

# Anew

## ANNUAL REPORT 2019

Supporting Women and Families



# CONTENTS

<b>3</b>	Note from the Chairperson	<b>14</b>	Domestic Violence Project
<b>4</b>	Services Overview	<b>17</b>	Pulse Update: Mini Scoping Exercise
<b>5</b>	Testimonial: Lynne	<b>18</b>	Testimonial: Norma
<b>6</b>	Housing & Homelessness Services: Summary & Outcomes 2019	<b>19</b>	Recognition & Awards
<b>7</b>	Testimonial: Patricia	<b>20</b>	Governance
<b>8</b>	Cherry Blossom Cottage: Summary & Impacts 2019	<b>21</b>	Cherry Blossom Cottage: 1st Anniversary Celebration
<b>11</b>	Testimonial: Neamh	<b>22</b>	CEO Note
<b>12</b>	Therapeutic Parenting Support: Summary & Impacts 2019	<b>23</b>	Anew's People
<b>13</b>	Outcome Star	<b>24</b>	Balance Sheet
		<b>25</b>	Income & Expenditure
		<b>26</b>	Thanks To...



I can't thank you enough for everything you have done for me and R. You were a great support for us and I will never forget it. R. had the best start in life; all because of you all and the house and I will make sure he knows all about it when he's older. Thank you so, so much for all the help with the baby and even before he was born. You helped me through the hardest time of my life and I really appreciate it. I know I was a nightmare to deal with at the best of times, ha! but I've learnt so much about myself and being a mother from being in the house. I am forever grateful. Xx

# NOTE FROM THE CHAIRPERSON

2019 has been a year of transition for Anew. At the end of 2018, Anew carried out a strategic review of its services and made the decision to exit crisis pregnancy and post-termination counselling. The strategic objective in 2019 was to consolidate and focus our services around supporting and accommodating pregnant women and new mothers, who are experiencing, or at risk of experiencing homelessness.

Unfortunately, with the decision to exit other therapeutic services we had to close our Thurles and Cork Centres and lost several valuable staff who had worked with Anew for many years. I would like to acknowledge the valuable contribution of these staff members and wish them every success for the future.

On a more positive note, during 2019 we developed our therapeutic parenting services and set up a new counselling centre at Haven House in Dublin. We continued to develop our supported accommodation, lifeskills, housing support and outreach services in Dublin.

We were delighted when our service in Cherry Blossom Cottage was short listed for the Irish Council for Social Housing Community award. We were also very honoured to win the Charity Impact Award run by the Wheel for medium organisations.



This recognition shown by the Ireland's association of community and voluntary organisations really highlights the value of the services we provide.

We continue to advocate for early and intense intervention for pregnant women who are often from difficult backgrounds having experienced issues such as domestic violence, addiction, cultural stigma and isolation. Many of the women who come to us grew up in the care system and have no role models; our staff empower these women to parent their children confidently, live in secure accommodation, gain employment, take up educational opportunities and create support networks.

I would like to thank all the staff for the work that they have done during 2019. I would also like to thank the volunteers who gave their time freely, including my fellow directors who are charged with overseeing this organisation. Finally, thanks to our CEO Marian Barnard, who has steered the ship that is Anew.

---

**PAT O'KANE**

Chairperson, Anew  
Support Services



# SERVICES

## OVERVIEW

### Supported Temporary Accommodation (STA) in Cherry Blossom Cottage

The cottage, based in Swords, provides 24-hour supported accommodation for up to four pregnant women and very soon their babies as well.

With pleasant en-suite rooms, the cottage has communal living and cooking areas. The cottage is always full and there is always a waiting list. Security along with the health and safety of residents is always ensured, and support workers are on duty every night. Keyworking and housing support are provided as outlined in the services below.

### Therapeutic Parenting Support

Anew's accredited therapists provide therapeutic parenting support which addresses underlying traumas as well as proving the skills necessary for confident parenting. This support is provided in the following ways:

- One-to-one therapeutic intervention
- Evidence-based Group Parenting Programmes
- Bespoke Parenting Programmes

### Keyworking and Lifeskills

Our Social Care workers support expectant and new mothers with life skills such as baby skills, budgeting skills and tenancy sustainment. These services are provided to the following service users:

- Residents of CBC
- Former residents of CBC
- Pregnant women and new mothers experiencing or at risk of experiencing homelessness.
- Clients of Haven House

### Day Services in Haven House

In 2019 we started running day services from Haven House in Dublin. These consist of the following group based initiatives:

- Peer to peer support
- Lifeskills classes

We were delighted to secure €10,000 in lottery funding to ensure that the space for these Day Services is bright and cheerful. Surroundings are so important to these services as the women who use them deserve a welcoming, safe and comfortable environment.

### Homelessness and Housing

Our Housing Support Officer works with pregnant women who are experiencing homelessness. Working closely with Central Placement Service she provides the following services:

- Advice on housing allowances
- Assistance with HAP, etc.
- Completion of Housing Assessment
- Referral to Anew's STA



# MY NAME IS LYNNE...

## TESTIMONIAL

**Things at home had been bad for a while. My parents had split up and the relationship with my Dad broke down to such an extent that it was not possible for me to stay there anymore. It was awful and was affecting my physical and mental health.**

I stayed in my friend's for a few weeks but I couldn't keep asking her to let me stay on the couch. The only option was for me to present as homeless. I didn't want to do this as I had heard awful stories about the hostels and how women could get picked on – God I was so anxious, I felt sick.

I took my things, my valuable things and I hid them. I was afraid to use my phone on the first night in case someone stole it. I was really, really afraid. I remember those first few nights sleeping on a camp bed in a hostel. I put all my belongings underneath the covers with me to hide them.

I was still working at the time in a crèche. My job was great but they didn't know what was going on. In the end I had to ask to take some time off.

Being a woman in homeless services is really difficult. I was looking for someone to protect me and I got into a relationship with a fella staying in the same hostel. I thought he would look after me. But the relationship was not good so I quickly ended it.

Then, a few weeks later, I found out I was pregnant. I felt so protective towards the little life inside me. I knew I needed somewhere safe for me and my baby. I didn't know if there was anywhere like that because I was homeless.

Then I heard about Anew and Cherry Blossom Cottage. I moved from the mixed gender, 40-bed hostel to a quiet four-bed female house in Cherry Blossom.

I felt so safe in my room that I thought I never wanted to leave. In fact for the first few days, I don't think I left my room. I was completely overwhelmed at the fact that my baby and I at last had a safe space for ourselves. Staff would knock on my door for the first few days and offer me a cup of tea. After three days I started to go to the sitting room and began to trust a little bit. The other women had been there a while and it was great to hear that they knew what I was going through – it wasn't just me.

Since being here, I have focused on my health and the health of my little baby. I've been able to concentrate on a future for me and my daughter. I've engaged in the birth preparation programme and I have secured a home for me and my little one. I am hoping to get moved into an apartment before this baby arrives.

Cherry Blossom Cottage isn't like any other homeless hostel. The focus is on my pregnancy, preparing me to be a mother and supporting me to give my daughter the best start in life. That is as well as finding a home for the two of us. I have made good friends here and advice and support is offered between all the women who need the service. “

# HOUSING AND HOMELESSNESS SERVICES

## SUMMARY & OUTCOMES 2019

In our Housing & Homelessness (HH) Services, Anew's staff worked with 80 clients via our drop-in centre in Tara Street, our free phone line and email contact (hello@anew.ie). 90% of these clients were pregnant and 10% had already had their baby.

Almost half of these clients were Irish (48%), and a significant proportion were African (28%); the remainder were a mix of Asian, European, Indian and South American.

Almost half (48%) were aged between 21 and 30, with 14% aged between 31 and 40, and just 9% aged between 18 and 20. The remainder did not have their ages recorded.

### HH Presenting Situation

These clients presented with issues including homelessness and pregnancy, with many being unable to stay in their current accommodation due to their pregnancy. Their situations included:

- Couchsurfing
- Overcrowding
- Living in emergency one-night-only accommodation
- Being kicked out of home (due to pregnancy)
- Domestic Violence situations (often due to pregnancy)

### HH Interventions

Anew's Housing Officer helped these women complete housing assessments and then referred them to suitable services, including Cherry Blossom Cottage, Anew counselling, parenting support and lifeskills, local authorities and in some cases secured HAP accommodation.

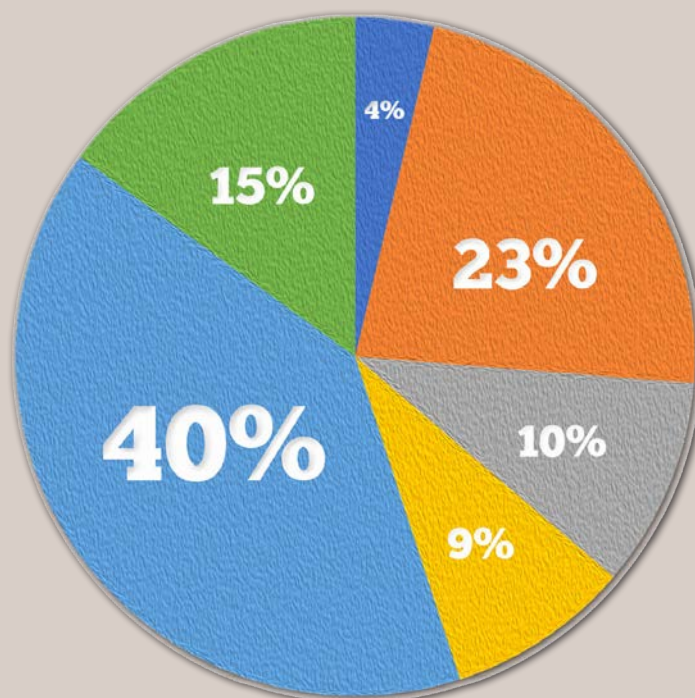
A huge amount of work, both emotional and practical goes on with these clients as they are often emotionally distressed due to the situation of being pregnant and homeless. Anew staff support the women emotionally as well as practically.

### Outcomes for HH Clients

The outcomes for these 80 clients have their housing assessments complete are detailed below:

### Housing and Homelessness Client Outcomes

HAP	
Anew Programmes/ Advocacy	
Disengaged	
Anew Counselling	
Onward Referrals	
CBC	



# MY NAME IS PATRICIA...

## TESTIMONIAL

**In May last year I was preparing to sit my Leaving Cert – right here in Swords. I was excited about going to college, pursuing a degree and taking the next big steps in my life. Of course, I hadn't got it all figured out but I was confident that I was going in the right direction and that things would just fall into place.**

When I found out I was pregnant it felt as if my whole life had flipped upside down. My life was so hectic at that time, I couldn't provide the stability that a baby would need. I was living with relatives and friends so I had nowhere that to call home. I knew I wasn't ready and I was terrified. It wasn't the thought of having a baby that scared me or even knowing what to do; it was knowing that I had nothing to offer my baby. I didn't think I would be able to give her the life that she deserved.

When I came to Anew I didn't know what to expect. All I knew, was that they supported women in situations similar to my own. My first day at the office in Tara Street was probably the first time throughout my pregnancy that I felt like everything would be okay. At this time I was still keeping the pregnancy a secret so it was a huge relief and a blessing to be able to talk so openly about it knowing there was no judgement.

Four weeks before my due date I was offered a place in Anew's accommodation in Swords. With everything going on at that time, it was perfect. I came and visited Cherry Blossom Cottage before moving in and I couldn't believe how welcoming it was.

After the initial nervousness passed, I felt as though Cherry Blossom had become a home. I was happy to know that I had somewhere safe and comfortable to go. I could relax and enjoy the rest of my pregnancy.

When the time came for my baby to be born, everything happened so fast that we didn't make it to the hospital. My beautiful baby girl was born in Cherry Blossom Cottage, aided by a kind-hearted member of staff and another resident. I think this goes to show exactly how comfortable I felt at the Anew house.

I can't even begin to list the many ways Anew have helped me and my little girl in our journey. The staff here at have sparked a confidence in me that I never knew I had. They say mothers have a natural instinct when it comes to their children but when you're young and surrounded by judgement sometimes it's hard to see your true potential as a parent and as a person. Pregnancy is a gift, and every women, no matter what difficulties she has faced or what background she has come from, deserves to enjoy the experience in a safe and comfortable environment and that's just one of the services Anew provide.

In the past few months, my beautiful daughter and I are facing the reality of long term challenges together. Fingal County Council with Anew are supporting me into a temporary letting with a view to securing permanent adapted housing in the future. I will go to college. I will be an advocate for my daughter. I will ensure I am the fiercest mother to ensure my daughter has all she needs.

# CHERRY BLOSSOM COTTAGE

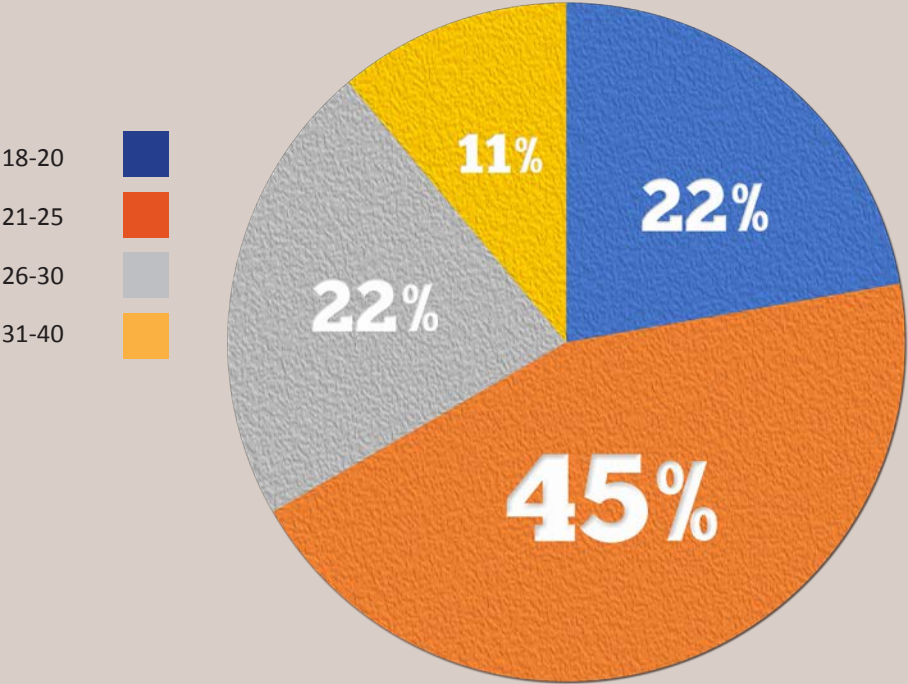
## SUMMARY & IMPACTS 2019

### Supported Temporary Accommodation Cherry Blossom Cottage

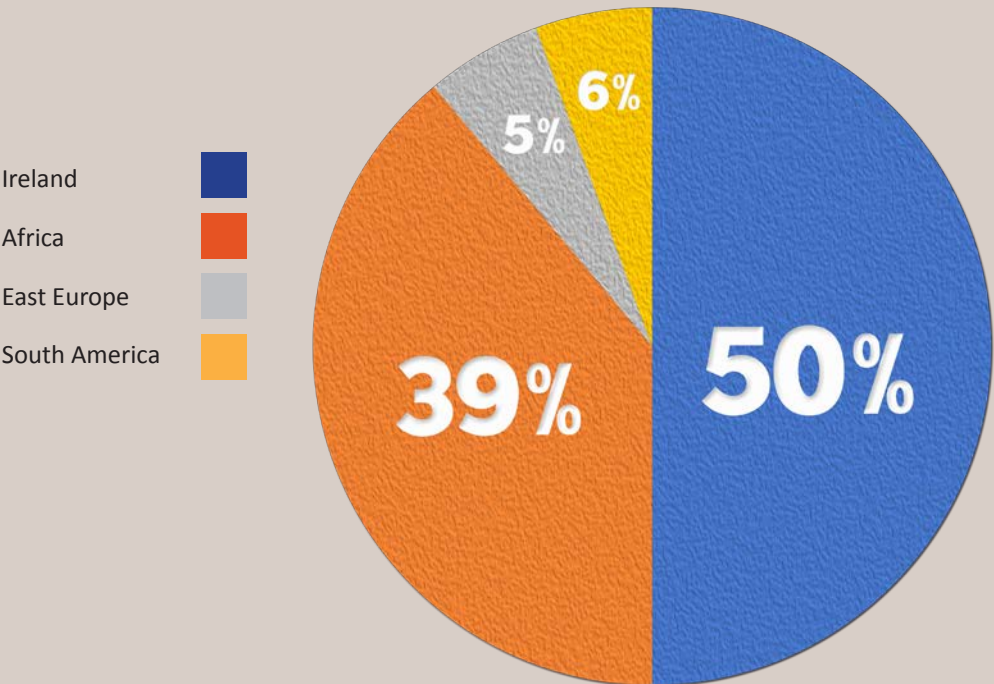
During 2019, the cottage accommodated and supported 18 pregnant women who became new mothers. Of these women, 14 had completed their residency at the end of 2019, with four remaining in the cottage at the end of the year.

### Profile of the Residents of CBC

Of the 18 residents in 2019, 22% were aged between 18 and 20 years, 45% between 21 and 25 years, 22% between 26 to 30 years and just 11% between 31 and 40 years as illustrated below.



In 2019, 50% of residents were Irish and 39% were of African origin, with 11% from other countries as illustrated below.





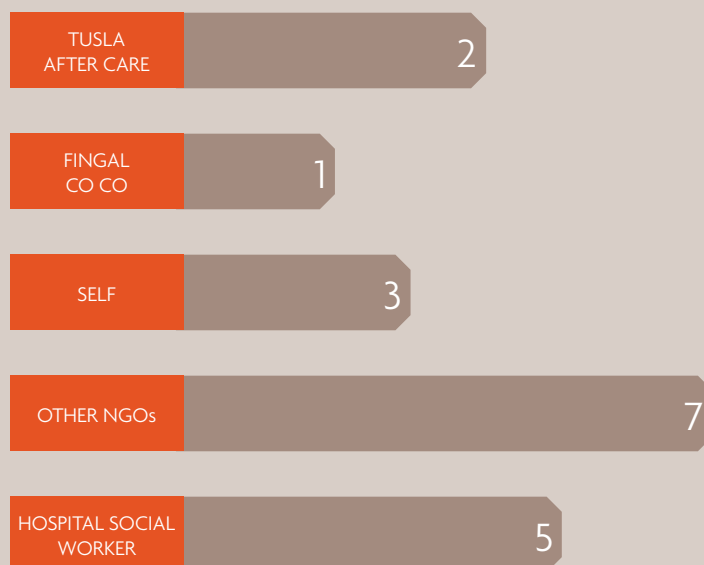
# CHERRY BLOSSOM COTTAGE

## SUMMARY & IMPACTS 2019

The main source of referral in 2019 was through other Non-Government Organisations such as Crosscare, DePaul, Safety Net and Sonas, followed by hospital social workers and Tusla After Care. There were some clients who referred themselves and one client was referred by Fingal County Council.

### CHERRY BLOSSOM COTTAGE

Referrals (2019)

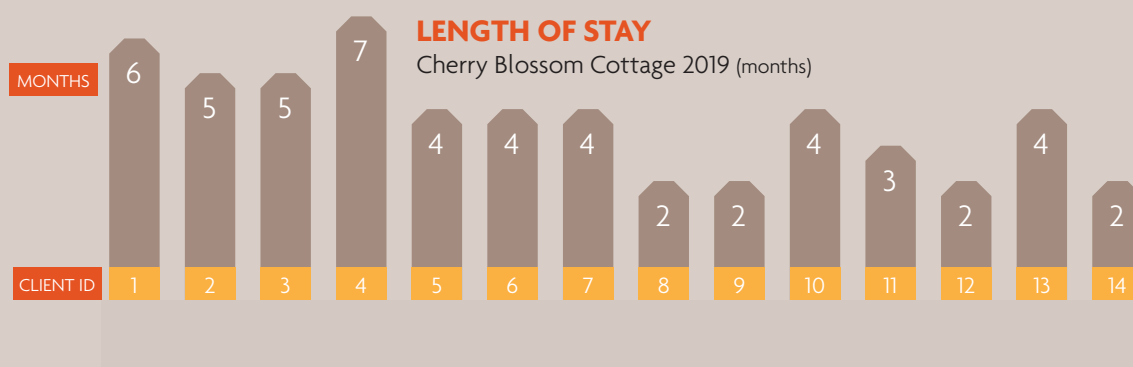


When the women presented to the service, 13 described their situation as “coach surfing” or “unable to stay in their current accommodation due to their pregnancy”. The other five were living in hostels which would often be dangerous and always very unsuitable for a pregnant women.

Of the 18 women who were staying in CBC, 10 had mental health difficulties. In all cases this was their first pregnancy and support networks were very limited for 13 women, non-existent for one woman and three women had some family support.

In their initial situation, seven women said there was no involvement from the baby’s father, four women noted limited involvement and seven women said the father of the child was involved. Almost half of the women were experiencing some form of domestic violence (40%), either in their own family or from the father of their baby (or both). This figure should probably be higher, as the women will not always admit that this is going on.

The women stayed in the house for varying lengths of time depending on their individual situation, with an average stay of four months, the longest stay being seven months and the shortest being just two months. When the women move on to their new accommodation, Anew Social Care Workers continue to support them for a period of approximately six months.



# CHERRY BLOSSOM COTTAGE

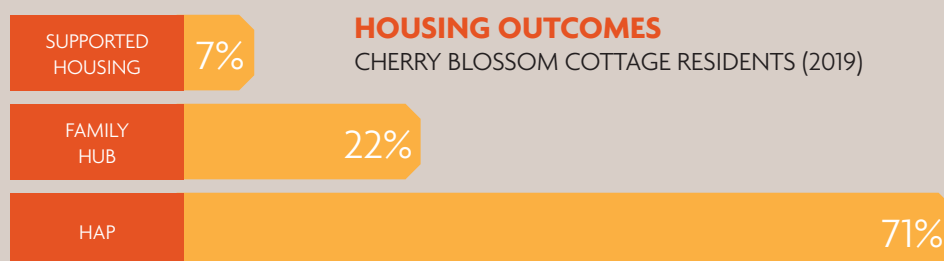
## SUMMARY & IMPACTS 2019

### Housing Outcomes

Anew's Housing Officer works with the women to ensure that they have all their housing eligibility to obtain their place in CBC in the first instance, and then to be able to secure sustainable tenancies through the Housing Assistance Programme (HAP) and a "forever home" for the new mother and baby.

In this difficult climate, it is not always possible to secure a HAP tenancy and if this is the case mom and baby will be transferred to a suitable alternative such as family hubs or other supported housing. Again, all this is dependent on each unique situation.

The housing outcomes for the 14 women and their babies who completed their tenancies in CBC are shown below. Despite a very difficult housing market, Anew has achieved HAP tenancies for 71% of residents.

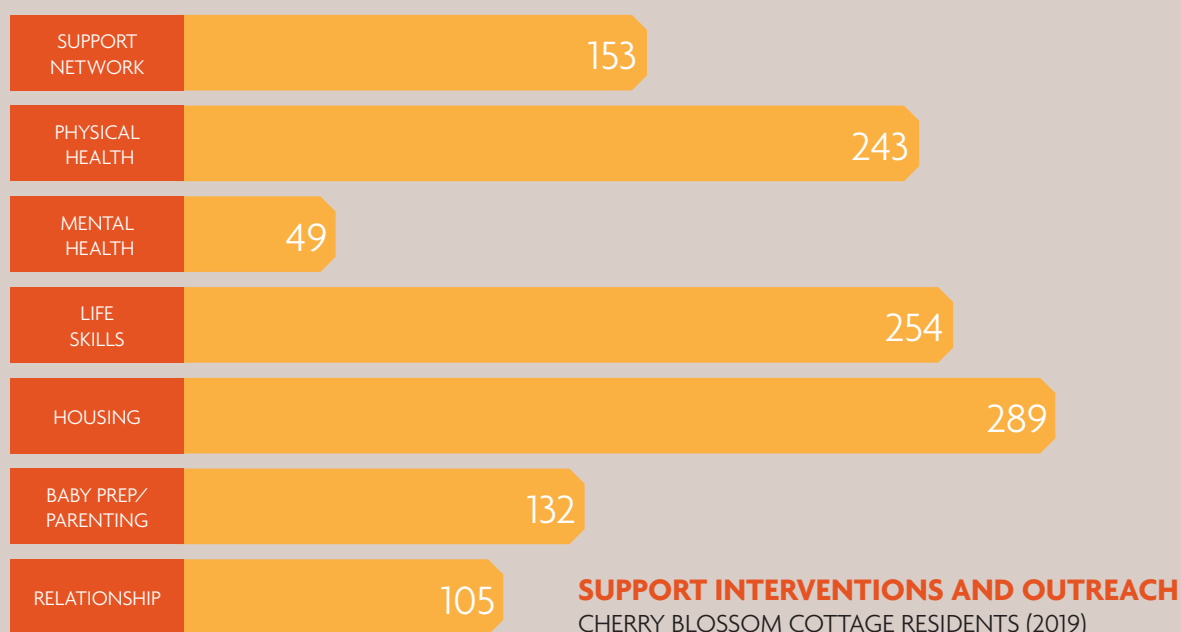


### Keyworking and LifeSkills

Anew Social Care Workers work intensively with the residents of CBC before, during and after their residency with the service. Ahead of the women's residency an assessment is carried out to ensure that the woman knows what the service is all about and that she understands the living situation and the support and interventions that she will receive.

When the women move in, they are at varying stages of pregnancy and are given their own en-suite room with a cot and changing unit for when the baby is born. The cottage is staffed 24 hours a day, seven days per week with daytime staff there to provide support and interventions in the areas of Relationship, Baby Preparation, Housing Interventions, Lifeskills (budgeting, entitlements etc), Mental Health, Physical Health and Support Network as shown below.

In addition to these interventions, the women are provided with a safe environment and regular support around self-care, which is so important while they are pregnant and when they are new moms.



# MY NAME IS NEAMH...

## TESTIMONIAL

**Things have always been tense in my house with my Dad. He really likes to be in control and have things done the old-fashioned way. He makes sure things are done in the way he wants through fear. My mum is afraid of him, and when the Gardai are called to the house to see if she is okay she just says he is a “bad man” but she will never leave him – I think she is scared too. As well as that, our Church would tell her it would be shameful to leave her husband.**

I suppose the way they were brought up was very different. But I am a young Irish woman. I want to live my life in a different way. Okay I respect the old ways and the culture ... but men should not treat women that way.

So with all this tension in the house, when I discovered I was pregnant I was terrified. I kept it secret for a while trying to figure out what to do ... you see, to get pregnant and not be married brings such shame on the house, if I stayed in the house my father would not be allowed to go to the Church. So I was faced with a choice – my church is so important to me to and we strongly believe that abortion is wrong, I know you might say life in Ireland has changed but that is my Church and parents' teaching. But, to keep the baby would mean I would be shunned from my family.

I cried every day trying to make up my mind. What do I do? An impossible choice. Do I keep the baby and bring shame on my family, or do I have a termination and face all eternity in damnation. What should I do?

I decided to keep the baby. And then I told my family.

I told my mother first. She cried. A lot. But as well as being upset she was frightened for what my father would do.

So I told him. And he hit me, and kicked my stomach. The first beating my baby ever received was before he was even born.

Even my brother, with whom I was very close, will now not speak to me because I have brought shame on the family.

My Church has abandoned me.

So what happened next? I left home with one bag of belongings – a rucksack on my back and a growing baby bump on my front. I was offered a place in a homeless hostel. It is a night café and for a few days I slept on a yoga mat on the floor holding onto my bag. But I was so scared.

The worker there told me about Anew. So I went there, and met a staff member. We had a lot of paperwork to sort out as it took a few weeks to convince people that I really couldn't go home. I did not get pregnant just to get a house. She advocated for me and then I went on Cherry Blossom's waiting list. It feels like a long wait when every week is a week closer to your baby being born.

After staying in the night café I was too scared to go back into hostels so. I stayed on friend's couches for a few weeks, and stayed in McDonalds all-night a couple of times. But then on a Friday I got a phone call – a woman in Cherry Blossom had got a flat and so she was moving out that morning – the room would be ready for me by lunchtime.

I moved in. I cried. My baby and I are safe now.

I will go back to work when my baby is born. I am a Social Care Worker and my employer has kept my job open for me. Right now, I need to find my forever home and I am working with the staff to do this. I also have to recover from the impact of all that has happened in the past months.

I know I am strong. I know deep down that I can achieve anything I want to achieve. I just have to start believing that again. Anew has given me a new future.

# THERAPEUTIC PARENTING SUPPORT

## SUMMARY & IMPACTS 2019

**Anew provides therapeutic parenting support to women and their families, sometimes even before the baby is born.**

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

Our therapists are highly experienced in these situations and one to one therapeutic parenting support facilitates a smooth pregnancy from a mental health perspective. Anew therapeutic parenting support includes:

- One to one therapeutic parenting support
- Parenting workshops using evidence-based parenting programmes
- Bespoke parenting support for families with specific needs such as migrants and members of the travelling community

During 2019, Anew provided over 800 hours of therapeutic parenting support in our Dublin and Cork centres. Common themes included coercive control, relationship issues, domestic violence, homelessness, isolation,

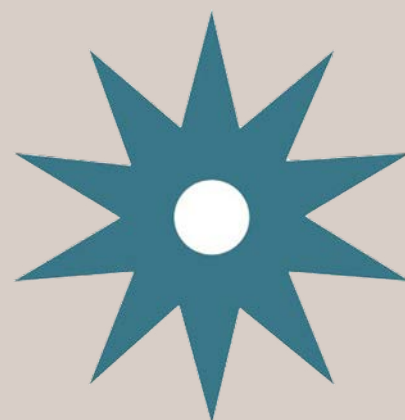
bereavement, and loss.

Following therapeutic parenting support, higher confidence in parenting skills, increased optimism, community integration and improved overall mental wellbeing was reported by the women. These positive outcomes help ensure that children remain with their parent in a healthy environment, leading to long-term positive life trajectories for these children in the areas of health, education and socially, as per the National Strategy Better Outcomes, Brighter Futures.

This work was funded by the Sexual Health and Crisis Pregnancy Services and unfortunately will not be funded in 2020. We will continue to provide therapeutic parenting support under our Tusla-funded services, but due to funding restrictions it will be on a much smaller scale for the moment.







## OUTCOME STAR

We started to use an outcome measurement tool in January 2019, measuring 7 outcomes

1. Physical health
2. Mental health
3. Relationship
4. Support network
5. Housing
6. Connecting with baby
7. Managing baby

## IMPACTS PARENTING SERVICES

Ongoing measurements and assessment using Outcome Star and other tools:

- Stress Reduction – clients often start with feelings of shame
- Increased Confidence
- Integration – clients often start with feelings of isolation
- Motivation – back to education, source accommodation

# DOMESTIC VIOLENCE PROJECT

During 2019, Anew participated in a “Domestic Violence Project” funded by the Community Foundation of Ireland. Working with mothers who had experienced domestic violence, the project involved a series of six workshops where an average of 10 participants at each workshop were educated about the impact of domestic violence on themselves and their children.

## Workshops were as follows:

- Annie Levin Workshop “Only Healthy Love Part One”
- Annie Levin Workshop “Only Healthy Love Part Two”
- Fusion Workshop “Self-perception, Relating to Others, Cultivating the Positive”
- Portobello Institute of Creative Beauty “Makeup, Style consultation, Manicure”
- Dereck Morgan “Healthy and Unhealthy Boundaries in Relationships”
- Dynamic Events Creative Art Workshop “The Bigger Picture”

Expected Outcome	Achieved outcome
<b>Safety for women and children</b>	Participants were educated about the dynamics of domestic abuse: the impact of domestic violence on self and their children; what is healthy and unhealthy in intimate relationships; the warning signs of abuse in relationships; where to seek help.
<b>Selfcare, Stress management, Self-awareness, Confidence building, Empowerment</b>	Participants learned new skills to manage stress, to be compassionate towards themselves and explore their attachment type. They examined responsibility of the self and the power to change.
<b>Self-worth, Self-Control, Safety, Trust, Empowerment</b>	Healthy and unhealthy boundaries were explored: how unhealthy boundaries can make one vulnerable and healthy boundaries can protect; positive aspects of the self and how to cultivate the positive and not be so hard on the self; exploration of choices and responsibility.

Participants learned new skills to manage the situation and be compassionate towards themselves. Some of the women who attended lived in homeless accommodation and experienced isolation and loneliness. Participants commented that they looked forward to attending the workshops and made friends there, which eased their loneliness.



# DIRECT PROVISION PROJECT

## PROJECT OVERVIEW

Using our particular experience of working with clients who have experienced trauma Anew ran a pilot project with migrant parents in a rural Direct Provision Centre in Cork. The project provided intensive therapeutic parenting support for five migrant parents who had experienced trauma and were currently experiencing isolation and other issues.

Participants were previously receiving little support and no therapeutic intervention. Anew became aware of their needs through an existing relationship with Tusla. We worked collaboratively with participants through a journey of individualised healing and positive change, through goal setting, reflective practice and therapeutic exploration, so that the journey of change was 'done with' the participant and not 'done to' them.

**This evaluation sought to provide evidence of the impact of participation in the project on three central questions:**

1. Did parents begin to address the core, underlying issues that can hinder positive, attuned attachment by beginning the process of healing and recovery from deep trauma and other issues?
2. Were parents practicing confident and positive parenting and feeling a deepened attachment with their children?
3. Were parents empowered to integrate themselves and their children into their new communities?

**To address these questions, the evaluation team engaged in quantitative and qualitative research methods. The project ran over a six month period between April and September 2019, all data was therefore collected during this evaluation period.**

The following Case Study on Page 16 illustrates the trauma of one resident's experience.





# DIRECT PROVISION PROJECT

## PROJECT OVERVIEW

### Case Study

"A" is the mother of a baby and has no family support in Ireland. She was trafficked into Ireland on false documents, which she reported to officials on arrival and was placed in Direct Provision. She was pregnant on arrival and spent the pregnancy in the Dublin area. Two weeks after the birth she was transferred by bus to North Cork and continues to reside there pending a decision on her asylum application.

Based on the information provided by the participant, individual therapeutic engagement was implemented to ensure a trauma-responsive approach, whereby "A" can begin to address the core, underlying issues that can hinder positive, attuned attachment. Individual Intensive therapeutic involvement allowed deep reflection and facilitated strengths-based recovery to empower the participant.

Based on the therapeutic interventions provided in the study and the participant's journey of recovery, "A" moved from isolation to collaboration with other residents and into education. She progressed from being "tearful and alone" to enrolling in a college course and "enjoying meeting others".

### Conclusion and Recommendations

While this project was carried out with a small number of participants, the interventions were therapeutic and intense. It was particularly successful in empowering participants and their children to integrate with the community. This eased isolation and feelings of loneliness resulting in increased motivation and optimism for parents and their families.

Parental capacity was also increased in all cases, with participants reporting increased bonding and more attuned parenting.

Deep seated trauma was identified in all participants and while an acknowledgement of this by participants is a great step forward, additional therapeutic support is needed to ensure recovery.

The DPC has 296 residents, with 102 of these being children and 19 born in the last two years; childhoods are being experienced in these DPCs and it is vital that their parents have supports necessary to ensure that their children, who grow up as Irish citizens, will feel a sense of belonging, will have the same advantages as non-migrant Irish children and will have successful life trajectories.





# PAUSE UPDATE

## MINI SCOPING EXERCISE

Over the years, Anew staff have noted the plight of women who have repeat pregnancies resulting in their infants being placed in care. These women have complex and interdependent needs and generally “disappear” from services between pregnancies. They are left distraught at the loss of their children and often have more children in the hope that they will be able to keep their next child. Statistically, these children are more likely to also be taken into care, thus causing a vicious cycle. Norma's testimonial on Page 18 really illustrates this situation.

Having consulted with our professional partners and Maternity Hospital Social Workers, it is clear that this issue is widespread. While every professional involved is aware of the suffering and pain of both mothers and children, none has the responsibility or resources to work with the mothers in a preventative manner to break the cycle of pregnancies resulting in children being placed in care, where the outcomes are varied at best.

Supporting these women has been one of our strategic objectives over the last four years. As part of this, we have linked in with a programme in the UK, developed by Child Protection Social Workers, specifically for women with complex needs who have had multiple children taken into care.

This evidence-based programme is called “Pause”. It is a model of service delivered by an NGO in collaboration with Pause to become a “Pause Practice”. It is supported by sharing and learning amongst 21 other Pause Practices throughout the UK and Northern Ireland. As the name suggests, it requires women to take a pause from pregnancy and participate in an

intensive 18-month programme based on each woman's specific situation, to really focus on themselves and break the damaging cycle they are in. A vital element of the programme is that it is flexible and bespoke to each woman; it does not focus on parenting or retrieving children from care.

This model is complementary to Anew's own Tusla-funded service which works intensively with pregnant women and new mothers who are experiencing, or are at risk of experiencing, homelessness. These women have little or no support and may have been in care themselves, so intensive support with life skills, parenting and accommodation, as well as therapeutic intervention, ensures the mother and her new baby get the best start possible.

Anew held an information event for the Pause Programme on 18th June in The Gresham Hotel, Dublin. The Pause team flew in from the UK to make the presentation. There was excellent attendance from interested stakeholders, particularly front-line workers, such as social workers from the maternity hospitals. The programme was greeted with enthusiasm from all attendees.

The event gave us the opportunity to gather information as a small scoping exercise. Between all attendees, they worked with more than 100 women in the past 12 months who had children in care. Issues faced included homelessness, addiction, domestic violence, mental health issues, disability, care leavers and family breakdown.

Using data from seven separate agencies in Dublin, the information below was gathered, illustrating the scale of the problem.

Organisation - One Individual	Number of individual women with multiple children in care	1 to 3 Children in Care	4 to 6 Children in Care	6+ Children in Care
Organisation 1	20	16	3	1
Organisation 2	12	10	2	0
Organisation 3	4	3	1	0
Organisation 4	6	5	0	1
Organisation 5	6	6	0	0
Organisation 6	12	10	2	0
Organisation 7	6	3	2	1
<b>Totals</b>	<b>66</b>	<b>53</b>	<b>10</b>	<b>3</b>

# MY NAME IS NORMA...

## TESTIMONIAL

**My mother never wanted me. She had me so my father would stay with her. He didn't – he left when I was two. She never really forgave me for that. So from the very beginning I was never good enough. I wasn't good enough to make him stay.**

Then I wasn't good enough to make the next fella stay – she had a few children with him. Then the next fella came and went leaving her with another one.

She got so depressed and stayed in bed a lot. So I looked after the other children. I think I was about eight at the time. It was hard to make sure five children were all clean and fed, especially the baby. He screamed a lot.

Then when she was spending the money on vodka it was hard to afford everything so I had to start stealing things for the children – I was about nine when I first had to steal to feed the children. I think the first thing I stole was nappies for the baby.

One day social workers came to the house. I think the bitch next door had phoned them. Anyway that's how we all ended up in care separated – I was taken to a children's home – a childrens home ... when I had been looking after the kids for years. I might have been 11 then.

I missed looking after them – I missed looking after my mam too – I didn't see her much after that.

I don't want to talk about how I got pregnant the first time – I was very young. The Guards were involved. Anyway I wasn't able to look after her, so I signed a care order.

As soon as I was old enough to have a place of my own, I decided I'd have a baby because I missed looking after them all – now the fella I had the baby wasn't the best and was a bit of a drinker but it was nice to have someone there – I thought when the baby arrived he'd change – maybe cop on a bit. But he didn't – when number two arrived he was getting fairly messy with the drink and stuff.

Now I know the social workers had been in and out and just trying to help me out a bit so they knew about me anyway (I suppose because I

had been in care) but honestly, I just popped out to get milk – I didn't realise that he wouldn't keep an eye on them – he popped out too to get more drink but he didn't close the door – so the two smallies wandered out in their nappies.

Oh look one thing led to another, I decided they might be better off in foster care just while I sorted things out with the fella. Then I got pregnant again – maybe this time he'd change. He didn't for that one, nor the next.

So I finished with him when I went to the refuge. But I ended up homeless 'cos I couldn't go back and sure I think he was homeless by then too. I always got to my access visits though. To see all five of the kids together at the same time ... they can be a bit of a handful. I do struggle to manage them all. I never see the first.

The last time I got pregnant the social worker told me very early on that the baby would not be leaving the hospital with me. So I moved into Cherry Blossom. The staff supported me to look after myself and the baby growing inside me – this was the healthiest and heaviest baby I ever gave birth to – all the others had been tiny – this one was 7lbs!

The staff listened and supported me at meetings with the social workers. They helped me during those days in hospital when I had to sign the forms.

They made me see that even if my kids aren't with me, I still can be the best mammy I can be when I do see them – so that when they grow up they have some good memories of times with me...not like the memories I have of my own ma. I'm going to go to that group they have for the women whose children are in care. They said that if I just focused on myself for a while rather than trying for another baby it might be better.

Maybe they're right. Or maybe I'll try again.

# RECOGNITION & AWARDS



**Anew was honoured at the 2019 Charity Impact Awards held at the Mansion House in Dublin.**

Presented by The Wheel, the national association of charities, community and voluntary organisations and social enterprises, the Charity Impact Awards celebrate the positive impact these organisations, and the individuals behind them, make in the lives of millions of people in Ireland and beyond.

Congratulating the winners, Deirdre Garvey, CEO of The Wheel said, "Each of the 99 organisations and individuals who were nominated for this year's Charity Impact Awards makes a huge difference to the communities they work with, and we are delighted to honour and celebrate their achievements."

Anew received the Impact Award for Medium-sized Organisations.



## Anew's Charity Shop

Located in Thurles, Co Tipperary, our Charity Shop continues to be a valuable source of income. Run by volunteers and Community Employment workers and headed up by one of our directors, Moira Morrissey, the shop is open Monday to Saturday, 9 to 5.



## St Patrick's Day Celebrations

Anew was honoured to be invited by the President, Michael D Higgins to celebrate St Patrick's Day 2019. Our Services Manager Fiona Barry (pictured left with the President) attended along with several residents of Cherry Blossom Cottage.



## Anew Shortlisted for ICSH Award

Anew was nominated in the Community Integration Category for the 2019 Irish Council for Social Housing Awards.

# GOVERNANCE

Anew is committed to the highest level of Governance and in 2019 embarked on a journey of preparation and learning to implement the new Charities Governance Code.

Anew is a Complex organisation in relation to the Code and as such must satisfy 49 standards based on six principles.

- 1) Advancing charitable purpose**
- 2) Behaving with integrity**
- 3) Leading people**
- 4) Exercising control**
- 5) Working effectively**
- 6) Being accountable and transparent**

As per the required timeline Anew will be fully compliant with the code in 2020 and will report on the code in 2021.





# CHERRY BLOSSOM COTTAGE

## 1ST ANNIVERSARY CELEBRATION

**A first anniversary celebration for CBC took place on International Women's Day, 2019. The event took place in Swords Castle and key speakers were Paul Reid, CEO Fingal Co Co, Valerie Mawe, Tusla, and Senator Joan Freeman.**

This included a photographic exhibition to acknowledge the achievements of the women who have used the service in the past year and to celebrate the beauty of being pregnant and/or new motherhood, despite the experience of homelessness. It is also to challenge perceptions about a "typical" homeless person.

We would like to thank the following who made the event possible for us:

The photographer – Judy, Fingal Gospel Choir, Tartan Larder, Fingal County Council, the Community of Swords and surrounding area; there are too many supporters to acknowledge, who respect the privacy of the

women with whom we work whilst knowing we are here, often when a community hears that there will be a homeless service in the middle of the village, it can create tension. We have been embraced by this town, and are proud to be living and working here.

Thank you to all the staff of Anew and last but not least to the women who participated in this project; this was a proud day for you all, to acknowledge that you are women and mothers first and foremost, the memory of experiencing homelessness will fade and these photographs are a statement of the strong incredible women and mothers you are.



# CEO NOTE

## MARIAN BARNARD

**Well, 2019 has been another busy year and as you can see, there has been an amazing amount of work done to help our clients; through our housing services in Cherry Blossom Cottage, keyworking, life skills and therapeutic parenting support services.**

Anew has been helping women experiencing crisis pregnancy for over 40 years. Over the years it was clear that with a changing social landscape, the issues facing these women were stress around parenting, homelessness, and life skills. Over the last five years with the securing of new funding from Tusla and increased funding from Dublin Regional Homeless Executive, Anew's services have evolved to address these issues.

In 2018, our accommodation service became a 24-hour service, and we were able to hire an experienced manager to run this service. We also took on three experienced Social Care Workers to support our clients. In addition to our housing case worker and therapist this ensures that our clients can avail of intensive person-centered wraparound supports that will give these new families the best start.

In 2019, we completed a very valuable project supporting women who have experienced domestic violence. The women found this very beneficial and as a result several of them gained the confidence to access other services.

We also completed a pilot project in a rural Direct Provision Centre in Cork, where we provided bespoke therapeutic parenting support to residents, many of whom had experienced severe trauma in their lives. As a result of this pilot we have secured funding to continue this work in 2020.

With new legislation and changes in government funding, the board of Anew decided that the best way to support pregnant women who found themselves in a crisis was to focus on our supported accommodation service, keyworking and therapeutic parenting support. As a result of this in 2019, we ceased crisis pregnancy and post termination counselling in Q1 and developed our therapeutic parenting support services, which will continue on a smaller scale in 2020 as part of our Tusla funded service and on a project by project basis.



The closure of our counselling service and ceasing of funding from the Sexual Health and Crisis Pregnancy Programme, resulted in 3.5 full time equivalents from our counselling team being made redundant by the end of 2019. I would like to acknowledge and thank these staff, who worked as part of the team throughout 2019, even though they knew they were leaving at the end of the year. They continued to provide therapeutic parenting support to their clients and ensured at the end that clients were referred to suitable services.

I would also like to mention my predecessor Mary McCarthy, who left the organisation in early 2019, following a short return from her maternity leave. I worked closely with Mary since 2015 and she was a great mentor and friend.

I would like to thank all the staff, volunteers, and our committed Board of Directors. I could not do my job without their support and expertise. Thanks to all our wonderful clients, we have a great group of women who have come through very difficult times, I am always amazed at their bravery and resilience. Finally, a note of gratitude to our donors and funders in 2019, we really appreciate their support.

# ANEW'S PEOPLE

## 2019 BOARD

**PATRICK O'KANE** – CHAIRMAN

**MOIRA MORRISSEY** – SECRETARY

**EANNA HICKEY**

**STEPHEN MOORE**

**JOHN HANAFIN** (APPOINTED 23 MARCH 2019)

**JOANNE RYAN** (APPOINTED 16 JUNE 2019)

**HELEN MCEVOY** (APPOINTED 15 JUNE 2019)

**CLAUDE DABOUL** (APPOINTED 15 JUNE 2019)

## ANEW PERSONNEL 2019

### Head Office

Marian Barnard – CEO

Mary McCarthy – CEO (redundancy March 2019)

Fiona Dunny – HR and Compliance Officer

Sylvia Boylan – Finance Officer

Nicola Foster – Payroll

### Services

#### Housing and Homelessness

Senior Service Manager – Fiona Barry

Housing Case Worker – Lynne Chen

Team Leader – Norma Fitzgerald

Social Care Worker – Mary Kennedy  
(left Jan 2019)

Social Care Worker – Niamh Kelleher  
(left April 2019)

Social Care Worker – Betty Lynch

Social Care Worker – Grainne Bollard

Support Worker – Alan Fitzgerald

Support Worker – Neamh McGuire

Support Worker – Patricia Apolott

Support Worker – Norma Guidan

### Counselling Services

Senior Services Manager – Deirdre Delaney  
(redundancy, December 2019)

Counsellor – Debbie Rogers  
(redeployed to HH Services, April 2019)

Counsellor – Maureen Ryan  
(redundancy, March 2019)

Counsellor – Dympna O'Callaghan  
(redundancy, March 2019)

Counsellor – Lorraine Henchion  
(redundancy, March 2019)

Counsellor – Paula O'Connor  
(redundancy, December 2019)

Counsellor – Deirdre Shanahan  
(redundancy, December 2019)

### Volunteers

Mary Ryan

Diane Quinn

# BALANCE SHEET

FOR THE FINANCIAL YEAR ENDED  
31 DECEMBER 2019

	2019	2018
	€	€
<b>FIXED ASSETS</b>		
Tangible fixed assets	359,055	384,968
<b>CURRENT ASSETS</b>		
Debtors	4,814	18,984
Bank & Cash	77,537	73,279
	82,351	92,264
<b>LIABILITIES</b>		
Creditors amounts falling due within one year	39,912	45,099
<b>NET CURRENT ASSETS</b>	42,439	47,165
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	401,494	432,133
Creditors amounts falling due after more than one year	-	-
<b>TOTAL NET ASSETS</b>	401,494	432,133
<b>FUNDS</b>		
Revaluation reserve	168,325	171,906
Unrestricted funds	11,281	15,278
Restricted funds	-	23,061
Designated funds	221,888	221,888
<b>TOTAL CHARITY FUNDS</b>	401,494	432,133



# INCOME & EXPENDITURE ACCOUNT

FOR THE FINANCIAL YEAR ENDED  
31 DECEMBER 2019

					Year ended	Year ended	
		Revaluation	Restricted	Unrestricted	Designated	31-Dec	31-Dec
	Notes	Reserve	Funds	Funds	Funds	2019	2018
		€	€	€	€	€	€
Donations & Legacies		-	-	2,325	-	2,325	6,007
Other trading activities		-	-	41,646	-	41,646	40,218
Charitable activities		-	366,082	343,314	-	709,396	779,054
Return on investments		-	-	-	-	-	-
TOTAL INCOME AND ENDOWMENTS		-	366,082	387,285	-	753,367	825,279
Expenditure on							
Charitable activities		3,581	403,040	377,387	-	784,007	813,848
TOTAL EXPENDITURE		3,581	403,040	377,387	-	784,007	813,848
NET INCOME / (EXPENDITURE)		-3,581	-36,958	9,899	-	-30,640	11,431
Transfers between funds		-	13,896	-13,896	-	-	-
Revaluation of Premises		-	-	-	-	-	-
NET MOVEMENT IN FUNDS		-3,581	-23,061	-3,997	-	-30,640	11,431
Reconciliation of funds:							
Total funds brought forward		171,906	23,061	15,278	221,888	432,133	420,702
TOTAL CARRIED FORWARD		168,325	-	11,281	221,888	401,494	432,133

# THANKS

---

TO...

Dublin Regional Homeless Executive

Tusla

Sexual Health and Crisis Pregnancy  
Programme (final year of funding)

Community Foundation of Ireland

Hospital Saturday Fund

National Lottery

The Tara Buildings Community

---





**REGISTERED ADDRESS:**

International House,  
College Close,  
Tara Street,  
Dublin D02 AE33

**Tel:** (01) 677 5282

**Email:** [hello@anew.ie](mailto:hello@anew.ie)

**DAY SERVICES:**

113 Pearse Street,  
Dublin D02 AV80

**Email:** [hello@anew.ie](mailto:hello@anew.ie)

**Free Helpline:** 1800 281 281