BALLINROBE FAMILY RESOURCE CENTRE CLG

Towards an inclusive and equitable community that values individuals, families and community groups, enabling and celebrating their contribution to society.



ANNUAL REPORT & FINANCIAL STATEMENTS 2023





Ballinrobe Family Resource Centre CLG. trades under the name Tacú Family Resource Centre.

This annual report uses the trading name of Tacú in its narrative as it is more recognisable to our community.

Registered Office and Business Address	Credit Union House, Main Street, Ballinrobe,
	County Mayo
Company Number	366147
Company Secretary	Gerard Butler
Charity Number	16828
RCN	20061456
Auditors	KSi Faulkner Orr Limited Chartered Accountants and
	Statutory Audit Firm,
	Behan House
	10 Lower Mount Street Dublin 2.
Bankers	Allied Irish Bank
	Main Street Ballinrobe
	Со Мауо
	Ireland
	St. Colman's (Claremorris) Credit Union Ltd
	The Square
	Claremorris
	Со Мауо
	Ireland



Tacú Family Resource Centre



Maple Youth Centre

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Funding Sources

Tacú's Board, Co-ordinator and staff work to secure sufficient levels of unrestricted funds annually to enable us to continue to deliver our supports and services.

Tusla - the Child and Family Support Agency provide our core funding which employs 5 staff and supports us to maintain two premises. Additionally they provide funding to employ the Mayo Community Based family support Team Leader as well as a Community Based Family Support Worker to support families in Ballinrobe and throughout the Lake District Area of South Mayo.

In line with Tacu's Strategic Plan, fundraising's key objectives in 2023 were to:

Prioritise value-led and advocacy aligned ethical fundraising practices, adhering to the highest standards in raising funds from the public

Achieve set targets by engaging stakeholders in our mission, including statutory and philanthropic funders Develop a diverse fundraising portfolio to minimise overdependence on any one funding stream.

Philanthropic and statutory support increased dramatically in 2023, with grant support from a wide range of organisations. We were delighted in September to secure 3 year funding from Rethink Ireland to roll our the first ever SPACE Programme a Social Prescribing Project for Young people in the South Mayo area. Mayo Sligo, Leitrim Education and Training Board (MSLETB), the Toy Show Appeal amongst many others offered support, which allowed us to adapt and expand existing services.

In 2024, we will be building on these relationships to sustain support for Tacú's work in the long-term.



Acknowledgements

Tacú FRC would like to thank and acknowledge our Funders who have supported the delivery of our work throughout the year.





Eifion Williams, Service Director Commissioning TUSLA at the Katherine Howard Networking Event in Dublin



Taoiseach Leo Varadkar stop by to discuss our sources of funding. We also acknowledge all our partners Nationally, Regionally, at County Level and locally here in Ballinrobe.



Welcome to Tacú Family Resource Centre

Established in 2003, **Tacú FRC** promotes and operates a range of community and family support programmes, which act as a focus and catalyst for the wider development of the Ballinrobe community and surrounding areas. We seek to promote social, economic and cultural wellbeing of our community and in particular to empower groups and individuals experiencing marginalisation to participate in a programme of personal and social development.



The work of Tacú FRC has always been in response to the needs identified by the people of Ballinrobe and its hinterland. We use a holistic approach to encourage people to engage in initiatives in the Ballinrobe area and we aim to instil in people a sense of responsibility for their own development.

We are guided by a deep set of **values** that have evolved and are embedded in our Strategic Plan 2021 – 2025. *Tacú is committed to promoting an organisation that:*

Is accessible and relevant to individuals, families & community groups that we are contracted to work with.

Ensures that no one is discriminated against by virtue of their gender, family status, marital status, religion, age, race, membership of the Traveller community, sexual orientation or disability.

Accommodates diversity as well as the needs and aspirations specific to particular groups of people covered under the Equality Legislation.

Seeks equality of outcome & promotes positive action to ensure equality of outcomes.

Message from Our Chairperson

I am delighted to present Tacú's Annual Report for 2023, documenting our continued work on the objectives set out in our Strategic Plan 2021-2025.



This year we proudly celebrated out 20th anniversary as an organisation with a number of wonderful events and commemorations. We were founded in 2003, the first of seven Family Resources Centres in County Mayo in response to the need for a range of family and community development supports in the town of Ballinrobe and its surrounding areas. The celebration of our 20 year anniversary allowed us to acknowledge the work of our founders and our wonderful staff, in particular Mary Jackson who has been the guiding force for those 20 years. We were delighted to connect with the many volunteers, staff and board members from across those 20 years and to remember our achievements, the journey that we have taken with and alongside the Ballinrobe community in establishing and growing the work of Tacú Family Resource Centre.

While this year saw great achievements including the continuation of exciting and relevant projects with older people, young people, parents and community members, we continue to address the significant and evolving challenges that families and the community face. We, as an organisation continue to ensure that our work is aligned to best practice and we contribute to raise awareness of the challenges families and communities face every day on a national level through our engagement with the Family Resource Centre National Forum. Our work would not be possible without the strategic relationships that we have developed throughout the county and country, and a key focus of our next year's strategy will be on continuing to support and develop our partnerships with other FRCs, funders, community and public sector organisations, such as Tusla – The Family Agency, Mayo Sports Partnership, Western Regional Drug & Alcohol Task Force, Rethink, the Community Based Family Support Programme - so that our work continues to make a real impact.

Our staff and volunteer team work exceptionally hard and are supportive of each other and display a deep commitment to their work and community. We have a team of 10 people directly employed by our own organisation and a further 21 employed by Southwest Mayo Development Company on Community Employment, Rural Social and TUS Schemes. I want to acknowledge our team for their commitment and dedication to the Ballinrobe community and thank them for their delivery of high quality outcomes for the people we serve.

Our Board of Directors continue to provide robust oversight to Tacú FRC, meeting all corporate and charity governance requirements. I would like to personally thank my fellow volunteer Board members for their continued commitment and giving so generously of their time and expertise. Finally, sincere thanks to the funders, supporters and policy makers who intrust us to work in the best interests of the wide diversity of families, individuals and communities in Ballinrobe towns and the surrounding communities.

Breege Dempsey Chairperson

Message from Our Co-ordinator.

Recognising the work of our 20 years was a wonderful focus of 2023. Our celebration culminated in a day of Celebration in July with a media event with Mid-West Radio, providing a platform to reflect on our



history, achievements and the difference that we have made to families and our Ballinrobe community, the Lake District area of South Mayo and indeed the wider county in those 20 years.

Among the many achievements this year was the engagement of funding from Rethink Ireland to continue and upscale our innovative and unique social prescribing project for young people, allowing Tacú FRC to further embed this work in the community and act as a demonstration project for policy and practice nationally.

However, it was also a difficult year for families and the community of Ballinrobe struggling with such issues as isolation, poor access to mainstream services, higher levels of mental health issues, the war in Ukraine, the needs of new communities and the cost of living crisis and its negative implications on the economic and social wellbeing in our community.

Our range of services for parents, children, young people, older people and communities expanded in 2023 as we continued to provide services and supports both to people coming into our buildings, and others accessing services on an outreach basis or remotely though phone or online connections. We have this year continued to respond to the immediate needs of families and the communities whilst also remaining focused on building community and family resilience through on-going and supportive connections with individuals, families and the communities of Ballinrobe town and the wider hinterland.

Over the next year we will remain committed to continuing our crucial work in supporting our community who for many face daily challenges because of support, services and policies not always designed to support them. Whilst acknowledging that every families and community is unique we will endeavour to bring about better supports, services and positive change for families and the Ballinrobe and the Lake District area of South Mayo. I would like to thank the Ballinrobe communities who place their trust in us.

I would like to thank our amazing staff and volunteer team for their commitment and their flexibility over 2023 in seeking to meet the needs of individuals, families and the wider community with compassion, expertise and support. It is always a privilege to work with such a wonderful team of staff and volunteers as well as a Board of Directors committed to such excellent governance and oversight.

Thank you.

Mary Jackson

Project Coordinator.

Our Staff Team

Our Team is made up of a group of passionate and hardworking individuals dedicated to Tacú's values and work.

The team is mixture of staff directly employed by Tacú FRC and those participating on employment schemes such as Community Employment, Rural Social Scheme and TUS.

Name	Position	Contact details	
Many Jackson	Project Coordinator	tacucoordinator@gmail.com 0872859973	
Mary Jackson	Admin & Information	Infotacufrc@gmail.com	
	Support	094 9542908	
Mary Langan			
()	Finance & Compliance Admin	officetacu@gmail.com 0949542908	
Wendy Mahom			
(3)	Community Development Officer	tacucomdev@gmail.com Tel. No. 087 4111343	
Monica Horan			
	Youth Link Worker	<u>tacuyouthlinkworker@gmail.com</u> Tel. No. 087 2430695	
Paula Walsh			
Michelle	Community Based Family Support Project Worker	M.O'Mahoney@mayofamilysupport.ie Tel. No. 0872207143	
O'Mahoney			
Mark Smith	Youth Development Worker Ballinrobe Sports Hub Coordinator	ballinrobesportshub Tel. No. 0876091463	
	Mayo Drug & Alcohol Family Support Worker	Tel. No. 0873352831	



The Amazing Meals on Wheels Crew.



One amazing retired from RSS and is now a volunteer.

The vast range of activities which we run in Tacú FRC could not happen without the amazing staff on the Rural Social Scheme, Community Employment Scheme & TUS.

These include:

Community Employment	Rural Social Scheme
Dallas Dallaghan	Trish Sheridan
Finbar Campbell	Roger Brady
Deniese Harris	Catherine O'Malley
Maria Hamrogue	Hilda Patten
Svetlana Poznakova	Martina Ratigan
Anna Fitzpatrick	Teresa Morrin
TUS	Counsellors/Psychotherapists/Play
Cora Slattery	Therapists
Darra Deane	Alex Quinn
Helen O'Shea	Bernie Roache
Joanne Kerrigan	Blanaid Carney
Lauren O'Donnell	Carol Cregg
Olivia Engel	Eilís Wall
	Siobhan O'Malley
	Kin Dunleavey
	Jill Piggott
	Caroline Hopkins
	Marian O'Keeffe





TUSLA'S gain has been our loss we wish Claire McNally all the best in her new post as Interim Senior Child and Family Support Network Co-ordinator. We undertook a review of the position of Team Leader for the Mayo Community Based Family Support Project which will be complete in 2024. As an Interim measure Tacú agreed to take on the role of Interim Team Leader and engage an external Supersipvor Nuala Healy to provide case supervision to the team. It was also agreed to engage Josephine Lally because of her extensive experience to carry our the Review.



We would like to wish **Sue Hynes** who said goodbye in 2023 the very best for the future and thank her for her work in establishing the Tacú FRC Social Prescribing Project for Young people (SPACE).

We also said slán to;

- John O'Malley
- Majella Forde
- Peter Garvey
- John O'Malley
- Majella Forde
- Eva Fitzgerald
- Zoya Kabir
- Sheona McDonald (Varley)
- Grasuite Bruziene
- Rosanna Caira

"Here at Ballinrobe Family Resource Centre, we aim to support and enrich family life in its diverse forms today, to affirm the value and uniqueness of each human being irrespective of gender, marital status, family status, sexual orientation, religious belief, age, disability, race or membership of the Travelling community."

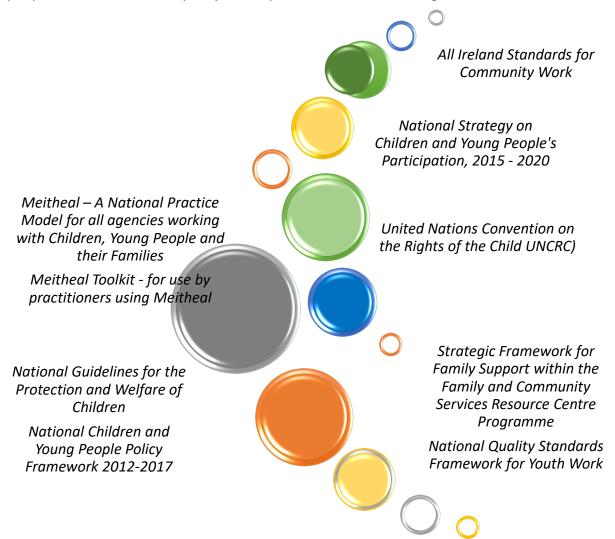
(Source: Tacú FRC Strategic Plan 2021 – 2025



Lots of activities and celebrations in the Maple Youth Centre

Our Policy Context

Tacú Family Resource Centre maintains solid alignments with local and regional policy priorities and outcomes including Young Ireland: the National Policy Framework for Children and Young People 2023-2028 which envisages an Ireland in which all children and young people can fully access their rights. It is focused on tackling the biggest challenges that affect children and young people in Ireland today, and setting up robust structures so children's rights are foremost whenever we make decisions affecting the lives of children and young people. Other national policy and practice models that guide our work include:



Local and regional policy that has informed the development of our work and is aligned to delivery of our strategic plan 2021 – 2025 includes Ballinrobe Community Futures, County Mayo LCDC Social and Economic Plan, CYPSC Mayo Strategic Plan, Healthy Ireland Strategic Action Plan, Connecting for Life and MSLETB Strategic Statement 2023 – 2027.

Family and Community Empowerment: Our Work in 2023

Tacú Family Resource Centre successfully met all of its expected outcomes for the 2023 period, outlined in our Strategic Plan 2021 - 2025. Set out below are the key achievements under each strategic goal.

(A deeper understanding of our work can be gained by visiting our website https://ballinrobetacufrc.com and reading our Strategic Plan 2021 – 2025).

Strategic Goal 1:			
Individuals, families and community groups are supported to be healthy both physically and mentally			
Objectives 2021 – 2025	Highlights of What We Did in 2023		
Develop a Health promoting environment in Ballinrobe	 Support to join various sports groups, walking groups, gyms, etc. who were not originally active. 		
Promote awareness raising initiatives in the community.	 Drug & Alcohol Family Support Awareness events for Drug and Alcohol Awareness Week. 		
Promote Mental Health and Well-being throughout the community	 School Holiday supports for children and young people. Youth link worker and Drugs and alcohol support worker anchor the service alongside volunteers and the young people themselves. 		
Provide a range of family support services in the community	 Weekly after school Activities. Parent & Toddler/Parent & Baby Groups every Tuesday and Wednesday. Initiatives including FEAD, food cloud. Early Intervention Family Support and Intensive family support. 		
Provide accessible affordable counselling & therapeutic interventions locally	 Space provided for Narcotics Anonymous, Alcoholics Anonymous and Al Anon. Counselling and play therapy. 		
Provide a Youth Social Prescribing Project	 Pilot Social Prescribing Project for Young People in South Mayo Area. Engaged HeadStart Funding support. 		

In 2023, the number of people for whom **mental health** challenges was identified as a need or priority and sought support from Tacú FRC was **1,172 people**. (Source: https://speakfrc.ie/)

Strategic Goal 2: Individuals, Families & Community Groups have access to a range of training and education opportunities locally.			
Objectives 2021 – 2025	Highlights of What We Did in 2023		
Deliver community education opportunities that include a social element	 Community Based Arts Workshops. Weekly Craft Mates. Weekly Knitters group. Weekly Outreach group in Tuar Mhic Éadaigh (. 		
Provide a range of education, social and creative supports and activities for parents and children	 Educational courses funded by MSLETB. 		

"Volunteering gives me back as much as I give, it's a two way street"

Meals-on-Wheels Volunteer

Strategic Goal 3:

Individuals, Families and Community Groups are actively engaged with, and passionate about, their local community & have the capacity to influence policy at local, regional and national level.

Objectives 2021 – 2025	Highlights of What We Did in 2023
Ensure that activities organised planned and run by local organisations are inclusive and affordable	 Markets ran monthly providing a community space for local people to showcase and sell their products. Queen of the Lake's Festival.
Provide a range of initiatives to engage the community	 Inclusive family friendly events. Blended bingo version which offers an online option and is inclusive of participants in isolated areas or those who feel anxious participating in larger gatherings.
Run a series of campaigns to raise awareness on relevant issues throughout the year	 International Day against Homophobia, Biphobia and Transphobia (IDAHOBIT) Library display. Youth Centre Pride Month window display. 16 Days of Actions Opposing Violence against Women campaign. Culture Night Celebrations.

"Parent & Toddler group is a great way to make connections in the community".

(Parent)

Strategic Goal 4:			
Isolated members of the community are connected, included and feel safe in their community.			
Objectives 2021 – 2025	Highlights of What We Did in 2023		
Develop the Community Garden as a resource for the community	Community Garden activities.		
Ensure that Older People and People with a disability & their Carers feel safe in the community	 Weekly befriending phone call. Meals on wheels with over 70 meals a week delivered with the option of additional meals offered if requested. Friday Morning drop-in which welcomes older participants who avail of rural transport. Pendant alarm as part of the Senior Alert Scheme. 		
Ensure the safety of young people by developing and delivering a range of activities Support the ongoing development of the Ballinrobe Men's Shed & Women's Shed	 Youth Booth safe supervised space on a weekly basis 3 days a week. Facilitated group sessions and one to one support Support to the Creative Minds group. Settling in Programme to 6th class students. Support to the Men's Shed who meet 3 times a week. Support in establishing Ballinrobe Women's Shed. 		

"You can be yourself there (Youth Centre)... really like to go there with my friends...".

Young Person

Strategic Goal 5:

Individuals, Families & Community Groups in the South Mayo area have a sustainable Centre that acts as a central hub for community activity and engagement

Objectives 2021 – 2025	Highlights of What We Did in 2023
Promote an interagency approach to address unemployment in the Community	 Staff team participation on Community Employment, TUS or RSS schemes sponsored by SWMDC (16 participants). Work placements (Second/Third Level students).
Host clinics & training for organisations seeking to deliver supports and services in the Ballinrobe area	 In partnership with MSLETB and the Rural Transport Scheme provision of English Language classes to Ukrainian families.

"Tacú does so much that is unseen, so discrete, making it easy for people to get support"

Partner Organisation

Administrative Supports to the Community in 2023

Tacú FRC provides a range of universal and targeted services and development opportunities that address the needs of families. The provision of information, advice and support to groups and families in the local community is a cornerstone of our work.

Information is provided on the range of services and development options available locally and advice on accessing rights and entitlements, as well as a space for community members to meet, socialise and carry out significant community development work was also extended in 2023.

Our administrative team are highly empathic and supportive who provide a direct service that for many members of the community accessing administration/reception/information supports.

Our administrative team provide:

Administrative Supports to 1,050 Adults & 1,125 Children/Young People

(e.g. use of computers, photocopier, assistance with CV preparation etc.)

23 community groups accessed FRC space for meetings (*i.e. groups* not established by FRC)

160 sessions held by these groups

19 groups helped with administrative work

11 groups helped with funding/fundraising work

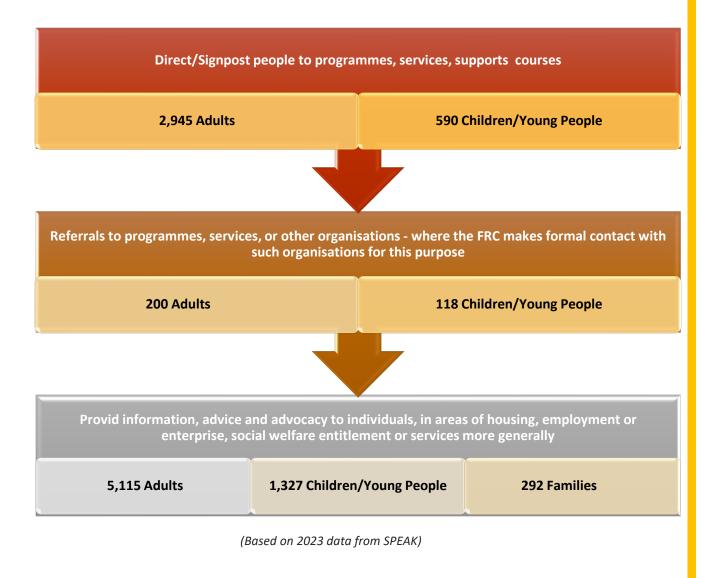
16 consultations with external agencies (FRC providing space)

(Based on 2023 data from SPEAK)

Collaboration with Services in Our Community in 2023

Family Resource Centres are an integral part of the Child and Family Agency's Local Area Pathways model and act as a first step to community participation and social inclusion. The programme emphasises involving local communities in tackling the problems they face, and creating successful collaboration between voluntary and statutory agencies at community level.

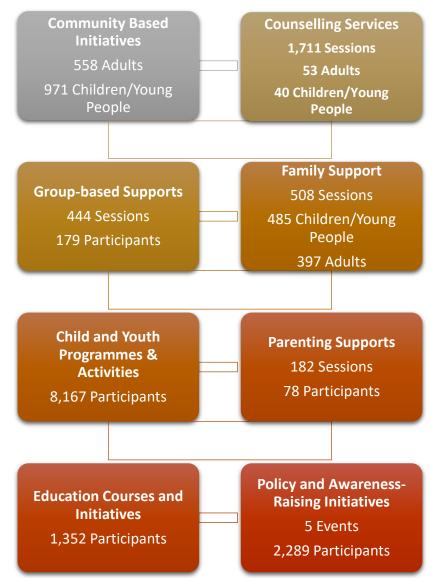
Tacú FRC as a key focal point for onward referrals to mainstream service providers in 2023 provided information, signposting and referral to a range of supports and agencies. There was a significant increase in the need for information from the Ballinrobe community in 2023 resulting in increased signposting, directing and referrals to programmes under Tacú's menu of support but also other services, including mainstream supports such as Tusla, Education and Welfare officers, Social Work, Citizens information Service (CIS) and CAMHS.



Informing and Empowering: Our Impact in 2023

In working for family and community empowerment, our activities, our advocacy with and on behalf of the Ballinrobe community and our policy work is grounded in the lived experience of people in our community. We aim to ensure that all members of our community are engaged and supported through information provision, specific family support and community development initiatives and policy engagement. Tacú's relationship with individual members of the community, community groups and collaboration with other support organisations, all supports us to stay close to and to understand the lived experience of our community. We also use methods of engagement grounded in community development and family empowerment to direct, inform and deliver our supports.

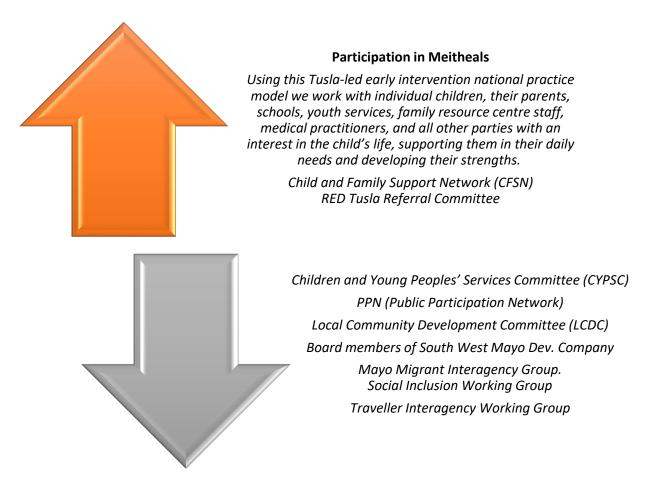
As a result, our impact in 2023 has surpassed our previous achievements and motivates us to further build on our level of engagement, support provision and family and community empowerment over the remainder of our strategic plan.



(Based on 2023 data from SPEAK)

Informing and Influencing Policy and Practice in 2023

Tacú continues to be a member of a wide variety of policy and practice fora which look at improving research, policy and service provision outcomes for families and communities across County Mayo, the western region and nationally.



At Local level -Believe in Ballinrobe Campaign, Ballinrobe Enterprise Organisation, Ballinrobe Community Development Organisation/Community Futures Queen of the Lakes Committee

At Regional Level -

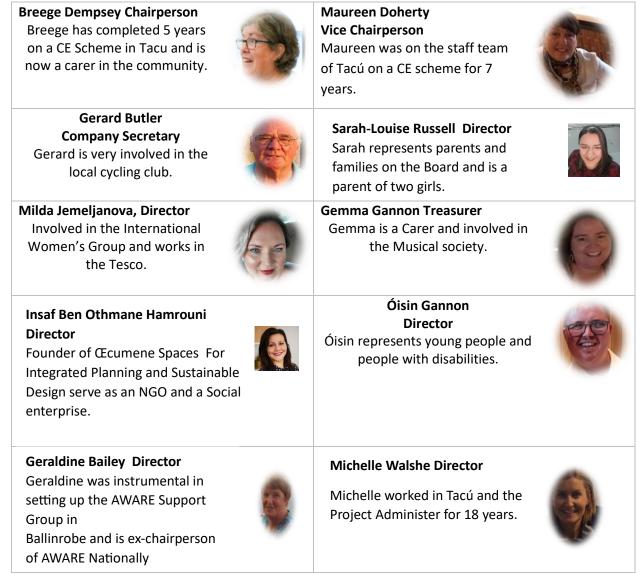
Member of the Western Region LGBTI+ Network & Community Response to Domestic Abuse. Member of the Regional Parent and Family Support Forum.

At National level National Forum of Family Resource Centres

Our Structure, Governance & Management

The Board of Tacú FRC is the ultimate authority of the company and holds full responsibility for all aspects of the organisation. Individual Board Directors collectively share this responsibility. The Board is in session when it meets formally and/or through its subcommittees where appropriately tasked. Board sub-committees report back to the full Board for final decision. The Board has assigned appropriate authority to the Co-ordinator for the day-to-day management of the organisation. The powers reserved for the Board include:

- Signing off on the organisation's strategy and monitoring implementation of same,
- Corporate Governance and compliance with the Charities Regulator codes and other compliance requirements,
- Financial reporting and oversight, and
- Upholding the Constitution of Tacú FRC.



All Board members are volunteers and receive no pay or benefit from their position.

Tacú Sub-committees	Membership	Purpose
Health & Safety	Sean Dowling Mary Langan	Help promote safety awareness in Tacú and the Maple Youth Centre
	Mary Jackson	·
Finance & Governance	Mary Jackson	Coordinates the Board's Financial
	Wendy Mahon	Governance responsibilities.
	Gerry Butler	
	Gemma Gannon	
HR & Garda Vetting	Breege Dempsey Ger Bailey Mary Jackson	To provide a forum for Staff support & supervision.
Planning & PR	Monica Horan Mary Jackson	To support the garda vetting system within the FRC.
	Maureen Doherty Óisin Gannon	



Western Region Steering Committee Christmas Gathering



Directors attending Planning & Review





Buggy Buddies



Our lovely Queen of the Lakes



Delighted to present on our SPACE Project at the South East Regional Social Prescribing Conference with Heather Kiely, Project Manager Sacred Heart Family Resource Centre

Financial Report 2023

The members of the Board and the Finance and Audit Committee acknowledge the hard work of the Co-ordinator and all the staff in maintaining our levels of income and keeping our expenses under tight control.

In 2023, Tacú saw through the efforts of staff and the Board of Directors an increase in income of €85,767 to €705,125 in the year ended 31 December 2023 (2022: €619,358).

Funding from TUSLA National Programme and TUSLA local programme was increased by 0.9%. Expenses have increased by10.5 % to €678,649 in 2022 (2021: €613,144).

The surplus for the period is \pounds 26,476, (deficit in 2022: (\pounds 6,214).

Income Statement Summary from 1st January 2023 to 31st December 2023

	2023	2022
	€	€
Income	705,125	619,358
Expenditure	(678,649)	(613,144)
Surplus/(deficit) for the financial year	26,476	6,214
Total comprehensive income	26,476	6,214

Source	Beneficiary	Amount €
TUSLA National Programme	 Core Funding to employ: Project Coordinator Community Development Worker Youth Development Worker General Administrator. Financial & Governance Administrator Overheads in Tacú & Maple YC 	183,042.00
TULSA Local	 Mayo Community Based Family Support Team to employ: Team Leader Family Support Project Worker 	139,217.00
Other TUSLA	 Parental participation events in the Mayo Region CYPSC grant Ukraine Grant Prevention, Partnership & family support Programme Domestic violence 	15,000.00 3,000.00 11,248.00 3,000.00
Mayo Co. Co.	LUISNE Art Project	5,000.00

	Community Activities Grant	340.00
	Ballinrobe Sports Hub	19,215.00
	Africa Day	7,500.00
	Upstart LUISNE	1,600.00
	GMA	350.00
ETB	Community Education	6,990.00
	Local Creative Youth Partnership	
Community Foundation of Ireland	RTE Toy Show Appeal	35,000.00
HSE	National Lottery HSE	4,200.00
Pobal	Senior Alert Scheme	750.00
	Pobal Electric Grant	1,046.00
Western Region Drug & Alcohol Task Force	Mayo Drug & Alcohol Family Support Project	46,326.00
Other	Katherine Howard Grant	11,000.00
	Bingo / Lotto	10,285.00
	Meals on Wheels	74,760.00
	Donations / Fundraising	40,699.00
	Rethink Ireland	34,500.00
	Mercy Sisters Fund	10,000.00
	IVY Grant (Coke Cola)	2,500.00
	Administration	5,500.00
	Community Foundation Cost of Living	10,000.00
Dept of Social Protection	Maternity	1,310.00
	Administration	1,587.00
Dept. of Children & youth Affairs	Migrant Women Programme	4,750.00
National FRC Forum Funding	Recovery and Resilience	10,410
	Western Region Funding	
Western Care	LUISNE Project	5,000.00
Total		705,125.00