapeutic interventions which will support over 4500 children and families nationwide as a result of this funding.

Examples of some of the therapeutic services that will be provided include Play, Art, Music, Group Filial therapy, Equine, Cognitive Behavioural Therapy (CBT), Parental Therapy, Mindfulness and Yoga.

This funding also assisted with the uplift of waiting lists that have accumulated because of Covid-19, which will have a positive impact on the lives of children and families at a time when communities are struggling emotionally and financially.



Map of FRC Counselling and Therapeutic Supports Services



Period Poverty Project

In November 2022, the FRC National Forum submitted an Expression of Interest to the Department of Health (DoH) to source funding to support our FRC members to address the issue of Period Poverty.

Period poverty in Ireland was initially brought into focus by the publication, in late 2018, of a Plan International Survey of 1,100 teenage girls, aged 12-19. The Survey identified 50% of girls as having occasionally experienced period poverty, and 10% as having used unsuitable products as a result. 61% had missed school on occasion because of their period. The government has supported a Private Members' Bill on Period Poverty; the *Free Provision of Period Products Bill 2021 (Bill 4)*. To estimate the costs of legislative enactment, Departments have been asked to explore focussed mechanisms for the initial roll-out of period poverty mitigation measures in 2022, which will provide information on uptake and costs to inform the cost of full roll-out. The government has also supported consideration of the recommendations of the Period Poverty in Ireland Discussion Paper and has mitigation measures in the Programme for Government.



Family Resource Centres (FRCs) are well placed within communities to facilitate local actions to address the challenge of period poverty and roll out mitigation initiatives. FRCs engage with families living in poverty, and other high-risk groups, as outlined in the *'Period Poverty – Discussion Paper, February 2021'* including lone parents, women from marginalised social groups including Traveller women, migrants, and other minorities. FRCs across the country have continued to raise concerns about food poverty and associated period poverty.

In December 2022, the FRC National Forum was granted €67,275 from the DoH to support FRC members in rolling out Period Poverty mitigation initiatives. It will encompass two key strands. Strand one relates to the provision by FRCs of free period products to various female cohorts in their communities. Strand two of funding will support FRCs to pilot a period poverty mitigation project in their community. The funding is planned to be rolled out in 2023.

Snapshot of National FRC Programme Activities in 2022



40,550

FAMILY SUPPORT SESSIONS



29,388

ADULT & CHILD BENEFICIARIES FROM
FOOD BANK & CLOUD INITIATIVES



53,570

NUMBER OF CHILDREN, ADULTS &
FAMILIES FOR WHOM A NEED, ISSUE,
OR ENTITLEMENT WAS IDENTIFIED



28,667

NUMBER OF PARTICIPANTS
IN EDUCATION COURSES
AND INITIATIVES



58,325

COUNSELLING SESSIONS FOR
CHILDREN, ADOLESCENTS, ADULTS,
COUPLES, AND FAMILIES



6,790

PARENT SUPPORT
SESSIONS



28,488

ADULTS AVAILED OF ADMIN SUPPORT
E.G. IT SUPPORT, INTERVIEW SKILLS,
APPLICATION FORMS, ETC.



91,734

ADULTS & CHILD
BENEFICIARIES OF
COMMUNITY-BASED INITIATIVES

All figures from SPEAK Report 2022.

FRC National Programme Regional Fora Initiatives

Western Regional Forum - Community Response to Domestic Abuse Western Regional Network National Domestic Violence Conference

The International 16 Days of Action opposing Violence Against Women ran from November 25th to December 10th, 2022. To highlight this important campaign the Community Response to Domestic Abuse Western Regional Network (CRDAWRN) organised a National Domestic Abuse Conference which took place in the Galway City Harbour Hotel on Friday, November 18th with 135 people in attendance. The Network was also marking 20 years of collaboration, activism, and best practice in responding to the issue of Domestic Abuse in our communities. It comprises of nineteen community-based organisations across counties Galway, Mayo, and Roscommon including the Family Resource Centres in Loughrea, Gort, Westport, Headford, Ballygar, Ballinrobe, Castlerea, and Ballaghaderreen.

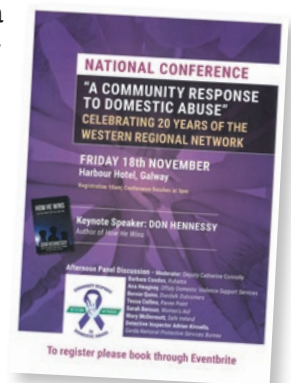
Chairperson of the Network, Leanne Barrett, Project Coordinator of Westport Family & Community Resource Centre opened the Conference and spoke of the gravity of the issue adding that "All of us here today have in some way been touched by the topic of violence against women. This is a matter of concern for all of us it impacts on and is detrimental to our society and to our future generations." This was followed by a powerful and emotional account of the experiences and journey to safety of a survivor of domestic abuse. Don Hennessy, Author, and expert in the area of male intimate abuse was the Keynote speaker. He highlighted the need for the perpetrator to be held accountable and he advocated for change in the areas of Statutory protection, medical care, advocacy, refuge, support services, and child support.

In the afternoon, Catherine Connolly TD and Leas Cheann Comhairle of Dáil Éireann chaired a panel of experts representing a range of National organisations who addressed the issue of barriers facing women in Domestic Abuse situations in accessing support and services. These Speakers included Mary McDermott, Safe Ireland, Sarah Benson, Women's Aid, Tessa Collins, Pavee Point, Barbara Condon, Ruhama, Garda Adrian Kinsella, Garda National Protective Services Bureau together with Anna Heagney, Offaly Domestic Violence Support Services (ODVSS) and Lynn Cahill, LGBTQI+ Activist an Adjunct Professor Trinity College Dublin (TCD).



Panel of Experts speaking at the National Abuse Conference L to R Catherine Connolly, Tessa Collins, Lynn Cahill, Barbara Condon, Mary McDermott, Sarah Benson, Anna Heagney, Garda Adrian Kinsella.

The conference was closed by a thoughtful pre-recorded address by Minister for Justice Helen McEntee TD who praised and thanked the Network for their tireless work over the last twenty years. Minister McEntee also highlighted Zero Tolerance, the Third National Strategy on Domestic Sexual and Gender-based Violence. She pledged an all of Government response and commitment to this strategy.



The CRDAWRN Organising committee L to R: Imelda Gormally, Galway City Partnership, Áine Deely, Loughrea Family and Community Resource Centre, Annie Rozario, Gort Resource Centre, Leanne Barrett, Westport Family, and Community Resource Centre, Mary Jackson, Tacú Family Resource Centre Ballinrobe, Amy Donohoe, COPE Galway, Suzanne McKane, Domestic Violence Response, Galway.

North West Regional Forum

- Trauma-Informed Practice & Governance Training Initiatives

During 2022 the North West Regional Forum comprising Family Resource Centres in Sligo, Leitrim, and Donegal held several regional initiatives including: **Trauma-Informed Training** - Tubbercurry FRC received funding in 2021 under the What Works Training Fund to deliver Trauma Informed Practice training to staff in FRCs in the North-West region who work with people affected by trauma. The What Works Training Fund led by the Department of Children, Equality, Disability, Integration, and Youth, with funding from Dormant Accounts funds organisations that are members of Tusla Child and Family Support Networks to engage in accredited evidence-informed or evidence-based training programmes to train staff to improve their services for children, young people, and their families.

Due to Covid-19, the training did not take place until June 2022. It was delivered in conjunction with Quality Matters, Dublin who have developed a three-module programme to support the learning and implementation of Trauma Informed Practice in the Irish community, social care, health, and criminal justice services including FRCs. The first module was done online individually followed by two in-person workshops in Sligo on the 13th and 20th of June. 24 staff - Project Coordinators, Administration, and Family Support/Development Workers from 13 FRCs availed of the training.

Governance Training

At the North West Regional Forum meeting in September, training was discussed and it was agreed that the Regional Forum would directly fund Governance training that two FRCs had organised and that this training would be online and made available to all FRCs in the region. Charities Governance Code Compliance Record Form training arranged by Mervagh FRC, Downings, Co. Donegal, took place on Tuesday, the 8th of November, and Governance Training delivered by Ann Irwin and arranged by Donegal FRC, Donegal town took place on Monday, the 28th of November. Both events were well attended by staff and voluntary board of management members from FRCs across the region.

WHAT WORKS
SHARING KNOWLEDGE
Improving Children's Futures

family resource centre
national forum

FRC NORTH WEST REGIONAL FORUM
Is Delighted to provide its members with
Free Training this June
On Trauma Informed Practice
in conjunction with Quality Matters
Venue: The Great Southern Hotel, Sligo
Dates: 13th and 20th of June

Quality Matters have developed a three Module Programme to Support Learning and Implementation of Trauma Informed Practice in Irish Community, Social Care, Health and Criminal Justice Services including FRC's. The First Module is done online individually followed by two in person workshops in Sligo.
All modules must be undertaken. Tea/Coffee and Lunch Provided.

Workshop One: Monday 13/06—Morning (9am-12.30pm) Afternoon (1.30pm-5pm)
Workshop Two: Monday 20/06—Morning (9am-12.30pm) Afternoon (1.30pm-5pm)

15 participants per session.
With a joint lunch provided 12.30pm-1.30pm for all 30 participants.

Training suitable for all staff interacting and working with clients who may have experienced trauma. Aim is to have 2 participants per FRC.
To book your place please email admin@tubbercurryfrc.com by Friday 29th of April.

Stating your name; FRC location and role and preference for morning or afternoon session and your availability to undertake all modules.

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

ciste na
gcuntas díomhaire
the dormant
accounts fund

Mid-West Regional Forum – Parenting When Separated Project

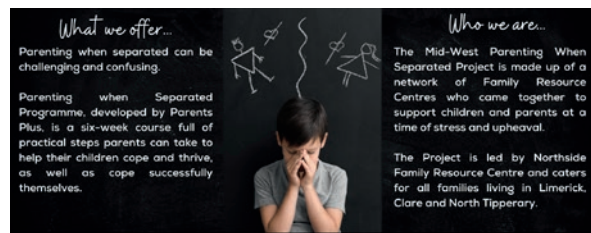
In July 2019, Ciara Kane, CEO of Northside Family Resource Centre (FRC) met with Judge Mary Larkin and Carmel Savage, Family Mediation Service to discuss a potential collaboration to support families going through a separation.

From that meeting, a substantial project has developed. The programme began under the direction and support of Northside FRC where 6 parenting when separated programmes ran from the Family Mediation Service, Riverpoint, Limerick City. The majority of the referrals were from Limerick Court Service with a smaller number from the Family Mediation Service. Parenting when Separated is an evidence-based programme developed by Parents Plus. The Programme’s objectives for parents are:

- Solving co-parenting problems in a positive way that focuses on the needs of children.
- Cope with the emotional impact of separation and learn stress management techniques.
- Help children cope with the impact of the separation both emotionally and practically.
- Enhance communication with their children and with their children’s other parent.

As a direct consequence of Covid-19 Northside FRC quickly adapted to online facilitation. Northside FRC sourced funding to create a tech library where parents are issued with the necessary devices to be able to participate in the programme. The online forum has improved participation and retention rates and ensured parents, from not only Limerick City but across the Mid-West Region can participate easily in the programme.

By the middle of 2021, it was becoming evident that the demand for support from parents going through separation grew beyond the capacity of Northside FRC. Thus, the Mid-West Parenting When Separated Steering group was formed as a substructure of the Mid-West Family Resource Centre Forum. The members are made up of the 9 Family Resource Centers in the Mid-West Region. As a direct result of the collaboration, we now have 17 Parenting When Separated Facilitators and a Regional Steering Group being led by Northside Family Resource Centre.



Pat Fitzpatrick, Family Support Worker with Northside FRC and Project lead of the Mid-West Parenting When Separated Project, manning the Family Information stand at Limerick Court Services alongside the Legal Aid Board and Family Mediation Service.

At the start of 2022, Northside Family Resource Centre secured funds from Limerick Court Service to support the development and rollout of the project. A Project Worker is employed directly by Northside Family Resource Centre; works 8-10 hours a week on the project; and reports to the Mid-West Parenting When Separated Steering group every quarter. His role focuses on managing referrals, conducting pre-assessments, mid-programme reviews, and post-assessments with all referrals, recruiting for and administering programmes, signposting parents to additional supports, and engaging with relevant agencies regards promoting and managing the programme.

While assessing referrals and running the parenting when separated programmes, it became evident there was a lack of suitable support for fathers who demonstrated controlling and abusive behaviours with their former intimate partners and/or their children. The Mid-West Parenting When Separated Steering Group has sought to address this gap in Service. The “Caring Dads” Programme works with fathers to change patterns of abuse, increase fathers’ awareness and application of child-centered fathering, and promote respectful co-parenting with children’s mothers.

North East Regional Forum – Postgraduate Certificate in Family Support (Theory and Practice)

During 2022 the North East Region of Family Resource Centres based in Cavan, Monaghan, Louth, and Meath partnered with the Faculty of Lifelong Learning at the Institute of Technology Carlow to deliver online its renowned Postgraduate Certificate in Family Support (Theory and Practice) to FRCs from January to May 2022.

19 FRC staff including Community Development and Family Support Workers, Coordinators, and Beacon Family Support Workers from eight FRCs - Clones FRC Co. Monaghan, Focus FRC, Killashandra, Co. Cavan, Teach Osaile FRC, Cavan Town, Teach na nDaoine FRC, Monaghan Town, Kells FRC, Co. Meath, Trim FRC, Co. Meath, Connect FRC, Drogheda, Co. Louth and East Coast FRC, Bettystown, Co. Meath - graduated from the course. The course aims to further the education and skills of professionals with a common interest in family support.

Clíodhna Cunningham, Coordinator at Connect FRC, Drogheda, Co. Louth said,

“The North-East Region of Family Resource Centres was excited to collaborate and engage in this partnership with the Faculty of Lifelong Learning at the Institute of Technology Carlow. The Family Resource Centre (FRC) programme is Ireland’s largest national family and community-based support programme, core-funded by Tusla – The Child and Family Agency. Its content shares the ethos of the practices of the FRC programme by engaging with communities through an early intervention approach in the promotion of health and well-being with the rights of all children and their families as a key focus, with particular emphasis on supporting those most at risk. This training will support us as a region to reflect on our family support practices and ensure we continue to use the most up-to-date research and adhere to a best practice approach.”



Certificate in Family Support (Theory and Practice)

Fees: €1,500
Duration: 5 full days
(All Saturdays: Jan 29th, Feb 5th, Mar 12th, 19th, Apr 2nd)
Delivery: Online

Overview
Family Support is a style of work and a wide range of activities that strengthen positive informal social networks through community based programmes and services. The main focus of these services is on early intervention aiming to promote and protect the health, well-being and rights of all children, young people and their families. At the same time, particular attention is given to those who are vulnerable or at risk (Tusla, 2017). The aim of this programme is to further the education and skills of professionals with a common interest in family support.

Learning Outcomes

- Critically analyse theories of Family Support.
- Critically reflect on ethical responsibilities to clients, family members, agencies and other professionals.
- Evaluate different interventions for responding to people using a Family Support approach.
- Analyse the impact that family challenges pose to children and the family.
- Recognise the value of Family Support intervention for children and families.
- Outline of practice engaged in and critique the tools, resources, professional skills and interventions in relation to family support.

Entry Requirements

- All applicants will be considered on a case-by-case basis. Lifelong Learning reserves the right to require applicants to attend for an interview to determine their suitability for the programme.
- There is a placement element to the course. 400 hours must be completed either in an appropriate work place or placement setting. It is the responsibility of the student to source the placement setting.

To apply contact the Faculty of Lifelong Learning via the details below.

P : 059 917 5280
E : lll@itcarlow.ie
W : www.itcarlow.ie/lll

[@itclifelonglearning](https://www.facebook.com/itclifelonglearning)
[@itcarlowlifelonglearning](https://www.instagram.com/itcarlowlifelonglearning)
[@itclll](https://www.twitter.com/itclll)

INSTITUTE of TECHNOLOGY CARLOW
Institiúid Teicneolaíochta Cheatharlach

Commenting on the programme collaboration, Dr. Joseph Collins, Head of Faculty of Lifelong Learning, Institute of Technology Carlow outlined that it represents all that is good about Lifelong Learning.

“We are proud to work with these students to develop effective practice in a range of settings and to enable them to critically reflect on its implementation, learn from the evidence-informed application, and contribute to the development of practice knowledge in family support.”

Governance

The FRC National Forum is in compliance with the Charities Regulator Governance Code.

Our Team in 2022

During 2022 the FRC National Forum team expanded to a staff team of nine (six full-time and three part-time).

Chief Executive Officer	Fergal Landy
National Mental Health Programme Manager	Shauna Diamond
Finance, Governance & Compliance National Lead	Ann Flynn (Appointed 26.09.22)
Counselling and Therapeutic Supports, National Lead	Grace Kearney (Appointed 19.10.22)
National Mental Health Training and Policy Officer	Mary Mulcahy
Regional Coordinator, Social Prescribing Cork/Kerry Region	Rita Bevan (Appointed 23.05.22)
Member Support and Engagement Officer	Marie Kennedy (Appointed 12.09.22)
Finance Administrator	Mary Heskin
National Mental Health Promotion Project Officer	Kathleen Kemp

Our Board in 2022

Louise Moran Chairperson	Louise Hackett Cork Region	Delores Crerar Midlands Region <i>Appointed 15.06.22</i>	Seamus Falvey Kerry Region
Jackie Landers Vice-Chair	Kathleen Mc Hugh North West Region	Seán Ahern Cork Region	Fiona Hayes South East Region
Jean Garland Treasurer	Nora Lucid Kerry Region	Patrick Kelly North East Region	Martina Doyle North West Region
Catherine Leonard Company Secretary	Mary O' Donoghue Mid-West Region	Joan Bolger Midlands Region <i>Appointed 23.09.22</i>	Michael Farrell Midlands Region
Clare Cashman Outgoing Chair <i>Resigned 31.12.22</i>	Margaret Mc Loughlin Eastern Region	Jack Butler South East Region <i>Appointed 08.09.2022</i>	Louise Keogh Eastern Region
Ellen Duggan Eastern Region	Niamh Flaherty North West Region	Susan O'Sullivan Kerry Region <i>Appointed 15.06.22</i>	Majella Mc Govern North West Region
Kathleen Meagher South East Region	Mary Jackson Western Region	Dara Terry Eastern Region	Maria Quinn Midlands Region
Hilary Fitzgerald Cork Region	Grace Kearney Midlands Region <i>Resigned 19.10.22</i>	Justyna Doherty North East Region	Kabirat Olatinwo Mid-West Region <i>Resigned 25.03.22</i>
Linda Harley Cork Region	Michelle Lynch Mid-West Region <i>Resigned 19.08.22</i>	Kees Duson Mid-West Region	Mary Kirwan South East Region <i>Resigned 12.05.22</i>
Shirley Moyles Western Region	Sharon Kennedy South East Region		Elizabeth King North West Region <i>Resigned 12.05.22</i>

Legal & Administrative Information

Registered Office: 29 Whitechurch Way, Ballyboden, Dublin 16, D16F2R3

Business Office: Ballinfoile Castlegar Neighbourhood Centre,
Headford Road, Galway H91PN50

Auditor: Noone Casey, 25 Herbert Place, Dublin 2

Company No: 382737

Revenue Charity No: 22511

Charity Registered No: 20153656

Board Meeting Dates 2022

13th of January

10th of February

10th of March

14th of April

12th of May

15th of June

14th of July

8th of September

13th of October

10th of November

8th of December

A photograph of a man with white hair, a beard, and glasses, wearing a light-colored striped polo shirt and khaki pants. He is focused on his work, using a black hot glue gun to apply adhesive to a piece of wood. The background shows a workshop environment with various tools and materials. The image is overlaid with a large, dark blue, curved graphic element on the right side and several thin, white, abstract lines and circles on the left side.

Appendices

Appendix 1

Summary extract from 2022 Statement of Financial Activities

	Total 2022 €	Total 2021 €
Income		
Charitable activities	1,802,627	607,489
Expenditure		
Charitable activities	1,802,631	512,472
Result for the financial year	(4)	95,017

Sources of Income for the Financial Year 2022

Agency	Grant Programme	Deferred Income b/fwd from 2021 €	Total grant received in the year €	Accrued Income 2022 €	Fund (deferred) or due at financial year end €	Total grant taken to Income in the year €
TUSLA	CEO Salary Funding	84,441	-	-	-	84,441
TUSLA	CEO Salary Funding	-	18,334	-	(10,417)	7,917
HSE	Sláintecare Integration Fund 2019-2021	-	21,878	-	-	21,878
TUSLA	Mental Health Promotion Project	-	103,996	-	-	103,996
HSE	The National Office of Suicide Prevention (NOSP)	-	99,996	-	-	99,996
TUSLA	Tusla FRC Programme Development Funding	-	220,000	-	(125,370)	94,630
HSE	Resilience and Recovery Programme for Children	-	1,000,000	-	(482,420)	517,580
HSE	Cork Kerry Community Health Care (HSE Social Prescribing 2022)	-	380,324	-	(42,985)	337,339
HSE	Department of Public Health South Cork /Kerry Mental Health Promotion Project Grant 2022	-	4,694	-	(4,694)	-
HSE	Healthy Ireland (Period Poverty Funding)	-	65,000	-	(55,250)	9,750
HSE	Healthy Ireland (Period Poverty Funding) – once off inflationary cost funding	-	2,275	-	(2,275)	-
GAT	Gambling Awareness Trust	-	500,000	22,500	-	522,500
TUSLA	Tusla Core Funding 2022/2023	-	70,200	-	(67,600)	2,600
Total		84,441	2,486,697	22,500	(791,011)	1,802,627

Appendix 2

List of Family Resource Centres

	FRC Name	Building Name/No. / Street Name	Town	County
1	ARC FRC	Raheen, Clonroche	Enniscorthy	Wexford
2	ARD FRC	Cumasu Centre, 55 Doughiska Road	Doughiska	Galway
3	Artane Coolock FRC	55 Gracefiled Road	Artane	Dublin 05
4	Aster FRC	Unit 18 & 20, Northside Enterprise Centre, Bunnratty Drive	Coolock	Dublin 17
5	Athlone FRC	Unit 15, Business Development Centre, Ball Alley Lane	Athlone	Westmeath
6	Athy CFRC	Woodstock Street	Athy	Kildare
7	Bagenalstown FRC	Moneybeg, Royal Oak Road	Bagenalstown	Carlow
8	Balally FRC	The Scout Den, Wedgewood		Dublin 16
9	Balgaddy South Dublin County Partnership	Belgard Square North	Tallaght	Dublin 24
10	Ballagherreen FRC	Market Street	Ballagherreen	Roscommon
11	Ballina FRC	Unit 2, Abbey Street	Ardnaree, Ballina	Mayo
12	Ballincollig FRC	The Village Shopping Centre, Station Road	Ballincollig	Cork
13	Ballyboden FRC	29 Whitechurch Way	Rathfarnham	Dublin 16
14	Ballyfermot FRC	Lynch's Lane		Dublin 10
15	Ballyhaunis FRC	The Friary House, Abbey Street	Ballyhaunis	Mayo
16	Ballymote FRC	Cnr Wolfe Tone Street & Keash Road	Ballymote	Sligo
17	Ballymun Child & FRC	Shangan Green	Ballymun	Dublin 09
18	Ballyogan FRC	Samuel Beckett Civic Campus, Ballyogan	Carrickmines	Dublin 18
19	Ballyspillane CFRC	Ballyspillane Estate	Killarney	Kerry
20	Balydoyle FRC	Grange Road	Balydoyle	Dublin 13
21	Bandon Family Resource Centre	Glasslyn Road	Bandon	Cork
22	Beara West FRC	Unit 1, Knockaroe House, Bank Place	Castletownbere	Cork
23	Boyle FRC	Military Road, Knocknashee	Boyle	Roscommon
24	Breffni FRC	Breffni Crescent	Carrick-on-Shannon	Leitrim
25	Bridgeways FRC	Dean Egan Library, Main Street	Ballymahon	Longford
26	Brill FRC	The Campus	Ballybeg	Waterford
27	BUD'S Ballyduff FRC	Benmore	Ballyduff, Tralee	Kerry
28	Cara House FRC	Pearse Road	Letterkenny	Donegal
29	Cara Phort FRC	Harbour Street	Ballynacargy	Westmeath
30	Carideas Kilmovee FRC	Kilmovee	Ballagherreen	Mayo
31	Carrigtwohill FRC	Main Street	Carrigtwohill	Cork
32	Castlerea CFRC	St Patrick's Street	Castlerea	Roscommon
33	Cherry Orchard FRC	The Bungalow, 28 Elmdale Drive	Cherry Orchard	Dublin 10
34	Clann RC	Gregg Lodge, Station Road	Oughterard	Galway
35	Clara CFRC	The Parochial Hall, River Street	Clara	Offaly
36	Claremorris FRC	Mount Street	Claremorris	Mayo
37	Clones FRC	Unit 5, Clones Business Technology Park, Jubilee Road	Clones	Monaghan
38	Cobh FRC	Park House, Cloyne Terrace	Cobh	Cork
39	Connect FRC	171 Moneymore	Drogheda	Louth

	FRC Name	Building Name/No. / Street Name	Town	County
40	Croom FRC	Croom Mills, Church Road, Tooreen	Croom	Limerick
41	Curragh FRC	1 Griffith Road	Curragh Camp	Kildare
42	Donegal FRC	Upper Main Street		Donegal
43	Downstands FRC	The Old School House, Kilclooney	Portnoo	Donegal
44	Droichead FRC	The Old CBS, West Street	Callan	Kilkenny
45	Duagh FRC	Duagh Heritage Centre, Duagh	Listowel	Kerry
46	Dunfanaghy FRC	Main Street	Dunfanaghy, Letterkenny	Donegal
47	Dunmanway FRC	Kilbarry Road	Dunmanway	Cork
48	East Coast FRC	1 Somerton, Triton Road	Bettystown	Meath
49	Fatima Groups United FRC	F2 Centre, 3 Reuben Plaza	Rialto	Dublin 08
50	Finglas West FRC	c/o St Josephs NS, Barry Avenue	Finglas West	Dublin 11
51	Finn Valley FRC	Ceol na Coille, Drumboe Ave		Donegal
52	Focus/Kilehsandra FRC	Portaliffe Centre, Main Street	Kilehsandra	Cavan
53	Forward Steps FRC	Chapel Lane	Tullow	Carlow
54	Fr. McGrath FRC	St. Josephs Road		Kilkenny
55	Gorey FRC	4 Charlotte Row, Upper Main Street	Gorey	Wexford
56	Gort Resource Centre	Church Street	Gort	Galway
57	Greystones FRC	Unit 10 Charlesland	Greystones	Wicklow
58	Hill Street FRC	Hill Street Playground, Hill Street		Dublin 01
59	Hillview Resource Centre	33/34/87 Hillview Grove	Ballinteer	Dublin 16
60	Hospital FRC	Knockainey Rd	Hospital	Limerick
61	Kells FRC	Old Carrick School, Lord Edward Street	Kells	Meath
62	Kenmare FRC	Railway Road	Kenmare	Kerry
63	Kerryhead/ Ballyheigue FRC	Sraid Thaidhg	Ballyheigue, Tralee	Kerry
64	Killaloe/Ballina FRC	The Green	Killaloe	Clare
65	Killinarden FRC	Killinarden Way	Tallaght	Dublin 24
66	Killorglin FRC	39 Iveragh Park	Killorglin	Kerry
67	Le Cheile FRCCastlebar	Tucker Street	Castlebar	Mayo
68	Le Cheile FRC Mallow	Mallow Community Campus, Fair Street	Mallow	Cork
69	Listowel FRC	Ballygologue, John B Keane Road	Listowel	Kerry
70	Loughrea Comunity FRC	Pigotts Street	Loughrea	Galway
71	Lus Na Gréine FRC	Main Street	Granard	Longford
72	Maine Valley FRC	Tralee Road	Castlemaine	Kerry
73	Mevagh FRC	Aras Ros Goill, Downings	Letterkenny	Donegal
74	Midleton FRC	Oakwood Lodge, Old Youghal Road	Midleton	Cork
75	Millennium FRC	Glengoole, New Birmingham	Thurles	Tipperary
76	Mohill FRC	Canon Donohue Hall, Main Street Upper	Mohill	Leitrim
77	Mountmellick Youth & FRC	MDA Buildings, Irishtown	Mountmellick	Laois
78	Mountview FRC	11 Whitechapel Crescent, Mountview	Blanchardstown	Dublin 15
79	Moville FRC	Market Square	Movilee	Donegal
80	Newbridge FRC	Dara Park	Newbridge	Kildare
81	Newpark Close FRC	Newpark Close, Newpark Lower		Kilkenny
82	North West Clare FRC	Parliament St	Ennistymon	Clare
83	Northside FRC	Clonconnane Rd	Ballynanty	Limerick

FRC Name	Building Name/No. / Street Name	Town	County	
84	Portlaoise Community FRC	Harpurs Lane	Maryborough, Portlaoise	Laois
85	Quarryvale FRC	Shan castle Avenue/Greenfort Gardens	Clondalkin	Dublin 22
86	Raphoe FRC	St. Michael Place, Castle Road, Williams Street	Raphoe	Donegal
87	Rosemount FRC	3 Waldemar Terrace, Main Street	Dundrum	Dublin 14
88	Scared Heart FRC	Richardson's Meadow	Kilcohan	Waterford
89	School Street & TCB FRC	22-23 School Street	Pimlico	Dublin 08
90	Shanakill FRC	Shanakill Estate, Monavalley	Tralee	Kerry
91	Shannon FRC	Respond Community Building, Rineanna View	Shannon	Clare
92	Shannow FRC	The Cloisters, Montanagay	Abbeydorney	Kerry
93	Silver Arch FRC	52 Silver Street, Nenagh South	Nenagh	Tipperary
94	Sligo FRC	49 The Mall	Abbeyquarter North	Sligo
95	Solas FRC	Main Street	Headford	Galway
96	South West Kerry FRC	18 Main Street	Cahersiveen	Kerry
97	South West Wexford FRC	Ramsgrange Centre, Ramsgrange	New Ross	Wexford
98	Southend FRC	Hantoon Road	Mauldintown	Wexford
99	Southhill FRC	267 Avondale Court, O' Malley Park	Southill	Limerick
100	Spafield FRC	Old Road	Cashel	Tipperary
101	St. Andrews FRC	114-116 Pearse Street		Dublin 02
102	St. Brigids F & RC	37 Lower Yellow Road		Waterford
103	St. Brigid's FRC	St. Brigid's Community Centre, Hawley Park	Tralee	Kerry
104	St. Johnston & Carrigans FRC	Chapel Road	St. Johnston	Donegal
105	St. Kevins FRC	St. Kevins Girls National School, Treepark Road	Kilmanagh, Tallaght	Dublin 24
106	St. Matthews FRC	5 Drumfinn Park	Ballyfermot	Dublin 10
107	Tacu Ballinrobe FRC	Credit Union House, Main Street	Ballinrobe	Mayo
108	Taghmon FRC	Joseph Street	Taghmon	Wexford
109	Teach Dara Community FRC	Academy Street	Kildare Town	Kildare
110	Teach Na Daoine FRC	1 Oriel Way	Mullaghmatt/ Cortolvin	Monaghan
111	Teach Oscal FRC	Killymooney Drive, 31 Church Street	Tullacmongan	Cavan
112	The Caha Centre, Adrigole FRC	The Caha Centre, Droumalave	Adrigole, Beara	Cork
113	The Forge FRC	Main Street	Pettigo	Donegal
114	The Mill FRC	Main Street	Urlingford	Kilkenny
115	Three Drives FRC	22/23 Greenane Drive	Tipperary Town	Tipperary
116	Trim FRC	22 Mornington Drive	Trim	Meath
117	Tubbercurry FRC	Mountain Road	Tubbercurry	Sligo
118	Tullamore Community FRC	Arden View	Tullamore	Offaly
119	West Clare FRC	Community Centre, O'Gorman Street	Kilrush	Clare
120	West Sligo FRC	21-22 Enniscrone Enterprise Centre, Pier Road	Enniscrone	Sligo
121	Westport FRC	The Fairgreen, Cahernamart	Westport	Mayo

Acknowledgements

The FRC National Forum would like to thank and acknowledge our Funders and Donors who supported the delivery of our work during 2022.



National Office for Suicide Prevention



GAMBLING AWARENESS TRUST .ie



An Roinn Sláinte
Department of Health



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

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#familyresourceirl



Family Resource Centre National Forum

Supporting • Strengthening • Empowering



Family Resource Centre National Forum
Ballinfoile Castlegar Neighbourhood Centre
Headford Road, Galway, H91 PN50

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Email: info@familyresource.ie

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