

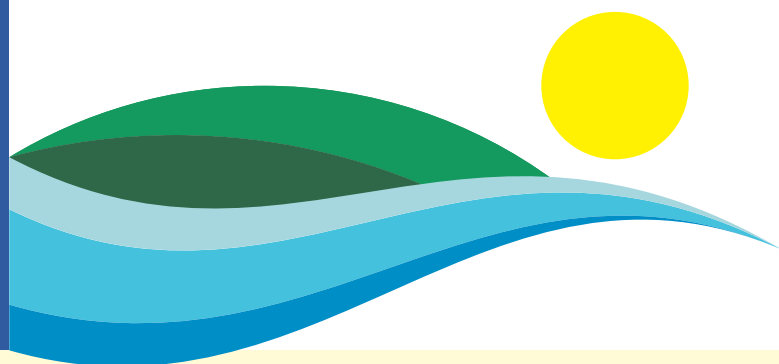


Annual Report 2022



www.mevaghfrc.com

Contents



Mission / Vision / Purpose	1
Chairperson s Report	2
Governance	3
Services Provided by Mevagh FRC	5
Our Work in 2022	6
A Snap Shot of 2022	8
Photo Gallery	9
Participation in Local/Regional/ National Forum's and Network's	10
Income & Expenditure	11

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, is 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 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 Mhlobhaigh 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.

Welcome / Fáilte

On behalf of the Board of Directors of Mevagh Family Resource Centre, it gives me great pleasure to present this annual report for 2022.

The beginning of 2022 started with caution following on from the effects of Covid-19. As we emerged from the pandemic the work of the FRC began to change as we started doing more face to face activities, but with it brought its challenges. Now more than ever families need our support; poverty, mental health and access to services played a heavy strain on families throughout 2022. For many, this was out of their control and is a result of this ever-changing world we now live in.

In February we were delighted to celebrate twenty-five years of Mevagh Family Resource Centre. What a journey it has been over the years. We have continued to grow from strength to strength, adapt our services to meet new and emerging needs and we have watched the community grow with us.

We had an extremely busy summer programme in 2022. A total of 267 participants took part in activities. We held two beach camps in partnership with Gartan Activity Centre with thirty participants. There was a drama club, graffiti art project, big fish little fish programme, paint me glaze me pottery and storytelling. As well as the programmes for children and young people our digital hub saw another record-breaking busy year. It was one of the busiest summers we have had.

I would like to take this opportunity to thank our funders in 2022, without whom none of our work would be possible: Tusla Child and Family Agency, Dormant Accounts, Donegal ETB, Donegal County Council, Pobal, Donegal CYPSC Healthy Ireland, HSE, Department of Rural & Community Development, Donegal Sports Partnership, Irish Youth Foundation and LÉargas. We are very appreciative for your continued support.

I am honoured to be the Chairperson of Mevagh Family Resource Centre and to see first-hand the difference the organisation is making to the lives of families in our community. Thank you to my fellow colleagues on the Management Board for your commitment and hard work throughout this year. Thank you to the staff and volunteers for your diligence and determination in delivering vital services to the community. We would like to extend a warm welcome to Shauna Boyce who has taken up position of Receptionist / Assistant Administrator and to Míre Shevlin who has taken up a T's position as Cleaner / Care Taker. We wish Catherine Nic Laifeartaigh all the best for her new endeavour.

I would like to wish Mevagh FRC all the best for the future as they continue to lead the way in providing high quality support services to the local and surrounding areas.

Maureen Vaughan Chairperson

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

Our Team in 2022

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

Project Co-ordinator:	Leona McMenamin
Administrator:	Grainne Sheils
Assistant Administrator:	Catherine NicLaifeartaigh / Shauna Boyce
Family Support/Community Development Workers	Pauline Collins / Úna Collier
Tús Scheme	Máire Shevlin

Voluntary Board of Management 2022-2023

Chairperson	Maureen Vaughan
Vice Chair	May McClafferty
Treasurer	Derek Little
Ass Treasurer	Diego McClafferty
Secretary	Eva Byrne
Committee member	Maria Doherty
Committee member	Claire Lenny

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
Recruitment Subgroup	Maureen Vaughan / May McClafferty / Leona McMenamin
Staff Liaison Subgroup	Eva Byrne / Derek Little
Garda Vetting	Maureen Vaughan / Derek Little / Leona McMenamin

Legal & Administrative Information

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

Board Meeting Dates 2022

17th January	11th July
21st February	19th September
14th March	10th October
9th May	14th November
13th June	12th December

Training

Governance and Compliance Training took place online on 28th November.



Services provided by Mevagh Family Resource Centre:

- Busy Bees, Parent/Carer, Baby & Toddler Group
- Breast- and 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 Caf 
- Pobal Senior Alert Scheme
- CV & Employment Support
- Tourist Information Point
- Library Services Taobh T re
- Administrative Services
- Hot Desks / Computer use & internet
- Room hire
- Bric a Brac



Our Work in 2022 based on the Five National Outcomes

1) Active and Healthy

A total of 11 programmes took place with 168 participants.

- Carers Support Group
- Swilly and Mulroy Wellness Café
- Mindful Puppies
- Stress Less for Teens
- What's Cooking Programme
- Worry Detectives Anxiety Programme
- Gentle Fitness Group for Older People
- Mevagh Strollers Walking Group
- Yoga
- Community Garden
- Self-Harm Awareness Training

2) Achieving and Learning

Education

A total of 19 educational courses took place with 133 participants.

- Introduction to Art Techniques x 2
- Bridge
- Introduction to Photography
- An Introduction to Social Media
- Getting Started to Get Online x 2
- English classes for Ukrainians x 10
- Upholstery x 2

Support children and young people in active learning

A total of 211 participants took part in the programmes listed below.

- Club Óige age 13 - 17 years
- Junior Youth Club age 7 - 12 years
- Speech & Drama
- Wainfest programme
- Baby Massage
- Messy Play
- Tiny Tunes
- One to one support sessions

Our Work in 2022

Support summer projects for children and young people on an affordable basis

A total of 267 participants took part in summer projects.

- Beach Camps x 2
- Grafitti Art
- Big Fish Little Fish
- Paint Me Glaze Me
- Drama Club
- Story Telling

3) Safe

A total of 16 adults where support through the Senior Alert Scheme supporting older people to be safe in their own homes.

4) Economic Security

Career Development Mentoring Services

- 12 participants benefitted from support with CV s, job applications and cover letters.
- An additional 6 participants attended DLDC's Employment Outreach Support Services.
- 41 individuals accessed private office hire in our digital hub in 2022.

5) Connected / Social Participation

- Mevagh FRC participated in 15 Meitheal meetings.
- Mevagh FRC Craft Group attended 42 sessions with 18 participants.
- Busy Bee's Parent/Carer, Baby and Toddler Group attended 49 sessions with 24 adults and 27 children.
- Mevagh Women s Group attended 7 sessions with 30 participants.
- Additional Needs Support Group attended 3 sessions with 9 participants.
- Mevagh Book club attended 4 sessions with 8 participants.



A Snap Shot of 2022

Community Events

Christmas Festive Tea
85 attendees

Fundraising Coffee Morning
29 attendees

Mevagh FRC 25 Year Celebration Coffee Morning
45 attendees

Failte Ireland Tourist Information Point

242 individuals visited our tourist information point in 2022

Services Provided by Mevagh FRC

Admin Support to Individuals
1754 supported

Admin Support to Groups
6 groups supported

Space for External Groups
10 groups supported with
43 sessions

Space for Meetings
4 groups supported with
16 sessions

Space for Events
3 groups supported

Informing, Directing and Referring

Providing information, advice and advocacy to individuals
22 informed

Directing people to programmes, services, or other organisations
5 directed

Referring people to programmes, services, or other organisations
8 referred

Photo Gallery



Participate in Local/Regional/National Forum's and Network's

- 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 and Expenditure Account Financial year ended 31 December 2022

Income	2022	2021
	€	€
Tusla	166,483	160,080
Dormant Accounts	1,755	
Administrative Services	20,781	14,539
Courses	1,813	398
Management Services	25,379	17,314
Age & Opportunity		13
Other	800	4,028
Fundraising	584	587
Co. Donegal ETB	7,935	3,629
Donegal County Council	3,184	2,500
Magherabeg Gardening	1,055	700
Údarás na Gaeltachta		1,400
Junior Youth Club	673	100
Pobal	1,868	8,294
Youth Club	1,474	1,271
Donegal County Council - Healthy Ireland	23,351	3,411
Downstrands FRC - Healthy Ireland	2,880	
Health Service Executive	220	
Wellness Cafe		5,000
Peace IV		1,000
Department of Rural & Community Development	1,996	409
Community Foundation of Ireland		1,325
Donegal Sports Partnership	1,000	
Irish Youth Foundation	1,125	
Léargas	4,500	
Gross Income	268,856	225,998

Income & Expenditure

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

Detailed Income and Expenditure Account Financial year ended 31 December 2022

Expenditure	2022 €	2021 €
Salaries/PRSI/Pensions	167,620	152,849
Training & Development	508	430
Courses	1,270	
Magherabeg Gardening	2,500	2,686
Rent	9,443	9,379
Water Charges	464	138
Office supplies	11,371	8,422
Insurance	3,480	3,924
Mevagh Women's Group	752	
Junior Youth Club	1,835	1,269
Age & Opportunity		13
Healthy Ireland	22,801	3,417
Carers Group	220	
Programme Costs	2,805	
Light & Heat	14,228	5,548
General Services	6,881	10,029
Postage	2	54
Advertising	90	99
Telephone	4,239	3,902
Website		2,800
Senior Youth Club	8,764	2,504
Family Support	5,666	3,641
Wellness Café	250	5,036
Peace IV		1,000
Child Activities		1,180
Travel	2,653	418
Legal & Professional	1,176	
Auditors Remuneration	2,030	2,030
Bank Charges	477	402
Sundry	3,931	3,833
Depreciation	12,048	10,309
	287,504	235,312
Other operating income	15,222	11,031
Government grants released to the I/E account	15,222	11,031
Operating (deficit)/surplus	(3,426)	1,717
Operating (deficit)/surplus percentage		
(Deficit)/surplus before taxation	(3,426)	1,717

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,
Co. Donegal. F92 RX8C

Tel: 0749155055 / 087 922 8944

Email: info@mevaghfrc.com

Web: www.mevaghfrc.com



Mevagh Family Resource Centre



@Mevagh_FRC

