

the BIG WHITE BUILDING ON THE HILL



cork foyer **annual report 2011**
Promoting Independent Living

The 2011 Annual Report cover was designed and inspired by Foyer Residents

CONTENTS

- 2 Statement from the Chair**
- 4 Shaping Lives through Enablement**
- 6 Shaping Lives through Accredited & Non-Accredited Programmes**
- 9 Shaping Lives through Activities**
- 11 Shaping Lives through Community Integration**
- 14 Staff Feature and the Team**
- 15 Financial Statement**
- 16 Management Committee Members**

The Big White Building on the Hill

Not many people know it
Not many people care to notice it
But to people like me it's my home, it's my haven, it's my place
That has and will change my life forever
It's the big white building on the hill
Sure, call it the Foyer if you will

The staff here are caring, special and quite unique
They helped me find a home when I was down and things seemed bleak
I know I'm not a quitter, now I am happy and my life has changed
Still times get hard but sure they always will
I just look up when I am feeling blue and I always know it's the Foyer that got me through

Catherina O'Reagan, Foyer Resident



CHAIRMAN

I am delighted to present some of the highlights and work of the Foyer during 2011. The sensitive stories, experiences and feedback provided by the Foyer residents, underline the importance of our work. They also help us to visualise the expectations, underlying support needs and aspirations of each and every Foyer resident from entry through to successful independent living.

During such harsh financial times and the subsequent constraints imposed on us all, it is vital that we are innovative with our thinking and resources. We will continue to prioritise our expenditure and strive to provide real value for money, whilst maintaining a first class provision for young people out of home.

It is to this end, I would like to pay recognition to the City of Cork Vocational Education Committee, Health Service Executive and the Department of Environment, Heritage and Local Government who continue to provide essential core funding. I am also extremely grateful to the Pobal Dormant Accounts Fund, ESB Electric Aid and the Courts Poor Box. Their generous funding has allowed the Foyer to implement an array of activities to capture the imagination of its residents and build on their current assets, including film making skills, animation and free passes to local leisure facilities. These creative programmes enhance the great work of the dedicated staff team, whilst improving the overall wellbeing of the Foyer residents.

Moving forward, strong partnerships and community integration will be pivotal in meeting the Foyers aims and objectives, ultimately improving the prospects and opportunities for our service users. These in turn will increase the motivation, confidence and self-esteem of those participating, whilst creating a sense of belonging in the community.

The Management Committee continue to gain comfort in the leadership of Barry Waddingham and his long serving staff team, whose experience and dedication make a real difference to lives of our service users. I would also like to pay recognition to the Board members themselves, who give up their valuable time and expertise to steer this wonderful and truly holistic service.

I continue to be impressed by all involved at the Foyer, but this year, I would like to pay particular tribute to ABLES Adult Literacy Group. Their dedicated team of facilitators, managed by Fiona Long, have not only provided accredited learning opportunities for Foyer Residents, but they have extended their service to meet the learning needs of clients from other services, such as Cork Simon Community and Churchfield Community Trust. Their flexible and often individual approach to personal development has naturally reduced barriers to learning and produced some remarkable results.

Finally, the Management Committee and I would like to wish Stephen Kearney, former Director of Housing & Community Services a long and enjoyable retirement, following 26 years dedicated service to the public. His undeterred vision and efforts were instrumental from the early planning stages of the Foyer to its current successful operation.

SHAPING LIVES THROUGH ENABLEMENT

Cork Foyer is a service user led support provision that actively strives to promote continuous improvement, whilst meeting the flexible needs of homeless young people or young people at risk of becoming homeless. We recognise the value of service user participation and strive to empower young people to influence the decision making process at all levels, promoting an essential relationship between Service Users, Foyer Staff, Management, Key Stakeholders and the local community. Cork Foyer believes service user participation will encourage young people to value the Foyer service and make decisions which affect them directly, whilst developing valuable life skills in dealing and negotiating with the organisation.

During 2011, the staff team made a conscious effort to enhance the current support planning process by focussing more on each resident's assets e.g. what is a resident already good at, and do they want to develop these skills further? This whole process required a shift of mindset from the staff team, who previously focused most of their efforts on the issues each resident needed to tackle in order to live independently, secure education, training or work. Both are equally valid, but with the right level of support, this new approach helps a resident to 'build and thrive', rather than just 'cope and survive'.

**"Before I heard
of the big white
building on the top
of the hill called the
Cork Foyer,**

I was living in Edel House. There is a big difference between these two places. In Edel House you share rooms, but in the Foyer you have your own room and more privacy.

I'm living in the Cork Foyer for the last 3 months and it's the best place for me. The staff are very caring here, they would always help you when you need it. I made lots of friends here at the Cork Foyer.

I will never forget the big white building on top of the hill as it is like my home and helped me through so much in the last 3 months".

Ciara Foyer Resident

ROUND UP OF THE YEAR

The new Rent Supplement eligibility criterion has created difficulties for a number of applicants during 2011. However, 41 lettings were offered to applicants, the highest number by far since opening in 2006..

Breakdown of lettings offered:

Male	32	Female	9
18-20 years old	24	21-25 years old	17
Residents with disabilities	11		
High Support	10	Medium Support	24
		Low Support	7

A total of 34 young people moved on from the Foyer, of which 22 moved in a planned manner.

Where did they move to?

Private landlord	10	Sharing with friends or family members	7
Renal Accommodation Scheme	1	Other homeless provider	8
Returned home	5	Unknown/other	3

Resident's progress is reviewed formally on a regular basis. 96.4% of the planned reviews were conducted on time.

16 resident satisfaction surveys were completed during the year of which 10 residents indicated that they were very satisfied with the service and 6 indicated that they were satisfied.

No residents indicated that they were dissatisfied with the service they received as a resident, from the application process through to exit.

"At the age of 16 I was put into care, I was a teenager out of control that had a serious drug and alcohol problem since the early age of 12

One year later my mother died of an overdose while I was still in care. This tore me apart because I was looking forward to going home to her as I was on good behaviour. Before I knew it my drug taking was getting worse by the minute and I soon turned to Heroin. Thanks to my Social Worker I went into treatment. I had stayed clean for a few months but slowly turned back to drugs which my Foster Parents could not handle anymore. So with the help of my Social Worker, he got me a place in the Foyer.

Since I moved into the Foyer I've learned independent skills like budgeting my money, paying my rent doing my own shopping.

The Foyer has offered me security, that I know that I have a bed every night in a friendly caring environment. I enjoy the classes here and I've made loads of friends and I now have a proper routine.

My timekeeping has improved, it is much better than it was. My confidence has also got a lot better. I feel much more comfortable being around people than I did before. I am able to talk in front of a group of people without feeling out of place, shy or getting out of my comfort zone. I am aiming for independent living, getting qualified in beauty therapy and to travel".

Niamh Foyer Resident

SHAPING LIVES THROUGH ACCREDITED NON-ACCREDITED PROGRAMMES

The Foyer is committed to giving its residents every opportunity to develop both personally and academically. The internal programmes are designed to overcome barriers to learning and improve each resident's prospects of securing training, education and employment. The programmes are also tailored to help residents build on their current personal assets, maintain their own tenancy and look after their own wellbeing.

Funded by the City of Cork Vocational Education Committee, Ables Adult Literacy Group offer a range of internal Fetac qualifications at levels 3 and 4, and when required, provide intensive tuition to residents on a one to one basis. Our strong and long lasting partnership with ABLES has enabled the Foyer to open its doors to service users from other homeless services, including Cork Simon Community and Pathways. The Foyer can rightly take pride in facilitating such a high number of achievements during 2011. In fact, the Foyer is now one of the highest providers of Fetac qualifications outside of mainstream education.

Subjects delivered by ABLES during 2011 and the positive achievements:

Fetac level 3 Preparation for Work	5
Fetac level 3 Personal & Interpersonal Skills	8
Fetac level 4 Personal & Interpersonal Skills	2
Fetac level 3 Communications	11
Fetac level 3 Career Information	3
Fetac level 3 Mathematics	6
Fetac level 3 Information Technology	3
Fetac level 4 IT/Computer Applications/Literacy	7
Fetac level 3 Food & Cookery	13
Fetac level 3 Stress Management	7
Introduction to the Internet	5
Intensive Tuition in Adult Basic Education Assessments	18

Equally as important, Dion and Signposts programmes, facilitated by the YMCA, concentrate on the wellbeing and independent living skills of young people. Residents are encouraged to select subjects of their choice for this programme and are trained on how to support other young people.

Subjects delivered by the YMCA Dion & Signposts programmes, plus other invited partner agencies include:

- Your rights when renting
- Eating disorders
- The welfare system & your entitlements
- Narcotics anonymous
- Suicide & bereavement
- Relationships & sexual health
- Budgeting on a fixed income
- Aromatherapy
- Drugs & alcohol
- Conflict at home
- Depression & self harm
- Bullying & assertiveness
- Mental health



During 2011, 16 residents commenced external education or training and 4 started part-time employment.

“Before I moved into the Foyer I was in a bad place.

I had no one to talk to and thought the world was against me. After spending a night in Simon, my Aunt rang me and put me up for Christmas in her house. Her family made it easy for me to fit in even though it wasn't my family. I expected nothing under the tree but there was a few bits there for me. I haven't had a happier day since.

Since moving into the Foyer, I've started cooking classes and have already one Fetac module done with ABLES. I've also started back up playing football and after getting into a routine, things are looking up again. It's a grand place. At the start it was weird but once you know people you find that they

are all in the same boat and now I know everyone looks out for each other.

My writing and cooking has got a lot better thanks to staff. They're very understanding and have great patience and are always looking to improve your skills. My confidence is also after getting better as I feel more secure because I have a place I can call my own.

Hopefully I will get a course in cooking and try to get somewhere and buy a house and have a family and turn my life around. I will show people that believe in me that I'm not a waste of time".

Jake

Foyer Resident

Cork Foyer's Second Horticulture Awards Ceremony 29th September 2011

Following on from the success of our first awards day last year, the Cork Foyer held its second FETAC awards ceremony to celebrate the achievements of its horticultural students who are from a variety of homeless services around Cork and from other organisations such as the Brothers of Charity, Churchfield Community Trust, Blackpool Tenants Association and the Basement Centre.



The Foyer was very fortunate to have Deputy Lord Mayor, Cllr. Tony Fitzgerald in attendance to present the recipients with their certificates. Since the Garden Project started in June 2009 there has been 142 learners who have at some stage participated and worked in the Garden, from these, 56 have achieved a Fetac level 3 horticulture module and 5 have achieved a Fetac level 4 module in Plant Care and Maintenance. Numerous others have simply enjoyed getting involved and getting their hands dirty. Accredited courses could not have been possible without City of Cork VEC and ABLES Community Adult Literacy Group, who support the project and externally verify the FETAC qualifications.



Also in attendance to share in our celebrations was Liz O' Connor from Pobal. The important role played by Pobal and the Dormant Accounts Fund cannot be overstated as they have provided the Garden Project with core funding for 3 years, specifically to work with people who have found themselves out of home or at risk of becoming homeless.

The expertise, patience and commitment of our horticulture facilitators, Olive Ryan and Denis Murphy are recognised by all those who come into contact with the programme. Their tireless effort and hard work have helped the project to grow from strength to strength. This happy day was tinged with a little sadness as we bided farewell to Olive who moved on to pastures new. A presentation was made and a tree was planted in honour of all her work with the Project.

SHAPING LIVES THROUGH ACTIVITIES

The Foyer maintains a fund specifically to promote resident participation and alleviate severe hardship. This account is used to fund a variety of activities from sport to cooking and to purchase essential equipment. The Foyer raises small amounts of money by allowing its training room to be used by voluntary groups in return for a donation. It also raises income through a vending machine and donations from other sources such as the Courts Poor Box fund, to whom we are extremely grateful.

Thanks to ESB Electric Aid Ireland, the Foyer was able to continue with its existing "soft option" programmes and provide many additional opportunities during 2011, improving the overall health, wellbeing and the development of Foyer service users. ESB funded opportunities included:

Introduction to Film Making

Facilitated by Eddie Noonan of Frameworks Films



The workshops allowed a number of residents to learn the basic skills required when making a short film, from the planning through to the final editing. The workshops created a real buzz around the building as everyone involved had a role to play. The natural actors quickly came forward to be in front of the camera and others preferred to learn how to operate the camera, clapper board and microphone.

Animation Workshops

Facilitated by – Naomi Fein & Alice Darcy

With such great feedback from the film making workshops, the Foyer decided to offer residents the opportunity to learn how to make some short animation clips about a subject of their choice. Three residents formed a group and elected to make a film around self-harm as this subject was personal to each of them.

Art Workshops

Facilitated by Gabi Beuchert & Norrie Ross



Art is always popular with Foyer residents, and this year was no different. Foyer residents were able to design, sculpt and decorate their own pieces using clay and be creative with their own paintings and drawings.

Weekly Soccer Games

Facilitated by Paul Carroll



The weekly soccer sessions are still the highlight of the week for many residents, former residents and friends. The Foyer entered a team into three competitions this year, lifting two winners' trophies, one in the Men's Health Week competition and the other in the Cork International World Cup competition. Well done to all the players – I think we need to invest in a trophy cabinet!

Cookery & Baking

Facilitated by Geraldine McCarthy



An array of meals from curry to lasagna is produced in the twice weekly cooking sessions. Residents have also used their time skillfully to make birthday cakes and even serve up a full Christmas lunch. More importantly, the sessions provide a great opportunity for residents to get together each week and socialise over a meal.

Leisure World Passes

This new initiative, funded by ESB, really caught the attention of the residents as they could visit the local leisure centre individually or in groups throughout 2011. The off peak passes allowed access to a fully equipped gymnasium and pool. This whole initiative works in tandem with the Foyers health promotion campaign therefore, we hope to extend this service for the foreseeable future.

In meeting with resident's wishes, film and animation clips are now to be displayed on the Foyers more visually interactive website. The Foyers new high quality camera kindly funded by ESB was used to capture the images for this annual report.

"I was living in at home until I was 13 years old and then I got put into care in Tipperary until I was 16 years old. Then I moved up to Pathways in Cork for six weeks. After the six weeks I got put into supported lodgings and just before I came into the Foyer I was staying in my friend's house. I was then moved to a B&B till just before Christmas and then I moved into the Foyer. All the temporary moving was very frustrating.

I've been doing the cooking classes and my FETAC level 3 and I have been going to soccer every Friday with the Foyer. I think the Foyer is a safe and secure place and it offers me the security of a fridge, microwave, internal phone, my own bathroom and a bed to sleep in every night. I have received support in learning to cook and it gave me a helping hand with my education. Since I came into the Foyer, I got better at doing my own washing and I enjoy when they bring us to soccer because it will keep us fit and we will be healthy. Also, since I have moved into the Foyer, my confidence has grown and I am able to get along with people better. My Plans for the future are to get my Rent Allowance sorted and then a place down in Mallow and get back talking to my family and then register with FAS down there. I will try to find a course and hopefully get a job, settle down and start a family".

M. Foyer Resident

SHAPING LIVES THROUGH COMMUNITY INTEGRATION

It is important to the Foyer and its residents that we are viewed positively by the general public, helping to breakdown any misconceptions about young people or the project itself. In the past few years the Foyer has invested extensively in fully utilising its assets, ensuring that it is more than just a building for young people out of home. The Foyer café, toddler play park, mini pet farm, allotments and bike project appeal to people of all ages within the community, and especially during the summer months. These superb facilities also allow Foyer residents to be creative in their thinking whilst bringing them into directly into contact with the wider community.

Whether service users are participating in a community event, helping in the café, working in the allotments or helping on the pet farm, a real sense of community spirit grows naturally, allowing service users to become more self confident in their communication and abilities.



**“My name is Paddy
and I am currently
residing in
Cork Foyer.**

I started an Animation course in September in St. John’s College and for this course I am required to do some work experience.

I spotted an opportunity within the Foyer to improve the Pet Farm with colourful images of animals. I thought that this would make the Pet Farm more inviting to the children around the area. Barry thought that this was a great idea and I felt like it would be a good way for me to showcase my talent, and more importantly, give back to the community in a positive way.

The animations turned out very well. They brighten up the Pet Farm and have been admired by members of the public of all ages. I put a lot of hard work into this task so I am very proud of the overall result”.

Paddy Foyer Resident

Paddy has done a great job! I am sure his work will continue to be enjoyed by the many young children that regularly visit the Pet Farm each year.

Barry Waddingham – Foyer Manager



Blarney in Bloom



The Foyer Project seized the opportunity to showcase its work at the first Blarney in Bloom Garden Fair.

Thanks to Denis Murphy and Conor McCormack from the Foyer Project and Richard Kelleher of Churchfield Community Trust, both organisations were able to inform the general public of their holistic work within the community.

The displays included a range of plants from the Foyer Garden Project, garden furniture handcrafted by Churchfield Community Trust and a favourite with the general public, rabbits, chickens and ducks from the Foyer Mini Pet Farm. The day proved to be a great success and could now feature on the Foyers annual event calendar.

Cork Volunteer Week Celebrations

Organised by RAPID (Rejuvenating Areas through Planning, Investment and Development), the Cork Foyer Community Garden provided an ideal setting to hold an outdoor celebration. Over 100 volunteers and representatives of various community groups and agencies attended the event to celebrate Cork Volunteer week and the tremendous work undertaken.



The ambience of the event was enhanced by the smell of the barbeque provided by Denis Murphy and Foyer residents and entertainment provided by the Cork Academy of Music and the Knocknaheeny Music Project.

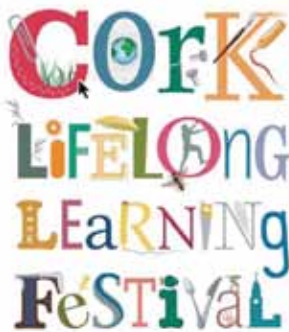
8th Cork Lifelong Learning Festival

Due to the tremendous success of last year's event, the Cork Foyer, once again, decided to turn their grounds into a rural farm yard, providing local families and children with a free and unusual experience right on their doorstep.

The day was packed with lots of fun and learning including, storytelling workshops facilitated by our neighbours, the Graffiti Theatre Company, a range of farm animals to see and pet on the Agri Mobile Farm and a wacky Children's Entertainer.

The great weather allowed Mayfield Bass Band to entertain the general public from the centre of the play park. Their music was greatly appreciated by those in attendance and set the ambience for the whole day.

Whilst the seasonal garden café kept refreshments flowing, the general public were able to stroll through the allotments and market stalls buying and eating locally produced products.



"It is great to see such wonderful facilities at the Foyer being fully utilised by the local community. The day provided a unique experience to remember and was enjoyed by both parents and children".

Barry Waddingham – Foyer Manager

Cork Foyer Community Garden Café



The Foyer seasonal Garden Café operated by Churchfield Community Trust Ltd, continued to provide delicious meals from their creative menu. This wonderful real working and learning environment provides service users from Churchfield Trust and our own residents with a great opportunity improve a range of skills associated with catering, including food hygiene, food preparation, cash handling and customer care.



Under the watchful supervision of Marie Drew, the café was able to cater for a number of events in addition to their normal daily service. The events ranged from outdoor drama days by Chapter Theatre, school visits, open days and performances from Mayfield Brass Band, Knocknaheeny Music Project and the Bodhrán Bookkills, a unique percussion band from St Joseph's boys school who showcased their talent in front of Lord Mayor Cllr. Michael O'Connell.

STAFF TEAM

Barry Waddingham
Susan Edwards
Ruairi O'Farrell
Catherine McAdoe
Richard Meagher
Patrick Fitzsimmons
Jeremiah Slattery
Paul Carroll

Foyer Manager
Project Worker
Project Worker
Administrator
Night Premises Supervisor – Job Share
Night Premises Supervisor – Job Share
Night Premises Supervisor – Job Share
Night Premises Supervisor – Job Share

The core staff team are supported by a dedicated Bank of Relief Support Workers:

Phil O'Reagan
Daniel McIntyre
Trish Jones
Pat Horgan
Denis Murphy

Patrick Fitzsimmons
Jeremiah Slattery
Paul Carroll
Conor McCormack

About **Conor McCormack** Relief Support Worker



I started the Foyer Horticulture course in 2009 as a service user and really enjoyed volunteering in the Garden Project. I then volunteered in the Garden Cafe in 2010 working alongside

C.C.T. and Foyer residents. My background was in the hospitality industry and in my recovery I had decided to re-skill and retrain in the Social Care Sector. I started studying Non-Formal Guidance at UCC and had been volunteering with other community groups and really enjoyed my roles.

I started work at the Foyer as a Relief Support Worker in Jan 2011 and have really enjoyed my experience to date. Working directly with residents and their diverse issues, brings new experiences and knowledge every day, ranging from mental

health issues, the welfare system and educational opportunities. I have been able to see this service from both sides having used similar services in the past. I hope that I have been able to bring some of my own life experiences so that I can relate to what the residents are dealing with on a day to day basis. I also was able to fill the role of Administrator whilst Catherine McAdoe was on Maternity leave for 6 months. This gave me a great insight to the financial aspects of the Foyer, from maintaining rent accounts, to payroll and invoice processing.

I find it really rewarding watching residents continue to grow in themselves and deal with their issues and move onto independent housing. I continue to study and try to avail of any training course and have done so to date. I have benefited professionally and personally in my development whilst working at the Foyer and will continue my career in Social Care.

INCOME AND EXPENDITURE AS OF 31ST DECEMBER 2011

Foyer General Account:

Income

Rent & Miscellaneous Income	€84,638
Health Service Executive	€299,730
Department of Heritage, Environment, & Local Government	€204,482

Total Income **€588,850**

Expenditure

Payroll	€425,483
Heating & Lighting	25,870
Establishment & Housing Management Costs	€31,294
Repairs & Maintenance	€45,240
Capital/Development Fund (Transfer)	€39,500
Miscellaneous	€4,293
Non Capital Equipment	€4,849
Professional Fees	€2,203
Printing & Stationery	€10,118

Total Expenditure **€588,850**

Foyer Garden Project

Balance as at 1st January 2011	€29,590
Total Income (Next available draw down from Pobal Feb 2012)	€0
Total Expenditure (Includes Pobal Funding)	€17,117

Balance as of 31st December 2011 **€12,473**

Foyer Resident Hardship / Participation

Balance as at 1st January 2011	€12,695
Total Income (Includes Courts Poor Box Grant)	€4,759
Total Expenditure	€7,424

Balance as of 31st December 2011 **€10,030**

Capital Replacement / Development Account

Balance as at 1st January 2011	€110,441
Total Income (Transfer)	€39,500
Total Expenditure	€22,743

Balance as of 31st December 2011 **€127,198**

Certified By:



John Hallahan
Management Accountant, Cork City Council

FOYER MANAGEMENT COMMITTEE MEMBERS

Dave Cody

Chairman
CEO
Cork City Enterprise Board
Union Quay, Cork

Dennis Hickey

Project Manager
Social Inclusion
HSE South Floor 2
Áras Slainte
Wilton Road, Cork

John Fitzgibbon

Education Officer
City of Cork VEC
21 Lavitt's Quay, Cork

Gerry McGrath

Senior Development Officer
Community Services
FÁS
Rossa Avenue
Bishopstown, Cork

Barry Waddingham

Cork Foyer Manager
Assumption Road
Blackpool, Cork

Paul McGuirk

Rapid Co-ordinator
Community and Enterprise Dept
Cork City Council, Cork

Eric O' Connor

Treasurer
Senior Staff 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

Tony Holton

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

Invited Resident Representatives

Cork Foyer
Assumption Road
Blackpool, 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 2011. Their expertise and experience will be greatly missed;

Jim O'Donovan

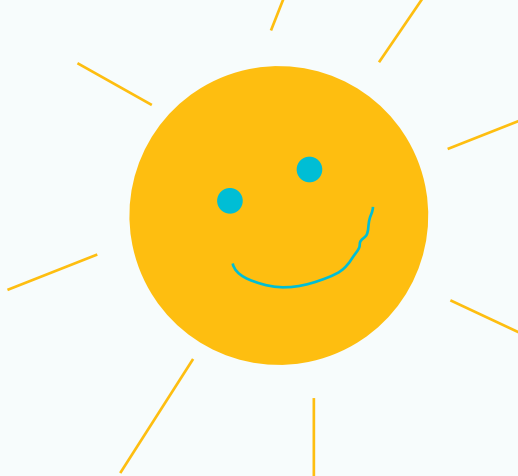
Director of Services
Community and Enterprise Dept
Cork City Council
Cork

Karina Cremin

Senior Executive Officer
Housing Department
Cork County Council
County Hall
Cork

FOYER FUN





the BIG WHITE BUILDING ON THE HILL







Cork City Council

