

Southill Family Resource Centre CLG

Information for Strategic Plan

Aims and objectives:

Southill Family Resource centre seeks to encourage residents on Limerick's Southside to use and develop their skills, knowledge and experience thus enabling positive change in the community. It endeavours to achieve this by the provision of a range of individual and group supports in the local community eg. Parenting programmes, counselling, educational and training opportunities, community development programmes, advocacy, peer support groups and complementary health and wellness services.

Mission statement:

The Mission of Southill Family Resource Centre is to provide opportunities for local people to be informed, to learn, to access support in a pleasant, safe and respectful environment.

Management Committee (Charity Trustees/Board members)

Chairperson Mary Blennerhassett

Company Secretary Therese Barry

Treasurer Geraldine Minogue

Trustees/Board members

Breda McNamara
George Lee
Ann Kinsella
Jayne Cregan
Anthony Barry
Jimmy Lee
Michael Quilligan

Sub-groups:

HR

Mary Blennerhassett
George Lee
Jimmy Lee
Anthony Barry
Jim Prior (coordinator)

Finance

Mary Blennerhassett
Geraldine Minogue (Treasurer)
Michael Quilligan
Jim Prior (Coordinator)
Julia Droney (Administrator)

Policy

Mary Blennerhassett
Therese Barry
Michael Quilligan
Jim Prior (Coordinator)

Counselling

Jayne Cregan
Nicola Hogg Blake
Jim Prior (Coordinator)

Garda Vetting

Mary Blennerhassett
Breda McNamara
Jim Prior

Education and Training

Anne Kinsella
Geraldine Minogue
Mary Hughes
Jim Prior
Catherine Quinlivan

Southill Family Resource Centre Team

Coordinator

Jim Prior

Family support workers

Michelle Tynan

Jane Aylmer

Administrator

Julia Droney

Background:

The Southill Family Resource Centre was founded in 2000 following a need identified by the local Community Development Project. Southill Family Resource Centre is part of the National Family Resource Centre Programme. The Southill FRC opened in 2000 and is based on the south side of Limerick city, population 4,000. There were 1200 houses in the area, mostly local authority housing, divided between 4 parks, O'Malley Park, Keyes Park, Carew Park, Kincora Park and 2 Traveller Halting sites, Clonlong and Toppins Field.

The area has the highest rate of lone parent households in the city with over 75% of houses headed by a lone parent. The Southill area has a very high percentage of young people with over 50% of population under the age of 15. The area has been regarded as being the most disadvantaged in the city for the past number of years (deprivation index- Trutze Haas). The Southill area has a very high unemployment rate with little or no industry or companies based in the area. Since the beginning of the Regeneration process the Southill Family Resource Centre has actively participated in the developments of the area.

The FRC occupies 2x 2-bedroomed houses combined and offers a range of services including:

Family support

The Southill Family Support team primarily work with families on a one to one basis and encourage families; children and individuals to participate in a range of evidence based family support programmes including the following:

Strengthening Families for 8-12years and 12-16years topics include goal setting, communication, peer pressure and healthy relationships.

Incredible Years for school going children

Parenting when Separated aimed at parents going through/or have gone through a separation. Topics include joint parenting, supporting children through the process of separation.

Circular Security offered to parents who wish to gain new skills in the area of parenting.

Caring Dads offered to dads who have been separated from their children through imprisonment, separation, or divorce.

Health & Wellbeing

We provide the following Complimentary Health Service which includes, Hand Massage and Irricular Acupuncture on an appointment basis. In addition, we run several Health and Wellbeing courses aimed at promoting health and wellbeing in everyday life.

Counselling services:

Family/children and individuals supports in counselling provided both in house and online. All therapists are suitably qualified to provide relationship, family breakdown, bereavement, and creative therapies. Play and Art therapy are available for younger members of our community, and a recent service to be included in our suite of programmes is for problem gambling by appointment.

Education and Training:

The Southill Family Resource Centre has been an accredited Fetac/QQI centre since 2008. We run a suite of programmes from levels 3-5, these include the following:

- Drama
- Barbering
- Textiles
- Information Technology
- Youth and Community
- Wood Craft

We also offer a range of non-accredited courses including the following:

- Arts and Crafts
- Chair yoga
- DIY
- Gardening
- Health and Wellbeing Local History
- Pilates.

Advocacy:

Southill Family Resource Centre staff is suitably qualified to support residents on the Southside with a range of supports including:

- Administration
- Court accompaniment
- Agency visits/appointments
- Schools
- Community supports
- Housing and Social Welfare

Peer Support groups:

Southill Family Resource Centre offers weekly support sessions for the following:

- Women
- Men
- Older persons
- People with disability

Welfare Rights & Information:

The Southill Family Resource Centre provides space for local residents to access the following clinics:

- Citizens Information Centre regarding entitlements and information.
- Garda drop-in clinic

Southill Community Allotments:

The Southill Family Resource Centre in collaboration with Limerick City and County Council operates the Southill Community Allotments. Education and training opportunities in Horticulture, Environment and Gardening provided to families, children, individuals and local agencies. Further development of our Green initiative will take place in consultation with the local community who in turn will support and oversee the allotment project.

The allotment is based in O'Malley Park and is accessible to the community on dedicated dates and times through our Community Links worker.