

MEITHEAL MHÍOBHAIGH CTR

MEVAGH FAMILY RESOURCE CENTRE ANNUAL REPORT FOR 2021



VISION/MISSION STATEMENT

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

OUR PURPOSE

Our purpose 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.

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 and safe and secure' at the core of its work at all times. Since our foundation in 1997 we have established the centre as the area's 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 service, 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.

CHAIRPERSONS REPORT 2021 / TUAIRISC an CHATHAOIRLIGH 2021

Welcome / Fáilte

2021 continued to be a difficult year for Mevagh Family Resource Centre in relation to continued lock downs and restrictions in the first half of the year due to Covid-19.

The pandemic has brought about both challenges and opportunities for Mevagh FRC. The challenges we faced where trying to get groups back into the centre safely. By thinking more creatively on how we facilitate groups allowed us to establish a walking group which has been a great success. The walking group has naturally developed into a gentle exercise class which runs weekly. Both groups continue to grow and are a great alternative for people to get together.

Play therapy was offered in Mevagh FRC for the first time in 2021. There was fantastic uptake in this programme and eight children from the area benefited from the support offered. This was facilitated by a student who graduates this year and is hoping to offer this service from the centre in 2022.

Another highlight of 2021 was the number of young people who registered with our senior youth club, which was 27. We had struggled with numbers for a few years but again being forced to think differently on how we deliver the programme allowed teenagers from the area to participate in teen fit programmes in Magherabeg Leisure Centre. These programmes continue to be a great success and there is now also a girl only programme running.

Through funding received from Healthy Ireland, Community Mental Health Fund we developed and delivered Worry Detectives, Mindfulness and Stress Less programmes in local national and secondary schools. These programmes enabled us to have a wide reach of young people in our area as well as rebuild relationships with the schools and facilitate programmes in partnership.

We saw 2020 to be the busiest year during the summer months for our digital support services, private office hire and hot desk bookings but 2021 has by far exceeded 2020. Like last year we hired out all spaces within the building including staff offices to accommodate the demand. We foresee that this year will surpass the last two years and we will be in a position to accommodate more hot desk spaces due to funding received from Connected Hubs Ireland in 2021 to revamp and modernise this space.

It is an honour to be the Chairperson of Mevagh Family Resource Centre and to see the hard work and enthusiasm of the staff providing support to families in our community, sincere thanks to each of you. I would like to thank my fellow colleagues on the Management Board for your commitment and dedication throughout this year.

We wish Shauna Boyce, Assistant Administrator, who finished in December 2021, all the best for her future endeavours.

Each year at the Annual General Meeting, as part of our Memorandum and Articles of Association, one third of the Directors stand down. This year May McClafferty and Derek Little are standing down from officer positions. May and Derek are willing to be re-elected. We are very thankful for the dedication, time and support all directors give to the work of Mevagh Family Resource Centre.

I look forward to next year as we endure to build upon the support and services we deliver within the Mevagh community.

Maureen Vaughan

Chairperson

VOLUNTARY BOARD OF MANAGEMENT 2021-2022

Chairperson	Maureen Vaughan
Vice Chair	May McClafferty
Treasurer	Derek Little
Ass Treasurer	Diego McClafferty
Secretary	Eva Byrne
Public Relations Officer	Susie Coyle

SUBCOMMITTEES

Name of Group

Members

Regional Forum

Open for any board/staff member to attend.
Meetings are quarterly

Finance Subgroup

Maureen Vaughan / Diego McClafferty / Derek Little/ Leona McMenamin / Gráinne Sheils

Fundraising Subgroup

May McClafferty / Eva Byrne / Susie Coyle

Recruitment Subgroup

Maureen Vaughan / May McClafferty / Leona McMenamin

Staff Liaison Subgroup

Eva Byrne / Derek Little

Garda Vetting

Maureen Vaughan / Derek Little / Leona McMenamin

STAFF

Project Co-ordinator:

Leona McMenamin

Administrator:

Grainne Sheils

Assistant Administrator:

Catherine Nic Laifeartaigh

Family Support / Community

Pauline Collins / Úna Collier

Development Workers

Below is a list of groups and programmes provided by Mevagh Family Resource Centre:

- Busy Bees, Parent, Baby & Toddler Group
- Breast Feeding Support Group
- Additional Needs Support Group
- Book Club
- Junior Youth Club
- Senior Youth Club
- Women's Group
- Men's Group
- Community Garden
- Recreational Classes
- Craft Group
- Art Classes
- Educational Classes
- Parent Plus Training
- CV & Employment Support
- Tourist Information Point
- Library Services – Taobh Tíre
- Administrative Services
- Hot Desks / Computer use & internet
- Room hire

PHOTO GALLERY





Play THERAPY For children

Is your child dealing with issues such as behaviour, anxiety, sensory etc.?

Commencing in May, **Mevagh Family Resource Centre** will facilitate **FREE** Clinical Play Therapy sessions, by a graduate certificate student, in 'Therapeutic Play Skills' for children age 4+

For more information contact Leona
Tel: 085 759 5821 or
Email: coordinator@mevaghfrc.com

Mevagh
Family Resource Centre
MEVAGH, MHIÓBHAIGH, CTB

TUSLA
An Ghnóthasraíocht um Leanaí agus an Toghbaíocht
Child and Family Agency

Club Óige Mhíobhaigh / Mevagh Youth Club
@ Magherabeg Leisure Centre

TEEN FIT

6 WEEKS
Starts Fri 8th October

Strength **Nutrition** **Fun**
AGES **12-14** **Conditioning** **Friday's @ 4pm** **Just for Young People!**

Personal Trainer:
Sean

€36 per person for 6 weeks
Discount applies for YC members

Register @ Magherabeg & Phone Úna @ Mevagh FRC 0857371009

BE STRONGER~ BE BETTER~ GET FIT

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**DIRECTOR'S REPORTS AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER 2021**

The Board of Directors of Mevagh Family Resource Centre presents their Annual Report and Audited Financial Statements for the year ended 31st December 2021.

A summary of Accounts for 2021 have been circulated.

In the past year, we have received funding from Tusla Child & Family Agency, Tusla Dormant Accounts, Donegal Educational Training Board (ETB), Donegal County Council, Pobal, Community & Voluntary Stability Fund, RTE does Comic Relief, Pobal, Healthy Ireland Funding, Údarás and Department of Rural and Community Development - Connected Hubs.

Sincere thanks to Seamus Devine and Joanne Sweeney from SMC Chartered Accountants and Registered Auditors who have audited our accounts.

Motion to approve SMC Chartered Accountants and Registered Auditors for the coming year – 2022.

Derek Little

Treasurer

MEVAGH FAMILY RESOURCE CENTRE
IONAD ACMHAINNE TEAGHLAIGH MHÍOBHAIGH

Áras Ros Goill
Downings
Letterkenny
Co. Donegal

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

CONTACT

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EMAIL

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Úna Collier:	familysupport@mevaghfrc.com

COMPANY

MEITHEAL MHÍOBHAIGH CTR

Company No. 313576 / Charity No. 20044961

Website: www.mevaghfrc.org

