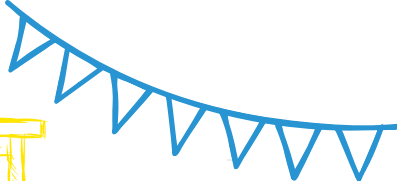
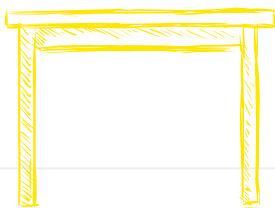




PROVIDING A
HOME
for a
BRIGHTER
FUTURE

Cork Foyer
Annual Report 2014

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mission **STATEMENT**

Cork Foyer offers quality affordable accommodation with education and training at the heart of the project.

We strive to develop independent living skills through integrated training programmes and clear-cut Support Plans, empowering young adults to realise their full potential and take their rightful place in the community.

statement from the **CHAIRMAN**



Whilst small shoots of economic recovery may be evident, times remain as tough as ever for young people who are homeless and trying to come to terms with the situation in which they have found themselves.

The Cork Foyer has witnessed a significant increase in the number of referrals during 2014. Those presenting often have complex needs and may be affected by trauma and abuse during childhood; some have simply been severely restricted through their varying levels of disability and understanding. All of the above influence and affect a young person's ability to manage and overcome the challenges and obstacles that lay ahead, when attempting to achieve independent living successfully.

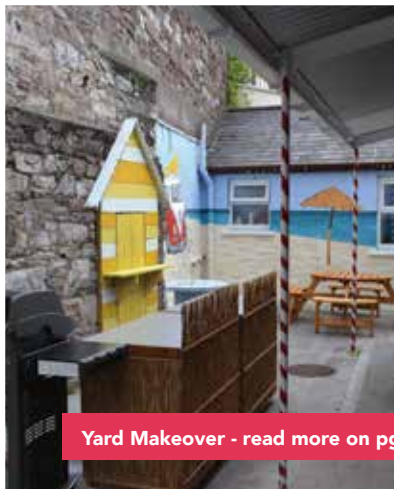
In the midst of this traumatic period and to prevent a young person devolving into further crisis, the Foyer strives to provide a safe and supportive home which offers stability and the opportunity to develop and benefit from an improved quality of life as they look

forward to a brighter future. While providing a focused and integrated 24 hour service for three hundred and sixty five days of the year, the service endeavours to meet not only the needs of its own residents, but also helps to connect disadvantaged service users from other organisations such as Cork Simon Community to

available training courses. Such an empowering service is only achievable through effective integration and partnership working alongside a dedicated team, which is strengthened by the expert advice and vision of the Management Committee.



Life Skills - read more on pg 17



Yard Makeover - read more on pg 8

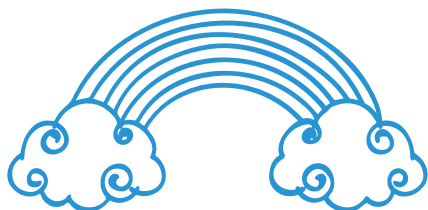


Homelessness is devastating, and for most young people it will leave them isolated, vulnerable and extremely disillusioned with life.

There is no doubt that the Foyer Federation's Open Talent approach has steadily transformed the way that we support young people who have found themselves homeless. It serves to assist them in channelling their energies and identified talents, thereby enabling residents to achieve their own personal aspirations as well as enhancing the environment in which they live. I hope this year's Annual Report gives you a true reflection of the talents and endeavours of our residents and what can be achieved by working together. I am particularly impressed with the transformation of an old garden storage shed into a fully functional workshop as well as

the makeover of our dreary yard into vibrant and relaxing seating area. This is a great example of how we can still maximise the use of our current assets!

We are extremely grateful to the Foyer Federation, Janssen Pharmaceutical and listed local businesses for financially assisting the Foyer and making both Working Assets projects such a huge success. Of course none of this would have been possible without the continued support of key stakeholders, partners and core funding provided by the Health Service Executive, Cork Education and Training Board and the Department of Environment and Local Government.



building ASSETS + TALENTS

Throughout 2014, the Foyer has continued to integrate the Foyer Federation's Open Talent Service Development Package. The process has helped the Cork Foyer to understand how all involved with the Foyer, including current residents and former residents, really perceive the service that we offer and what can be done in the short and long term to reduce disadvantaged thinking and unlock potential.



Using and applying the knowledge gained at practitioner learning and development forums, we proceeded to hold a number of workshops and meetings with residents to fully understand the concept of Advantaged Thinking and see how we could apply it to the Cork Foyer. Creating a simple post it board (Pink for Advantaged Thinking feedback and Orange for Disadvantaged Thinking feedback) and establishing a talent bank of young people and staff in itself highlighted a number of potential areas for development. From this whole process an inclusive Advantaged Thinking Action Plan was drawn up.

Within our Action Plan, residents identified two possible Working Assets projects that could commence straight away. The first was to turn an old storage shed into a fully functional workshop where staff and residents could repair broken Foyer furniture or make products etc. We also agreed that a workshop would be very beneficial for working on community projects, especially after struggling for tools when building the Foyer Winter Wonderland last year. The other project that was identified was to turn a dreary back yard into an exotic seating area (beach scene) as residents don't have their own outdoor chill out area to hold BBQs etc.

These identified areas for improvement matched the Working Assets programme perfectly. The projects would improve the Foyer environment, fully utilise wasted Foyer Assets and promote community integration. However, the successful developments also required an array of talent contributors and additional funding. Thankfully, a number of local businesses also agreed to sponsor the Projects including; Janssen Pharmaceutical, Sean Ahern Electrical, NCOLL Construction, John Ahern Electrical, CK Landscaping and Garden Maintenance, T&A Building Supplies, Meitheal Mara, Churchfield Community Trust and Airticity.

before



after



before



after



~~~~~

Carl Miller's inspirational coaching session through basketball could not have been timed better. His session instilled self belief in what can be achieved if we all work together and apply our talents. The day left Carl's *Think It, Believe It, Achieve It* motto firmly embedded into the Foyer. An open day was held in September to thank the sponsors and showcase the completed projects.

~~~~~



Carl Miller

Former Professional Basketball Player





Janssen Pharmaceutical, Mayfield Community Arts & Foyer Residents

Funding was also provided to operate a Dragons Den style personal development initiative. A total of 18 Talent Bonds were issued to residents to the value of €300 each. The worthy Talent Bonds were used to purchase musical instruments, leading to two residents taking up music with Cork Academy of Music, tool boxes for residents who wish to work on community projects, a lap top to help a resident complete his IT course and bicycles/ gym passes to improve personal fitness and mobility.

Two Foyer residents showcased their achievements at the Foyer Federation's practice event in Birmingham on 11th September 2014, including Tim O'Sullivan playing his rendition of 'Are You Lonesome Tonight'.

18

Talent Bonds

Total Value Awarded:

€3641



I first moved into Cork Foyer in April 2014. At first it took me about a week to get settled into my new surroundings and to get to know the residents. I started the internal training classes in the second week. I told one of the teachers about my love for music and that I always wanted to learn more about it. She helped me to get a place on a music course. Since then I have never looked back and still have the same love for it as I did the first day I started the course in the Cork Academy of Music.

I heard that the Foyer was offering a talent bond to residents. This was the Foyers way in my eyes of helping the residents to get something that would benefit them in the future. I applied for it and got accepted. I got a trumpet as it was my first study instrument on the music course. I was ecstatic the day I got my very own trumpet as it meant that I could practice more and improve my musical skills.

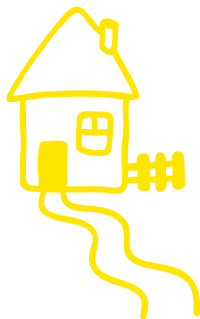
In September 2014 I was asked by Barry Waddingham if I was interested in going over to Birmingham with my trumpet and give a speech to the Foyer Federation gathering there. I saw this as a great opportunity for me to show other Foyers what the talent bond has done for me and to show how it has helped me to pursue something that I am passionate about and progress onto bigger and greater things. It was definitely the highlight of 2014 for me.

The trip and the talent bond has given the opportunity to go and sing at a community event in the Foyer, appear on the television playing my trumpet and allow me to be Santa at events over Christmas. All of these great experiences will live with me as these have been some of the greatest experiences and achievements in my life. I have achieved all of this since moving into the Foyer and it is something I will always greatly appreciate.

“ All of these great experiences will live with me as these have been some of the greatest experiences and achievements in my life. ”

Timmy O'Sullivan

building INDEPENDANCE + SELF-CONFIDENCE



Improving a resident's self confidence is a vital part of working towards independence. The process starts with an in-depth assessment which leads to the resident and their Project Worker agreeing a detailed Support Plan.

Areas the resident feels positive about or wishes to improve are identified in the early stages of residency. These areas could include anything from budgeting, education and hygiene to dealing with probation commitments or accessing the mental health services. Once a long term final goal is agreed, we agree small achievable tasks building up to a hopefully successful outcome.

I was referred to the Foyer by Edel House after living there for six months. In the Foyer I was helped to work on my independent living skills and to complete my Fetac level 3 and 4 course in lots of different areas. Whilst in the Foyer I was given a chance to do 2 weeks of work experience in the garden cafe. Following my work experience, I was given part time work in the cafe and now am working full time on a community employment scheme.



“ ... now I have the skills I need to maintain and keep my new accommodation. ”

I've since moved on from the Cork Foyer after being referred to Sophia Housing. I acquired a lovely two bed apartment. In the Foyer I gained further training, stability and established a steady day to day routine and now I have the skills I need to maintain and keep my new accommodation.

Michaela Butler



When I moved to the Cork Foyer I was really unsure what to expect. The staff and other residents made me feel at home. My project worker helped me to settle in and offered me support. I completed the internal training. I was asked to go on an exchange trip to a Foyer in Manchester. I really enjoyed it and I was able to go skiing for the first time. I was given support in finding a college course from the staff in Cork Foyer.

I went on to do a media course in St John's College which I really enjoyed doing. I completed this course which I was very happy with. I was also helped by staff to find my own accommodation and I have been living independently in my own apartment for nearly two years. Since moving out of the Foyer, I am working full time as a waitress in a cafe in Blackpool and have also started doing a part time course in nail art.

Annmaria O'Flaherty



We aim to empower each resident to undertake tasks themselves with the support of the Foyer staff and external agencies. Positive momentum and confidence can be gained when a resident achieves a task or goal, which ultimately improves the overall ability of each resident to live independently. Not every plan goes perfectly, but the supportive environment of the Foyer provides a safe place for residents to make mistakes, reassess their goals and become more resilient.

Over the last few years we have acknowledged that it is important to recognise the talents and abilities of our residents rather than focusing on any negatives. Previously we set up the City Farm Shop where residents made and sold food products from produce they grew in the garden.

More recently, we have focused on the Foyer Federation's Open Talents and Working Assets schemes. Open Talents provided us with the opportunity to identify our residents' talents & interests and help them to explore and experience them through a small financial investment. This ranged from investing in residents' interests in playing music, carpentry, fitness, education and many others.

Such innovative projects provide an opportunity for residents to utilise their existing talents and develop new skills and talents, helping to create a sense of achievement which has a significant impact on their confidence and self esteem. It cannot be under-estimated how this increased self confidence and belief can have a positive effect on a resident believing that they can thrive independently and move away from homelessness.

Through close partnership with other housing and support providers, utilising our own resources and fully exploring the private rented sector, we aim to secure more appropriate and long term housing for our residents.

Moving into fully independent accommodation can be very unsettling for most residents. Therefore, the Foyer extends its support service to include a decreasing level of tenancy sustenance when appropriate. For some residents, their relationship with family members improves and they return to the family home. Either way, the Foyer encourages young people to keep in touch and avail of its internal training programmes and initiatives. Perhaps the best example of this is the Foyer's football team which attracts a consistent number of former residents every week.

SOME STATS

↑ 88



HOUSING APPLICATIONS RECEIVED

66
MALE

22
FEMALE

58
18-20 YEARS

30
21-25 YEARS



33 new
RESIDENTS

MALE 26

FEMALE 7

18-20 YEARS 20

21-25 YEARS 13



30 RESIDENTS
moved on

PLANNED 23

UNPLANNED 7

PRIVATE LANDLORD/RAS 6

RETURNED HOME 5

SHARING WITH FRIENDS/FAMILY MEMBERS 10

HOUSING ASSOCIATION OR SPECIALIST PROVIDER 2

OTHER HOMELESS HOUSING PROVIDER 6

TREATMENT CENTRE 1

SOME KEY REFERRING AGENCIES

Liberty Street House	20.5%	Probation & Welfare Services	6.8%
Prison Post Release Service	9.1%	Cork Simon Community	5.7%
Edel House	8%	Child & Family Agency	5.7%



I was living in Cork Foyer for roughly two years. I had nowhere else to go and the Foyer offered me accommodation. I knew a few people living here so I was looking forward to moving in. I was happy to have a roof over my head. The staff and management were very supportive and helped me to get involved in internal training. Horticulture, cooking and communications classes were my favourite subjects.

I also enjoyed doing maths and developing my writing skills. After living in the Foyer for two years, I felt that I was prepared to live on my own. The staff in the Foyer helped me throughout the process. I was looking forward to living on my own and to starting a new chapter in my life. I moved into a flat in the city. I was very nervous for the first few nights living on my own in a new environment, however, the staff here are very supportive. The staff encouraged me to continue to come up to the Foyer to attend the classes. I was very happy that I am able to do this. I made new friends in the Foyer so I am happy to be able to come up and talk to them and to keep in contact. At the moment, I am hoping to get a job in order to make a better life for myself. I would love to be a mechanic and start an apprenticeship. The staff have helped with my C.V. I am very grateful for the support that I have received from the staff in the Foyer. I have come a long way since I first arrived in Cork Foyer and I will continue to come up and visit everyone in the Foyer and finish my training.

Paul

“ I would love to be a mechanic and start an apprenticeship. The staff have helped with my C.V. I am very grateful for the support that I have received from the staff in the Foyer. ”

building **LIFE + EMPLOYABILITY SKILLS**

EMPLOYMENT SKILLS

Young adults that reside in the Cork Foyer come from a wide variety of backgrounds and their level of life and employment skills vary from individual to individual. Because of this it is important to have a flexible and adaptable approach to working with young people.

Residents develop their employment skills through education and training. The internal education and training programme that is offered in the Foyer comprises of a number of Fetac accredited courses at level two, three and four depending on the individual's level of prior education. Courses on offer in the Cork Foyer include; Culinary Skills, Career Preparation, Communication, Computer Skills, Horticulture, Mathematics, and Interpersonal Skills.

We are lucky to have a number of tutors that strive to achieve the best from all residents. The internal training programme runs for 16 hours a week. All residents that are not engaged in external education or training are actively encouraged to attend internal training. To accompany the internal training, all residents are offered the opportunity to have an individual training plan and help to find the right course or development programme. In the last 12 months we have had our highest number of residents moving on from internal training to external training and education programmes.



16

hours per week of

**INTERNAL TRAINING
ON OFFER**

Since moving into the Foyer I have been able to handle my money and keep up with rent. I have kept up with college and stayed away from the negativity and drug users in my life. I have gained confidence and have excelled where I have struggled in life previously. I am set to do well in my end of year exams and am progressing with my army reserves and boxing. I have felt at peace in the last few months and am enjoying having structure and stability while I try to reach my goals.

Oisin



2014 ACHIEVEMENTS

15 RESIDENTS COMMENCED EXTERNAL EDUCATION OR TRAINING

COMMENCED FT / PT EMPLOYMENT / VOLUNTEER WORK	1
FETAC LEVEL 2 GENERAL LEARNING	3
FETAC LEVEL 3/4 PERSONAL EFFECTIVENESS	9
FETAC LEVEL 3 COMMUNICATIONS	10
FETAC LEVEL 3 CAREER PREPARATION	8
FETAC LEVEL 3 NUMERACY/MATHEMATICS	4
FETAC LEVEL 3 IT	8
FETAC LEVEL 3 FOOD & COOKERY	12
FETAC LEVEL 3/4 HORTICULTURE	20
FAST FORWARD LIFESKILLS 1 OR MORE SESSIONS	8

LIFE SKILLS

Life skills are often referred to as soft skills when talking about the skill set a person has. However, the soft skills a person possesses are often the most crucial for a young adult to be able to move on to independent living. Life skills range from the basic to the advanced and relate to every aspect of a person's life, from using a washing machine to knowing your rights as a tenant.

Carrying on from an initial life skills assessment, residents work through our new passport to independence booklet that was specifically developed by staff. This booklet provides information to residents on all areas that are needed to successfully move on. It also places responsibility on residents to improve their skills, ask for support and provide evidence of their skill set. Providing evidence of a person's skill set reinforces a resident's confidence in their abilities and allows their Project Worker to provide the necessary supports.

On Wednesday afternoons the YMCA deliver the Fast Forward Programme in the Foyer for 8 weeks twice a year. The aim of the programme is to provide residents with information that has a direct impact on their wellbeing and can be linked to the issues regularly highlighted within Support Plans. In 2014 the Fast Forward Programme ran workshops in; tenancy rights, sexual health, alcohol awareness, stress, body image and teamwork.



Residents can also build their life skills through a variety of informal conversations, activities and general interactions with staff, other organisations, visitors and other Foyer residents. This was clear to see when Foyer residents used their local knowledge, planning and hosting skills to provide a packed tourist experience in the summer for our visiting friends from Llety Llanelli Foyer in Wales.

Later in the year, and in conjunction with Cork City Council RAPID initiative, local businesses and community projects, residents had the opportunity to interact directly with a number of organisations and the general public to create an unforgettable and

magical second Foyer Winter Wonderland for local families and schools. Cllr. Dr. John Sheehan commenced the festive fun by switching on the lights and our very own resident Timmy, played the role of Santa superbly at the Foyer and at various locations in the community.

The Foyer is extremely grateful to all those visitors who donated a gift. Your gifts brought a great deal of joy to the families and children using homeless services in the City during Christmas.



management COMMITTEE MEMBERS

Dave Cody

Chairman

CEO (Retired)
Cork City Enterprise Board
Union Quay
Cork

Dennis Hickey

Project Manager

Social Inclusion
HSE South Floor 2
Áras Slainte
Wilton Road
Cork

Denis Barrett

Cork Education & Training Board

Community Education Facilitator
21 Lavitt's Quay
Cork

Barry Waddingham

Cork Foyer Manager

Assumption Road
Blackpool
Cork

Invited Resident Representatives

Cork Foyer

Assumption Road
Blackpool
Cork

Ger McCarthy

Treasurer

Admin Officer
Housing & Community Services
Cork City Council
Cork

Aileen O'Connor

Homeless Officer

Housing & Community Services
Cork City Council
Cork

Karen Higgins

Senior Executive Officer

Housing Department
Cork County Council
County Hall
Cork

Mark Cronin

Member of Blackpool Community

Co-operative Service Centre Ltd
90 Great William O'Brien Street
Blackpool
Cork

Sgt John O'Connor

An Garda Síochána

Mayfield Garda Station
Mayfield
Cork

The Chair, members of the Board and Cork City Council would like to acknowledge the dedication and commitment of the Board members who left during 2014. Their expertise and experience will be greatly missed;

Fiona Long

ABLES Adult Literacy Group

Bill Dunlea

Blackpool Community Co-Operative
Service Centre Ltd

financial STATEMENT

INCOME AND EXPENDITURE SUMMARY AS OF 31ST DECEMBER 2014

FOYER GENERAL ACCOUNT:

INCOME

Rent & Miscellaneous Income	€110,052
Health Service Executive	€281,745
Department of Heritage, Environment, & Local Government	€204,741
Total Income	€596,538

EXPENDITURE

Payroll	€467,580
Heating & Lighting	€27,640
Cleaning	€12,411
Repairs & Maintenance	€40,110
Miscellaneous Supported Housing Costs	€6,667
Professional Fees	€3,736
Telephone	€3,360
Printing, Stationery, Advertising, TV & Postage	€8,081
Travel, Training & Subsistence	€2,036
Capital Replacement/Development Fund Transfer	€20,700
Cork City Council Finance Department Accruals	€4,217
Total Expenditure	€596,538

FOYER GARDEN PROJECT:

Balance as at 1st January 2014	€3,098
Total Income	€2,730
Total Expenditure	€3,138
Balance as of 31st December 2014	€2,690

FOYER RESIDENT HARDSHIP / PARTICIPATION FUND:

Balance as at 1st January 2014	€3,104
Income:	
Foyer Federation Open Talent Initiative	€6,642
HSE One-Off Grant	€5,000
Miscellaneous Income	€1,281
Mark Cronin Book Royalties	€527
Total Income	€13,450
Total Expenditure	€11,898
Balance as of 31st December 2014	€4,656

CAPITAL REPLACEMENT / DEVELOPMENT ACCOUNT:

Balance as at 1st January 2014	€109,788
Total Income	€20,700
Total Expenditure	€0.00
Balance as of 31st December 2014	€130,488

CERTIFIED BY:



John Hallahan - Management Accountant, Cork City Council



Comhairle Cathrach Chorcaí
Cork City Council

Cork Foyer is a Cork City Council
Housing & Community initiative

