



ANNUAL REPORT 2024



www.mevaghfrc.com



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Mission Statement

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



Our Vision

Our Vision is to have an inclusive, well-informed, active and participating community where the family unit and individuals are 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 and individuals are 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 2024

Welcome / Fáilte

On behalf of the Board of Directors of Mevagh Family Resource Centre, I'm pleased to present the 2024 Annual Report.

Since its founding in 1997, the Centre has played a central role in the Mevagh community, supporting children, young people, and families while partnering with professionals, voluntary groups, and local organisations to deliver vital services.

In 2024, we began implementing our new Strategic Plan (2024–2028), outlining clear priorities to meet the evolving needs of our community. We're grateful to our community and service users for your ongoing trust and support - it remains at the heart of our work.

In February, we bid farewell to Project Manager Leona McMenamin after six and a half years of dedicated service. Her departure brought some changes to our team and, naturally, the recruitment process that followed came with its pressures. In March, we welcomed Gráinne Sheils as new Project Manager, previously our long-serving Administrator. Caroline Connor joined as Administrator in June, and we're delighted to have her on board.

A major highlight was the arrival of the Swilly-Mulroy Mobility Bus, delivered in partnership with Milford and District Resource Centre. Funded by CLÁR, and supported by Donegal County Council the bus will be a valuable resource for our communities.

We worked hard throughout the year to maintain and strengthen our services, despite ongoing funding challenges, and remain committed to meeting local needs.

We extend heartfelt thanks to Tusla - Child & Family Agency, Donegal Educational & Training Board (ETB), Donegal County Council, Muintearas, Donegal County Childcare Committee and the HSE, and all our funders and partners for your vital support.

It's an honour to serve as Chairperson and witness the Centre's positive impact. Thank you to the Board, staff, and volunteers for your continued dedication. We look forward to the year ahead with hope and determination.

Eva Byrne

Chairperson



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

Our Team in 2024

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

Project Co-ordinator:	Gráinne Sheils
Administrator:	Caroline Connor
Assistant Administrator:	Shauna Boyce
Family Support/Community Development Workers	Pauline Collins / Úna Collier
TÚS Scheme	Lazma Cakure

Voluntary Board of Management 2024-2025

Chairperson	Eva Byrne
Vice Chair	May McClafferty
Treasurer	Derek Little
Asst. Treasurer	Michael McBride
Secretary	Claire Lenny
Committee members	Maria Doherty
	Terri Gallagher
	Áine Quinn
	Hannah Dennison

Sub-committees

Name of Group	Members
Regional Forum	Open for any Board member to attend. Meeting - quarterly in Donegal FRC
Finance	Derek Little/ Michael McBride / Gráinne Sheils / Caroline Connor
Fundraising	May McClafferty / Eva Byrne / Maria Doherty
Recruitment	Eva Byrne / Claire Lenny / Maria Doherty / Gráinne Sheils
Staff Liaison	Derek Little / Terri Gallagher / Maria Doherty
Garda Vetting	Eva Byrne / Derek Little / Gráinne Sheils
Risks	Hannah Dennison / Áine Quinn / Gráinne Sheils
Governance & Compliance	Hannah Dennison / Áine Quinn / Gráinne Sheils



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 2024

15 th January	8 th July
8 th February	6 th August
12 th March	26 th August
8 th April	14 th October
14 th May	18 th November
10 th June	9 th December

Training

Committee Structures and Roles training took place on 14th October. A board member took part in Succession Planning workshops.





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
- ♦ Mevagh Craft Group
- ♦ Women's Group
- ♦ Men's Group
- ♦ Carers Group
- ♦ Mevagh Community Garden
- ♦ Recreational Classes
- ♦ Adult Educational Classes
- ♦ Parenting Supports
- ♦ One to One Support
- ♦ Wellness Café
- ♦ Community Mobility Bus
- ♦ Domestic Violence - Safe to Call Service
- ♦ 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 22 programmes took place with 276 participants

- ♦ Fit for Life
- ♦ Men's Stretch & Mobility
- ♦ Mevagh Strollers Walking Group
- ♦ Pilates
- ♦ Postnatal Pilates
- ♦ Yoga x 2
- ♦ Chair Yoga
- ♦ Community Garden
- ♦ Downings (Swilly & Mulroy) Wellness Café
- ♦ Donegal Wellness Café - Write to Recovery
- ♦ Cancer Awareness Information Session
- ♦ Milford/Fanad/Ros Goill Primary Care Team
- ♦ Swilly & Mulroy Community Health Forum
- ♦ Carers Support Group
- ♦ Antenatal Classes
- ♦ Bottle & Breastfeeding Support Group
- ♦ Introduction to Menopause
- ♦ Dementia Training Day
- ♦ 'Hello How Are You' - mental health event
- ♦ Donegal Local Development Company's Health Support Outreach Clinic
- ♦ Green Ribbon - mental health event
- ♦ First Aid Training

2. ACHIEVING & LEARNING

MAINTAIN EDUCATION AND TRAINING SUPPORTS

A total of 17 educational courses took place with 144 participants

- ♦ Art classes x 2
- ♦ Origami - Bealtaine Festival
- ♦ Bridge
- ♦ Furniture Rejuvenation
- ♦ Genealogy
- ♦ Photography
- ♦ Sew Smart
- ♦ ETB Digital Hub (weekly)
- ♦ Conversational Spanish
- ♦ English Classes for Ukrainians x 6
- ♦ Herbalism and Nutrition

PROVIDE PARENTING SUPPORT AND SERVICES FOR FAMILIES

Parents were supported through the 'Parents Plus - Working Things Out Programme'

SUPPORT CHILDREN AND YOUNG PEOPLE IN ACTIVE LEARNING

A total of 376 participants availed of the programmes listed below.

- ♦ Club Óige (age 13 - 17 years)
- ♦ Junior Youth Club (age 7 - 12 years)
- ♦ Wainfest
- ♦ Blissful Baby Massage
- ♦ Messy Play
- ♦ Mum & Baby Yoga/Pilates
- ♦ Mummy & Me
- ♦ Tiny Tunes
- ♦ Parents Plus - Working Things Out
- ♦ Library Service



Our Work in 2024

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

A total of 566 participants took part in summer projects.

- ♦ Beach Camps x 2
- ♦ Big Fish Little Fish - transition to secondary school
- ♦ Paint Me Glaze Me Pottery (476 visitors to this activity)
- ♦ New Communities summer integration activity
- ♦ Walking with Alpacas
- ♦ Elevate55 Summer Camp (Donegal Youth Services)

3. SAFE

- ♦ **Senior Alert Scheme** - A total of 15 adults were supported through the Senior Alert Scheme, supporting older people to be safe in their own homes.
- ♦ **Safe to Call** - Domestic Violence Support (pilot)

4. ECONOMIC SECURITY

ADDRESSING UNEMPLOYMENT - CAREER DEVELOPMENT

- ♦ Along with interview preparation, service users were assisted with creating and improving CV's, completing job application forms, and writing tailored cover letters to effectively highlight skills and experience for specific roles.
- ♦ Provided space for Donegal Local Development Company's monthly Employment Outreach Support Service.
- ♦ Accommodated 74 individuals with hot desks and private office hire in our Digital Hub - [gteic@Na Dúnaibh](mailto:gteic@NaDúnaibh)
- ♦ Mulroy Youth Engagement Outreach supported individuals on a one-to-one basis.
- ♦ Citizens Information provided a monthly outreach clinic at Mevagh Family Resource Centre throughout 2024.

5. CONNECTED / SOCIAL PARTICIPATION

- ♦ Mevagh FRC participated in 2 Meitheals.
- ♦ Mevagh Craft Group attended 43 sessions with 16 participants.
- ♦ Busy Bee's Parent/Carer, Baby and Toddler Group attended 45 sessions with 49 adults and 56 children.
- ♦ Mevagh Men's Group held 7 sessions with 8 participants.
- ♦ Mevagh Women's Group attended 14 sessions with 25 participants.
- ♦ Additional Needs Support Group held 3 meetings with 4 in attendance.
- ♦ Mevagh Book Club held 10 sessions with 11 participants.



A Snap Shot of 2024

Community Events

- ◆ Céim Aniar - Seachtain na Gaeilge Coffee Morning
- ◆ Festive Christmas Tea Fundraiser

Services provided by Mevagh FRC

- ◆ Admin Support - 1677 individuals and 29 groups were supported
- ◆ Meeting /Consultations/Events for external groups - 37 sessions accommodated
- ◆ Fáilte Ireland Tourist Information Point - visited by 194 individuals

Informing, Directing & Referring

SUPPORTING PEOPLE WITH INFORMATION, ADVICE & ADVOCACY

Mevagh Family Resource Centre continued to support individuals throughout 2024 by offering friendly advice, helpful information, and advocacy when needed. Information was clear and relevant to help people understand their situation and explore their options. We guided individuals toward services, programmes, or organisations that could offer additional support and also made formal referrals to ensure people were directly connected with the help they needed.

Whether through a chat, a bit of guidance, or linking someone with the right service, we made sure everyone felt supported and informed as they took the next steps.



Participation

Participation in Local/Regional/National Forums and Networks

- ◆ North West Regional Forum of FRC's
- ◆ National Forum of FRC's
- ◆ Donegal Local Development Co. - Social Enterprise Network
- ◆ North Central New & Ethnic Communities Network
- ◆ Donegal FRC Network
- ◆ CYPSC Change Management Subgroup
- ◆ Donegal Tusla and PPFS meetings
- ◆ Letterkenny & Milford School Completion Local Management Committee
- ◆ Tusla Family Support Practice Forum
- ◆ Tusla Funded Partners Forum
- ◆ Tusla North Central Child and Family Support Network
- ◆ Sláintecare Healthy Communities Gaeltacht Meitheal



Photo Gallery





Photo Gallery





Photo Gallery





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 2024

	2024	2023
	€	€
<u>INCOME</u>		
Tusla	166,683	170,557
Administrative Services	20,516	20,699
Courses	3,905	3,219
Management Services Fee	32,269	40,162
Age & Opportunity	0	5
Fundraising	3,973	3,140
Co. Donegal Education & Training Board	7,230	9,043
Donegal County Council	300	9,360
Magherabeg Gardening	390	300
Junior Youth Club	669	842
Men's Group	110	0
Muintearas	600	550
Pobal	0	3,601
Youth Club	400	888
Healthy Ireland (via Dunfanaghy FRC)	3,000	2,000
Downings Tidy Towns	0	600
New Communities (via LYFS)	2,000	0
Donegal County Childcare Committee	800	0
Busy Bees Parent & Toddler Group	1,758	0
Health Service Executive	910	580
National Forum of Family Resource Centres	0	5,910
Irish Youth Foundation	0	10,775
Counselling	0	260
Other	300	8
TOTAL	245,813	282,498



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 2024

<u>EXPENDITURE</u>	2024 €	2023 €
Salaries	163,507	176,077
Training and Development	121	955
Courses	4,296	3,953
Admin Magherabeg Gardening	330	2,939
Rent payable	6,740	10,721
Water Charges	577	485
Office Supplies	12,098	15,417
Insurance	5,655	5,196
Men's Group	4	0
Junior Youth Club	2,799	1,813
Age & Opportunity	0	5
Carers Group	910	580
Programme Costs	1,121	16,775
Counselling	0	3,360
Light and heat	12,529	12,862
General Services	7,802	11,725
Postage	78	34
Advertising	3,966	725
Telephone	4,834	3,915
Youth Club	3,003	3,412
Family Support	5,350	5,150
Busy Bees	1,283	0
Travel	3,093	4,703
Legal & Professional	5,526	4,973
Auditors remuneration	2,768	2,276
Bank charges	531	567
Sundry Expenses	2,598	3,550
Depreciation of Computers	1,291	1,937
Depreciation on FF & Equipment	9,356	10,410
	262,166	304,515
OTHER OPERATING		
Government grants released to the I/E account	8,664	10,393
Surplus / (deficit) for the year	-7,689	-11,624

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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Mevagh Family Resource Centre



@Mevagh_FRC



**Family Resource Centre
National Forum**

Supporting • Strengthening • Empowering