



ANNUAL REPORT 2025



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 2025

Welcome / Fáilte

It is my pleasure to present the Chairperson's Report for the past year on behalf of the Board of Mevagh Family Resource Centre.

Once again, the Centre has been at the heart of our community, providing a wide range of supports, programmes and activities for children, young people, families and older people. Supporting children and families remains at the core of everything we do. Throughout the year we delivered parenting programmes, play therapy, youth clubs, baby and toddler activities, school support programmes, affordable summer activities and family events, helping children and families to learn, grow and thrive.

Alongside these services, we continued to promote health and wellbeing through a range of community programmes, education and training opportunities, social groups and practical supports. Our information, advice and referral service, Senior Alert Scheme, administrative support and meeting facilities ensured that individuals and families could access the help they needed when they needed it most.

Our Bric-a-Brac continues to play an important role by providing affordable clothing, toys and household items for local families, while also supporting the work of the Centre and promoting sustainability within the community.

This work would not be possible without the dedication of our staff, volunteers and Board members, whose commitment to the community is greatly appreciated. I would also like to thank our funders, partner organisations and everyone who uses and supports the Centre throughout the year.

As we look ahead, we remain committed to responding to the changing needs of our community and continuing to provide welcoming, inclusive services that support children, families and the wider community.

On behalf of the Board, thank you to everyone who has contributed to another successful year at Mevagh Family Resource Centre.

Eva Byrne

Chairperson



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

Our Team in 2025

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

Project Manager:	Gráinne Sheils
Project Administrator:	Caroline Connor
Assistant Administrator:	Shauna Boyce
Family Support/Community Development Workers	Pauline Collins / Úna Collier
TÚS Scheme	Lasma Cakura / Ann McGroddy

Voluntary Board of Management 2025-2026

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

Sub-committees

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



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 2025

13 th January	14 th July
10 th February	11 th August
10 th March	13 th October
14 th April	10 th November
19 th May	8 th December
16 th June	

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
- ♦ Play Therapy
- ♦ 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





A Snap Shot of 2025



1. ACTIVE & HEALTHY

A TOTAL OF

18

PROGRAMMES

WITH

434

PARTICIPANTS



Fit for Life



Fit in 5



Healthy Food Made Easy



Mevagh Strollers



Pilates



Yoga x 2



Chair Yoga



Community Garden



Healthy Me School Programme



Play Therapy Sessions



Swilly & Mulroy Wellness Café



First Aid Training



Cancer Awareness Information Session



Milford-Fanad-Rosguill Primary Care Team



Swilly & Mulroy Community Health Forum



Carers Support Group



Antenatal Classes



Food Fermentation Workshop



2. ACHIEVING & LEARNING

MAINTAIN EDUCATION AND TRAINING SUPPORTS

A TOTAL OF

11

EDUCATION COURSES
TOOK PLACE

WITH

115

PARTICIPANTS



- Art Classes x 2
- Autumn Gardening
- Bridge
- DIY for Women
- Felting

- Sewing
- English for Ukrainians
- Manual Handling
- Spanish x 2



PROVIDE PARENTING SUPPORT AND SERVICES FOR FAMILIES

Parents were supported through the
'Parents Plus – Working Things Out Programmes'

SUPPORT CHILDREN AND YOUNG PEOPLE IN ACTIVE LEARNING



A TOTAL OF

410

PARTICIPANTS
AVAILED OF THE PROGRAMMES
LISTED BELOW

- Youth Club
- Junior Youth Club
- Wainfest
- Baby Massage
- Baby Yoga
- Messy Play
- Tiny Tunes
- Fly a Kite for Diversity
- Mevagh Stars Saturday club
- Sunflower Ensemble Music Group

SUPPORT SUMMER PROJECTS FOR CHILDREN AND YOUNG PEOPLE

on an affordable basis



A TOTAL OF

119

PARTICIPANTS
AVAILED OF THE PROGRAMMES
LISTED BELOW

- Beach Camp
- Big Fish Little Fish – transition to secondary school
- Children's Integrational Activity
- Elevate 55 – children's camps
- Holiday Activities for children
- Cruinniú na nÓg



3. SAFE



SENIOR ALERT SCHEME – A total of **5** adults were supported through the senior alert scheme, supporting older people to be safe in their homes.



SAFE TO CALL – DOMESTIC VIOLENCE SUPPORT (PILOT)





A Snap Shot of 2025



4. ECONOMIC SECURITY



DLDC Job Club

6 ADULT BENEFICIARIES



Mulroy Youth Engagement
Future Project

5 BENEFICIARIES



Hot Desks / Office Hire

52 ADULT BENEFICIARIES



Citizen Information Clinic

MONTHLY CLINIC



5. CONNECTED / SOCIAL PARTICIPATION



2 Meitheals by Mevagh FRC



Mevagh Craft Group

40 sessions – 16 participants (Adults)



Busy Bees – Parents/Carers
Baby & Toddler Group

43 sessions – 55 adults – 64 children



Mevagh Men's Group

3 sessions – 5 participants (A)



Mevagh Women's Group

21 sessions – 25 participants (A)



Additional Needs Support Group

11 sessions – 10 participants (A)



Mevagh Book Club

9 sessions – 8 Adult participants



6. COMMUNITY EVENTS



Céim Aniar – Seachtain
na Gaeilge
Coffee Morning

27 ADULTS



Christmas Festive
Tea Fundraiser

82 PEOPLE



7. SERVICES PROVIDED BY MEVAGH FRC



Admin Support

1319 INDIVIDUALS SUPPORTED

12 GROUPS SUPPORTED



Meetings / consultations /
Events for external groups

32 SESSIONS PROVIDED



Bric a Brac

1930 INDIVIDUALS PURCHASED



Fáilte Ireland tourism point

108 VISITORS



A Snap Shot of 2025



8. INFORMING, DIRECTING & REFERRING



Offering help, support & advice to individuals

INFORMING



117 ADULTS
115 CHILDREN
113 FAMILIES

DIRECTING



109 ADULTS
104 CHILDREN

REFERRING



111 ADULTS
111 CHILDREN



9. PARTICIPATION



Participation in local/regional/national forums and Networks

- National Forum of FRC'S
- North West Regional Forum
- Social Enterprise Network Donegal
- CYPSC Change Management Subgroup
- Donegal FRC Network
- Donegal Tusla & PPFS Meetings
- Letterkenny & Milford School Completion Programme
- Sláintecare Healthy Communities Gaeltacht Meitheal
- Tusla Family Support Practise Forum
- Tusla Funded Partners Forum
- Tusla North Central Child & Family Support Network
- Milford-Fanad-Ros Goill Primary Care Team
- Swilly Mulroy Community Health Forum



APPROXIMATELY
10,699
INDIVIDUALS VISITED THE CENTRE
— IN 2025 —





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 2025

	2025	2024
	€	€
<u>INCOME</u>		
Tusla - Core Funding	192,307	166,683
Tusla - Ukrainian Integration	15,000	
Administrative Services	20,491	20,516
Courses	3,611	3,905
Management Services Fee	32,766	32,269
Age & Opportunity	592	
Fundraising	4,000	3,973
Co. Donegal Education & Training Board	10,514	7,230
Donegal County Council	11,250	300
Magherabeg Gardening	400	390
Junior Youth Club	880	669
Men's Group		110
Child Activities Income	430	
Muintearas	1850	600
Pobal	707	
Youth Club	625	400
Healthy Ireland (via Dunfanaghy FRC)	3,000	3,000
Downings Tidy Towns		
New Communities (via LYFS)	400	2,000
Donegal County Childcare Committee	800	800
Busy Bees Parent & Toddler Group	1,110	1,758
Health Service Executive	1,100	910
Katherine Howard Fund Income	1,500	
DFRC Childrens Alliance Fund Income	2,500	
Counselling		
Other	449	300
TOTAL	<u>306,282</u>	<u>245,813</u>



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 2025

	2025	2024
	€	€
<u>EXPENDITURE</u>		
Salaries	187,840	163,507
Training and Development	708	121
Courses	5,163	4,296
Admin Magherabeg Gardening	1,560	330
Rent payable	1,206	6,740
Water Charges	797	577
Office Supplies	15,182	12,098
Insurance	5,711	5,655
Child Activities Expenses	1,322	
Men's Group		4
Junior Youth Club	2,762	2,799
Age & Opportunity		
Carers Group	1,000	910
Programme Costs		1,121
Counselling		
Light and heat	6,769	12,529
General Services	6,046	7,802
Admin Support	1,000	
Postage	106	78
Advertising	185	3,966
Telephone	3,616	4,834
Youth Club	2,570	3,003
Family Support	25,657	5,350
Busy Bees	1,404	1,283
Expense HSE Wellness Café	100	
Expense - Mevagh Stars	1,430	
Travel	4,058	3,093
Legal & Professional	5,826	5,526
Auditors remuneration	3,690	2,768
Bank charges	633	531
Sundry Expenses	2678	2,598
Depreciation of Computers	1,083	1,291
Depreciation on FF & Equipment	11,709	9,356
Depreciation on Motor Vehicles	8,651	
	<u>310,462</u>	<u>262,166</u>
<u>OTHER OPERATING</u>		
Government grants released to the I/E account	19,635	8,664
Surplus / (deficit) for the year	<u>15,455</u>	<u>-7,689</u>

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: 074 9155055 / 087 922 8944

Email: info@mevaghfrc.com

Web: www.mevaghfrc.com



Mevagh Family Resource Centre



@Mevagh_FRC



**Family Resource Centre
National Forum**

Supporting • Strengthening • Empowering