



Strategic Plan

2024 - 2028

www.mevaghfrc.com

Company No: 313576 Charity No: 20044961



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Our Mission

Mevagh FRC's 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

An inclusive, well informed, active and participating community, where the family unit and individuals are supported, safe and secure.

Guiding Principals / Statement of Values

Mevagh Family Resource Centre has an anti-poverty focus, the project promotes social inclusion of those people who are most marginalised in society – women in the home, people parenting alone, early school leavers, unemployed people, children, young people, non-nationals and people with disabilities.

The Family Resource Centre offers a safe and impartial environment for people to meet and interact. It provides for early intervention, i.e. youth activities, support groups, education/training, and health workshops. We try to remove barriers and fear of taking that first step towards education or leading a happier and healthier lifestyle. We encourage people to become more informed and active and share experiences by networking.

Foreword from our Chairperson



On behalf of Mevagh Family Resource Centre (FRC)/ Meitheal Mhíobhaigh CTR, it gives me great pleasure to present the publication of our Strategic Plan 2024 – 2028. This document will guide our work through one of the most exciting and progressive periods of our development.

Mevagh FRC's Strategic Plan has been developed in close consultation with board members, staff, the mevagh community and all associated stakeholders. I am proud to say we will drive the development of priority areas in line with our community needs into the future. The involvement of the community at every stage is integral to the strategic planning process, it is a clear testament to the vision and mission of Mevagh FRC.

Whilst every Strategic Plan created by Mevagh FRC is important, there is no doubt that this plan is being published at a particularly critical moment in our history. Last year we celebrated the 25th anniversary of Mevagh FRC, and we are now looking forward with confidence to support, empower and represent our community.

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. In setting out our priorities and strategic goals, this plan will assist and support Mevagh FRC to stay on course during challenging times and to maximise the many opportunities that exist for FRCs and our National Programme.

It is my hope that Mevagh FRC's Strategic Plan 2024 – 2028 will provide clear goals to increase our capacity to support the Mevagh community. I look forward to us all achieving the objectives outlined within under the guidance of our Project Manager, and the wonderfully dedicated core-staff team that we are privileged to have.

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.

Eva Byrne

Chairperson

About Us



Mevagh Family Resource Centre was established in 1997 by a voluntary board of directors. The board saw the need to develop services for families in the community so they applied for Family Resource Centre status which was granted in 2001. The centre is managed by a Voluntary Board of Management elected from various community groups and individuals at the AGM held each year. The Board meet on a monthly basis to discuss and support Centre business. Mevagh Family Resource Centre / Meitheal Mhíobhaigh CTR is funded by the Irish Government under the Child & Family Support Unit, TUSLA.

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.

The Centre run needs-based programmes which concentrate on individuals and families in the Primary Care Team area of Milford/Fanad and Ros Goill.

We 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.

Our Work in 2022



Active & Healthy	11 Programmes took place with 168 participants
Education	19 educational courses took place benefiting 133 participants
Support children & young people in active learning	211 participants took part in a number of programmes
Support summer projects for children & young people on an affordable basis	267 participants took part in 6 summer projects
Senior Alert Scheme	16 adults were supported in being safe in their own homes
Career Development Mentoring Service	12 participants benefitted from support with CV's, job applications and cover letters. 6 participants attended DLDC's Employment Outreach Support Services. 41 individuals accessed private office hire in our digital hub in 2022.

<p>Connected / Social Participation</p>	<p>Mevagh FRC participated in 15 Meitheal meetings.</p> <p>Mevagh FRC Craft Group attended 42 sessions with 18 participants.</p> <p>Busy Bee's Parent/Carer, Baby and Toddler Group attended 49 sessions with 24 adults and 27 children.</p> <p>Mevagh Women's Group attended 7 sessions with 30 participants.</p> <p>Additional Needs Support Group attended 3 sessions with 9 participants.</p> <p>Mevagh Book club attended 4 sessions with 8 participants.</p>
<p>Community Events</p>	<p>Christmas Festive Tea, 85 attendees'</p> <p>Fundraising Coffee Morning, 29 attendees'</p> <p>Mevagh FRC 25 Year Celebration Coffee Morning, 45 attendees'</p>
<p>Faite Ireland Tourist Information Point</p>	<p>242 individuals visited our tourist information</p>
<p>Services Provided by Mevagh FRC</p>	<p>Admin Support to Individuals – 1754 supported</p> <p>Admin Support to Groups – 6 groups supported</p> <p>Space for External Groups – 10 groups supported with 43 sessions</p> <p>Space for Meetings – 4 groups supported with 16 sessions</p> <p>Space for Events – 3 groups supported</p>
<p>Informing, Directing and Referring</p>	<p>Providing information, advice and advocacy to individuals – 22 informed</p> <p>Directing people to programmes, services, or other organisations – 5 directed</p> <p>Referring people to programmes, services, or other organisations – 8 referred</p>

Developing the Strategic Plan



We know that the world is evolving, and we will see change and encounter challenges that will call us to use our resources wisely and respond creatively. Therefore, as our organisation celebrated its 25th year in operation in 2022, it was agreed by the Board of Directors that a new strategic plan was required for the next five years to build on the organisation's growth and success, whilst also taking into consideration the many challenges facing the community. To ensure that our strategic plan reflects the evolving needs and priorities across the Milford/Fanad and Ros Goill peninsula, we carried out a widespread consultation process. It was important for Mevagh FRC that there was maximum input from our members. A desktop review was then undertaken in which questionnaires were issued to the community, staff and stakeholders. The aim of the survey was to capture a detailed picture of service need among the Mevagh community. The survey also allowed for honest feedback and opportunity to input into the future direction of Mevagh FRC. We also held meetings with staff and the management board and conducted a Strengths, Weaknesses, Opportunities and Challenges (SWOC) analysis. All the questionnaire data was compiled and analysed, and this feedback formed the basis of the strategic plan, priorities and actions. We received 102 responses to our questionnaire.



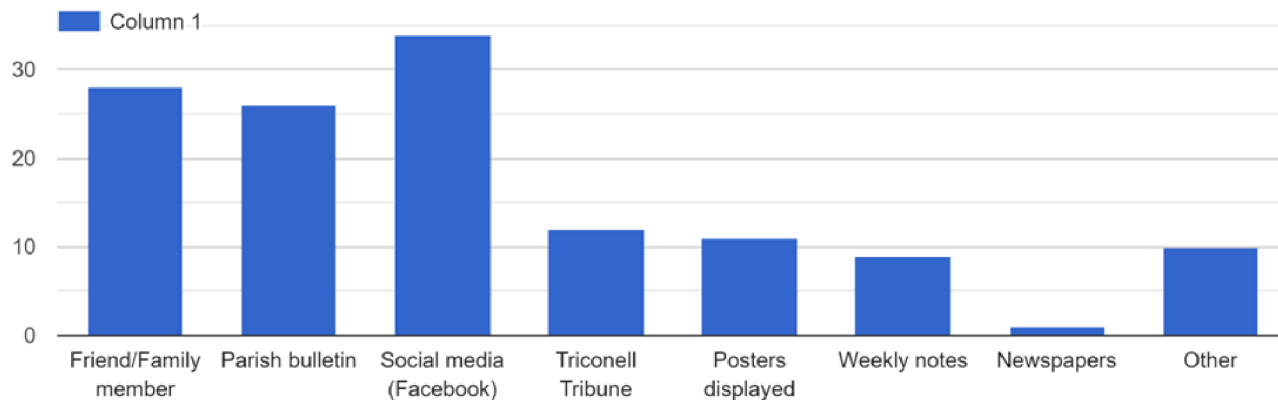
What we found out



Communication / Information

We have a variety of ways to communicate our services to the public and we wanted to find out which method is used most frequently. It is clear from the table below social media is the most used, followed by word of mouth from friend/family member.

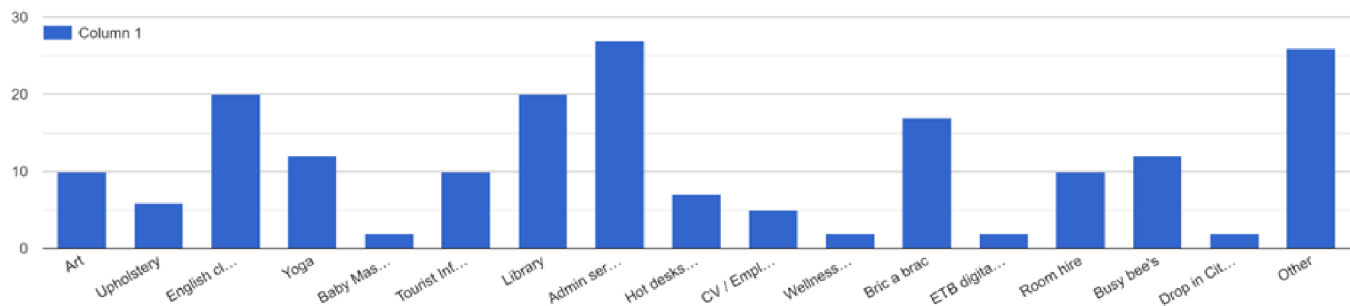
How do you hear about our activities / what is on? Please tick all that apply.



Activities Accessed

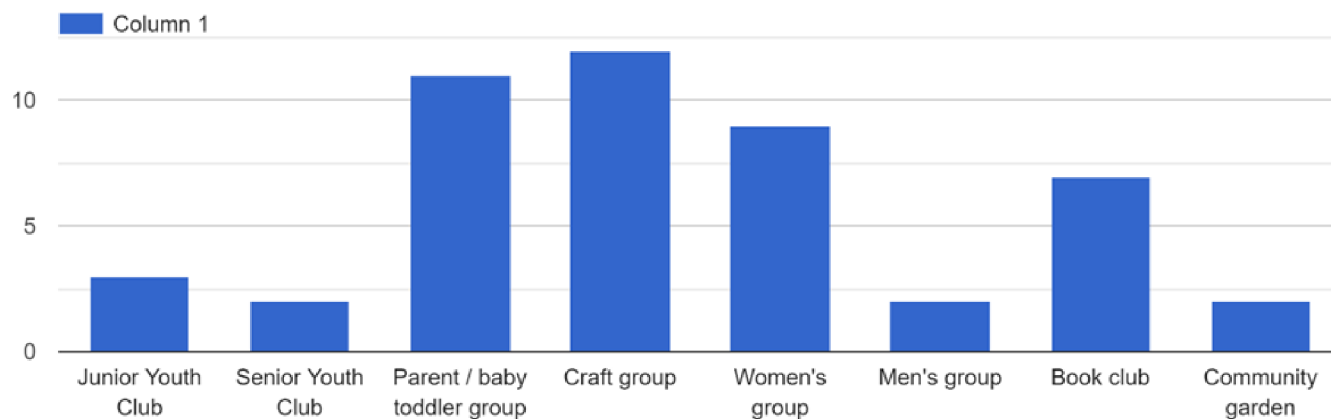
100% of respondents access our centre for support through the current services provided.

What activities do you access? Please tick all that apply:



81% of respondents attend regular groups / clubs in Mevagh FRC

Are you a member of our weekly / monthly groups? Please tick all that apply.



What do you like about Mevagh FRC?



I like everything about this place. We are so lucky to have it. The staff are so helpful and friendly

It's local. It's a nice building. The staff are lovely, friendly & helpful. They have a wide variety of courses, groups and activities

Easy to access for all the parish. Good staff that help you to get the best results for your projects

I like the staff of the centre they are very welcoming and friendly. Thanks to them

The friendly atmosphere. The sharing of crafts and of course the cup of tea. It is for me a widower living on my own a way of meeting people from the community and socializing.

Pleasant surroundings, comfortable, facilitators helpful. Staff are so helpful. So quick whenever we require anything for our business

I like everything. The staff, English classes, a lot of useful and interesting information. Friendly atmosphere good services

What activities would you like to have that is not currently available?



- Weekly youth drop in option or a study facility for kids doing exams
- Training programs to support the tourism / hospitality sector
- More workshops for men in the evenings
- Cookery courses or demonstrations, Pilates, health check day
- Self-care/wellness activities that don't cost a fortune
- Afterschool programme
- Self-defence classes
- Kids dance

Organisational Goals

1 Family Life is enhanced through the provision and implementation of a range of supports and services.

2 Children and young people have access to a range of programs and activities in order to achieve their true potential.

3 A family support outreach service is provided from Mevagh FRC to the surrounding rural hinterland for parents/grandparents/foster parents and guardians to build their capacity and respond to their needs.

4 All members of the community have access to services which will assist them in achieving education and vocational goals.

5 Family, individual, community and collective wellbeing is improved by the provision of courses /programmes around mental & physical health, wellbeing and resilience.

6 Mevagh FRC is managed in accordance with good governance practices and is an efficient well-resourced Centre that is welcoming, safe and open for families, children and all members of the community.

7 Improving income through our social enterprises

Goal One

Organisational Goal	Objectives	Action	
Family life is enriched through the provision and implementation of a range of services and supports.	By the end of 2023 there will be a 50% increase in the numbers of parents attending parenting courses from 2019.	In partnership with TUSLA or other agencies deliver Parent Plus Training Programmes within the Primary Care Team catchment area.	
		Use all social media outlets & databases to inform and encourage stakeholders in child care to refer to parenting courses.	
	Staff members will complete training to take part in interagency intervention to improve child outcomes.		Engage in Meitheal Training
			Participate as appropriate with partners to deliver Meitheal support for families as the need arises.
		Provide space for CAMBS, Family Conferences, Social Workers, Home Schooling Foróige and other agencies supporting families & children locally.	

Goal Two

Organisational Goal	Objectives	Action
Children and young people have access to a range of programmes and activities in order to achieve their true potential.	By the end of 2024 seventy local school children will have benefited from skills-based programmes run by the centre.	Work with local schools and professionals to identify and initiate programmes that will benefit children's welfare
		Devise methods of interagency support to deliver these programmes

Organisational Goal	Objectives	Action
Children and young people have access to a range of programmes and activities in order to achieve their true potential.	Eighty-five per cent of regular attendees will have attended at least twenty-four sessions by the end of the year.	Youth Club, Junior Youth Club, Children and Youth Programmes - Secure funding and develop a programme of activities in conjunction with parents and young people.
	Expand existing programmes by 15% for all age groups.	Set up parents committee, organise Garda vetting as appropriate and compile rota annually.
		Children & Youth Workshops i.e. creative workshops. Continue to support existing programmes.
		Organise facilitators and provide additional sessions during school term.
		Run transition sessions for children progressing on to Secondary school called 'Big Fish Little Fish'.
	Provide support for Gaisce participants from local secondary schools.	Assist children with local projects as needed. Work with local agencies on intergenerational projects.
		To support young teens to participate in Gaisce Awards Programme by offering them leadership roles within the Centre.
		Provide leadership training to teenagers so that they will volunteer to assist in activities in the centre.
	To increase young people's awareness of water safety by providing water based and fun activities for children during the summer.	Provide leadership training to teenagers so that they will volunteer to assist in activities in the centre.
		School Holiday/Term Time Activities Plan, source funding, organise and advertise camps at holiday time for all ages.
	Continue to run water sports and water safety training with members of the Youth Clubs.	

	Reduce isolation and increase parenting skills by 25% and improve young children's cognitive, emotional and social skills by 25%.	Parent Baby & Toddler Maintain and support the Breast & Bottle Feeding Group with the assistance of the PHN's.
		Set up, plan and support Parents Committee for Parent & Toddler group.
		Liaise with Donegal County Childcare Committee to obtain funding.
		Source funding to provide workshops for Parent & Baby wellbeing. Importance of play, music and language. Storytelling sessions with P&T and local preschools

Goal Three

Organisational Goal	Objectives	Action
A Family Support service is provided from Mevagh FRC to the surrounding rural hinterland for parents/ grandparents foster parents and guardians to build their capacity and respond to their needs.	To engage at least twenty people from outlying areas in Parent Plus parenting programmes or one to one training.	Provide two Parent Plus support programmes in Swilly/Mulroy Primary Care area.
		Identify and promote family support events through Primary Care Team, Social Prescriber, Clinician's and other community and voluntary agencies.

Goal Four

Organisational Goal	Objectives	Action
All members of the community have access to services which will assist them in achieving education and employment goals	Upskill at least fifty people in education or training programmes.	Examine funding options and provide courses and facilities as appropriate
		Encourage individuals to re-engage with the educational system.
		Assist individuals in applying for courses.
	Provide an opportunity for the under or unemployed to study or work online.	Provide individual support and interaction with the Dept. of Social Protection, ETB, Údarás, DLDC, Community Employment Schemes and other agencies.
		Maintain links and liaise with relevant agencies like SOLAS, ETB and Dept. of Social Protection on course provision.
		Provide free Internet Access for the unemployed.



Goal Five

Organisational Goal	Objectives	Action
<p>Family, individual, community and collective well-being is improved by provision of group support initiatives on well-being, reliance, physical & mental health.</p>	<p>By training, evaluating and disseminating best practice groups will continue to grow and develop.</p>	<p>To provide support, committee training, organise a programme of activities, tutors/facilitators and source funding for the following established groups;</p> <ul style="list-style-type: none"> - Mevagh Men's Group - Mevagh Woman's Group - Mevagh Carers Group - Mevagh Craft Group - Mevagh Community Garden - Mevagh Busy Bee's - Parent/Baby & Toddler Group - Book Club - Mevagh Walking Group - Additional Needs Support Group
	<p>Decrease isolation by capacity building and providing developmental support for Family and Community initiatives.</p>	<p>Assist community groups with space and administrative services</p>
		<p>Assist groups with funding applications.</p>
		<p>Support groups lobbying for funding or better services in the area.</p>
		<p>Provide a space for support agencies i.e. MABS, CIS, St. Vincent de Paul.</p>
		<p>Invite support organisations to give motivational talks to various groups.</p>
	<p>Develop appropriate responses from needs identified at Primary Care Team meetings.</p>	<p>Work in partnership with groups and individuals in the sector.</p>
		<p>Advertise, display and update health literature on a regular basis.</p>
		<p>Source funding, as appropriate for initiatives to address needs identified by PCT.</p>
		<p>Participate in the Swilly & Mulroy Community Health Forum.</p>

Goal Six

Organisational Goal	Objectives	Action
<p>Mevagh FRC is managed in accordance with good governance practices and is an efficient well-resourced Centre that is welcoming, safe and open for families, children and all members of the community.</p>	<p>Promoting best practice so that the FRC is run in accordance with Company Law and legislation.</p>	<p>Source training on Governance, Policy & Procedures for Voluntary Board of Management.</p>
		<p>Access advice on HR matters and employment best practice as required.</p>
		<p>Fulfil contractual obligations with C& FA,CRO, Revenue, Charities Regulator, Funders etc.</p>
		<p>File annual returns to CRO – done by accountant</p>
	<p>To have a pro-active and informed management committee and staff.</p>	<p>Engage individuals from target groups and local area for representation on Board of Management.</p>
		<p>Document systems, plans and activities on an ongoing basis.</p>
		<p>Ensure accurate and regular reporting on Action Plan i.e. monthly meetings.</p>
		<p>Manage day to day financial affairs.</p>
		<p>Review and evaluate work plan and update policies.</p>
	<p>Ensure that adequate funding is in place to cover the cost of programmes</p>	<p>Evaluate projects to ensure consistency and terms of funding.</p>
		<p>Staff to be fully aware of all supports available in TUSLA/HSE and auxiliary Family Services.</p>
		<p>To have the flexibility and the resources to respond to immediate family needs.</p>

Goal Seven

Organisational Goal	Objectives	Action
Improving income through our social enterprises	Ensure adequate funding is in place for the sustainability of Mevagh FRC	Promote our digital hub on platforms such as Connected Hubs, Údarás Na Gaeltachta & Donegal County Council.
		Link in with DLDC's Social Enterprise Network Donegal (SEND).
		Generate income by hiring space to external agencies for the benefit of the Mevagh community.
		Generate and promote Bric a Brac

Conclusion

In conclusion, Mevagh FRC's Strategic Plan for 2024–2028 ensures continuous monitoring and improvement of services for the Mevagh community over five years, promoting support and empowerment for active and independent lives. The project's success relies on rigorous monitoring and evaluation, including financial oversight, quarterly management meetings, review and planning days, monthly staff reports, annual reports, SPEAK reports, Evide Impact Tracker, and completion reports for funders. The organization's culture, grounded in clear goal-setting and strong core beliefs, positively influences its seven Priority Areas. Committed to providing opportunities, support, and resources, Mevagh FRC strives to transform and deliver services in line with its strategic vision. Gratitude is extended to Rita Wilson photography for providing photos of the area.

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