

TRIM FAMILY RESOURCE CENTRE 2020 ANNUAL REPORT



WHEN PANDEMIC CHANGED THE WORLD AS WE KNEW IT

BY JUSTYNA DOHERTY

In March 2020 we were told to stay apart to keep each other safe from what we now know was a worldwide pandemic. A pandemic that took many lives across all corners of the world and brought many changes to the way we live, work, learn, socialise, travel, and spend time with families and friends.

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CHAIRPERSON'S ADDRESS

BY RONAN MOORE

I want to start with some numbers:

- 178 counselling sessions that involved 25 adults and 11 children.
- Children activities for 284 children.
- Well-being courses and events that involved 84 adults, 11 children and 15 young people.
- Education & development courses for 39 adults and 24 young people
- Senior Alert Scheme for 14 adults
- Family support either through drop in or the Beacon project for 54 adults and 82 children.
- Community group sessions for 60 adults and 12 young people.

These are huge numbers, but they are just numbers and just some of the numbers that we inputted last year when we reported back to our key funders. However, behind these numbers are human stories that can sometimes be lost.

For instance, 11 children who received counselling sessions through our reduced rate counselling service. Think of any one of those children, who would most likely still be waiting. Think of the type of conversation that they would have had with any one of the counsellors, a conversation we will never know the nature of, but which allowed the child to talk, to be listened to, and to be helped.

Think of the fun that any one of the 284 children would have experienced in the children's activities the FRC ran during the year. The satisfaction they would have had coming home that day to tell their parents or guardians about it.

Think of the difference to just one of the families that we provided family support to and the positive input that this support might made to the family environment, the atmosphere around the dinner table as parents or guardians knowing that a system is working for you not against you.

Or the confidence and satisfaction that one of our education courses gives to an adult or young person who might not have had the opportunity previously to complete such a course.

That, and so much more, is the work that Trim Family Resource Centres does in our community. And that work this year continued despite the challenges that a global pandemic put in our way.

As Chair I take huge pride that our Family Resource Centre has continued to work in these times, times when many of those who benefit from our services need our services more than ever.

I want to also express our pride as a board in our staff.

In the summer of 2020, we said farewell to a wonderful Co-ordinator who had led us as an organisation for a decade. However, we were lucky to welcome an exceptional new Coordinator in Justyna Doherty. Justyna has not only has taken on this very big mantle she has done so in very difficult times. And it is testament to her that she has and continues to bring us through these difficult times. Of course, Justyna would be the first and at pains to point out, the exceptional group of staff, both paid staff, full-time, part-time and an army of volunteers that she works alongside who are just as integral to the success of Trim Family Resource Centre. As a board I want to pay tribute yet again to these individuals. When I spoke about the people behind the numbers, well our staff are the reason they are there. Thank you.

I want to take a moment to thank my fellow board members. Last year we have welcomed a new raft of board members with very high levels of expertise. And I have felt so very privileged to work alongside each and every one of you. Your work and commitment, all given voluntarily, to Trim FRC shows the value you place on the work the FRC does and I believe the stewardship of the organisation is in good hands.

It would be remiss of me not to thank Cathy Pearce, Mary Conway, Ken Foley and Robbie Connell who have stepped away this year. Like Mary Lowe and Jackie who stepped away last year, they have been stalwarts of Trim FRC and hope they will keep in touch.

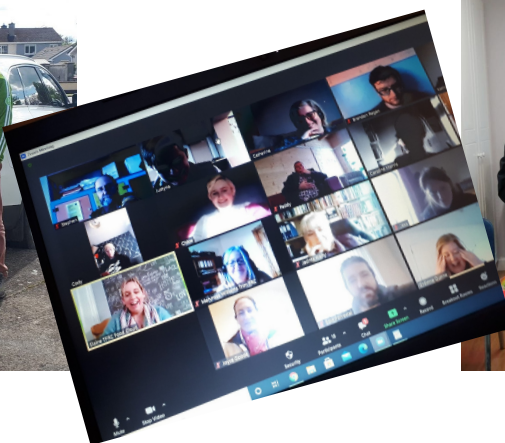
Finally, if I have an ambition this year it is similar to that of last year, in that we continue to raise the profile of the Trim Family Resource Centre so that more and more people in our community can avail of our services where needed and take as much pride in our work as we do. We have a new website, www.trimfamilyresourcecentre.ie and I think this shows another step on that road to ensure that everyone in our community of Trim and its surrounding areas can feel pride in the work we do for them.

Thank you,
Ronan Moore.



PROJECT ACTIVITIES IN 2020

BY JUSTYNA DOHERTY



- Changes to programme delivery following onset of Covid pandemic in March
- Recruitment of a new Coordinator in June
- Recruitment of a new Community Development and Family Support Worker in September
- Supports from local volunteers and GAA with Food Bank deliveries during Level 5
- Ongoing Food Bank operation throughout Covid restrictions
- Ongoing family support throughout Covid restrictions
- Food Provision Scheme for Young Children during Covid lockdown - initiative supporting families with children under the age of 6 around healthy meals and shopping on a budget
- 6 week Summer Programme following ease of Covid restrictions
- Additional Covid funding to cope with guidelines
- CYPSC funding to continue Level Up project for young people
- Return to school kits provided to families in need
- Online Mindfulness and Wellbeing courses for adults and children
- LMETB and RTE/ Community Foundation funding towards digital equipment
- WRAP Wellness Recovery Action Plan workshops for adults and young people
- Online Art workshops
- Participation in the National Review of Community Mothers Programme
- Recruitment of new Voluntary Board members
- Virtual Santa visit
- Completion of a year long Women's Development Programme
- Collaboration and engagement with other Agencies, Groups and Networks: Meath Child & Family Support Network, Meath CYPSC & Participation Working Group, Meath PPN Social Inclusion Pillar, Meath Strengthening Families Committee, PPN Rep. on NE Regional Drugs Task Force, Trim Traveller Working Group, National FRC Forum

FROM ALL AT TRIM FAMILY RESOURCE CENTRE:

THANK YOU SUSAN

HIGHLIGHTS FROM SUSAN'S 10 YEARS IN TRIM FRC



Health and Wellbeing programmes

Level Up Project

Beacon Family Support

Supports to local groups

Representation at FRC National Forum

Women's Development Programmes

Community Food Bank

Annual Golf Classics

Community Consultations

Social Prescribing vision and proposal

Thank you to our Board of Directors in 2020:

Re-elected: Ronan Moore, Gráinne Dunne, Cathy Pearce, Ken Foley, Robbie Connell, Mary Conway

Retired: Mary Lowe, Jackie Horan

Elected: Joyce Goode, Chloë Cass, Mark Keane, Ann Marie Matthews, Juracy Antunes Dantas Junyor Jacinta Kiely, Eoin Forrestal

