Anew

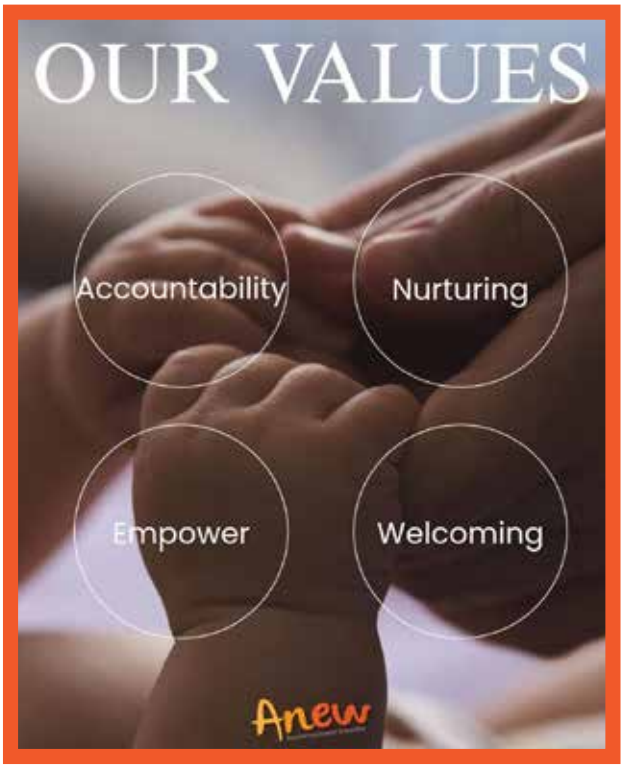


Annual Report

2025

More Than Just a Bed

Anew provides intensive, hands-on support to help safeguard and empower women and their babies, while also supporting fathers where appropriate. Our work goes beyond survival: we help families access the right support and accommodation as soon as possible, so they can begin and sustain life in safety during the most vulnerable early stages of parenthood.



Anew is Ireland's only Dedicated Charity Supporting Pregnant Women & New Mothers at the Edge of Homelessness.

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FROM THE CHAIRPERSON

As Chairperson of Anew, I am pleased to present this report on the organisation's work during 2025. This year reinforced an important truth: early intervention is not optional - it is essential. When families face pregnancy and the early years of a child's life without security, support and timely care, the consequences can echo for years.

The first 1,000 days, from conception throughto a child's second birthday, are widely recognised as a critical window for shaping long-term wellbeing. During this time, the environment a mother (and family) experiences directly influences the emotional health, stability and development of the child. That is why Anew's focus remains steadfast: to support women and their babies with practical help, emotional reassurance and stability at exactly the moment it is most needed.

Anew's Model: Wraparound Support for Women and Babies

In 2025, Anew continued to deliver a wraparound model of support that meets families as a whole, not just one part of their needs. Our services bring together:

- Practical supports including housing guidance, assessments and advocacy.
- Emotional and wellbeing supports through keyworking and structured engagement.
- Parenting and life skills supports that build confidence and strengthen routines.
- Accommodation and transition pathways that reduce disruption and help protect early childhood stability.
- Signposting to essential services, ensuring families do not have to navigate crises alone.

This model is particularly important where housing instability, isolation and stress can rapidly escalate, creating barriers to parenting, recovery and safe outcomes for children.

Supporting Safe Transitions and Continuity

In 2025 our accommodation services continued to provide safe, structured and supportive environments for pregnant women and new mothers experiencing homelessness. These supports are more than just a bed and help reduce the risk of repeated placements and disruption during a child's earliest life stages.

2025 also marked a meaningful expansion of Anew's focus on young parents. We began two new projects working with young mothers and fathers who often experience additional pressures such as disrupted education, social isolation, mental health needs and barriers to accessing entitlements and services.

Closure of our Charity Shop

After many years running a charity shop for Anew in Thurles, our volunteer Moira Morrisey retired from this role in early in 2025. We would like to thank Moira for her many years of service to Anew and wish her well in her retirement.

To my fellow directors, our team, partners, funders and most importantly to the women, fathers, and babies who trust Anew with vulnerable moments of life - thank you.

Claude Daboul

Chairperson, Anew Support Services CLG



FROM THE CEO

As we reflect on 2025, we do so with an awareness of the difficulties many families face and continue to face in an environment shaped by ongoing housing pressures, increased cost of living and heightened challenges for the pregnant women and new mothers we support. Through it all, our team remained steadfast in providing safety, dignity and practical support, meeting families where they are and standing alongside them when it matters most.

At the heart of Anew's work is a simple belief: every parent deserves the chance to begin parenthood with stability, care and hope and every baby deserves a foundation built on wellbeing and connection.

2025 at a Glance

In 2025, Anew provided support to 268 pregnant women/new mothers (up from 247 in 2024). Support ranged from antenatal and housing assessments to intensive individual and group work, participation in Anew programmes, accommodation support, donations and signposting to essential services. We know the need extends beyond Dublin: 12% of reported contacts were outside Dublin in 2025. This number is rising and we know it will be over 20% in 2026. We noted an increase generally in challenges in mental health, which will be a focus of one of our new projects over the next three years.

Our Service Delivery and Impact

Cherry Blossom Cottage remained a critical lifeline. providing accdommodation and wraparound support for 14 pregnant women, new mothers and their babies.

A major step forward came in 2024 when we purchased Lily Lodge, our 'step-down' transitionary accommodation comprising six own-door apartments. Lily Lodge had its first full year of service in 2025 and accommodated nine women and their babies. This enabled Anew staff to maintain practical and emotional support while the families were seeking long-term accommodation.

In our Day Services at Haven House, we continued the 'Nurture to Empower' Programme (supported by the Katherine Howard Foundation), as well as housing guidance and support which are central to our service. We also delivered outreach support to isolated women, including those in emergency accommodation.

Strengthening Young Parents' Support

In late 2025, Anew secured the Young Parent Support Programme (YPSP) for Dublin 15, supporting young mothers and fathers from pregnancy through the first 1000 days. We also secured three years of Rethink Ireland funding through the Brighter Futures Fund for From Pregnancy to Beyond (formerly the YIPS project), with a strong focus on mental health, perinatal wellbeing, parenting skills, peer connection and advocacy.

Investing in Our Team and Our Future

Two staff completed the Neo-natal Behavioural Observation Programme for use in our accommodation services and we received funding to train five staff in the Parents Under Pressure model, with rollout planned for 2026/2027.

To the women and families we support: thank you for trusting us with the vulnerable moments of your lives. To our staff, volunteers and partners: thank you for showing up with compassion, professionalism and resilience. And to our funders and stakeholders: thank you for investing in solutions that change outcomes in real and lasting ways.

Marian Barnard

CEO, Anew Support Services CLG

MORE THAN JUST A BED

Amid an ongoing homelessness crisis, government agencies are working to ensure that pregnant women and new mothers have access to a bed and a safe place to stay.

BY NORMA FITZGERALD, SENIOR SERVICES MANAGER

This is a vital response at a time of significant pressure on homeless services. However, through our work at Anew, we recognise that a bed, while essential, is not enough.

The women who come to Anew often need significant support to navigate an increasingly complex housing and homelessness system. Pregnancy and the early months of motherhood can already be an overwhelming time and experiencing homelessness, poverty and vulnerability at the same time can make it extremely difficult for women to prioritise their own health and wellbeing or prepare for the arrival of and care for their baby.

Our staff work alongside women, encouraging and empowering them to engage with antenatal care and other health services, access parenting support, understand their housing options and develop the confidence and practical skills needed to advocate for themselves and their children.

Staff are also seeing the very real impact of poverty and increasing financial hardship. For some women, meeting basic everyday needs can become a barrier to engaging with other supports. Through vouchers, donations and practical assistance, Anew staff work hard to help women meet immediate needs, creating the space for them to engage with services and begin addressing the longer-term challenges they face.

For Anew, the response therefore goes beyond providing a place to sleep. It is about meeting women where they are, building trust and providing practical, compassionate support at a particularly vulnerable point in their lives. Our aim is not simply to help a woman through a period of homelessness, but to support her as she builds greater stability, confidence and security for herself and her baby.

A bed matters. But for a pregnant woman or new mother experiencing homelessness, a bed must be accompanied by the right support if we want to create the conditions for lasting change.

Anew offers this support through our residential and day services, providing women with practical and emotional support as they work towards greater stability and independence for themselves and their children.

In 2025 this work would not be possible without the ongoing commitment and support of our funders and partners: Tusla, Dublin Regional Homeless Executive (DRHE), Rethink Ireland, Community Foundation Ireland, Katherine Howard Foundation, Childrens Rights Alliance, Wesco, Beale Law and the many kind donations we receive from the public

Their investment is ultimately an investment in people. It enables Anew to support and develop our staff, strengthen our services and give our teams the resources they need to provide consistent, compassionate and practical support to women and children.

Because a bed provides immediate safety, but skilled and sustained support helps women build a future.

ANEW'S MODEL OF SERVICE

Anew is a Trauma Informed Care organisation and values continuous professional development.

Anew acknowledges that the best way to support a baby's development is to provide support for the mother as a woman and mother, so she does not become vulnerable as she cares for her child. We also support the baby's father where appropriate and we acknowledge the benefit of a father's involvement in a child's life where this is safe.

The women we work with are from marginalised communities including but not limited to migrants, care-leavers and members of the travelling community. They have almost all experienced physical, psychological and sexual abuse, as well as cultural stigma, social isolation and deep trauma in their lives. All the women we worked with were at a high risk of poverty and exclusion.

Throughout all our services Anew works closely with the women and other agencies to ensure the best possible outcome for the women and their babies. Our staff nurture and empower the women to have healthy pregnancies, parent their children confidently, live in secure accommodation, gain employment, take up educational opportunities and create support networks.

We support mothers by building on their strengths and helping them identify solutions that will work for their children, their families and themselves as per Tulsa's 5-year Parenting Support Strategy, (2022 – 2027). We also utilise the Lundy Model of Child Participation, which focuses on a child's right to participation as laid down in Article 12 of the United Nations Convention on the Rights of the Child.

We measure the impact of the work that we do using the evidence-based Outcome Star Measurement Tool which measures the changes the women feel in various areas of their lives. For their future, it is vital that they have hope and are optimistic and that we work with them to identify their goals and aspirations, particularly in the areas of returning to work and/or education, as well as the essential need to secure a home.

We are a Trauma Informed Care organisation and value continuous professional development. Mandatory training includes Child Protection and Welfare, Health and Safety and other compliance requirements. We encourage staff as part of Performance Management to identify any relevant areas of training they may want to pursue.



Vision Mission, Values and Aims

We take personal responsibility for using our resources efficiently, achieving measurable results and being accountable

Anew's Vision

Anew envisions an Ireland where all pregnant women, especially those at risk of homelessness, have access to high-quality, professional and compassionate services and can avail of practical and emotional supports.

Anew's Mission

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

Anew's Values

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

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

Empowerment: We strive to help the women become stronger and more confident, especially in taking control of their lives and realising their abilities and potential.

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

Anew's Aims

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

STRATEGIC PLAN 2026-2029

To fulfil the purpose, vision, mission and aims of Anew, the Board developed a strategic plan which will be implemented over 2026 to 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, three strategic pillars have been identified.

For each Pillar, short, priority areas, activities and outcomes have been addressed.

Processes are in place to ensure that this Strategy is at the core of the organisation's culture and activities for the future.

The strategic plan is a live document and the Board tracks its progress on an ongoing basis, with periodic reviews built into the process.

Pillar 1

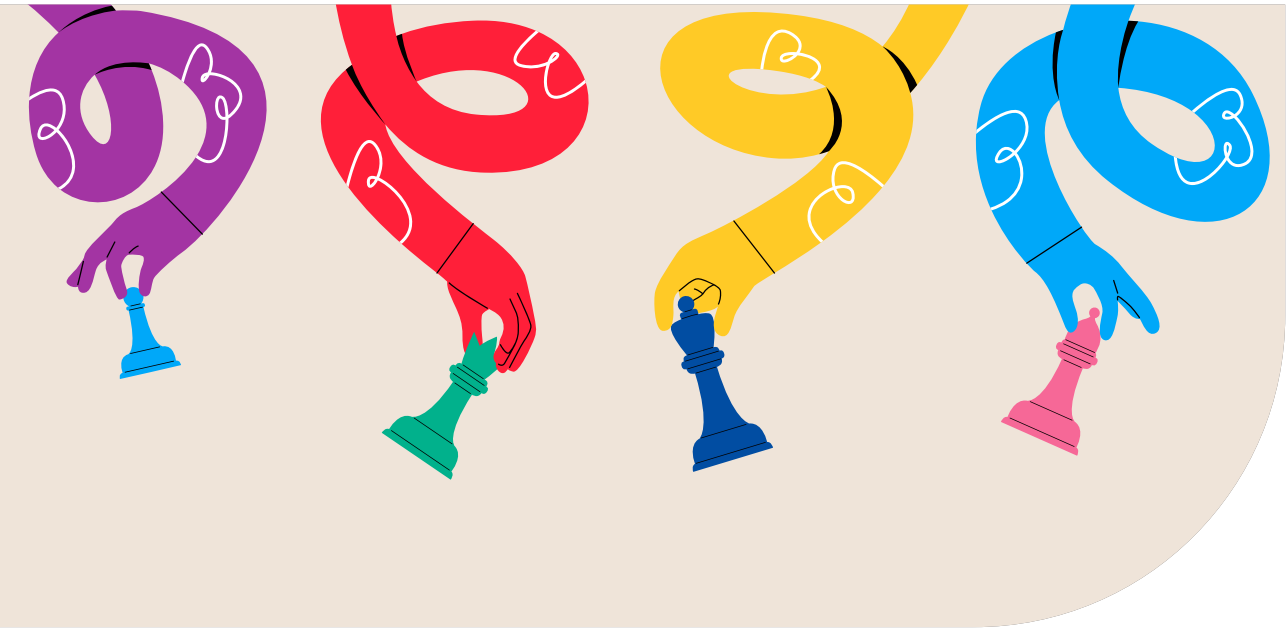
- **The Why - The Women's Journey, Our Model of Care.**

Pillar 2

- **The Means - Physical Resources such as Accommodation Units.**
- **Secure Sustainable Funding.**

Pillar 3

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



COMPLEXITY OF NEED

Staff work on a lone basis, therefore, there is little capacity to offer supports outside of the Cottage for women with high needs.

The women referred to us present with complex situations and needs, including leaving care, young motherhood (25 years and under), addiction, mental and physical health issues, high-risk pregnancies, extreme isolation, domestic abuse, children at risk of entering the care system (i.e. where there are child protection and welfare concerns), other children in care, lone parenting, migrancy and language barriers. Every woman we work with is parenting alone.

Supporting mothers and babies with complex needs

Two mothers supported during the year gave birth prematurely. One baby was born 11 weeks premature and required ongoing support in relation to medical needs, while another baby required oxygen support. CBC provided a stable and supportive environment where these mothers could care for their babies while receiving help to respond to their babies' additional needs.

Safeguarding was also a significant aspect of the service. Three babies were on the Child Protection Register prior to birth. For two of these mothers, leaving hospital with their babies would not have been possible without a placement in Cherry Blossom Cottage. Access to Cherry Blossom Cottage therefore enabled these mothers and newborn babies to leave hospital together, while ensuring that appropriate support was available at this critical stage.

These experiences demonstrate the ongoing challenge of ensuring that families can access the right level of support and appropriate accommodation at the right time, particularly where young parenthood, homelessness, safeguarding concerns and additional health needs all require different levels of support.

Where children are at risk of entering care, staff work with the women on an individualised basis to maintain guardianship, with child protection as the top priority. Our support often helps ensure that the baby remains with the mother.

CHERRY BLOSSOM COTTAGE

Cherry Blossom Cottage: Service Overview

Cherry Blossom Cottage provides Short-Term Accommodation for pregnant women experiencing homelessness. The service is funded by the Dublin Region Homeless Executive (DRHE) and Tusla and provides four residential places, together with comprehensive wraparound support.

Cherry Blossom Cottage works with women from a wide range of cultural backgrounds, many of whom present with complex and interconnected needs. The service provides a safe and supportive environment during pregnancy and following the birth of a baby, with support tailored to the individual circumstances of each woman and her baby.

The complexity of need among families accessing Cherry Blossom Cottage continued to present challenges during 2025. These included homelessness, safeguarding concerns, pregnancy, premature births, early parenthood and additional health needs, each requiring a different level of support.

Women received a broad programme of practical and emotional support, including key-working, the Outcome Star, housing support, antenatal support, parenting support, Neonatal Behavioural Observation, life skills and self-care. Arts and crafts, social outings and bingo also provided opportunities to build confidence, relationships and social connection.

Staff use the New Mum Star as a key-working tool. The Star provides a structured approach to identifying each woman's strengths and individual support needs, particularly in relation to parenting, caring for her baby and housing. It helps women and staff to agree goals, monitor progress and identify areas where additional support is required as women prepare for greater independence.

Cherry Blosson Cottage 2025 Outcomes

During 2025, 14 new families were supported through Cherry Blossom Cottage. Seven of the women presenting to the service were aged under 25, including two 18-year-old mothers. This reflects how young many of the mothers accessing Cherry Blossom Cottage are and the level of support they require.

Increased Outcomes in the following areas have been recorded

- Mother-and-baby bonding and attachment.
- Parenting confidence.
- Independent-living skills.
- Mental health and wellbeing.
- Housing outcomes.
- Sustained engagement.
- Multi Agency support.

Housing and move-on outcomes

A key focus is supporting families to move on to the most appropriate accommodation. In 2025:

- Nine women moved to Lily Lodge.
- One woman moved to another service.
- One woman moved to a Family Hub.

As new mothers it is vitally important that they have the right skills to look after their new baby. Often the women have not had role models in their own upbringing.

CHERRY BLOSSOM COTTAGE OUTCOMES & IMPACTS

We measure the impact of our work in Cherry Blossom Cottage using the evidence-based Outcomes Star, specifically the New Mum Star, which measures the changes that pregnant women and new mothers experience in nine areas of their lives.

During 2025, we measured outcomes for all the women resident in CBC across the nine areas of the Star, at the start and end of their stay.

Measurements taken at an initial meeting and then on exiting Cherry Blossom Cottage showed significant improvements in all areas measured.

Improvements Noted per Category

Looking after their baby - 92%
Connection with baby - 83%
Baby's development - 83%
Health and wellbeing - 83%
Life skills - 75%
Safety and stability - 75%
Goals and aspirations - 50%
Family support network - 50%

It must be noted that the women did not score highly in safety and stability at the start or finish measurements and this is an area where there is always concern. Other areas that are still developing are goals and aspirations and family support network where 50% noticed improvements. In all areas where there was no improvement the measurement stayed the same so there was never a deterioration noted.

Breaking the Cycle

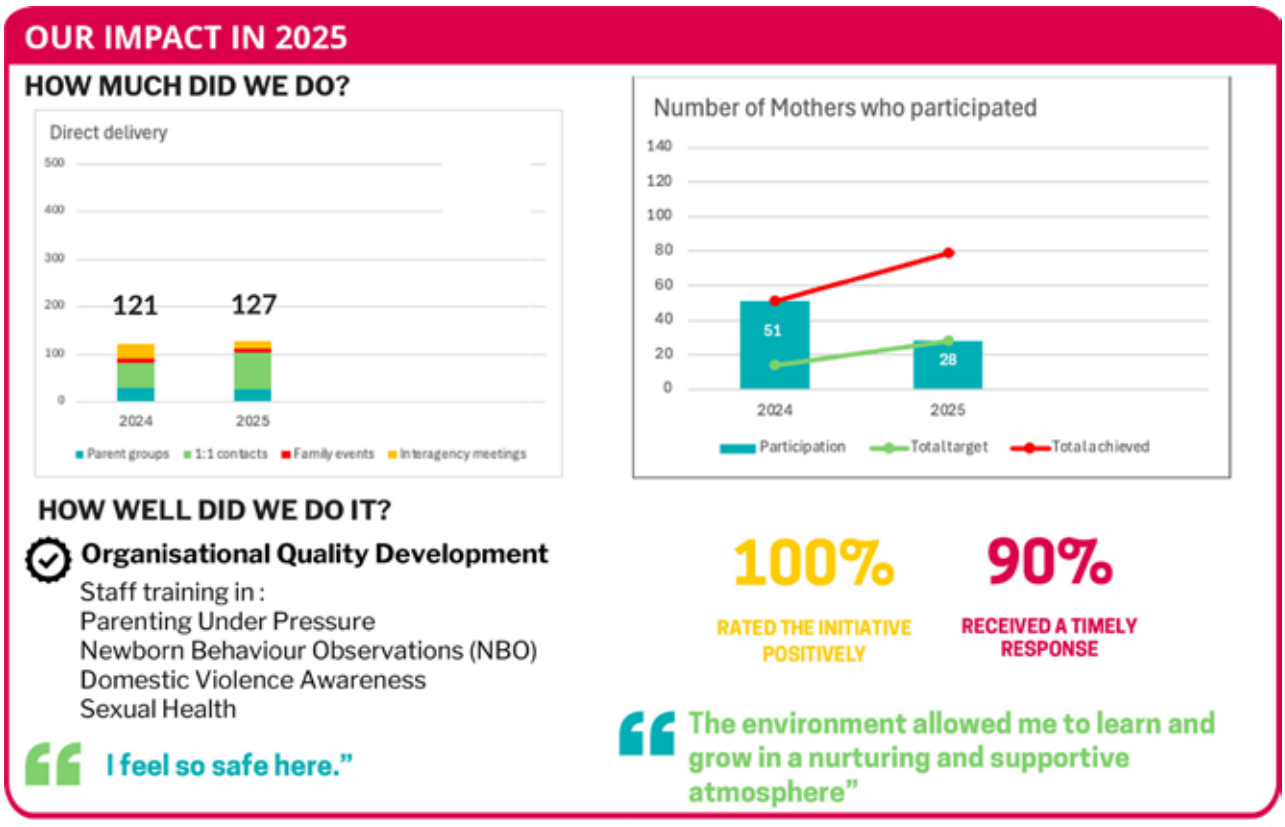
We worked with women with high needs who as a result have been successful in keeping their babies from entering the care system. Our outcomes illustrate how Anew actively "break the cycle" for these women and their babies.

ANEW 'NURTURE TO EMPOWER' 2025

Homelessness places expectant/new mothers in high-stress, insecure and unsafe environments, impacting their own health, pregnancy and early days as a mother. Mothers have an increased risk of adverse perinatal outcomes[1] including low birth weight which can indicate negative life outcomes ranging from health to education and employment for mothers and infants.

The "Nurture to Empower" project, funded by The Katharine Howard Foundation, is a 3-year project providing 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.

This report card focuses on those expectant/new mothers provided with intensive support including practical materials as well as wraparound supports over three years. It incorporates 'New Beginnings' - an adult education initiative supporting a two-generation approach.



LILY LODGE

Having Lily Lodge means we can now continue to support the women and their babies in suitable accommodation through the early days of motherhood

Our step-down accommodation provides transitionary tenancies for pregnant women and new mothers while they are looking for long-term accommodation. In its first year of service, staff and management worked together to establish the policies, procedures and processes required to deliver the service safely and effectively.



Central to this development was the voice of the women living in Lily Lodge. Their feedback and willingness to share their experiences provided invaluable insight and helped shape the service as it developed.

One of the most significant lessons was the level of support women required when transitioning from Cherry Blossom Cottage to Lily Lodge. While moving into a home with their own front door represented an important step towards independence, it was also a considerable adjustment. Many of the mothers had never lived independently before and were moving from the wraparound support and communal environment of Cherry Blossom Cottage to managing their own home.

Challenges

Women spoke openly about the challenges of managing rent, household bills and budgeting, as well as the practical responsibilities that come with independent living. Some also described experiencing loneliness and isolation as they adjusted to living without a communal space and the immediate support they had previously had.

Their feedback helped Anew develop a deeper understanding of what a successful transition to independent living requires. A home of their own is an important milestone, but a secure tenancy alone is not enough. Women may continue to need practical and emotional support as they build

confidence, develop independent living skills and adjust to the responsibilities of managing their own home and being a mother. This learning has been invaluable in shaping the developing Lily Lodge model, ensuring that the service continues to respond to the lived experiences and needs of the women and children that Anew supports.

Initially, one of the rooms in Lily Lodge was used as an office to provide an on-site base for staff while the new service became established. This allowed staff to become familiar with the building, develop relationships with the women and, importantly, be readily available to provide support during the early stages of the programme.

As the service developed, staff secured a dedicated office space locally. This has become a valuable space where key-working sessions, programmes and house meetings can take place, giving women and staff a comfortable and consistent environment in which to meet and work together.

Activities

The Home Star is the key Outcome Star tool used in Lily Lodge, providing a structured way to assess needs, agree individual goals and monitor progress over time. Its focus on parenting and independent living allows staff to demonstrate changes in women's confidence, skills and capacity for independent living, while also identifying areas where continued support is required.

At the beginning of 2025, one mother moved from Cherry Blossom Cottage with her twins when they were just four weeks old. The move enabled her to be closer to her mother and to access important family support; her mother was also experiencing homelessness at the time and was living in homeless accommodation.

Demand for the service remained high throughout its first full year of operation and by the end of August all six apartments were occupied. Finding a suitable home for families to move on to was one of the biggest challenges for Lily Lodge staff. A shortage of suitable housing and high rents meant that families who were ready to move forward often faced considerable barriers in securing a tenancy.

Staff advocated alongside families, building relationships with Place Finders, Local Authorities, estate agents and pursuing appropriate housing opportunities. Against this challenging backdrop, three families secured Housing Assistance Payment-supported accommodation, marking an important achievement for the women and children involved.

July 2025 marked a special milestone for Lily Lodge with its official opening by Minister James Browne. During his visit, the Minister spent time meeting the mothers and babies and learning about Lily Lodge and the support it provides to families.



HAVEN HOUSE

Our Day services in Haven House offer a range of supports to pregnant women and new mothers.

Day Services

- Group and one to one support.
- Life skills – cooking, budgeting, relationships.
- Pregnancy and parenting support.
- Support with physical and mental health.
- Peer support programmes.
- See below

Housing Support

Throughout 2025, Anew's Housing Case Worker played a vital role in supporting pregnant women and new mothers experiencing homelessness in moving from crisis towards stability. Working as part of the wider Anew team, the Housing Case Worker holds specific responsibility for housing support across all Anew services and accommodation, helping to ensure that families are prepared for tenancy processes, supported through key steps and ultimately enabled to settle into safe, suitable homes.

Central to this role is completing comprehensive housing assessments with each resident or service user. These help identify the most appropriate accommodation options, whether through tenancy pathways, local authority processes or other housing supports. Working closely with nominated key workers, the Housing Case Worker helps ensure that each family's housing plan is integrated into their overall support package, reflecting both immediate needs and longer-term goals.

The Housing Case Worker also supports families through the practical realities of securing a tenancy. This includes helping clients to understand and complete local authority paperwork and to navigate housing eligibility requirements, as well as providing information and guidance on schemes such as HAP and other relevant accommodation options. She works alongside clients to identify potential properties and leads, using online research, local advertisements and engagement with landlords and letting agents.

Preparation and confidence-building are key. Families are supported to prepare for contact with letting agents and for property viewings and are accompanied where appropriate. Where homes are identified, the Housing Case Worker supports residents in discussions with landlords and letting agents, ensuring that properties meet safety standards and are well maintained.

Support also extends to attending meetings and completing the documentation required for tenancy sign-up, move-on transitions and handover processes, as well as making referrals to tenancy sustainment supports where relevant.

In addition to direct casework, she maintains up-to-date case records and captures outcomes on PASS, supporting Anew's outcomes-based approach. She tracks numbers, progress and housing outcomes and monitors the barriers that prevent access to suitable housing, highlighting them so that Anew can respond and advocate effectively.

Finally, the Housing Case Worker contributes to day-to-day tenancy support and to maintaining accurate records of income and expenditure within Anew's accommodation services.

Overall, this role helps translate Anew's commitment to wraparound support into real-world housing progress, supporting families to secure tenancies and sustain stability in the earliest stages of parenthood.

THE PARENTS UNDER PRESSURE (PuP) PROGRAMME

An evidence-based, 20-week therapeutic parenting intervention designed for families under severe stress, especially those facing substance use, mental health challenges, poverty, or trauma. It combines parenting skills, emotional regulation training, mindfulness and case management support to strengthen parent–child relationships.

Overview

- Parents Under Pressure (PuP) is designed for high-risk families experiencing multiple adversities, such as parental substance use, homelessness, financial stress or mental health difficulties.
- The programme focuses on improving parenting capacity, enhancing emotional regulation and building secure parent–child relationships.
- It is manualised, strengths-based and tailored to each family's needs.

Key Components

- 12 core modules delivered over approximately 20 weeks.
- A full assessment and goal setting at the start.
- Mindfulness-based strategies to help parents regulate their emotions and stay present with their children.
- Video feedback, psychometric assessments and parent workbooks, as needed.
- Delivered through a therapeutic case management model, often in homes or community settings.

Who It Supports

PuP is particularly effective for:

- Parents using drugs or alcohol.
- Families experiencing trauma or instability.
- Parents with mental health challenges.
- Families disconnected from mainstream services.

Evidence shows strong improvements in parenting practices and emotional wellbeing and reductions in drug-related harm.

Summary

The Parents Under Pressure programme is a structured, evidence-based intervention that improves emotional wellbeing, parenting skills and family stability for parents under significant stress.



YOUNG PARENT SUPPORT SERVICE PROGRAMME

The programme was established to provide a welcoming and supportive space for young parents and their children

Anew's Young Parents Support Programme (YPSP) was launched as part of the national YPSP programme covering Dublin 15 in October 2025. Niamh Rogers and Caroline Snowe are leading the development and delivery of the service. The programme was established to provide a welcoming and supportive space for young parents and their children, helping to reduce isolation and build confidence through peer support and community connection.

The YPSP programme is designed to assist young mothers and fathers, typically aged 14 to 23, and their families. The programme provides support from pregnancy through the first 1,000 days of the child's life, focusing on various aspects of parenting and personal development.

During its first few months, weekly sessions focussed on building relationships, providing parenting support and creating opportunities for young parents to connect with others facing similar experiences. The programme received a positive response from participants, who valued the opportunity to access support, information and a safe space where they felt understood.

The strong engagement during this initial period highlighted the need for dedicated supports for young parents and laid a solid foundation for the programme's continued growth and success in 2026.

Types of Support Offered

Individualised Support: Young parents receive personalised assistance tailored to their specific needs, including health, relationships, parenting skills and social welfare entitlements.

Educational and Emotional Wellbeing: The programme promotes educational opportunities and provides emotional support, helping young parents to maximise their potential and reducing the risk of social exclusion.

Advocacy and Information: YPSP workers provide advocacy and information on rights and entitlements, helping young parents understand their options regarding welfare, education and childcare.

Group Support: Some groups, such as the Student Mothers Group, focus on supporting young mothers in secondary education, ensuring that they can continue their studies while managing their parenting responsibilities.

The high level of involvement during this early phase emphasised the necessity for specialised assistance for young parents, encompassing both mothers and fathers.



NEO-NATAL BEHAVIOURAL OBSERVATION PROGRAMME (NBO)

Anew is delighted to be using this wonderful tool in Cherry Blossom Cottage.

What the NBO is

The Newborn Behavioural Observations (NBO) system is a structured, strengths-based tool that helps parents and trained practitioners observe and understand a baby's unique behaviours from birth to about three months, supporting the parent–infant relationship.

NBO is a set of 18 behavioural observations designed to highlight infant's abilities, preferences and needs, based on the work of Dr T. Berry Brazelton and Dr Kevin Nugent and used in clinical, community and home settings. The baby's behaviour is seen as their "language", to communicate likes, dislikes and developmental capacities.

Purpose and benefits

Strengths-based: there is no pass or fail; the focus is on the baby's strengths and unique style.

Enhances understanding: parents learn how their baby communicates and what supports them best.

Supports bonding: improves trust between parents and practitioners.

Guides care: identifies needs for support, soothing or stimulation.

How it works

A trained practitioner (e.g. a health visitor, midwife, neonatal nurse or occupational therapist) conducts a session of 20–40 minutes in a quiet, warm environment, often at home. Observations may include:

- Response to sound and light when asleep (habituation).
- Motor tone, activity level and reflexes.
- Self-regulation (sleeping, crying and soothing).
- Response to faces, voices and objects.
- Signs of stress or overstimulation.

The session is guided by the baby's cues and the results are shared with parents in an accessible, practical way.



PREGNANCY & BEYOND

In the final quarter of 2025, we launched Pregnancy and Beyond, led by Sorcha Byrne. The programme is aimed at women aged 18–25, with a core focus on improving mental health and wellbeing through practical support, education and peer-to-peer connection.

Funded by Rethink Ireland's Brighter Futures Fund, this will establish a new service for pregnant women and new mothers experiencing homelessness. As homelessness continues to rise across Ireland, these women remain among the most vulnerable within the homeless population. The service complements our existing accommodation services, offering additional support to women who may not require, or be ready for, accommodation-based support.



In this service we work flexibly, offering appointments at our Day Services, in the community or alongside other services involved in a woman's support. Each woman is assigned a key worker who, where required, develops an individualised support plan with her, covering areas such as budgeting, healthy eating, postnatal wellbeing, housing and accommodation, childcare, education and future planning. Our approach is fully client-centred, recognising that every woman's circumstances, needs and journey are different.

Our staff have worked incredibly hard to make Pregnancy and Beyond a welcoming, non-judgemental space where women feel heard, valued and supported. The service is still in its infancy and continues to evolve in response to the feedback and experiences of the women who use it; this flexibility is an important part of what makes it work.

Offering a dedicated day and outreach service to pregnant women and new mothers experiencing homelessness has been transformational, both for Anew and for the women we support. We are excited to have started the second year of Pregnancy and Beyond, building on what we have learned, expanding the service and finding new ways to support women and their babies during such an important stage of their lives.

Baby Preparation Course

Our four-week Baby Preparation Course builds women's practical knowledge and confidence in areas such as safe sleep, bathing, feeding and postnatal mental wellbeing. Delivered in a group



setting, it gives women the chance to share their experiences and knowledge with peers, build relationships and feel less isolated.

Mammies Social Club

The Mammies Social Club meets regularly at our Day Services in Haven House. Centred on activities for mothers, babies or both, these sessions offer a welcoming, supportive space where pregnant women and new mothers in similar circumstances can socialise and have fun, while building meaningful connections and strengthening their support networks.

The club has been extremely well received, with activities including Baby Sensory, Bingo Loco, Sip and Paint, baking and decorating. The sessions give women a chance to step away from the pressures they may be facing and simply enjoy time together in a safe, relaxed environment.

Creating opportunities for connection, enjoyment and peer support is an important part of promoting wellbeing. The club has helped reduce isolation, build confidence and foster a stronger sense of community and belonging among the women who use our service.



CASE STUDY - ANNA and JAMES

In January 2025, Anna contacted Anew following a referral from the Social Work Team at the Rotunda Hospital. A week later, she experienced a sudden and traumatic premature delivery and complications meant that her son, James, required an extended stay in the Neonatal Intensive Care Unit (NICU). A few weeks after the birth, Anna moved into Cherry Blossom Cottage alone while James remained in hospital.

Anna visited James every day. Anew staff provided consistent emotional and practical support through the uncertainty about his health and, once he was well enough to wear clothes, helped her choose suitable items from donations to the Cottage.

She experienced significant anxiety and low mood, particularly as James remained dependent on oxygen and was having seizures and she feared losing him. Recognising the seriousness of her distress, staff advocated for an urgent assessment by the Perinatal Mental Health Team.

After almost two months in hospital, James was discharged into Anna's care. Given his medical needs, this transition required considerable support from Anew staff. Anna initially lacked confidence in caring for James and needed practical help with meal preparation, laundry and appointments. Oxygen equipment was delivered to the Cottage and both Anna and staff received extensive training in its safe use.

At first, Anna found it difficult to ask for help, fearing it would be seen as a sign of weakness. Through regular key-working sessions, staff built a trusting relationship with her, encouraging her to voice her concerns and to see seeking support as a positive step towards confidence and independence.

At the Cottage, James reached important developmental milestones and by the time he was four months old, the hospital team was pleased with his progress: a significant moment for Anna after an extremely difficult start to motherhood.

In July 2025, after almost six months at Cherry Blossom Cottage, Anna and James moved to Anew's step-down accommodation, Lily Lodge. By then, Anna had the confidence and skills to care for James with far less hands-on support. There, she learned to manage household bills, pay rent and keep a regular laundry routine. Routines and time management remained a challenge, but with continued encouragement from staff, her organisation and timekeeping gradually improved. Anna maintained a safe and stable home for herself and James and they successfully moved on from Lily Lodge.

Today, James is a happy, healthy and active little boy. Anna's journey shows the importance of tailored, trauma-informed and compassionate support for mothers experiencing homelessness, particularly those facing complex medical, emotional and practical challenges.

Through consistent support, advocacy and her own growing skills and confidence, Anna overcame a difficult start to motherhood and built a stable foundation for her and James's future.

CASE STUDY - LOUISE and LILY

Louise self-referred to Anew in early 2025, she was three months pregnant and studying for her degree. Her family situation meant that she could not live in the family home once her baby was born. She was referred to our accommodation service and was supported to complete her housing application and homeless needs assessment.

Louise availed of antenatal education with Anew's Young Parents Support Programme staff and received a great deal of emotional and practical support.

She was placed on the Cherry Blossom Cottage waiting list but, unfortunately, there was no

availability. She was placed in another family hub and continued to attend weekly one-to-one and group sessions. Louise attended baby massage classes and has shown a real skill for peer support and for mentoring other young parents.

Louise struggled with her mental health at times, but with interagency collaboration between Anew, the maternity hospital and the hospital's Maternity Social Worker/mental health teams, she was able to manage these challenges.

Louise and her daughter have overcome many challenges and, through it all, have formed a special bond. Louise recently secured a social housing apartment and is now settling into her and her daughter's very first home.

CASE STUDY - JESSICA and EMMA

Jessica was referred to Anew's Young Parents Support Programme (D15) in October 2025. YPSP staff met with Jessica and her daughter Emma. An assessment was being completed by Barnardos.

Jessica immediately engaged in our programme and we discovered that she and her daughter had been couch surfing for the first year of her daughter's life. Jessica needed supports in a number of areas including childcare, housing, employment and emotional support.

One-to-one sessions began and Jessica engaged with the Young Parents Support Programme. A homeless needs assessment was arranged and completed, this allowed Jessica and her daughter to access the Homeless Housing Assistance Payment.

Jessica was referred to our transitional accommodation Lily Lodge, where the benefit of receiving support for independent living would be hugely impactful in her transition to living independently.

Jessica and her daughter moved into Lily Lodge and began their journey with a safe secure base. Emma slept in a cot for the first time at 12 months old.

Emma then secured a place in a local creche on a part-time basis, allowing her to socialise with other babies and enabling Jessica to start searching for employment. Jessica engaged with the community-based supports in YPSP; Emma thrived and they have now secured their own home with the help of a Housing Case Worker



CHALLENGES

Demand

Pregnant women experiencing homelessness are not categorised separately, but we know the numbers are significant: the Cherry Blossom Cottage is always full with a waiting list and by the end of 2025 we had already filled Lily Lodge.

Lack of availability and rising rents leave little to no opportunity to avail of Homeless Housing Assistance Payment. Women and their babies are trapped in a hard-to-break cycle of homelessness, moving from emergency accommodation to the Cottage and back to Family Hubs.

Our services are in Dublin, but we know there is a need elsewhere in Ireland as 12% of our calls in 2025 came from outside Dublin. Capacity and funding constraints prevent us from meeting it for now, but it is planned for in our strategy.



Suitability of Our Supported Temporary Accommodation

Anew secured Cherry Blossom Cottage in late 2017 and since its first full year of operation in 2018 it has accommodated over 100 women and their babies. However, it is very small: a galley kitchen, a communal sitting/dining room and a box room doubling as office and staff bedroom.

The growing complexity of the women's needs has highlighted the lack of private space for key-working. At times there have been five babies in residence (including one set of twins in 2025), making bottles, nappies, storing buggies and doing laundry very challenging, as have caring for babies with medical needs such as oxygen.

The service has clearly outgrown the space and Anew's top priority is to source larger premises. This could bring economies, potentially allowing us to support six women and their babies (rather than four) with the same staffing.

Outreach Support

Our staff support every woman who contacts us; the women are stressed, isolated and frightened by pregnancy and homelessness and always need emotional support. However, unless they move into Cherry Blossom Cottage or attend our Day Services, time and capacity limit the support we can offer. We believe this element is key to early intervention for children experiencing homelessness, given its adverse effects on early childhood and development.

Eligibility

Many women present as homeless for the first



time as a direct result of their pregnancy. They can access Anew from 12 weeks and Family Hubs from 20 weeks, but lack of availability means they often cannot access accommodation until 36 to 38 weeks, so we cannot accommodate them when they need it most. Anew still provides support and programmes in Haven House, but we often cannot offer accommodation and lack the staff for outreach support to these families.

Young Mothers

Many of the women we work with are under 25 and their needs differ greatly from those of older women. Most Cherry Blossom Cottage residents in 2025 were under 25, two of them turning 18 just weeks before their babies were due, which greatly increased the life skills and support they needed. Extremely isolated and vulnerable, with little to no support network, they relied on vital help outside the Cottage with hospital visits, social worker meetings and court attendances. At the end of 2025 we secured two programmes, Young Parents Support Programme and From Pregnancy to Beyond, which will provide much-needed resources.

High Support Needs

The women referred to us present with complex needs, including: care leavers; young mothers (25 and under); addiction; mental and physical health issues; high-risk pregnancies; extreme isolation; domestic abuse; children at risk of entering care due to child protection and welfare concerns; other children in care; lone parenting (every woman we work with parents alone); and migrancy and language barriers.

In 2025 we accommodated two new mothers who had recently left the care system. Because staff work on a lone basis, there is little capacity to support high-needs women outside the Cottage, but specific Tusla funding in 2025 let us continue their care from early motherhood into new homes.

Where children are at risk of entering care, staff work individually with the women to maintain guardianship, with child protection as the top priority. Our support often helps keep the baby with the mother.

Risk

Pregnancy while homeless is profound for any woman, but for those already in precarious situations, such as domestic abuse or unsuitable accommodation, it is high-risk and mother and baby need support and a safe place through pregnancy and new motherhood. Our specialised service reduces these risks. With more staff, we could replicate the Cottage's intensive supports on an outreach basis for women in other services.

Since 2018 our bespoke model has proven successful in supporting pregnant women and new mothers. However, with demand rising and a lack of suitable accommodation for them, it is vital to build up our outreach and accommodation service. The significant, ongoing and growing demand and the increasing complexity of the women's needs, make the case for expansion clear.

GOVERNANCE & STAFFING

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

Anew is committed to ongoing compliance with the Charities Regulators Governance Code (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.

Board Activities

A risk register is maintained and risk management is integrated into all Board meetings. Strategy and finance is incorporated into Board activities.

Anew is also compliant with:

- The National Quality Standards Framework for Homeless Services in Ireland
- Tusla's Governance Framework
- Approved Housing Bodies Regulatory Authority.

Responsibility for governance rests with the Board of Directors (Trustees) and the Board of Anew maintains, makes improvements, reviews and confirms compliance requirements annually as part of its work plan.

The Anew Board - 2025

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- 2025

CEO – Marian Barnard
Finance Administrator – Claudia Moran
Services Manager – Norma Fitzgerald
Team Leader – Grainne Bollard
Housing Officer – Niamh Rogers/ Sorcha Byrne
Support Worker – Ava Byrne
Support Worker – Margaret Swan
Support Worker – Samantha Kelly
Family Support – Melanie Woods
Family Support – Michelle Patten
Social Care Worker – Rachel Brady
Social Care Worker – Caroline Snowe
Support Worker – Alan Fitzgerald
Support Worker – Norma Guidan
Relief Worker – Betty Lynch
Social Care Worker - Jackie McMahon
Payroll Provider – Nicola Foster
Property Maintenance - Tom Fitzgerald
Digital Support – Conor O'Hagan
IT Support – IT.ie
HR Support – Engage HR
Accountant – Noel Delaney Chartered Accountants

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.

FINANCIAL STATEMENTS

Statement of Financial Activities (incorporating Income and Expenditure Account) for the Year Ended 31 December 2025

	Note	Unrestricted funds 2025 €	Restricted funds 2025 €	Total funds 2025 €	*Total funds 2024 €*
Income from:					
Donations and legacies	3	**6,482**	**-**	**6,482**	*21,496*
Charitable activities		**-**	**611,216**	**611,216**	*612,322*
Investments	5	**62,880**	**34,938**	**97,818**	*55,672*
Trading activities	6	**-**	**3,754**	**3,754**	*38,710*
Total income		**69,362**	**649,908**	**719,270**	*728,200*
Expenditure on:					
Charitable activities		**44,044**	**675,576**	**719,620**	*721,471*
Trading activities	8	**5,332**	**-**	**5,332**	*15,687*
Total expenditure		**49,376**	**675,576**	**724,952**	*737,158*
Net income/(expenditure)		**19,986**	**(25,668)**	**(5,682)**	*(8,958)*
Net movement in funds before other recognised gains/(losses)		**19,986**	**(25,668)**	**(5,682)**	*(8,958)*
Other recognised gains/(losses):					
Gains on revaluation of fixed assets		**-**	**-**	**-**	*100,000*
CAS government grant		**-**	**55,709**	**55,709**	*23,312*
Net movement in funds		**19,986**	**30,041**	**50,027**	*114,354*
Reconciliation of funds:					
Total funds brought forward		**774,701**	**(27,386)**	**747,315**	*632,961*
Net movement in funds		**19,986**	**30,041**	**50,027**	*114,354*
Total funds carried forward		**794,687**	**2,655**	**797,342**	*747,315*

Statement of Financial Position
as at 31 December 2025

	Note		2025 €		*2024* *€*
Fixed assets					
Tangible assets	10		**1,662,519**		*1,674,133*
Investment property	11		**650,000**		*650,000*
			2,312,519		*2,324,133*
Current assets					
Debtors	12	**20,678**		*13,833*	
Cash at bank and in hand		**297,736**		*199,368*	
		318,414		*213,201*	
Current liabilities					
Creditors: amounts falling due within one year	14	**(241,254)**		*(141,973)*	
Net current assets			**77,160**		*71,228*
Creditors: amounts falling due after more than one year	15		**(1,592,337)**		*(1,648,046)*
Net assets excluding pension asset			**797,342**		*747,315*
Total net assets			**797,342**		*747,315*
Charity funds					
Restricted funds			**2,655**		*(27,386)*
Unrestricted funds			**794,687**		*774,701*
Total funds			**797,342**		*747,315*

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of FRS 102 Section 1A for small entities.

ANEW'S THEORY OF CHANGE

In 2025, using client feedback we articulated our Theory of Change for the women we work with which will be used as the basis for developing our practice into the future.

What is the problem we are trying to solve?	Pregnant women and new mothers, experiencing homelessness, with a limited or non-existent support network need pre and post natal supports and secure accommodation.
What is our proposed solution to this problem?	Provide pregnant women and new mothers, experiencing homelessness with pre and post natal supports and short-term accommodation whilst seeking long-term housing.
What are we going to do?	Case Management · Preparation for birth · Early childhood parenting skills · Short term accommodation · Transitional accommodation · Housing support · Practical supports · Cross agency collaboration.
What short term outcomes will be experienced?	Improved physical health · Improved mental health · Increased safety · Increased attachment with baby · Increased confidence · Improved self esteem.
What long term impact will be experienced?	Confident parenting skills · Increased social connection · Improved community supports & connection · Improved employment opportunities · Increased independence · Recovery from trauma · Early childhood attachment is developed.
Our Impact statement	Women have safe, secure accommodation and are confident mothers with a support network that meets their needs.



ANTI- POVERTY INITIATIVES

We were grateful to receive several grants during 2025 from the Community Foundation grants, Our Lady of Charity of the Good Shepherd and Toyshow to purchase essential items for the women and babies. These included items such as baby formula, nappies, hygiene products and food. We were also able to ensure each woman had a “baby bag” for the hospital. At Christmas the Children’s Rights Alliance provided food vouchers to help combat food poverty. These initiatives are so important to ensure basic needs are met and really help the women to engage with our vital services.

THANK YOU

Anew



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