



ANEW SUPPORT SERVICES CLG  
**ANNUAL ACTIVITIES REPORT**

2024



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## From the Chairperson

After many years hard work, Anew's purchase of a house in Drumcondra, Dublin 9 using the Capital Assistance Scheme (CAS), to be operated as "Transitional/Stepdown" accommodation, represented the achievement of a priority strategic goal. Following from this, the Board recognised the need to address longer-term priorities, a strategic review was carried out in 2024 culminating in a five-year Strategic Plan for the period 2025 – 2029. The Board of Directors are committed to achieving the Vision and Mission of Anew with this Strategy at the core of the organisation's culture and activities.

Pregnant women experiencing homelessness are not categorised separately but we know the numbers are significant; Our cottage is always full; there were 25 women on the referral wait list at the end of 2024 and we have already filled our new Transitional House (Lily Lodge). There is currently little to no opportunity to avail of Homeless Housing Assistance Payment (HHAP) properties and the women and their babies are stuck in a cycle of moving from emergency accommodation to Cherry Blossom Cottage then to back to Family Hubs which is very hard to break.

Anew as an organisation is committed to ending this devastating situation and our new strategy includes activities that will build on three priority Pillars:

**Pillar 1:** The Why - The Woman's Journey, Our Model of Care

**Pillar 2:** The Means - Physical Resources such as Accommodation and Sustainable Funding

**Pillar 3:** The Capacity – Provision of Services through optimal Organisational Design,

Communications, People, Administration and Other Resources

We underwent a governance and compliance audit by Forvis Mazars in 2024 (commissioned by the Dublin Regional Homeless Executive) with no material findings. While we were happy to have this "check" on our systems it did highlight how tight our back office resources are and this is an area that needs strengthening generally in the sector. I would like to thank our former Finance Officer, Sharon Culliton for all her work in getting the information together for this comprehensive audit.

We had our final full year of operation for our Charity Shop in Thurles which was run by Moira Morrissey for over 20 years and provided a consistent income for non-funded activities in Anew. I would like to thank Moira for her years of service to Anew and wish her well in her future endeavours.

I would like to sincerely thank our CEO, Marian Barnard and the team in Anew for continuing the wonderful work in 2024.

I would like to also thank my fellow Board members; we have had some changes in 2024, with Trustees who have served their time moving on and new Trustees taking over the baton. I would like to thank Stephen Moore and Joanne Ryan who retired in 2024 and welcome Meabh Savage who joined in September 2024, and Karina Lynch and Michael Hourihan who started their induction in 2024 and formally joined the Board in January 2025.

Finally, thanks to all our funders, donors and stakeholders who continue to support Anew from year to year.

**Claude Daboul**

Chairperson, Anew Support Services CLG



## From the CEO

2024 was another busy year in Anew; we purchased our new Transitional House (Lily Lodge) and set that service up, with the first family moving in November 2024. Having

this house meant that we were able to take an additional three young pregnant women into Cherry Blossom Cottage before Christmas - these women were heavily pregnant and living in unsuitable and overcrowded conditions, so it was amazing that they were able to spend Christmas in more suitable accommodation.

In 2024 we worked intensively with 93 pregnant women and new mothers experiencing homelessness; our figures show that many were young - under 25 years old. Indeed most of our residents in Cherry Blossom Cottage were also under the age of 25 with two women turning 18 just weeks before their babies were born.

Many of the women we work with present as homeless for the first time as a direct result of their pregnancy and we are finding that due to lack of availability they cannot access emergency accommodation until much later in their pregnancy. As a result we are seeing many more high risk pregnancies and premature births. Indeed we had eight premature births in Cherry Blossom Cottage during 2024, which was very worrying and stressful for the new mothers and staff alike.

During 2024, we trialled a pilot programme for group of women in International Protection Service (IPAS), language was a huge barrier, we were able to provide practical support and we found that they had good medical supports within the IPAS system. We supported and accommodated several women

in Cherry Blossom Cottage who had recently left the Care System and had become new mothers. We secured specific funding from Tusla which enabled us to provide intensive support from early motherhood into their new homes.

Cherry Blossom Cottage has accommodated approximately 100 women and their babies since the service started in 2017/2018. However, it is very small and the complexity of need for the women has highlighted the lack of a private space for key-working. There have at times been five babies in residence (having had two sets of twins in 2024), the practicalities in such a small space have been very challenging.

It is clear the service has outgrown the space and the top priority for Anew is to source a larger premises to run this supported temporary accommodation. It is also clear we need more beds, so this is also a priority.

I would like to thank our dedicated staff team led by our Senior Services Manager Norma Fitzgerald for providing the vital frontline supports in Anew during 2024. Through it all we purchased a new house and opened a new service and we are determined going forward to develop the service even more and address some of the many challenges the women face.

I would like to thank all our funders and colleagues in the sector, we could not do the wonderful work without their support. Finally, I would like to also thank the Board of Directors who provide amazing support at a governance, compliance, risk and strategic level on a voluntary basis.

**Marian Barnard**

CEO, Anew Support Services CLG

## About Anew

Anew is currently the only charity in Ireland working specifically with pregnant women and new mothers experiencing, or at risk of experiencing, homelessness. Even today the mere fact of becoming pregnant can lead to a temporary crisis with many emotional and practical implications and a very high risk of homelessness, societal exclusion and poverty.

Pregnant women become homeless due to a lack of or unsuitable accommodation, domestic abuse, relationship breakdown, cultural stigma alongside barriers to accessing the services and resources needed to obtain housing and support independently. All of which means the pregnancy and birth are very traumatic for the woman and child.

We work intensively to support, safeguard and empower women, their babies and where appropriate the baby's father, while supporting them to access appropriate housing and accommodation as soon as possible. We keep the mother and baby as the top priority through our unique service,

### The Women we work with:

The Women we work with often have multiple and intersectional needs in addition to experiencing homelessness. Among the groups of women we work with are:

- Women who were in Alternate Care System themselves as children
- Women with Children in Care
- Young Mothers (under the age of 25)
- Women from Minority Groups such as migrants and members of the Travelling Community.
- Women in Recovery from Addiction

The nature of pregnancy, their lived experiences and the barriers the women experience have

experienced in accessing the resources needed to access housing and support means the needs of many of the women who use our services require intensive support during pregnancy and new motherhood, with continued supports being provided when a stable home is secured for them.

### Our aims:

1. Remove the barriers women experience to access the support and resources they and their babies need to flourish and live happy and healthy lives.
2. Provide preventative and early intervention maternal support for better lifelong outcomes – to break the cycle of poverty and socio-economic disadvantage.
3. Improve pre- and post-natal health and well-being for mother and baby.
4. Reduce homelessness for pregnant women and new mothers.

The women with whom we work have often experienced abuse including physical, psychological, and sexual. Many of them have experienced deep trauma in their lives.

We support them through their pregnancy and into new motherhood by providing transitional accommodation, life skills and emotional support. Through our services and programmes, they are empowered to parent their children confidently, avail of strong social networks and secure sustainable accommodation.

We work closely with/in partnership with the women, their families and other agencies to ensure the best outcome for them and their babies. We are committed to developing bespoke person-centered evidence-based programmes of work to ensure that the new families we work with get the best possible start from pregnancy to early motherhood and beyond.

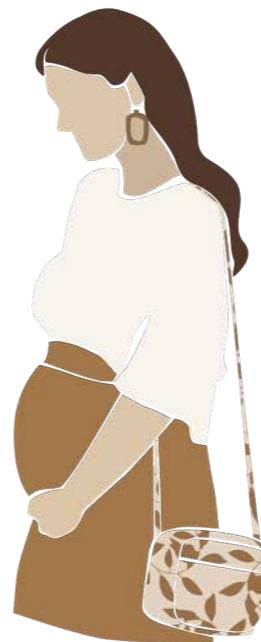
## Vision, Mission, Values

### Vision

Anew envisions an Ireland where all pregnant women, in particular those at risk of homelessness have access to high quality, professional and compassionate services through the provision of practical and emotional supports.

### Mission

Anew provides intensive emotional and practical support to pregnant women and new mothers, in particular those at risk of homelessness. We provide a safe space where we nurture and empower the families we work with to fulfil their full potential.



### Values

#### Accountability

We take personal responsibility for using our resources efficiently, achieving measurable results, and being accountable to supporters, partners and, most of all, the women, children, and families who we work with.

#### Nurturing

We aim to bring out the potential in people including our staff as well as the women and families that we work with. We think, feel, listen, see and understand those who use our services.

#### Empower

We strive make the women stronger and more confident, especially in controlling their life and realising their abilities and potential in life.

#### Welcoming

We provide a safe non-judgmental place for the women and families who use our services. We reassure, respect, and provide an environment of trust.

**“The best way to support a baby's development is to provide support for the mother as a woman and a mother so she does not become vulnerable as she cares for her child”.**

# Strategy 2025-2029

Anew's purchase of a "Transitional/Stepdown" house in 2024 represented the achievement of a priority strategic goal in our previous Strategic Plan. Following on from that the Board recognised the need to address longer term priorities and a strategic review was carried out in 2024 culminating in a 5-year Strategic Plan for the period 2025 – 2029.

The Strategic Plan is a working document over the defined period which will be updated and approved annually. The Board of Directors are committed to achieving the Vision and Mission of Anew using a process to ensure that this Strategy is at the core of the organisation's culture and activities for the future.

We used an impact-led approach to develop the Plan, beginning and ending with the women who use our services, and based on the outcomes desired or needed by the women. We identified 3 Strategic Pillars and agreed to articulate our short and long term strategic priorities under these pillars.

Our Strategic Pillars 2025 – 2029: Taking into consideration our services, sustainable funding, quality improvement and operational excellence (including compliance to a vast array of regulations), organisational design and communications the following three strategic pillars have been identified:

**Pillar 1:** The Why - The Woman's Journey, Our Model of Care

**Pillar 2:** The Means - Physical Resources such as Accommodation Units and Secure Sustainable Funding

**Pillar 3:** The Capacity - Being Supported to Provide Services - Organisational Design, Communications, People, Administration and Other Resources.

For each Pillar short, medium and longer-term Priority Areas, Activities and Outcomes have been identified and addressed.

## Our Key Priorities

**The Women** - As a woman herself (not just as a mother), this is key to supporting her as a mother, the women we work with are at the heart of the organisation.

**Breaking the Cycle** - The early and intensive interventions in Anew provide a real opportunity to break the cycle of intergenerational disadvantage and poverty for the women and their babies.

**Homelessness** - The current homelessness crisis is having a significant effect on the lives of pregnant women, and meeting their needs is key.

**Parenting** - Positioning the services of Anew to provide intensive parenting support for pregnant women and new mothers who are under pressure, particularly those who are lone mothers and those who are at risk of homelessness – we recognise the importance of fathers and offer them support where appropriate.

**Perinatal Mental Health** - Addressing perinatal mental health issues for the pregnant women and new mothers who use our services - we link in with the Perinatal Mental Health Services around this.

**Funding** - Addressing future funding needs through a strategy of diverse and sustainable funding sources is imperative for Anew.

**Governance** - Anew is governed by the board consisting of directors (known as Charity Trustees under charity law) elected at the annual general meeting, who are experienced in law, business, risk, accounting, finance, HR and academia. The CEO is responsible for the day-to-day operations of Anew.

# Haven House - Day Services

## Day Services

During 2024, our Day Services in Haven House, Dublin 2 offered the following supports to women who have moved on from CBC as well as those on our waiting list:

- Group and one to one support
- Life skills – cooking, budgeting, relationships
- Pregnancy and parenting support
- Support with physical and mental health
- Peer support programmes
- Antenatal Support
- Housing support – information and support around housing eligibility, HHAP, other accommodation options and tenancy sustainment
- Our Programmes (detailed below)

## Programmes

With support from the Community Foundation and the Katherine Howard Fund we continued to run the three-year **Nurture to Empower**

**Programme** which provided antenatal education specifically for pregnant women experiencing homelessness around their pregnancy (changes to the body etc.), practical support and self-care.

The Nurture to Empower Programme continued to focus on education and support for pregnant women and new mothers in relation to their pregnancy and new motherhood so that they can make informed decisions in conjunction with their medical team in the hospital.

**The Youth Integrated Pregnancy Support Project** (YIPS) was developed during 2024 to focus on education and support for pregnant women under the age of 25, with support from a generous anonymous donor through the Community Foundation Ireland.

**The Limited Circle of Limited Security**, an evidence based parenting tool that promotes bonding and selfcare for mother and baby, continued.

**The New Beginnings Programme**, a FETAC accredited course run in collaboration with Northside Partnership.

## Outreach Support

During 2024, due to a temporary increase in staff capacity the same support provided in CBC and our Day Services was provided via outreach support to:

- Pregnant women, new mothers and their babies in Emergency Accommodation including International Protection Accommodation Service (IPAS).
- Women who are isolated with little or no support.
- Women and their babies who have come through CBC and still require support such as peer support, parenting support or healthcare needs.

### To Norma and all the staff at Anew.

Thank you so, so much for being a part of my journey. I am forever grateful as Anew enabled me to be the best mother to Oisin, Maggie and Cormac in the hardest and darkest time in my life. Anew allowed me to grow and tried to support me in every which way it could and I will hold very fond memories of my time here. Thank you ALL so much.

Claire and Oisin

## Accommodation Service

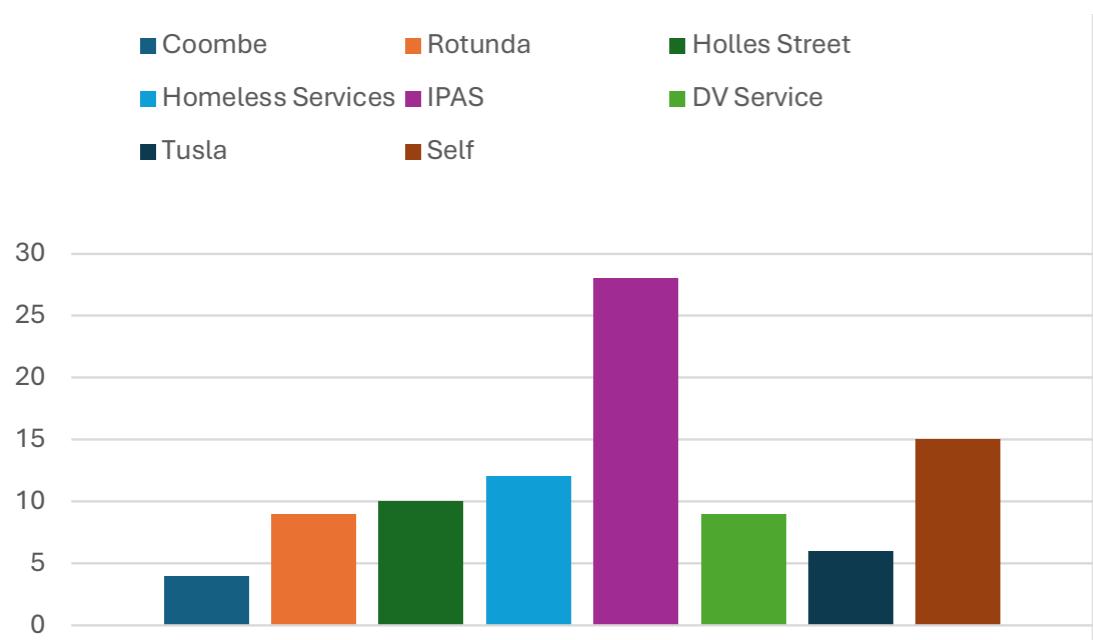
### Let's hear from our Housing Case Manager - Sorcha Byrne:

During 2024, Sorcha was our Housing Case Manager (HCM); this is a busy role as it is the first point of contact and women often present in a crisis situation of pregnancy and homelessness which is very scary for them.

From a practical perspective Sorcha describes her role:

- Working closely with Central Placement Service on the women's behalf.
- Providing advice on housing allowances.
- Assisting with Homeless Housing Assistant Payment (HHAP).
- Completing Housing Assessments.
- Referral to Anew's Services and Programmes
- Signposting to other relevant services e.g., Tusla, Domestic Violence Refuge's to ensure that the women access the appropriate supports available to them.

### Source of Referrals 2024



Aside from this Niamh stressed the importance of compassion, kindness and dealing with all the women in a respectable non-judgmental way.

In 2024 the service was very busy and Sorcha dealt with referrals from 93 women (compared to 83 in 2023 and 67 in 2022).

Sorcha explained that we only track progress on the more intensive "referrals" as we do not have capacity to track other less intensive interventions, but she noted that in 2024 she also dealt with 154 "queries" through the Hello@anew.ie account. These queries ranged from signposting to other services to queries in relation to Anew's Day Services and Accommodation. She added, this work is time consuming but it is important to track it and hopefully we can capture more data on this going forward.

## Grace's Story

"I particularly remember, Grace (18 years old); throughout her teenage years," says Sorcha.

"Grace had moved through several foster placements, all of which eventually broke down, before she was placed in a Residential Care Unit. Because of this instability, she had never truly experienced what it felt like to have a safe and secure place to call home.

Grace was referred to Anew by her Tusla Aftercare service while she was pregnant as the Residential Care Facility she was living in wasn't equipped to accommodate both her and her baby once he was born. Her Aftercare Worker linked in with myself and the Social Care Workers in Anew and we were able to find a place in Cherry Blossom Cottage.

Before Grace moved into Cherry Blossom Cottage, I worked closely with her to complete her social housing application. As a young person with Care Experience, her application was supported by an Exceptional Social Grounds Application, which allows applicants to be considered for priority housing due to significant social challenges. In her submission, I highlighted Grace's long history in state care and the trauma she had faced from a young age, explaining how vital it was for her to have a safe, stable home where she could raise her baby and begin to break the cycle of generational trauma.

Grace stayed in Cherry Blossom Cottage throughout her pregnancy, for the birth of her son, and the first six months of his life. During this time, we worked together to explore every possible housing option. We followed up on her social housing application, updated it after her son's birth, and I supported her through the Homeless Housing Assistance Payment (HHAP) process. Together, we searched for suitable rental properties, held a workshop to prepare her for viewings, and helped her apply for "Choice-Based Lettings" in her preferred areas.

As the end of Grace's placement with Anew approached, she understandably felt worried and anxious about what would come next for her

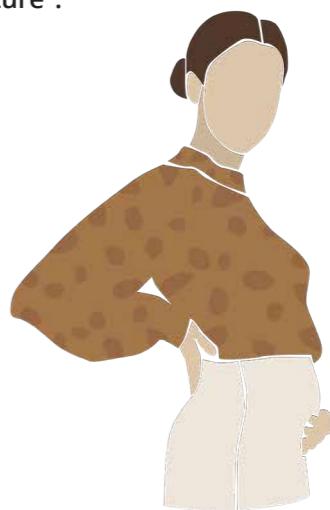
and her baby. Then, one day, she received a call from Dublin City Council with the news that she had been approved for a social house! Grace was absolutely overjoyed. The staff in Anew made sure she had time and support to organise her move while still being able to access our services during the transition.

To help her settle into her new home, I assisted Grace in applying for an Exceptional Needs Payment so she could furnish her house and I referred her to local community services to help her build a support network in her new area.

While this was all hugely positive; Anew staff recognised that managing her own household for the first time would come with challenges—particularly around budgeting and paying bills. To support her independence, we developed a tailored support plan and referred her to the Support to Live Independently Service run by the Simon Community, this meant she had ongoing guidance as she adjusted to life in her new home.

**Grace is an exceptional young woman who has shown enormous resilience and strength in the face of adversity. Despite the instability of her childhood, she embraced motherhood with determination and love. Anew provided her with a safe space to adjust to this new chapter and to bond with her baby.**

**I am proud to look back at my work I did with Grace and see that today, Grace finally has something she had long been denied - a secure home of her own, where she can raise her son and look forward to a brighter, more stable future".**



## Cherry Blossom Cottage

### Let's Hear from our Team Leader Grainne Bollard based in Cherry Blossom Cottage (CBC) in Swords.

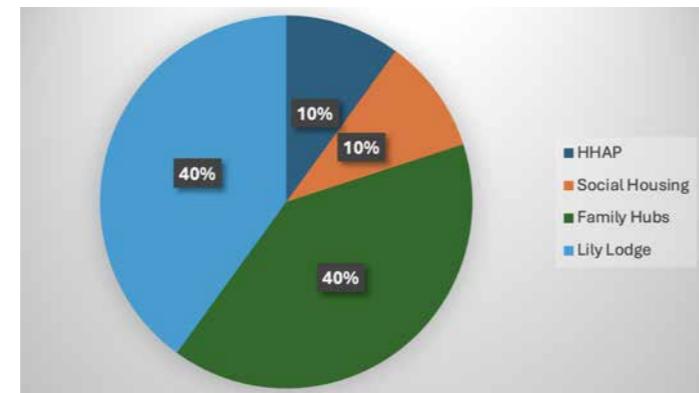
Grainne explains that the Cottage is jointly funded by Dublin Regional Homeless Executive (DRHE) and Tusla. To be eligible for CBC the women must be pregnant and classed as homeless in one of Dublin's four local authorities. All placements in CBC must be approved by DRHE's Central Placement Service.

The cottage is staffed 24 hours a day with Social Care workers providing specialised support during the working day and "on call" out of hours. Support Workers provide health and safety care at weekends, nights, bank holidays etc... While resident in the cottage the women receive specialised supports and key working which are not available in other homeless accommodation such as hubs and hostels.

She added that we create the most nurturing and safe environment possible; when women arrive at the cottage, they feel safe and can begin to enjoy their pregnancy. This environment promotes well-being and reduces mother's stress and the negative impact on her and her baby. Each woman is allocated a keyworker who offers intense and specific support, including accompaniment to important ante- and post-natal appointments as this can be difficult and overwhelming when facing homelessness.

### Housing Outcomes - Move On from CBC

Grainne noted that in 2024, due to the deteriorating housing crisis suitable move-ons were difficult to secure and as a result the women had to stay longer in CBC. We accommodated 14 women and their babies in 2024 (14 in 2023, 16 in 2022 and 18 in 2021).



Our keyworkers liaise closely with **maternity hospitals, medical social workers and public health nurses**; this ensures continuity of care as well as reducing missed appointments for both mother and baby. While resident in the cottage the women also received the following supports:

- Intense person-centred key working on one-to-one basis.
- Evidence-based collaborative support plans.
- Life skills – pregnancy and baby care, budgeting, relationships and cooking.
- Support with physical/mental health – including referrals to Maternity Mental Health services.
- Bespoke programmes for women with children in care, care leavers and young mothers.
- Housing support – with eligibility, Homeless Housing Assistance Payment (HHAP), other accommodation options and tenancy sustainment.
- Peer support programmes.

Grainne highlighted that in 2024, we provided supported accommodation for 14 pregnant women/new mothers and their babies in CBC. We supported two women who had recently been in care and had complex needs and we also had two sets of twins, one set at the start of the year and one set at the end.

### "Young Mammies"

Grainne explained that three of our new mammies were referred from Tusla Aftercare, they were all just 18 years old with very little or no support network. Grainne added that 2 of the 3 babies were on the Child Protection Register prior to birth and it became evident very quickly to staff in CBC that the level of support that these new mammies needed was very high. They came from a very "supported environments" and were not prepared for independent living or becoming a first-time mothers.

There were regular meetings with mammies and all major stakeholders to ensure that the support needed was given. Support plans were developed and updated regularly. One to one support was offered, with staff taking responsibility for baby at an agreed time so mam could rest. Tusla Aftercare acknowledged the need for extra support for this group of women and funded extra support for a period.

One mother struggled, especially during the night so an intensive support plan was put in place where staff minding baby during the night for several nights so mother could rest. This was a significant piece of work, and the benefits were very evident after a short period; mother's stress was reduced, and she was confident in completing daily tasks and enhanced bonding and attachment towards her baby.

One mammy moved to her own long-term accommodation with DCC. She also attended the New Beginnings programme while in Anew. The other two mammies moved to family hubs and still need ongoing support to parent their babies.

**Grainne noted that in 2024, working with complex women who need extra support and have unique challenges and having two sets of twins in CBC highlighted the need for a larger CBC.**

### Jenna's story

Grainne remembered one woman in particular in 2024, that she had supported; Jenna was a young mammy aged 20 years and had experienced domestic violence; she was admitted to hospital shortly after contacting Anew due to complications in her pregnancy. While in the hospital this young woman was assaulted by her ex-partner and because of this trauma, her baby was born 2 months premature.

We ensured that Anew staff visited her on a regular basic while in hospital, we put a safety plan in place and worked closely with the maternity hospital to ensure the safety of this young mother and her baby. Jenna attended all medical appointments and participated in "Circle of Limited Security" parenting course in our cottage in Swords.

**Just before her discharge from CBC Jenna attended baby developmental assessment in the hospital and medical team informed her that baby was developing 'above average and thriving' This was a very important day for this young mother as she had really doubted her capabilities as a mother prior to admission to CBC.**

### Grainne provided her highlights from 2024:

Nine mammies were under 26 years of age with 3 just turning 18 years old when giving birth

50% of the women were referred from hospitals, 3 from Aftercare and one was sleeping rough before coming to CBC.

Eight of these young mammies had premature births.

## Lily Lodge

Let's hear from Melanie Woods, who runs our Transitional Accommodation Service in Lily Lodge:

Melanie highlighted that Anew has long since recognised the need for a suitable onward placement for the women and babies in CBC. In 2024, Anew purchased a property in Dublin 9, consisting of three studios and three one-bedroom apartments.

And so our own Lily Lodge was born. We admitted our first family in November 2024 and had three new families residing in Lily Lodge by Christmas.

The purpose of Lily Lodge is to provide transitional housing for up to one year to help new families prepare for independent living. The focus is very much on health and safety, independent living skills, parenting, housing and a return to education or employment. To support staff with this we use the 'New Home' Outcome Star tool.

Prior to opening we invited all the neighbours in to meet the staff and our Directors. This was a success, and our Good Neighbour policy is working well to date. We are continuously updating process and developing policies as the service develops. Feedback from the women in Lily Lodge is very positive.

The Housing Minister James Brown officially opened Lily Lodge in summer 2025. He met with the women, staff and neighbours and spoke about the need for this service.

One mammy we worked with was homeless for over three years before moving to Lily Lodge, and her 10-month-old baby had never slept in a cot until she moved to Lily Lodge.



**We admitted our first family in November 2024 and had three new families residing in Lily Lodge by Christmas.**

## Michelle's Story

"Michelle was one of the first clients to move into Lilly Lodge after initially being referred to Haven house for an assessment, in relation to housing. She had been couch surfing while staying with different friends. She was 28 weeks pregnant and was anxious to have somewhere safe to stay when her baby arrived. Initially she needed a lot of support in relation to her housing assessment. It was only when her housing assessment was completed that she started to think about herself and her baby. She attended Anew's Nurture to Empower program and was given a new hospital bag to help her prepare for the birth.

Michelle moved into CBC during the last stage of her pregnancy; on arrival she was overwhelmed with her bedroom where there were baby clothes and a cot for her to welcome her baby. She spoke about feeling safe and could picture her baby sleeping in the cot. She linked in with all the support available to her. As time went on, she adapted to her new role as a mother very well and was anxious to find her own home. She attended several viewings but to no avail. Anew's transitional house (lily Lodge) opened up and Michelle agreed that this was a suitable onward placement to help her prepare for living on her own with a new baby. Michelle initially missed the wraparound support from CBC, with staff available to offer hands-on support if needed. The function of Lily Lodge is to prepare women for independent living and help support them to look after their babies on their own. This is a difficult transition for the mammys, who have often no support network. I encouraged Michelle to be more self-sufficient, and she availed of life skills training including health and safety, money management, practical housekeeping, peer support, and education programmes as part of Lilly Lodge's Independent Living Program.

Michelle's first electric bill came as a huge shock totaling €338, I worked closely with Michelle providing cost-saving ideas and tips, ensuring all appliances were switched off when not in use and turning hot water on and off at the appropriate times. I advised her to wear extra layers to keep warm and invest in an Irish household staple - the "housecoat."

The next bill came to €150 and this had a positive impact on Michelle's independence and confidence. She realised the importance of budgeting. I wrote realistic payment plan for Michelle which helped her manage her money. I introduced her to the local community, linking her in with the appropriate services to ensure inclusion within her new community. Before long, Michelle was on first name terms with her neighbors, old and young.

All the women and their children in Lily Lodge have been welcomed and embraced within the local area. Michelle had a front-faced apartment last Christmas and she proudly displayed her beautifully decorated tree for the whole street to admire.

**Michelle participated in all our education programmes including New Beginnings, healthy relationship workshops, art projects and peer support groups and group trips. Michelle and her baby are now thriving in their own long-term accommodation secured with the assistance of Anew's housing officer. She has recently started a part-time Psychology course at UCD.**

**Anew staff have continuously supported Michelle from that very first assessment in Haven house to that crucial time in CBC and the transition into Lily Lodge and independent living.**

## Nurture to Empower

Let's hear from Caroline Snowe, a Social Care Worker, (she is also qualified midwife) who ran the Nurture to Empower programme during 2024:

This is Year Two of a three-year project funded by the Katherine Howard Foundation for any woman at risk of homelessness (See Report Card, p18)

### Some of the programmes include:

- Changes to your body during pregnancy
- Mental health supports
- When to contact the hospital
- What to pack in your hospital bag
- Signs of labour and stages
- Pain relief options
- Induction of labour
- Types of delivery
- Infant feeding- breastfeeding/ bottle
- Bringing baby back to your accommodation
- Baby bath, changing nappies, dressing baby
- Support systems/advocating for yourself
- Safe sleep, how to recognise baby is unwell
- All classes vary depending on the needs of the woman.
- All women are encouraged to attend hospital antenatal classes

**" The programmes were amazing, very informative and fun too and I'm now sad I didn't do them sooner. If I could change things I'd definitely have been involved sooner and its such a positive environment too all the girls are so welcoming and supportive"**

## Susan's Story

Caroline specifically remembered Susan's story; "I was contacted by the Drug Liaison Midwife in a Dublin maternity hospital about a 23-year-old woman, Susan, who was in her second trimester of pregnancy. At the time, Susan was sleeping in a tent in Dublin City Centre in the middle of winter. Very little was known about her background or circumstances.

I was asked to try to establish a link with Susan, as she was not attending her antenatal appointments. The hospital staff were deeply concerned for both her welfare and that of her unborn baby. Susan rarely answered her phone, and when she did, a male voice often replied instead, refusing to share any details about her.

Eventually, contact was made through WhatsApp voice messages — Susan's preferred method of communication. I learned that she charged her phone each morning at a food bank, so our staff began reaching out early in the day to check in. Hygiene products were left in designated areas for her, and contact was kept to essential needs only. Staff were aware of Susan's mistrust of services, so a gentle "less-is-more" approach was used throughout."

Some weeks later, the Drug Liaison Midwife contacted me to say Susan had been admitted to hospital but had discharged herself prematurely,

leaving with a cannula still in place. (A cannula is a small tube inserted into a vein to administer fluids or medications. It must be monitored closely as it can become a source of infection. The midwife reached out to various services for help in encouraging Susan to return for medical care).

Caroline noted that thanks to our strong cross-agency relationship, alerts were sent to homeless services and Susan eventually contacted me. She returned to hospital and linked in with the medical staff.

Susan gave birth in early spring and initially brought her baby home to new accommodation in Dublin. Sadly, within a few weeks, her baby was taken into the care of Tusla and she lost her housing. Susan found herself back living in a tent. Not long afterwards, the maternity hospital contacted me again — Susan was pregnant with her second child.

We resumed contact at the same level that Susan was comfortable with. Almost a year after our first interaction, I finally met her face-to-face for the first time. We met so I could give her a maternity bag with items for her and her new baby. The meeting occurred in the hospital to ensure Susan attended an antenatal appointment.

**While Susan's story may not have the happy ending, we might hope for, it powerfully demonstrates how Anew supports women exactly where they are in their lives — without pressure or judgment. Trust takes time. For Susan, that first 10-minute meeting was a milestone, a moment of connection after a year of careful support.**

Stories like Susan's highlight the importance of Nurture to Empower's flexible, trauma-informed approach. Building trust takes time, and every small step forward matters. By working collaboratively across agencies and keeping women at the centre of care, we make sure that even in the most difficult circumstances, hope and support remain within reach.

**"The classes are so helpful; as a first-time mum I was lost and had no clue of what I was doing. You are not only taught, but you have a sense of community. I am so grateful for the classes and would be lost without them."**



# Anew

## ANEW 'NURTURE TO EMPOWER' in 2024/2025

Anew provides practical and emotional support to pregnant women and new mothers experiencing or at risk of homelessness. We do this through day service provision, outreach to family hubs/homeless accommodation, and a small number of supported accommodation beds for women in the award-winning Cherry Blossom cottage. Working with maternity services, Tusla, and housing and homelessness services, Anew aims to provide pregnant and new mothers and their infants with the best start in life.

Homelessness places expectant/new mothers in high-stress, insecure and unsafe environments, impacting their own health, pregnancy and early days as a mother. Women in homelessness have an increased risk of adverse perinatal outcomes (preterm delivery, neonatal intensive care unit admission and low birth weight)<sup>1</sup>. Low birth weight and early adverse childhood experiences significantly predict negative life outcomes ranging from health to education and employment for infants and mothers.

### ABOUT THE 'NURTURE TO EMPOWER' PROJECT

The "Nurture to Empower" project provides pregnancy support for expectant/new mothers experiencing homelessness. It empowers women in their parenting, personal development, education, and access to housing supports through inter-agency working. We do this through individualised and group support in our Dublin centre and emergency accommodation such as Hubs and Hostels.

The organisation supports a number of women, however this report card focuses on those expectant/new mothers provided with intensive support. 2024/25 saw an increase in complex referrals, returning clients, and sustained support for minority groups. The 'New Beginnings' initiative has offered women adult education opportunities supporting a two-generation approach.

### OUR IMPACT IN 2024/25

#### HOW MUCH DID WE DO?

- » **28** mothers and infants - intensive support
- » **15** interagency partners
- » **25** parent group sessions
- » **77** individual support contacts
- » **28** supports to access to other services
- » **10** family events/activities hosted

#### HOW WELL DID WE DO IT?

**90%**

RATED THE INITIATIVE  
POSITIVELY

**80%**

RECEIVED A  
RESPONSIVE SERVICE

**80%**

GROUP ATTENDANCE

**100%**

POSITIVE INTERAGENCY  
FEEDBACK

“From the moment I started the Nurture Project, I was greeted with warmth and kindness. The staff were amazing”

“Anew told me the truth about what to expect - and answered all my questions.”

### OUR IMPACT IN 2023/2024

#### IS ANYONE BETTER OFF?<sup>2</sup>

Change occurred in the lives of all participants across different outcomes. Here is a snapshot at the end of year 2:

**50%**

POSITIVE MENTAL  
WELLBEING

**78%**

POSITIVE PARENT -  
CHILD RELATIONSHIP

**78%**

PARENTING  
CONFIDENCE

**21%**

BREASTFED

**78%**

PARENTING CONFIDENCE



“I never had a parent myself. I didn't have anyone else to ask”

“I knew nothing about what to expect giving birth until I came here”

### OUR PARTNERS

- » First Fortnight
- » New Beginnings – Northside Partnership
- » After Care Services
- » Exchange House
- » TUSLA Child Protection Team
- » Mental Health Services
- » Cross Care (Migrants & Irish Women)
- » Domestic Violence Services
- » Maternity Hospitals
- » An Garda Siochana
- » Social Inclusion Teams
- » PACT
- » Irish Council of Social Housing
- » Drug Liaison Midwives
- » HSE Health Promotion

### KEY FINDINGS TO DATE & NEXT STEPS

There have been significant developments and learning in year 2.

1. Integration of the programme to our step down accommodation.
2. Research: Participate in 'Women's Voices' research to give visibility to the unique needs of expectant/new mothers in homelessness.
3. Staff development: Training and practice development in sexual health promotion and infant/child safety.

Next year, we aim to:

1. Continue the New Beginnings Programme
2. Continue our engagement with pregnant migrant women in IPAS centres
3. Secure sustainable funding to integrate this initiative to Step Down Accommodation
4. Share our learning and contribute to the research evidence on the lives of women who experience homelessness.

<sup>1</sup>Martin B, et al. (2021) Homelessness in pregnancy: perinatal outcomes. J Perinatol. December; 41(12):2742-2748. doi:10.1038/s41372-021-0187-3.

<sup>2</sup>We use the Outcomes Star, ongoing feedback, and appropriate questionnaires.

## Youth Integrated Pregnancy Support

Anew received one-year funding to develop the Youth Integrated Pregnancy Support (YIPS) Project from a generous donor in the Community Foundation Ireland. During 2024, this project was run in Haven House as part of our Day Services by Lyn Halpin. We achieved amazing impacts and the work was valuable to all the women who used our services. Funding finished at the end of 2024 and YIPS was suspended while we sought new funding, and we hope to recommence this work in 2025.

The project provided a high level of specialised pregnancy and parenting support for young pregnant women/mothers aged between 18 and 25, who are at risk of, or experiencing homelessness. The priority was on creating an accepting environment within their peers. A holistic approach was utilised focusing on the positive strengths of young mothers to help them develop and thrive.

The women in the project were often coach surfing or living in overcrowded accommodation. As part of the YIPS project we developed a bespoke programme of intensive interventions and support for young pregnant women and new mothers experiencing disadvantage.

The programme included interventions around pregnancy, parenting, health, life skills, education and employment especially for young disadvantaged mothers. The interventions were developed and delivered by YIPS as part of Anew's Day Services, accommodation Service and Outreach. The level and type of support is high for young mothers and the YIPS enabled us to provide this higher level of support.

The YIPS project staff linked in with external agencies such as Focus and Peter McVerry Trust to source appropriate accommodation for the young mothers we work with. We have found that in the absence of social housing the smaller family

hubs are more suitable for the young mothers and their babies. YIPS staff have worked hard to secure this type of accommodation for the younger cohort of women who could not access our specialised accommodation.

We utilised activities aimed at young people while recognising the difficulties of maintaining engagement and trust with this age group.

### YIPS Activities in 2024

- One to one, group and peer support.
- Provision of meals, travel, hygiene and baby essentials.
- Education and support around the pregnancy and new motherhood (Circle of Security (Limited)).
- Mental and physical health advice and support.
- Supports around social welfare, housing, creche, property viewings.
- Advocating at meetings with Tusla, Meitheal, Child Protection.
- All interventions are recorded; outcomes and impacts were measured using the "New Mum" Outcome Star interventions.



## Challenges

**Demand** - Pregnant women experiencing homelessness are not categorised separately but we know the numbers are significant; CBC is always full, there were 25 women on the referral wait list for CBC at the end of 2024 and we have already filled Lily Lodge.

There is currently little to no opportunity to avail of HHAP and the women and their babies are stuck in a cycle of moving from emergency accommodation to CBC then to back to Family Hubs and they are trapped in this cycle of homelessness which is very hard to break.

Our services are currently located in Dublin; however, we know there is a need outside Dublin, and we would like to be able to support women in other parts of Ireland. Due to lack of capacity as well as funding constraints around our accommodation we are currently unable to do this, but it is something we have planned for in our strategy.

**Suitability** of Our Supported Temporary Accommodation (CBC) - Anew secured the Cottage late in 2017 with its first full year of operation in 2018, it has accommodated approximately 100 women and their babies and has served us well. However, it is very small, there is just a small galley kitchen and a communal sitting/dining room with a box room doubling up as an office and staff bedroom.

Over the years the complexity of need for the women has highlighted the lack of a private space for key-working. There have at times been five babies in residence (having had two sets of twins in 2024), and the practicalities of so many bottles and nappies in such a small space have been very challenging as well as buggies and laundry.

It is clear the service has outgrown the space and the top priority for Anew is to source a larger premises to run this supported temporary accommodation. If we could secure this there may

also be some economies and we could potentially support six women and the babies (rather than four) with the same staffing.

**Outreach Support** - Our staff support every woman that contacts our service in some way; there is always a need for emotional support as the women are stressed, isolated and frightened due to being pregnant and homelessness. However, unless the women move into CBC or attend our Day Services we are limited through time and capacity in offering much-needed support. In 2023/2024 we were able to offer increased outreach support due to a temporary increase in staff but this has come to an end. We believe this element of our service is key to providing early intervention for children experiencing homelessness and the adverse effects on early childhood and development.

**Waiting List** - We do not actively promote or advertise our service but there is always a waiting list of high need pregnant women who require accommodation with supports during their pregnancy and into new motherhood.

**Eligibility** - Many women present as homeless for the first time as a direct result of their pregnancy. They can access Anew from 12 weeks on and Family Hubs from 20 weeks, however we are finding that due to lack of availability pregnant women cannot access this accommodation until much later in their pregnancy (often as late as 36 to 38 weeks). As a result, we cannot accommodate pregnant women when they need it most. Anew still provides support and programmes for these women as best we can in Haven House, however, we often cannot offer accommodation and we have insufficient staff to offer outreach support for these families.

**Young Mothers** - Our figures show that many of the women we work with are young with many under 25 years old. This creates a challenge as their needs are more intense.

# Governance

## Organisational Overview

Anew is a Registered Charity (Charity Number 20022983), a Company Limited by Guarantee (Company Number 494801) and an Approved Housing Body (AHB), (Registration Number AHB-02753).

## The Board

Anew is governed by a voluntary Board of 8 Directors (referred to as Trustees under the Charities Act), who are responsible for and committed to achieving the highest standard of corporate governance and accountability.

## Board Committees

There are two Board Committees who meet regularly and report into the Board:

1. Audit and Risk Committee
2. Strategy Committee

## Compliance

The Board of Anew ensure compliance requirements are met so that Anew can be seen by its members, clients, funders, the public and other stakeholders as a transparent, accountable and trustworthy Charity.

Anew is committed to ongoing compliance with the Charities Regulators Governance Code (the Code). The Code was developed by the Charities Regulator as a tool for Trustees to ensure their charities are managed in an open and ethical way and ensure they can continue to operate from year to year, in an effective and compliant way.

*"Good Governance involves putting in place systems and processes to ensure your organisation achieves its objectives with integrity and is managed in an effective, accountable and transparent way." (The Charities Regulator)*

This Principles-Based Code includes core standards that all large and small charities must implement. Small "Simple" charities only have to implement

the core standards. There are additional standards for organisations with higher income levels, more complex funding structures, significant staff, and those working with vulnerable people described as "Complex." Anew is a "Complex Charity" and is committed to implementing all standards of the Code.

## The Charities Governance Code

1. Advancing the charitable purpose – ensure the organisation promotes its purpose and is of public benefit.
2. Behaving with integrity - there should be a value led culture from the top.
3. Leading people – provide leadership to employees, volunteers and contractors to promote a culture of respect.
4. Exercising control – ensure the organisation is compliant with relevant legal and regulatory requirements.
5. Working effectively – trustees work together as an effective team and exercise their authority.
6. Being accountable and transparent - be open and transparent and able to justify their actions to all stakeholders.

Anew have comprehensive structures, processes, policies and procedures in place to ensure compliance is assured on an ongoing basis. A risk register is maintained and risk management is integrated into all Board meetings. Strategy and finance is incorporated to Board activities.

Anew is also compliant with the National Quality Standards Framework for Homeless Services in Ireland, Tusla's Governance Framework and the Approved Housing Bodies Regulatory Authorities Standards for AHBs.

Responsibility for governance rests with the Board of Directors (Trustees) and the Board of Anew maintain, make improvements, review and confirm compliance with the Code and other compliance requirements annually as part of its work plan.

# Essential Supplies - With Thanks

Thanks to several grants in 2024; the **Toy Show Appeal**, **The Children's Right's Alliance** and **The Our Lady of Charity Trust Fund**, we were able to provide essential items for pregnant women, new mothers and their babies experiencing homelessness.

When the women attended our Services they were provided with food, essential items and baby supplies which were purchased using these funds, this provided a vital intervention to women and babies who were often living in accommodation with no cooking facilities. They had a limited and sometimes non-existent income and often could not afford baby formula and nappies so this help was vital and eliminated the practice of watering down babies bottles for these women. Some of these women had absolutely nothing and nobody in the world to help them with these items e.g. we had pregnant women who were migrants with no entitlements and no family in Ireland and they were so thankful that we were able to help them.

We also provided travel for the women often in the form of taxi fares and this enabled the women to get to important hospital appointments while heavily pregnant or go to house viewing with a baby and buggy in tow.

As part of the Toy Show and OLG grant, we bought supplies and made up baby bags for the women to take to hospital with them when they gave birth, this meant they could go into hospital with dignity and pride.

When the women were ready to move to new accommodation we were able to provide "new home packs" with essential supplies.

Small household items and equipment provided for the woman and her baby to move into their new accommodation.

All the supports provided enabled the woman to concentrate on their pregnancy and new motherhood - this benefitted both mother and baby as those early days are key to the babies long term development.

## Thank You



## The Anew Board

**Chairperson** – Claude Daboul  
**Secretary** – Wayne Tyrrell  
**Director** – Meabh Savage  
**Director** – Fiona Barry

**Director** – Nives Paic  
**Director** – John Hanafin  
**Director** – Karina Lynch  
**Director** – Michael Hourihan

## Our People

**CEO** – Marian Barnard  
**Finance Officer** – Sharon Culliton  
**Finance Officer** – Claudia Moran  
**Services Manager** – Norma Fitzgerald  
**Housing Officer** – Niamh Rogers  
**Housing Officer** – Sorcha Byrne  
**Team Leader** – Grainne Bolland  
**Family Support Worker** – Melanie Woods  
**Family Support Worker** – Michelle Patten  
**Social Care Worker** – Rachel Brady  
**Social Care Worker** – Caroline Snowe  
**Social Care Worker** – Lyn Halpin  
**Support Worker** – Alan Fitzgerald  
**Support Worker** – Norma Guidan

**Support Worker** – Laura Power  
**Support Worker** – Samantha Kelly  
**Support Worker** – Aoife Ryan  
**Relief Worker** – Ava Byrne  
**Relief Worker** – Margaret Swan  
**Relief Worker** – Betty Lynch  
**Student** – Jackie McMahon  
**Charity Shop** – Moira Morrissey  
**Payroll Provider** – Nicola Foster  
**Property Maintenance** – Tom Fitzgerald  
**Social Media** – Rachel Sherlock  
**Digital Support** – Conor O'Hagan  
**IT Support** – Glitch IT/IT.ie  
**HR Support** – Engage HR

## Memberships

**Treoir** - Provide a free, confidential, specialist information service for parents not married to each other, living together or apart, their extended families, and those working with them.

**Childrens Rights Alliance** - Over 100 members working together to make Ireland one of the best places in the world to be a child by making sure that their rights are respected and protected in our laws, policies and services.

### Irish Council for Social Housing (ICSH)

- represents over 270 housing associations across Ireland.

**Dublin Homeless Network** – Network of homeless organisations working within the Dublin region feeding into DRHE and other statutory bodies.

**The Wheel** - Ireland's national association of charities, community groups and social enterprises.

## Statement of Financial Activities

(Incorporating Income And Expenditure Account) For The Year Ended 31 December 2024

	Note	Unrestricted funds 2024 €	Restricted funds 2024 €	Total funds 2024 €	Total funds 2023 €
<b>Income from:</b>					
Donations and legacies	3	11,014	10,482	21,496	19,061
Charitable activities		-	635,634	635,634	478,847
Investments	5	55,672	-	55,672	55,680
Trading activities	6	34,585	4,125	38,710	39,450
<b>Total income</b>		<b>101,271</b>	<b>650,241</b>	<b>751,512</b>	<b>593,038</b>
<b>Expenditure on:</b>					
Charitable activities		90,672	630,799	721,471	547,536
Trading activities	8	15,687	-	15,687	15,746
<b>Total expenditure</b>		<b>106,359</b>	<b>630,799</b>	<b>737,158</b>	<b>563,282</b>
<b>Net (expenditure)/income</b>		<b>(5,088)</b>	<b>19,442</b>	<b>14,354</b>	<b>29,756</b>
<b>Net movement in funds before other recognised gains/(losses)</b>		<b>(5,088)</b>	<b>19,442</b>	<b>14,354</b>	<b>29,756</b>
<b>Other recognised gains/(losses):</b>					
Gains on revaluation of fixed assets		100,000	-	100,000	-
<b>Net movement in funds</b>		<b>94,912</b>	<b>19,442</b>	<b>114,354</b>	<b>29,756</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		679,789	(46,828)	632,961	603,205
Net movement in funds		94,912	19,442	114,354	29,756
<b>Total funds carried forward</b>		<b>774,701</b>	<b>(27,386)</b>	<b>747,315</b>	<b>632,961</b>

Extracted from Anew's audited and approved Annual Financial Statement for year ending December 31st, 2024. A full set of statutory accounts can be found on the Charities Regulatory Authority website, Companies Registration Office and Anew's website [www.anew.ie](http://www.anew.ie).

Accounts prepared using FRS 102 and reported using Statement of Recommended Practice (SORP) guidelines

# Balance Sheet

As At 31 December 2022

	2024 €	2023 €
<b>Fixed assets</b>		
Tangible assets	1,674,133	3,345
Investment property	650,000	550,000
	<hr/> 2,324,133	<hr/> 553,345
<b>Current assets</b>		
Debtors	13,833	15,539
Cash at bank and in hand	199,368	255,175
	<hr/> 213,201	<hr/> 270,714
Creditors: amounts falling due within one year	(141,973)	(191,098)
	<hr/> <b>Net current assets</b>	<hr/> 632,961
Creditors: amounts falling due after more than one year	(1,648,046)	-
	<hr/> <b>Total net assets</b>	<hr/> 632,961
<b>Charity funds</b>		
Restricted funds	(27,386)	(46,828)
Unrestricted funds	774,701	679,789
	<hr/> <b>Total funds</b>	<hr/> 632,961

Extracted from Anew's audited and approved Annual Financial Statement for year ending December 31st, 2024. A full set of statutory accounts can be found on the Charities Regulator website, Companies Registration Office and Anew's website [www.anew.ie](http://www.anew.ie).

Accounts prepared using FRS 102 and reported using Statement of Recommended Practice (SORP) guidelines



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**CRO No. 494801**

**CHY No. 9172**

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