

# ANEW SUPPORT SERVICES

**Annual Report**

**2017**

## Support Services for Women

Here at Anew we have been supporting women and their families for 37 years in the areas of crisis pregnancy and post termination counselling as well as practical supports around unplanned pregnancy and early parenthood.

### Counselling Services

Located in our centres in Dublin, Cork and Thurles, our professional counselling for unplanned pregnancy and post termination support is available free of charge.

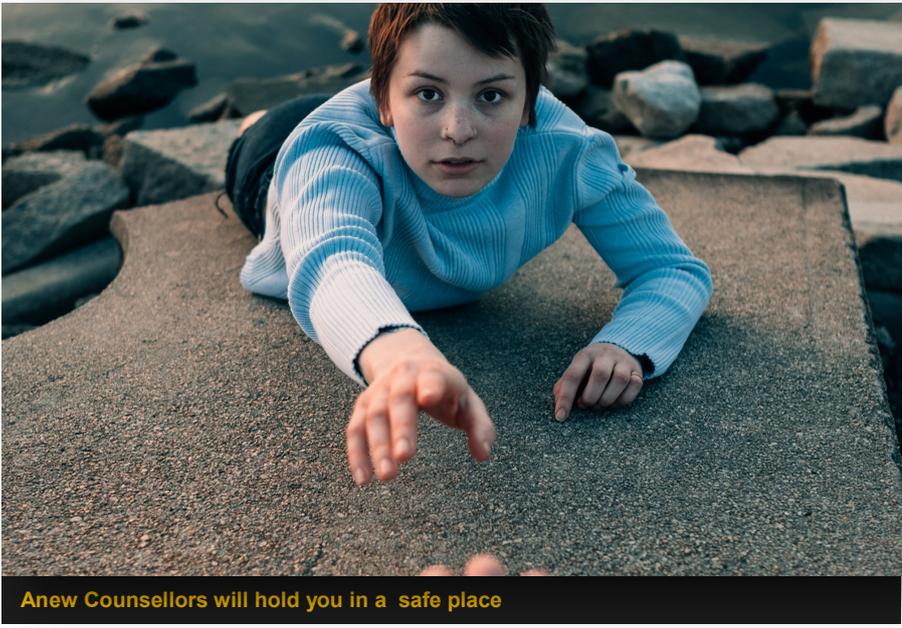
We also offer parenting support on a group basis or one-to-one if required.

### Accommodation & Outreach Service

Located in Dublin, our Drop-in Centre is in Tara Street and our Accommodation Unit is based in Swords (previously in Pearse Street). We offer accommodation, support, outreach and preventative interventions for vulnerable and often homeless pregnant women based in the Dublin area.

*“This is a brilliant service! In my experience Anew has provided huge support to women in crisis with an unplanned pregnancy and post pregnancy. It offers a warm, welcoming environment both to service users and health care professionals. It is extremely flexible and accessible in its approach, consistently placing the service user at the centre of its work. It provides practical and emotional support to allow women to confidently enjoy their pregnancy and early motherhood.”* **Margaret Walsh, Senior Social Worker, St. Vincent's Hospital Mental Health Team**





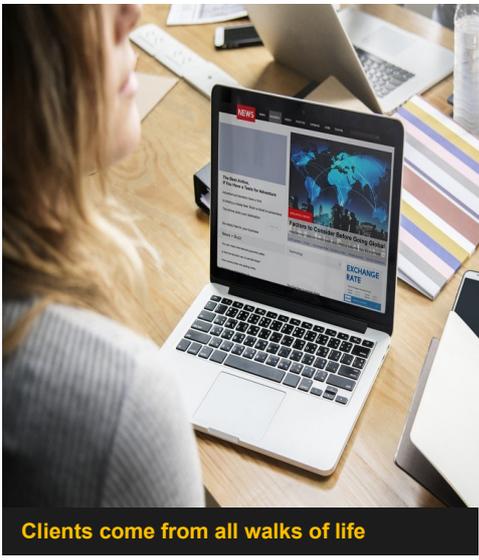
## Typical Counselling Client Profile in Anew

Often times there is an assumption that those experiencing an unplanned or crisis pregnancy are young girls, possibly under age and still at school. While this is sometimes the case, these are not the most common client type in our Counselling Service.

In 2017, crisis pregnancy clients were typically native Irish, aged between 25 and 44 years old and often professional people.

Anew provides evening appointments to accommodate clients who cannot make daytime appointments due to work or

Anew Counsellors will hold you in a safe place



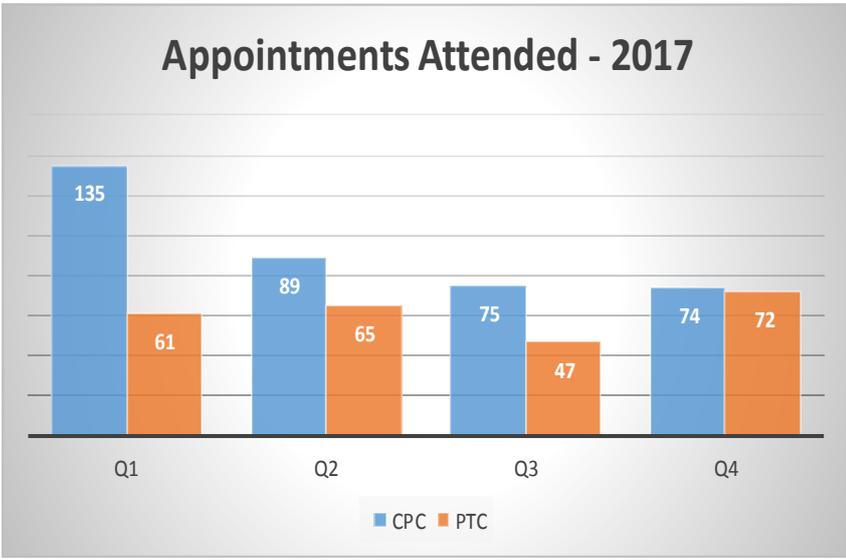
Clients come from all walks of life

## Anew Counselling Services

In 2017 our counsellors in Dublin, Cork and Thurles provided free crisis pregnancy counselling (CPC) and post termination counselling (PTC) to 282 individual clients ;71% of these were in relation to crisis pregnancy and 29% were in relation to post termination counselling.

During 2017, 618 appointments were taken by our counsellors.. At the start of the year most appointments attended were in relation to crisis pregnancy, however by the end of the year and with much talk in the media around repeal of the eighth amendment, we saw an increase in the number of appointments being attended for post termination counselling. By Q4 the number of appointments attended for crisis pregnancy and for post termination counselling was almost equal.

During 2017 our counsellors reported an increase in clients seeking support around historic pregnancy terminations. These clients may now be aged in their 40s or 50s and some are grandparents now.



## Themes arising

**Crisis Pregnancy:** Issues presenting are wide ranging with mental health such as depression, anxiety and stress featuring with many clients. Managing anger comes up a lot; women are often ashamed of feeling anger and don't know how to deal with it.

**Post Termination Counselling:** Our counsellors work with women through the trauma of late terminations, which is complex and highly sensitive work.

## Sexual Health and Crisis Pregnancy Programme (SHCPP) National Quality Framework

Anew counsellors are all fully accredited with professional bodies and work within the SHCPP National Quality Framework.

Clinical governance in Anew is overseen by our National Counselling Co-ordinator (NCC) who meets regularly with the counsellors and ensures good clinical practice within Anew.

In 2017 the NCC facilitated four counsellor days covering areas around client feedback, diary management, peer support, statistics, multi-disciplinary meetings, case conferences and professional supervision.

The NCC has responsibility for the roll out, update and utilization of the clinical governance elements of the SHCPP Framework including policy development and dissemination.

The NCC works closely with senior management, counselling managers, individual counsellors and our funders to ensure the highest level of clinical standards possible in Anew.



Parenting Support

## Parenting Support

The idea of parenting is often very different from the reality and issues that come up frequently for our clients include struggles with lone parenting, absent fathers and family law issues.

Anew offers parenting courses, group parenting support and one to one parenting support using the following evidence based models:

- Parents Plus
- One Family
- Strengthening Families

Traditionally we would have offered a Parenting Programme in group format and due to high demand we now provide the programmes in one to one format. It is interesting to note, when the programme is delivered in this way that there is a real therapeutic benefit. It is very evident that relationship upheaval during the pregnancy stage causes animosity as couples co-parent. Often the pregnancy has developed after a very brief relationship and due to the instability within the relationship, co-parenting is not an easy journey.

A point worth noting is that people who are attending for one to one parenting support often feel very ashamed of their parenting difficulties and find it very difficult to attend a group.

## Anew Charity Shop

Our charity shop in Thurles is managed on a voluntary basis by Moira Morrissey. Moira is a founder member of Anew in Thurles and a member of our board.

The Charity shop provides a consistent stream of funding for Anew and is staffed by volunteers, TUS workers and CE workers.

As well as managing the charity shop, Moira also raises much needed funds by recycling donated materials.

In 2017 Moira organised a fashion show to showcase items from the shop and raise additional funds.

Unsold goods are shipped off to third world countries to help overseas charities.

If you would like to donate to Anew, please see donate section at [www.anew.ie](http://www.anew.ie) or contact Anew on 01 6775282.



Ante-natal Programme

## Other Projects

### Ante-natal Programme

In 2017, we ran regular ante-natal classes in our Cork Centre. These were run in collaboration with a midwife and were free of charge on weekdays, with a small charge for the weekend classes.

### Homeless Intervention (Edel House)

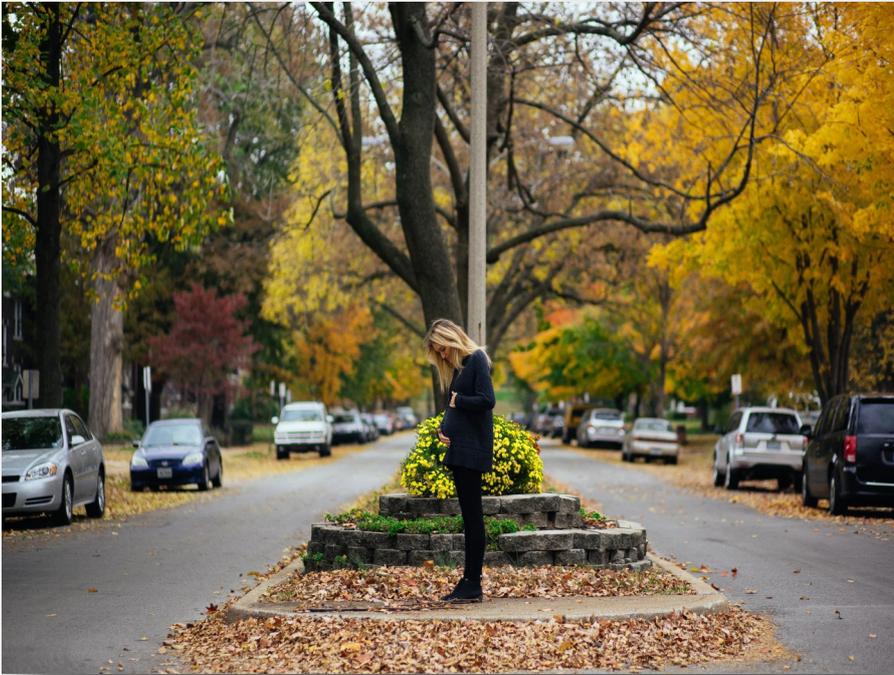
An Outreach Support Programme was run with homeless mothers in Edel House in Cork. These participants were all migrants. The support provided eased their isolation by helping the participants to interact with each other.

### New Mother Group

In conjunction with a midwife, Anew's Project Worker co-ordinated a New Mother's Group in Carrigtowhill in Co. Cork.

Unfortunately there is no specific funding for these programmes and Anew has been self-funding them from general funds. This is unsustainable into the future and, until specific funding can be secured, these services will no longer be offered after 2017.





Homeless and Pregnant

## Support right through to baby's birth and beyond..

Anew provides a service from the point of a women arriving to our door looking for help. The most difficult cases are those women who are not entitled to housing assistance. We provide housing and welfare information and advice while working with women to secure a stable housing option.

We provide ante natal information and accompany women on request to hospital appointments. English may not be their first language so this support is vital.

We continue to work with women through their baby's first 6 months to help them settle into their long-term home. We provide women's groups, parenting groups and baby skills groups.

## Anew Accommodation and Outreach Services

Simply being pregnant and unsupported by her partner, family or friends leaves a woman open to being homeless irrespective of whether she is working or not. There are many reasons why a woman is unsupported by her family or partner:

- \* Living in a house-share and can't have a baby in the house-share arrangement;
- \* Family/cultural reasons i.e. must leave home due to family cultural beliefs;
- \* Already homeless and become pregnant;
- \* Partner does not want a baby;
- \* Migrant issues – pregnancy may lead to ill health during pregnancy resulting in job loss. Often with no entitlement to welfare payments, women cannot pay rent and cannot return to their country of origin due to family/travel restrictions.

Anew offers practical individual support to pregnant women with specific housing and welfare issues. We have an accommodation unit based in Swords to house four pregnant women who are homeless. We provide a pathway out of homelessness for the woman and her baby. At the end of 2017, our accommodation service was upgraded to provide 24-hour support for residents of our accommodation unit.

We offer specific programmes for pregnant women and new mothers who have few other supports to prepare them for pregnancy and the birth of their baby. This service is also provided on an outreach basis for clients not in our accommodation unit.



Support with your Pregnancy

## 2017 Service Update

Anew Accommodation Service has four rooms and received 61 referrals in 2017;

**Jan-Dec 2017:** We worked with 16 clients on an outreach basis, five of which were previous house clients. Secure tenancies were secured for 10 of these clients.

**Jan—Mar 2017:** Anew accommodated four women in Pearse Street;

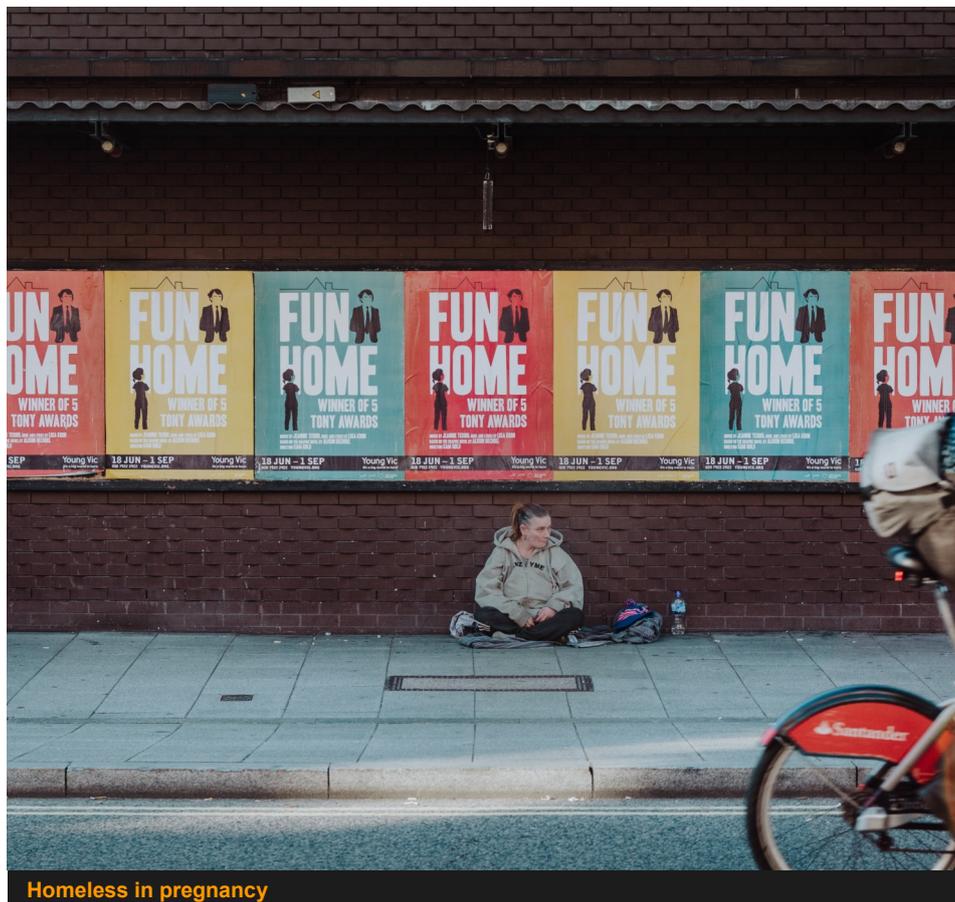
**April—Sept: 2017** Anew moved and accommodated four women in Swords;

## The First 300 Days

Early childhood practitioners always refer to Early Intervention and the First 300 Days as a marker for infant development. This requires the mother to regulate her own emotions so as optimum attachment and bonding can occur within the early nurturing phase. To do this, the mother needs to know that she can offer her infant a home, a safe environment and longevity of placement. Homelessness by its very nature interrupts the key bonding moments, causes huge despair for a parent and may lead to the possibility of developmental dysregulation for an infant.

Anew offers early intervention for these clients and their families so their stress can be diminished. We provide a nurturing environment for the mother throughout her pregnancy and in the months and years afterwards so as she can build a sustainable future for herself and her child.

We offer practical and therapeutic support for each client with a tailored Care Plan that is devised through cooperation and consultation with the client.



Homeless in pregnancy

### Addressing Homelessness amongst Pregnant Women

Homelessness is at an all-time high in Ireland and particularly around Dublin. As a result, the numbers of women who are pregnant and homeless is also at an all-time high.

There is no specific data collection method to count the numbers of women who are pregnant and homeless – women are either counted as a single woman with no dependents (with no acknowledgement that in a few short months there will be a baby) or a woman with dependent children .

We need as a matter of urgency to have a system to quantify the numbers of women who are pregnant and experiencing homelessness. Without this we cannot plan for solutions; we will have no idea how many housing units will be required to accommodate these new family units, how many additional emergency family hub units will be required, or of the additional pressure on maternity hospitals.

The lack of data makes the challenges to plan for the new arrival and the healthcare needs of the new mother and infant very difficult

Anew is working in partnership with maternity hospitals and other organisations in relation to this issue. One of the clearest solutions is to implement a coordination role to case manage from the point of pregnancy through to birth and early infancy. Anew are working in this area as a priority going forward and hope to have some positive updates in 2018.

# ANEW: THE PEOPLE

## STAFF AND VOLUNTEERS

### Thanks to all our staff in 2017:

CEO—Mary McCarthy

Operations Manager (Incoming Interim CEO)—Marian Barnard

National Counselling Coordinator—Linda Breathneach

HR and Compliance Officer—Fiona Dunny

Eastern Region (ER) Manager—Deirdre Delaney

Counsellors (ER)—Paula O'Connor and Debbie Rogers

Administrator—Lori Nolan

Southern Region (SR) Manager—Catherine Morley

Counsellors (SR) —Deirdre Shanahan, Maureen Ryan, Lorraine Henchion

Project Workers—Cynthia Gallant, Marie Clare Jennequin

Accommodation Project Worker—Lynne Chen

Accommodation Social Care Worker—Norma Fitzgerald

### Thanks to all our Volunteers in 2017:

Kathleen Rogers—Dublin

Anne Kennedy—Dublin

Tracy Scruggs—Dublin

Diane Quinn—Cork

Mary O'Reilly—Thurles

### Board Members:

Patrick Davey (Chair), Mary Shiel, Pat O'Kane, Moira Morrissey, Stephen Moore, Eanna Hickey,

Lisa Cosgrave



# CEO Final Word

It has been an eventful year in many respects. The counselling service has remained strong and in particular we have seen an increase in clients attending for post termination counselling. A difference in profile of post abortion clients has been noted with women seeking support much sooner after a termination. This is a very positive development as the feelings are being dealt with in a more timely manner and hopefully reducing the long-term impact on the clients' life.

The debate in the media around repeal of the eighth amendment is encouraging women to seek support for themselves early and without fear or shame. This is a welcome development as, when an abortion is historical, it can have a deeper impact on the woman's emotional wellbeing and can have far reaching consequences in a woman's life.

In August, we signed an SLA with Tusla to extend our services to support homeless and vulnerable pregnant women coming through our accommodation service. This service covers work being done in the existing accommodation service, extra outreach support and preventative interventions.

As part of the new services with Tusla, we are represented for the first time on the Homeless Action Plan, which is a fantastic achievement. Following on from this, we moved to a purpose built house in Swords in March which is currently housing up to four pregnant women.

In December, the accommodation service was extended to a 24 hour service to bring the service in line with other Supported Temporary Accommodation Services. This is a positive development for the service and will mean positive changes into 2018 resulting in an improved situation for our clients.

Keeping in mind recent scandals in the charities sector it is vitally important to be up to date and compliant. We do this through implementation of policies, procedures and guidelines and Risk Management, ensuring good practice and working to the quality frameworks.

There have been a number of staff changes during 2017; our counsellor, Sinead Warren has resigned and unfortunately our project worker Cynthia Gallant was made redundant from her role due to lack of funding. I would like to acknowledge the service of Sinead and Cynthia and wish them well in their future endeavours.

Fiona Dunny has joined Anew's Head Office as HR and Compliance Officer – a much needed role in today's environment. Mary McCarthy our CEO is taking maternity leave from January to December 2018 and I would like to congratulate Mary on the birth of her baby boy in January 2018.

Thanks to all of our team for their good natured perseverance throughout the changes in 2017. I would like to acknowledge the volunteers in our charity shop in Thurles which provides a steady and valuable source income for the charity. Last but certainly not least I would like to thank our board for providing steady governance for the organisation in 2017—a very important role performed on a voluntary basis.

*Marian Barnard*

Interim CEO

## Contact Us

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