



# ANNUAL REPORT 2023



[www.mevaghfrc.com](http://www.mevaghfrc.com)



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## Mission Statement

Our mission is to combat disadvantage by improving the functioning of the family unit and to promote the economic, social and cultural regeneration of the Mevagh community.



## Our Vision

Our Vision is to have a well-informed, active and participating community where the family unit is supported, safe and secure.



## Our Purpose

The Family Resource Centre was established to combat disadvantage and our goal is to have 'an inclusive, well informed, active and participating community, where the family unit is supported, safe and secure' at the core of its work, at all times. Since our foundation in 1997 we have established the centre as the areas natural focal point by providing services and family support. In more recent years we have focused on additional family friendly activities while still providing a range of programmes and services, including community education, community garden, women's groups and group supports. These services stimulate empowerment, encourage participation, are inclusive, give children, families and individuals equal opportunities, are anti-discriminatory and promote partnership.

We also deliver specific projects for children and young people, developing personal capacity, improving health and wellbeing and providing educational opportunities. We work in partnership with local agencies to provide these supports.

In addition to this, the centre provides information, advice and supports to meet the needs of individuals and groups. We also offer typing and copying services, internet access, hot desks, library, agency outreach, assist with job applications and CV writing, room rental and tourist information.

We provide a range of courses, job clubs, workshops and events throughout the year. Meitheal Mhíobhaigh CTR/Mevagh Family Resource Centre is a company limited by guarantee.

Since our establishment in 1997 the centre has grown substantially, and we are continually sourcing new programmes, supports, and resources for the community.



# Chairperson's Report / Tuairisc an Chathaoirligh 2023

Welcome / Fáilte

On behalf of the Board of Directors of Mevagh Family Resource Centre, I present the Annual Report for 2023.

Established in 1997, the Family Resource Centre has been the heart of the Mevagh community for over 24 years. The centre, based in Downings, works with children, young people and their families, as well as professionals and voluntary and community sector organisations to develop and deliver a range of support services to those residing in the parish of Mevagh and surrounding areas.

Twenty, twenty-three saw our services, size, scope and diversity grow again, bringing both challenges and opportunities. The challenge is to ensure the value of our services continue without compromise, where the opportunity has been to continue to be robust advocates for members of our community.

Without doubt 2023 was a busy year at Mevagh FRC. Programmes increased from 11 to 19 with over 372 participants, in comparison to 168 last year. In addition, 18 educational courses were held with 164 participants. The most noticeable increase was participation in programmes for children and young people, with an increase of 76 from 2022.

Summer activities for young people and children included 2 beach camps in association with Gartan Activity Centre, Cruinniú na nÓg art printing, walking with Alpacas and Big Fish Little Fish which aids the transition from national school to secondary school. We also experienced a busy year in our digital hub, with this demand increasing year on year.

Despite the continuing lack of resources, we stayed focused and concentrated on delivery of our Action Plan in 2023, which brought the completion of our Strategic Work Plan for 2020-2023. In close consultation with board members, staff, the Mevagh community and all associated stakeholders 2023 also saw the publication of our Strategic Plan for 2024-2028. This document sets out our priorities and strategic goals and will assist and support Mevagh FRC to stay on course in the coming years.

I, on behalf of the Mevagh Family Resource Centre's Board of Management, wish to express my sincere appreciation to Tusla, Child & Family Agency, Donegal Educational & Training Board (ETB), Donegal County Council, Muintearas, Pobal, Healthy Ireland, Department of Rural & Community Development and Donegal Sports Partnership and all the agencies who have funded or supported activities in the centre. We are very appreciative for your continued support.

It is an honour to be Chairperson of Mevagh Family Resource Centre and to see first-hand the difference the Family Resource Centre is making to the lives of families in our community. I would like to take this opportunity to thank my colleagues on the Management Board for your commitment, time and hard work throughout 2023. Thanks also to staff and volunteers for your drive and persistence in delivering vital services to our community. A warm welcome to Lasma Cakure who has taken up the TÚS position of Caretaker/Cleaner, replacing Máire Shevlin. We wish Máire all the best in the future.

I look forward to next year as we continue to build the support and services we provide within the community.

*Eva Byrne*, Chairperson



Meivagh Family Resource Centre / Meitheal Mhíobhaigh CTR is in compliance with the Charities Regulator Governance Code.

## Our Team in 2023

We had two full-time and four part-time members of staff.

<b>Project Co-ordinator:</b>	Leona McMenamin
<b>Administrator:</b>	Grainne Sheils
<b>Assistant Administrator:</b>	Shauna Boyce
<b>Family Support/Community Development Workers</b>	Pauline Collins / Úna Collier
<b>TÚS Scheme</b>	Máire Shevlin / Lazma Cakure

## Voluntary Board of Management 2023-2024

<b>Chairperson</b>	Eva Byrne
<b>Vice Chair</b>	May McClafferty
<b>Treasurer</b>	Derek Little
<b>Ass Treasurer</b>	Ale Connor
<b>Secretary</b>	Claire Lenny
<b>Committee member</b>	Maria Doherty
<b>Committee member</b>	Terri Gallagher

## Subcommittees

<b>Name of Group</b>	<b>Members</b>
<b>Regional Forum</b>	Open for any Board member to attend. Meeting - quarterly in Donegal FRC
<b>Finance Subgroup</b>	Derek Little/ Leona McMenamin / Gráinne Sheils / Ale Connor
<b>Fundraising Subgroup</b>	May McClafferty / Eva Byrne / Maria Doherty
<b>Recruitment Subgroup</b>	Eva Byrne / Claire Lenny / Maria Doherty / May McClafferty / Leona McMenamin
<b>Staff Liaison Subgroup</b>	Derek Little / Terri Gallagher / Maria Doherty / Ale Connor
<b>Garda Vetting</b>	Eva Byrne / Derek Little / Leona McMenamin



## Legal & Administrative Information

<b>Registered Office:</b>	Áras Ros Goill, Na Dunaibh, Co. Donegal, F92 RX8C
<b>Registered Company:</b>	Meitheal Mhíobhaigh CTR
<b>Auditor:</b>	Seamus Devine SMC Chartered Accountants
<b>Company No:</b>	313576
<b>CHY Revenue No:</b>	13979
<b>Registered Charity No:</b>	20044961

## Board Meeting Dates 2023

16 <sup>th</sup> January	12th July
13th February	11th September
13 <sup>th</sup> March	13th November
24th April	14th December
12th June	





## Services provided by Mevagh Family Resource Centre:

- ◆ Busy Bees, Parent/Carer, Baby & Toddler Group
- ◆ Breast & Bottle-Feeding Support Group
- ◆ Additional Needs Support Group
- ◆ Mevagh Book Club
- ◆ Junior Youth Club
- ◆ Senior Youth Club
- ◆ Women's Group
- ◆ Men's Group
- ◆ Carers Group
- ◆ Mevagh Community Garden
- ◆ Recreational Classes
- ◆ Mevagh Craft Group
- ◆ Art Classes
- ◆ Adult Educational Classes
- ◆ Parent Plus Training
- ◆ Parenting Supports
- ◆ One to One Support
- ◆ Wellness Café
- ◆ Pobal Senior Alert Scheme
- ◆ CV & Employment Support
- ◆ Tourist Information Point
- ◆ Library Services – Taobh Tíre
- ◆ Administrative Services
- ◆ Hot Desks / Computer use & internet
- ◆ Room Hire
- ◆ Bric a Brac





## Based on the 5 National Outcomes

### 1. ACTIVE & HEALTHY

A total of 19 programmes took place with 372 participants

- ◆ Yoga x 2
- ◆ Chair Yoga
- ◆ Gentle Fitness for Older People
- ◆ Men's Stretch & Mobility
- ◆ Mevagh Strollers Walking Group
- ◆ Community Garden
- ◆ Swilly & Mulroy Wellness Café
- ◆ ASIST - Self Harm Awareness Training
- ◆ Carers Support Group
- ◆ Antenatal Classes
- ◆ Breastfeeding Support Group
- ◆ Introduction to Menopause
- ◆ Dementia Training Day
- ◆ Healthy Eating Cooking Demonstration
- ◆ Healthy Food Made Easy
- ◆ Mindful Puppies
- ◆ Stress Less for Teens
- ◆ Worry Detectives Anxiety Programme

### 2. ACHIEVING & LEARNING

#### MAINTAIN EDUCATION AND TRAINING SUPPORTS

A total of 18 educational courses took place with 164 participants

- ◆ Art x 2
- ◆ Bridge
- ◆ ETB Digital Hub (weekly)
- ◆ English Classes for Ukrainian's x 10
- ◆ Gluten Free Baking
- ◆ Herbalism and Nutrition
- ◆ Upholstery x 2

#### PROVIDE PARENTING SUPPORT AND SERVICES FOR FAMILIES

Parents were supported through 8 sessions of the Parents Plus Adolescent Programme following a referral from CAMHS.

#### SUPPORT CHILDREN AND YOUNG PEOPLE IN ACTIVE LEARNING

A total 287 participants availed of the programmes listed below.

- ◆ Club Óige (age 13 - 17 years)
- ◆ Junior Youth Club (age 7 - 12 years)
- ◆ Wainfest
- ◆ Baby Massage
- ◆ Messy Play
- ◆ Tiny Tunes
- ◆ One to One Mentoring Support
- ◆ Play Therapy
- ◆ Employability Skills Project
- ◆ Parents Plus - Working Things Out





### SUPPORT SUMMER PROJECTS FOR CHILDREN AND YOUNG PEOPLE ON AN AFFORDABLE BASIS

A total of 53 participants took part in summer projects.

- ◆ Beach Camps x 2
- ◆ Big Fish Little Fish - transition to secondary school
- ◆ Crúinniú na nÓg - Art Printing
- ◆ Walking with Alpacas

### 3. SAFE

A total of 4 adults were supported through the Senior Alert Scheme, supporting older people to be safe in their own homes.

- ◆ Senior Alert Scheme

### 4. ECONOMIC SECURITY

#### CAREER DEVELOPMENT MENTORING SERVICES

- ◆ 11 participants benefited from support with CV's, job applications and cover letters.
- ◆ 11 additional participants attended DLDC's Employment Outreach Support Service.
- ◆ 35 individuals accessed private office hire in our Digital Hub in 2023.

### 5. CONNECTED / SOCIAL PARTICIPATION

- ◆ Mevagh FRC participated in 13 Meitheal meetings.
- ◆ Mevagh Craft Group attended 45 sessions with 16 participants.
- ◆ Busy Bee's Parent/Carer, Baby and Toddler Group attended 48 sessions with 33 adults and 35 children....
- ◆ Mevagh Men's Group were re-established after Covid. 3 sessions were held with 8 participants.
- ◆ Mevagh Women's Group attended 9 sessions with 34 participants.
- ◆ Mevagh Book Club attended 9 sessions with 11 participants.





## Community Events

**Festive Christmas Tea  
Fundraiser**  
140 attended

**Mevagh FRC Strategic  
Plan Coffee Morning**  
12 adults attended

**Céim Aniar  
Seachtain na Gaeilge  
Coffee Morning**

## Fáilte Ireland Tourist Information Point

189 individuals visited our Tourist Information Point in 2023

## Services provided by Mevagh FRC

**Admin Support  
to individuals**  
1653 supported

**Admin Support  
to groups**  
13 groups supported

**Space for external groups**  
64 sessions supported

**Space for meetings**  
6 groups supported  
with 42 sessions

**Space for events**  
2 groups supported  
with 3 sessions

**Space for consultations**  
18 sessions supported

## Informing, Directing & Referring

**Providing information,  
advice & advocacy to  
individuals**  
9 informed

**Directing people to  
programmes, services,  
or other organisations**  
2 directed

**Referring people to  
programmes, services,  
or other organisations**  
1 referred



# Photo Gallery

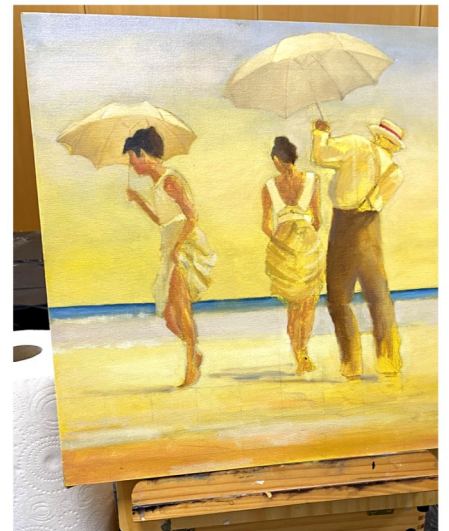






## Participate in Local/Regional/National Forums and Networks

- ◆ North West Regional Forum of FRC's
- ◆ National Forum of FRC's
- ◆ Donegal FRC Network
- ◆ CYPSC Change Management Subgroup
- ◆ Donegal Tusla and PPFS meetings
- ◆ Letterkenny & Milford School Completion Management Committee
- ◆ Tusla Family Support Practice Forum
- ◆ Tusla Funded Partners Forum
- ◆ Tusla North Central Child and Family Support Network
- ◆ Swilly & Mulroy Community Health Forum
- ◆ Swilly & Mulroy Primary Care Team





# Income & Expenditure

**Meitheal Mhíobhaigh Cuideachta Faoi Theorainn Ráthaíochta**  
**(A Company Limited by Guarantee and not having Share Capital)**

**Detailed Income & Expenditure Account**  
**Financial year ended 31 December 2023**

<b>Income</b>	<b>2023</b>	<b>2022</b>
	<b>€</b>	<b>€</b>
CFA Income	170,557	166,483
CFA - Other Income (Dormant Accounts)	-	1,755
Administrative Service	20,699	20,781
Courses	3,219	1,813
Management Services Fee	40,162	25,379
Age & Opportunity	5	-
Other	7	800
Fundraising	3,140	584
ETB	9043	7935
Donegal Co. Co.	9,360	3,184
Magherabeg Garden	300	1,055
Junior Youth Club	843	673
Muintearas	550	-
Pobal	3,601	1,868
Senior Youth Club	887	1,474
Donegal Co. Co. (Healthy Ireland)	-	23,351
Healthy Ireland (via Dunfanaghy FRC)	2,000	2,880
Downings Tidy Towns	600	-
H.S.E.	580	220
Dept. of Rural & C.D.	-	1,996
National Forum of Family Resource Centres	5,910	-
Donegal Sports Partnership	-	1,000
Irish Youth Foundation	10,775	1,125
Léargas	-	4,500
Counselling	260	-
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	282,498	268,856
	<hr/>	<hr/>
<b>Gross Income</b>	<b>282,498</b>	<b>268,856</b>



## Income & Expenditure

### Meitheal Mhíobhaigh Cuideachta Faoi Theorainn Ráthaíochta (A Company Limited by Guarantee and not having Share Capital)

#### Detailed Income & Expenditure account Financial year ended 31 December 2023

<b>Expenses</b>	<b>2023</b>	<b>2022</b>
	<b>€</b>	<b>€</b>
Salaries	176,077	167,620
Training & Development	955	508
Courses	3,953	1,270
Magherabeg Garden	2,939	2,500
Rent	10,721	9,443
Water Charges	485	464
Office Supplies	15,417	11,371
Insurance	5196	3,480
Mevagh Women's Group	-	752
Junior Youth Club	1,813	1,835
Age & Opportunity	5	-
Healthy Ireland Fund	-	22,801
Carers Group	580	220
Programme Costs	16,775	2,805
Counselling	3,360	-
Light and heat	12,862	14,228
General Services	11,725	6881
Postage	34	2
Advertising	725	90
Telephone	3,915	4,239
Youth Club	3,412	8,764
Family Support	5,150	5,666
HSE Wellness Cafe	-	250
Travel	4,703	2,653
Legal & Professional	4,973	1,176
Auditors remuneration	2,276	2,030
Bank Charges	567	477
Sundry	3,550	3931
Depreciation of Computers	1,937	2,906
Depreciation on FF & Equipment	10,410	9,142
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	304,515	287,504
<b>Other operating income</b>		
Government grants released to the I/E account	10,393	15,222
	<hr/>	<hr/>
	10,393	15,222
<b>Operating deficit</b>	(11,624)	(3,426)
<b>Operating deficit percentage</b>	4.1%	1.3%
<b>Deficit before taxation</b>	(11,624)	(3,426)
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## OFFICE HOURS

Monday to Thursday: 9:00 am - 5:00 pm  
Friday: 9:00 am - 1:00 pm  
Closed for lunch: 1:00 pm – 1:45 pm



Áras Ros Goill, Downings, Letterkenny  
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