

# ANEW SUPPORT SERVICES CLG

## Annual Report

2018

In 2018 Anew expanded on its innovative model of service around its Temporary Supported Accommodation unit "Cherry Blossom Cottage "in Swords, Dublin, where pregnant women experiencing homelessness are provided with accommodation and intensive supports during their pregnancy and after the birth of their babies.

Interventions were also provided on an outreach basis; these included life skills, parenting programmes and securing sustainable accommodation for the future.

Anew's counselling and therapeutic parenting support services continued to be in strong demand in 2018.

### Accommodation & Outreach Service

During 2018 there were 100 referrals to the service. We provided supported temporary accommodation to 16 women and their new babies in Cherry Blossom Cottage. Of these women 80% secured sustainable accommodation through the Housing Assistance Scheme. We also provided intensive outreach support for 30 pregnant women and their new babies who were experiencing or at risk of experiencing homelessness.

### Counselling Services

Our accredited counsellors provided over 1,000 counselling appointments to support women in a crisis pregnancy and for post termination counselling in our centres in Dublin, Cork and Thurles.

### Parenting Support Services

480 one to one sessions of therapeutic parenting support and over 20 group parenting programmes were provided in our centres in Dublin, Cork and Thurles.





## Annual Delegates' Conference

Our Annual Delegate Conference took place on 9th July at the Ashling Hotel in Dublin. Delegates were given a real insight into the activities of Anew, with presentations from each of the services.

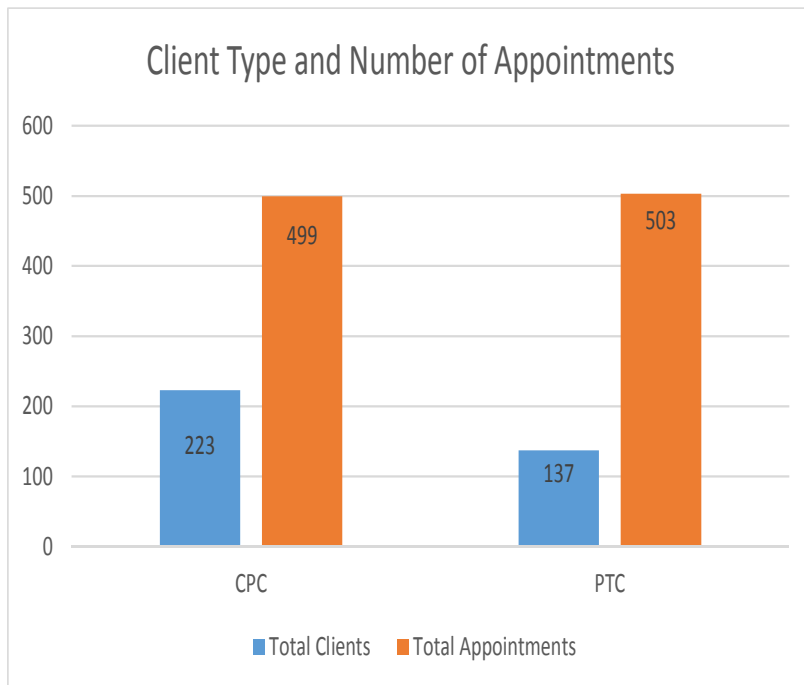
## 2018 Staff Day

The staff at Anew held a day for team building, operational updates and strategic planning on 29th May at the Spencer Hotel in . It was a very enjoyable and productive day, with inputs from every service.

## Anew Counselling Services

In 2018 over 1,000 counselling appointments were provided for 360 individual clients for crisis pregnancy and post termination counselling.

It can be seen from the graph below that while the number of clients attending for crisis pregnancy counselling (cpc) was higher than the number attending for post termination counselling (ptc), those attending for post termination counselling attended more often as they required deeper counselling.



## Anew's Chairperson Retires

Our chairperson, Patrick Davey, retired at our AGM in August 2018. Patrick has been involved with Anew's for over 20 years.

We would like to thank Patrick for his excellent and loyal service to Anew over the years, providing great leadership and support to the organisation. We wish him well for a long and enjoyable retirement!

We welcome Pat O'Kane as our new chairperson. Pat has a background in finance and has served on many board previously.



## Staff Changes in Anew

In 2018 the Accommodation and Outreach service became a 24 hour service which required significant recruitment throughout the year to fill frontline roles.

Fiona Barry joined us in May to head the team as our National Accommodation Manager. Fiona has 25 years experience in homeless services.

The accommodation service recruited two Social Care Workers, Niamh Kelleher and Mary Kennedy, and five Support Workers—Patricia Apolot, Cassandra Lottering, Alan Fitzgerald, Neamh Maguire and Betty Lynch.

The Counselling Team also had one new joiner, Dymrna O'Callaghan. Dymrna is based in the Cork centre and has 10 years' experience as a psychotherapist with Pieta House.

Linda Breathnach, our National Counselling Co-ordinator and Catherine Morley our Southern Region Manager departed for pastures new. We wish them both all the very best in her future endeavours and thank them for all of their hard work at Anew.

Finally our CEO, Mary McCarthy who welcomed a new baby boy in January 2018, decided not to return after her maternity leave. We acknowledge her huge input in Anew over six years and wish her well in her future.

Having covered for Mary during her maternity leave Marian Barnard will remain as CEO.



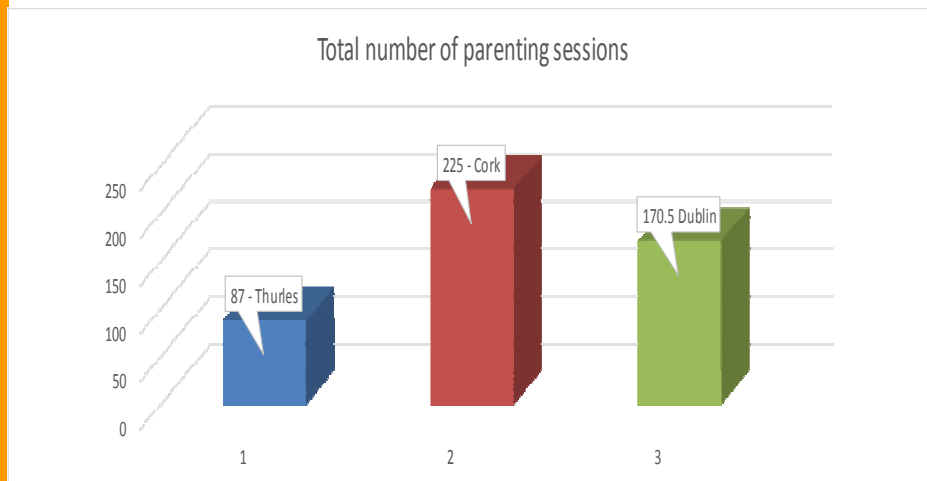
## Parenting Support

All parents and expectant parents who come through our service are supported on a tiered model of service with intensive support available for parents in line with their level of need. The ultimate aim is to learn to parent confidently and positively through our programmes.

We can see from over 35 years of providing parenting support that needs have changed and our parenting support services have evolved in line with these needs. We now see parenting stresses around cultural issues in the migrant community, parenting under stress in temporary accommodation and much more.

Dealing with parenting issues while a woman is pregnant is hugely beneficial. This early parenting intervention really gives women and their families the best start possible. Often a pregnancy is happening at a difficult time and this creates a crisis situation which while usually temporary is very distressing.

Our counsellors are highly experienced and one to one therapeutic parenting support are hugely beneficial for certain clients such as migrants and other marginalised groups.



## Anew Charity Shop, Thurles

Our charity shop is managed on a voluntary basis by Moira Morrissey, founder 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.

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

We would like to thank Moira and her team of volunteers for their continuous hard work.

If you would like to donate to the shop, please visit us at Slievenamon Road, Thurles.

Alternatively, if you would like to donate to the organisation, please go to [www.anew.ie](http://www.anew.ie) or contact Anew on 01 677 5282.



## Fundraising

### Bag Pack at Super Valu, Swords

Our SuperValu—Pavillion Centre bag pack was a great success taking place on 24th November. Community volunteers joined in on the fun. Thank you to everyone who volunteered on the day and donated. We raised €1082.85 from this one day (8 hours packing) alone — a remarkable achievement!

### Charitable donations of care packages, toys baby equipment and clothing

Anew has received ongoing donations from members of the public that are greatly needed and appreciated by our clients in need. They include baby clothing, baths, strollers, diapers, food, feeding chairs, cots, etc.

Members of the Tara Building (a creative co-working office space) in Dublin generously donated their time and extraordinary effort by creating Christmas hampers individualised to each of the clients in Cherry Blossom Cottage. Needless to say we were awestruck with the lengths Tara Building went to in order to make Christmas a special time for our clients. Laughs and tears were shed upon receiving and opening the hampers!





## Cherry Blossom Cottage

Cherry Blossom Cottage has four beds, there is always a waiting list. We work on an outreach basis with clients who we can't accommodate. The work is intensive but our outcomes are solid and permanent both in the case of securing tenancies and supporting the women through their pregnancy and in to new motherhood. This early intervention places these families on a positive trajectory for life.

## Anew Accommodation and Outreach Services

Anew have been working with pregnant women and new mothers experiencing homelessness or at risk of experiencing homelessness for over 35 years and we developed a wealth of experience. Back in the 1980s when Anew began, a pregnancy out of marriage could often mean that a woman was ostracised from her family and community and left with nowhere to go; Anew provided accommodation and support for these women.

Over the years the social stigma around unmarried mothers in Ireland disappeared but other issues emerged such as an increase in pregnant migrant women with no entitlements, pregnant care leavers with no support systems, few suitable accommodation units due to the housing crisis and an increase in issues such as domestic violence and addiction. The ostracisation that women experienced in the Ireland of the 1980s has reappeared in some migrant communities and these women are often made homeless when they become pregnant.

We have been evolving our services around all of the above issues and working to ensure that these women have a voice. As a result of Anew's intervention at policy level, pregnant women experiencing homelessness were for the first recognised as a specific group and their needs addressed in the Rebuilding Ireland Action Plan for Housing and Homeless 2016 – 2021

Based on this Anew received new funding from Tusla and additional funding from Dublin Regional Homeless Executive in 2017. Our service has developed throughout 2018 under these service agreements with an overall aim to:

**reduce homelessness for pregnant women and improve post natal health and wellbeing.**



## The Irish Women's Awards

Anew were thrilled to win the 'Women Support Group of the Year' category at the Irish Women's Awards. Fiona Barry, National Accommodation Manager, Anew, said:

"This award recognises each woman who has come through our services. They are proud, strong, resilient women and are truly worthy winners of this award, they are all members of the "women's support group" of the year and they support each other as a group and as peers along their difficult journeys. It is their achievements that are acknowledged through receiving this award and will be cemented for every woman who will need our service."

## Christmas Gifts

Christmas gifts were received from the Boylan family in Gorey, Co. Wexford in remembrance of their late father and grandfather to a family experiencing homelessness in Cork.

There were some very happy little girls on Christmas morning!

## Baby Boxes

We are the only charitable organisation operating as a distributor for The Baby Box programme. The programme sees expectant parents who complete e-learning modules provided with a free baby box for their infant to sleep in.

This programme specifically targets a reduction in Sudden Infant Death Syndrome (SIDS), also known as cot death.

During 2018 we distributed over 200 baby boxes from our centres.



# Anew Initiatives for 2019

## Introducing the Outcome Star

Outcome Stars are holistic and empowering tools designed to meet the need for outcome measurement. There are 30 versions which cater to specific sectors.

Each version consists of a set of scales covering the key relevant outcome areas. Underpinning these scales is a five point journey of change. An explicit model people go through when making sustainable change in their life.

Anew has signed up for the Outcome Star tool as an impact measurement tool and it will be fully functional as of 1st January 2019.

## Pause the Cycle for Women with Children in Care

Anew are currently scoping out this Project; Pause works with women who have experienced, or are at risk of, repeated pregnancies that result in children needing to be removed from their care. Pause aims to break this cycle and give women the opportunity to pause and take control of their lives.

The purpose of Pause is to prevent the damaging consequences of thousands more children being taken in to care each year. The key to success is the relationships built with women at risk of becoming pregnant and having a child taken into care. Working in partnership, finding new ways to overcome the problems of the past, meet the challenges of the present so that, together, we can build a better future.

## Parenting Support Services for Migrants in Direct Provision (Cork)

In 2018 we started this pilot programme in Cork's direct provision centres, it was based on the one to one therapeutic support around parenting, based on their own unique needs, rather than prescribed programmes based on common parenting issues, that may actually not be relevant to this minority group in their current situation. The pilot has shown very positive results with these families so far and will continue into 2019.

## Domestic Violence Project

We have secured funding to run the Community Foundation of Ireland Social Change Mental Health grant to run a project for women who have experienced domestic violence.

This project will be run by counsellors who are highly experienced in this specialised area and will involve life skills and motivational presentations and programmes.

# ANEW: THE PEOPLE

## STAFF AND VOLUNTEERS

### Thanks to all our staff in 2018

CEO—Marian Barnard

HR and Compliance Officer—Fiona Dunny

National Counselling Manager—Deirdre Delaney

Counsellors (Dublin) - Paula O'Connor and Debbie Rogers

National Counselling Lead (Cork)—Deirdre Shanahan

National Counselling Coordinator—Linda Breathneach

Counsellors (Thurles) —Maureen Ryan and Lorraine Henchion

Counsellor (Cork) - Dympna O'Callaghan

National Accommodation Manager—Fiona Barry

Accommodation Project Worker—Lynne Chen

Accommodation Social Care Workers—Norma Fitzgerald, Mary Kennedy and Niamh Kelleher

Accommodation Support Workers

Patricia Apolot, Cassandra Lottering, Alan Fitzgerald, Neamh Maguire and Betty Lynch

Administrator—Lori Nolan

### Volunteers

Kathleen Rogers

Anne Kennedy

Diane Quinn

Mary O'Reilly

### Board Members

Pat O' Kane (chair)

Patrick Davey (retired chair)

Moira Morrissey (secretary)

Mary Shiel (retired secretary)

Stephen Moore

Eanna Hickey



# CEO Final Word

It has been another eventful year in many respects. Our services have been very busy and we have seen an huge increase in demand for our supported accommodation. We have also seen a steady rise in demand for therapeutic parenting support to address specific issues experienced by marginalised groups such as migrants and care leavers.



Most of our clients have at some time in their lives experienced domestic violence, we are very fortunate to have in-house expertise in this area and we have been able to help with this issue as part of our service offering. At the end of the year we secured funding from the Community Foundation of Ireland, Social Change Mental Health grant to run a project for women who have experienced domestic violence.

The recent constitutional change to the eighth amendment has resulted in new legislation, new processes and new contractual requirements, after an assessment of our services our board made the decision to discontinue our crisis pregnancy and post termination counselling services. It was decided to re-focus our services where we have seen increased need and relevance, particularly for marginalised and minority groups:

- Supported accommodation for pregnant women experiencing or at risk of experiencing homelessness
- Practical and emotional support for pregnant women and new mothers
- Parenting support Services
- Maternal wellbeing supports

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, guidelines, risk management, ensuring good practice and working to the quality frameworks.

Thanks to all of our team for their hard work throughout 2018. I would like to acknowledge the volunteers in our charity shop in Thurles which provides a steady and valuable source income for the charity and the other volunteers in the centres.

Last but certainly not least I would like to thank our board for providing steady governance for the organisation in 2018—a hugely important role performed on a voluntary basis.

*Marian Barnard*

CEO, Anew Support Services CLG

## Contact Us

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Phone 01 6351492

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### Cork Centre:

Unit 1, Camden Wharf, Cork City. Phone 021 427 0445

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### Thurles Centre:

Slievenamon Rd., Thurles, Co. Tipperary. Phone 0504 24402

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### Head Office:

Office F, Block C, The Courtyard, Newbridge, Co. Kildare.

Phone: 01 677 5282

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Visit us on the web at

**Anew**  
Supporting women & families