

FAMILY RESOURCE CENTRE

CLOSES GREEN, FARRANREE, CORK CITY.



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CO-ORDINATOR'S REPORT FOR 2023

INTRODUCTION:

The following Report is a record of the main areas of work undertaken by the Management Team and Staff of the Family Centre from January 2023 to December 2023. The success of the programmes and courses, which were undertaken, is a tribute to the commitment and dedication of all involved in the planning, organisation and running of the events. The success of this work also reflects the support and contribution of other local groups and organisations as well as the invaluable support provided by statutory and voluntary agencies nationwide.

Profile of Farranree District

Farranree is situated on the North side of Cork City. It is made up of approximately 2,900 households, 2,300 of which were built by Cork Corporation as Local Authority Housing. The total population is approximately 12,000 persons.

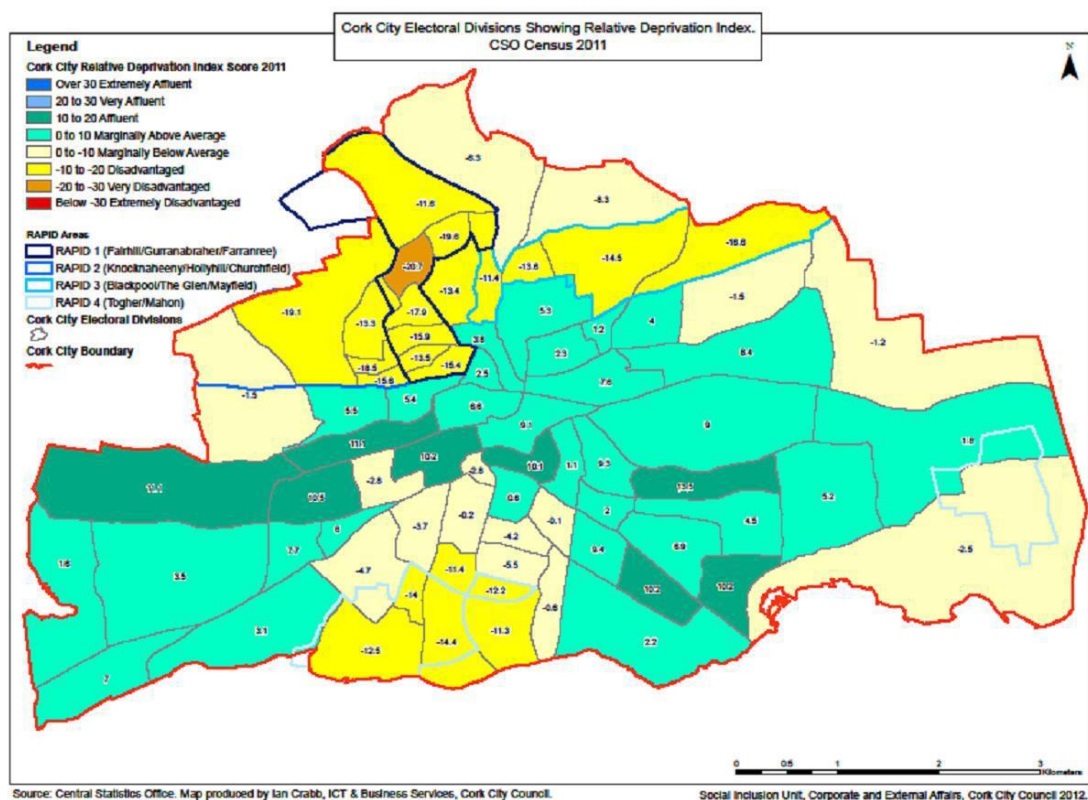
ED Name	Total Population	Population Change	Lone Parents Ratio	Unemployment rate-Male	Unemployment rate-Female	Proportion LA rented housing	Households without a Car	Persons with a disability
FAIR HILL A	681	-3.9	51.3	38.5	31.3	22.4	128	188
FAIR HILL B	777	-5.3	41.7	42.5	27.5	23.8	158	225
FAIR HILL C	3715	-7.3	31.7	33.0	21.7	25.5	305	657
FARRANFERRIS A	1812	11.9	46.2	39.4	31.9	32.8	410	396
FARRANFERRIS B	887	-3.6	51.7	36.9	26.6	29.5	143	199
GURRANEBRAHER C	979	-4.1	61.1	45.8	29.3	38.9	316	269
GURRANEBRAHER D	888	-4.7	29.2	32.7	24.8	15.0	141	187
GURRANEBRAHER E	1107	3.7	53.6	39.0	26.7	24.5	196	251

The Farranree, Fairhill, Gurranebraher area remains an area of disadvantage. All of the ED's within the area are categorized as either disadvantaged or very disadvantaged.

FAIR HILL A -17.89 Disadvantaged
 FAIR HILL B -20.68 Very Disadvantaged
 FAIR HILL C -11.58 Disadvantaged
 FARRANFERRIS A -11.35 Disadvantaged
 FARRANFERRIS B -19.65 Disadvantaged
 GURRANABRAHER C -15.43 Disadvantaged
 GURRANABRAHER D -13.53 Disadvantaged
 GURRANABRAHER E -15.87 Disadvantaged

The map below illustrates that the geographical spread of deprivation is uneven within the City; with disadvantage still more prevalent on the north-side of the City.

The most disadvantaged part of Cork City is Fairhill B.



Origins of present Family Centre.

In 1988 a FAMILY RESOURCE CENTRE was planned to provide a network of support services for families in the Farranree/Fairhill/Commons Road and surrounding areas, to enable people to become involved in their own human, social and spiritual development.

Temporary accommodation was made available in the local Convent and Boys Primary School. A Community Committee was set up to raise funds for a new building. The Department of Social Welfare, under the then Minister, Mr. Michael Woods, gave a substantial Grant towards the project. The Cork Diocesan Trustees and Trustees of the Local Presentation Convent gave the site gratis and work on the present Family Centre began in November 1990. It was completed in January 1992.

The FARRANREE FAMILY RESOURCE CENTRE was officially opened on the 18th May 1992.

President Mary Robinson officially opened an upstairs extension to the Centre on the 26th of February, 1996.

A further extension, consisting of four rooms, was added to the building in May 1997.

AIMS and OBJECTIVES of CENTRE.

The overall aim of this Family Centre is to provide and develop Community based family support services, such as;-

- Care of the Older Person
- Human, Personal and Social Development Courses
- Healthcare programmes
- Literacy skills
- Second-chance education Courses
- Support Groups for people of all ages and needs
- Accommodation of representatives of all agencies or groups relevant to Family Support Services
- Parent & Toddler group

Programmes and Data

Programme	Brief narrative of programmes /courses taking place at the centre.
Parent & Toddler Group	Our parent and toddler group would normally meet twice weekly. Our aim is developing a healthy relationship between parent and child through various activities such as music, art, play, story reading, educational trips and dance. Also enabling parents to relate effectively with their children. Social workers have, on occasion, recommended clients to avail of our services.
Moving Age – for the elderly of our community	Moving Age incorporating Chiropody service, cookery, bridging the gap with transition year students in North Presentation and Bealtaine Festival. The co-ordinator, Majella Nunan, organises visiting speakers e.g., safety awareness in the home, health awareness, music and song exhibitions and more. .
Art Courses	There are two art courses for adults held each week in the centre.
Computer Skills (including FETAC levels 4 & 5)	There are three computer courses running each week in the centre. In recent years the demand for these courses has greatly increased due to unemployment in the area. A new course called Tech Smart was initiated this year – how to operate / make best use of your Smart phone, Tablet, iPad etc.
Women's group	We hold a flower arranging class at Christmas and Easter.

St. Vincent de Paul	Used to meet twice a week in the centre but due to staffing issues have decided to centralise to their Tuckey Street branch
Mindfulness & Wellbeing	We introduced a wellbeing / mindfulness programme in 2022 which has proved extremely popular. We find this so important, now more than ever, with the continuing mental health issues that face all in our community.
Massage and reflexology	Every week as part of the Moving Age programme there are lessons in hand massage and relaxation techniques.

Also, we work in collaboration with Cork City Partnership who avail of our centre to run programmes.

MOVING AGE

Our MOVING AGE group, established in March 1998, is a network of services for the Older Person. We cater for over 180 member who attend daily and weekly sessions in the Family Centre.

This year we were delighted that our Moving Age group are again able to be fully involved and active. As well as our regular music, singing and exercise sessions. The group were also involved in other activities throughout the year. There was a trip to Killarney in June and in July a trip to Blarney for Afternoon Tea at Blarney Woollen Mills Hotel.

The biggest success story of the year was the Summer Senior Olympics held in Parochial Hall Gurrabraher. This event was run in collaboration with Oisín Kelleher, HAZ co-ordinator, and was a huge success. It proved to be so popular that there is talk of running it as an annual event.

STAFF

During the past year, 2 part-time temporary employees, 4 workers on the F.A.S. Community Employment Scheme worked in the Family Centre.

Support to HSE

Accommodation has been rented to the H.S.E. for Home Help Liaison office in the Area.

Who avails of the centre?

Approximately **2,500+** users would avail of the facilities of the Family Centre during the year. In previous year's these would have included participants in Courses and Programmes, students gaining work experience as well as representatives of various Agencies, Professional Research Workers, Residents' Associations, Parish Groups and members of various Community Groups including Springboard, Presentation Secondary School, Cork City Partnership and Rapid.

Ancillary Workers

There is always a significant staff shortage in the Centre. We have only 4 C.E workers. This causes great problems as the number of courses has increased in the last few years and more people are availing of the Centre.

Administration Staff

The Health Service executive provided a Grant of €42,401 which was used to help pay for a Temporary Part -time Co-Ordinator (incorporating secretarial duties) and Liaison Worker/Facilitator for the elderly. Funding is desperately needed to cover further costs of PRSI ,USC, PAYE & for running courses at the Centre. There is a significant lack of funding for staff and general running

costs for the Centre for 2023. The HSE grant covers some of the staffing expenses but does not cover any of the general running costs.

MAINTENANCE

As the building gets older it requires more attention which is saturating our funding plus there has been a significant increase in costs such as heating, electricity etc.

FUNDRAISING

At Christmas we usually hold a fund raising raffle with hampers as prizes, and would raise in excess of €600.

CHARITIES REGULATORY AUTHORITY – CRA.

All charities are now required to register online with the above regulatory authority and we have completed all mandatory requests from the CRA. Our CRN registration number is 20035006.

SPONSORS

WE WOULD LIKE TO TAKE THE OPPORTUNITY TO ACKNOWLEDGE THE GENEROSITY OF OUR SPONSORS

