



le chéile
Mentoring Project



Annual Report 2009



Thank You!

To all our volunteers, staff and board of management. Because of you we can continue to work to affect change in the lives of the many young people and families with whom we work.



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Aims & Objectives

Our overall aim is to work together with Young Person's Probation to affect positive change in the lives of young people who offend and their families through the provision of mentoring and family support services.

Specific Aims:

1. To affect positive change in the lives of the young people and families with whom we work
2. To compliment the role of Young Person's Probation in reducing offending behaviour
3. Utilising volunteers from local communities to work with young offenders and their families

Objectives:

1. To work in conjunction with Young Person's Probation to provide child-centred, non-judgemental mentoring services to young people and parents under the Children Act, 2001
2. To provide a range of family support services to parents and families engaged with Young Person's Probation
3. To ensure that volunteers and staff receive effective training, supervision and support to enable them to provide quality services to young people and their families



Denise Mac Dermott Chairperson

A Letter From The Chairperson

Le Chéile is continuing to make a real difference to the lives of young people and their families' by providing and delivering regional, innovative, person centred support services with our Youth Mentoring, Parent Mentoring and Strengthening Families Programmes.

This has proved a challenging year for all of those involved in Le Chéile, we have witnessed a significant retraction in public sector spending owing to the economic downturn. As a result, many voluntary and community sector agencies have been placed in difficult situations.

As a Board we have held steadfast in our commitment to providing quality assured services, we have maintained a strong constructive working relationship with the Irish Youth Justice Service and Young Person's Probation, Le Chéile's main purchaser and referral agent respectively. To this end, we have survived the predicted large-scale retraction with a modest reduction in service delivery.

The Board have rallied to negotiate a pathway forward for Le Chéile whilst managing funding cuts in line with our colleagues in the sector. It is essential that our business model reflects future needs, represents good value for money and continuing professional delivery, but with our major focus being on those who use our services. I have no doubt that with the vision, energy and commitment of our volunteers, our Board Members and all our staff, we will ensure we achieve service objectives. The key to achieving this success is to ensure our strategic and business plans are comprehensive, responsive to meet current and future needs, and are properly resourced. The Board have already given considerable time, together with staff, to ensure our plans do just that.

In this brief overview, I wish on behalf of my Board to thank the Chief Executive and her dedicated team for all their sterling work and achievements throughout what has been a very challenging year. It is clear that under Alison O'Reilly's leadership, all staff work as part of a cohesive team and this is reflective of the outcomes Le Chéile are achieving. And finally a huge thank you to all those volunteers who so generously donate their time, expertise, dedication and commitment to promote the chance to change for young people and their families in a meaningful way.

A handwritten signature in black ink that reads "Denise Mac Dermott". The signature is written in a cursive, flowing style.

Denise Mac Dermott Chairperson



**Alison O'Reilly** CEO

A Letter From The CEO

It is with great pride that I present our annual report for 2009. I continue to be inspired by the selfless commitment of our Mentors who give so much of themselves to our young people and families. It is in giving of themselves that transformation and lasting change occurs, not only for the Mentee but many times for the Mentor.

Despite the challenges faced in relation to funding cuts, we continued to strengthen and expand our service provision nationally in 2009. The number of Mentors volunteering with our mentoring service rose from 57 to 129, representing an increase of 126%.

2009 saw an embedding of our new regional mentoring projects in Limerick, Dublin South and the Midlands. It saw the successful piloting of our Parent Mentoring initiative in Waterford and its' expansion to all other regions nationally. It also saw the successful roll out of our Strengthening Families Programme nationally on behalf of the Probation Service. This was a new departure for Le Chéile which involves working with and supporting the whole family using a skills based approach.

I'm delighted to say that Le Chéile achieved the Approved Provider Standard from the Mentoring and Befriending Foundation in the UK. This demonstrates that Le Chéile has met the required standard for safe and effective practice in mentoring and is operating in line with international best practice.

I wish to thank my dedicated and dynamic staff and management team who year after year continue to raise the bar on their own work and who push themselves far beyond the requirements of the job in order to provide the best possible service for young people and families.

Lastly, I would like to thank Brian Dack and everyone working in Young Person's Probation for their continued support of Le Chéile.

I look forward to the challenge of continuing to meet the aims of Le Chéile in 2010 in working to affect positive change in the lives of the young people and families with whom we work.

Alison O'Reilly

Alison O'Reilly CEO



"If it wasn't for Mary [Mentor] I don't know what I'd have done, I'd probably be inside by now."

"The best thing about mentoring is that I got to meet Paula [Mentor], I love meeting her and look forward to it every week."

"I enjoy getting something to do and talking to Mike [Mentor], being involved in mentoring keeps me from not hanging around the streets."

"Mentoring is the best thing that ever happened to me."

"It's changed me, it quietened me down and the whole lot, I'm completely different now. I used to be wild, brazen, I wouldn't be able to just stand here, I'd go mad, now I can just stand here."



Young Person Mentoring

Le Chéile provides a mentoring service to young people involved with Young Person's Probation. Our mentors act as a positive role model, advisor and friend. Mentors work with young people 3 hours a week for up to 2 years.



**Matthew Doyle** Waterford Mentor

A Mentors Experience

I have been with Le Chéile for over 2 years now and have been matched 3 times. My first match lasted for 15 months, however the initial signs of it lasting seemed a bit shaky as the Mentee was a bit unsure of being part of the mentoring. We quickly got over this and settled into each other's company easily. My Mentee had a lot of problems including substance abuse, problems at home and problems staying in education.

Through my own life experiences I was able to understand the problems my Mentee was facing, the frustrations, the setbacks and the difficulties he faced trying to change his behaviour and habits. I feel this helped us develop and establish a good relationship quickly, with a mutual trust and respect between us. Subsequently my Mentee opened up quite quickly to me about the level of substance misuse and the problems at home. We had good times and lots of laughs together, we would go for a bite to eat, go for games of pool and snooker, taking the bus for day trips away, we usually did this on a Saturday as this was the main danger day for him drinking and taking drugs to dangerous levels.

These days seemed to work well, having an impact on my Mentee, a realisation that Saturday didn't have to be the big day for meeting the lads for a day's binge of drink and drugs and the usual mess that would accompany doing this. This could be new charges, getting beaten up, being put out of the house and made homeless.

An area I feel really proud of helping my Mentee with was in trusting services again and rebuilding family relationships. This came about following my Mentee being homeless and through big talks with him persuading him to go to the appropriate services. From this he had a spell in residential care, where he had a positive experience with the care staff who worked well with him, and he returned home in a few months.

At this point his mum had began seeing a Parent Mentor and this seemed to kick start a big changing point for the whole family. As the end of the mentoring approached, with his Probation Bond due to expire, we all had concerns about the support ending for my Mentee. We had talked about possibly extending for a few months to continue support. At first my Mentee was keen for this to happen; however as the date for the case closure was approaching my Mentee was looking forward to the freedom of not being on Probation.

By staying involved with mentoring past his bond ending he was holding onto the past, where he was viewed as a young offender. In the Mentee's own words at his case closure he said without his Mentor he would not be sitting there charge-free.

The review was quite emotional for all, the Mentee, me the Mentor, the Probation Officer and the Coordinator as we all realised how far he and his family had come. He left the probation office that day a charge-free young man, going happily to meet his father, who at the start of the mentoring he viewed as his biggest enemy.

The experience of being a Mentor has had a really positive impact on me. The end result made all the ups and downs well worth while and I'm glad we managed to get him through a few sticky situations and stick by him, showing him that even when he made a mistake, I had not judged him or walked away.

Matthew Doyle Waterford Mentor





Majella Hickey YPP Officer

A Probation Officer's Perspective On Mentoring

The interventions provided by the Le Chéile Mentoring Project have impacted positively on the lives of young people on my caseload. The majority of young people on my caseload have experienced emotionally painful situations such as loss of a parent to addiction or psychological illness, separation / death, to neglect or overt abuse. Consequently these young people find it difficult to express or find appropriate ways of sharing what they are feeling and experiencing within the family unit. Young people often withdraw into themselves or resort to problematic / offending behaviour as a means of acting out their pain. They tend to struggle with issues such as low self-esteem and confidence and lack the skills necessary to build healthy trusting relationships. Through the respectful, non judgemental and caring approach fostered by Le Chéile volunteers, young people are given the opportunity to learn how to reach out and ask for help to develop and achieve new skills and activities.

Mentors also promote the use of pro social modelling by diverting children away from non criminal values and actions through the use of encouragement and rewards. In general, mentoring has been very effective in its role of reducing offending amongst the majority of young people on my caseload. This is largely due to intensive one to one support that is provided to young people on a weekly basis.

The process of relationship building is a key element to ensuring the success of mentoring amongst the young people. Young people report feeling a strong sense of nervousness / anxiety prior to the mentoring match meeting. Generally young people report that it takes a few sessions for them to trust the mentoring volunteers but once they reach the first six week review they feel comfortable and at ease in social interactions with them. It is for this reason that I ask the young person to give the relationship a chance to develop beyond the first 2-3 meetings.

Initially young people engage in fun activities but within weeks begin identifying long term goals that they wish to achieve. These include working towards achieving their driver theory test, full driving licence, dancing classes or beauty classes.

Young people have also learned to take responsibility for building basic skills such as timekeeping and decision making. I receive regular feedback on the young person's progress and this relieves pressure and helps me to manage my caseload effectively.

I work hand in hand with the Le Chéile Co-ordinator to ensure that I am providing an intensive client centred service that meets the criminogenic needs of the young people on my caseload.

Feedback from parents has also been very positive. One parent reported that the mentoring intervention in the community had provided his son with better outcomes than the model that he had experienced as a young teenager in a detention setting. A mother reported a significant improvement in her daughter's confidence, identity and self-worth as she developed new and special interests.

Majella Hickey YPP Officer, Dublin South



Young Person Mentoring

Le Chéile offers mentoring services to young people involved with Young Person's Probation who are under a Mentor (Family Support) Order or where mentoring is a condition of a Probation Bond. This service is offered in the Dublin North and South, Cork, Waterford (including Clonmel & New Ross), Limerick (including Clare) and Midlands regions (covering Laois, Offaly, Kildare, Kilkenny and Carlow). This service operates 7 days a week from 9am-10pm.

Le Chéile employs a Mentor Co-ordinator in each of these six regions to oversee and manage the regional service. This includes the support, supervision and management of approximately 25 volunteer Mentors in each region (approximately 150 in total) and the case management of approximately 20 mentoring cases in each region (approximately 120 in total).

Mentoring Process

The Mentor Co-ordinator chooses a suitable Mentor for the young person based on a number of factors such as shared interests, personality types, geographical location, previous personal experience of the Mentor etc. Once a Mentor is chosen, an initial match meeting is arranged where the Mentor Co-ordinator brings the Mentor to the home of the young person and meets with the parent / guardian to ensure that they are happy with the match and the service being offered and to give the Mentor and young person (Mentee) an opportunity to meet.

At this point the Mentor and Mentee would aim to meet for mentoring sessions approximately 2 to 4 times per month. In the initial stages, the focus of the Mentor would be on building a strong, trusting relationship with the Mentee. This stage lasts approximately 6-8 weeks after which the Mentor, Mentee, Mentor Co-ordinator and Probation Officer would attend a case review meeting. This is a check-in meeting to ensure that the match is going well and that all parties are happy to continue mentoring. At this meeting an individual programme plan is developed and agreed upon between all parties (prior to this meeting the Mentor would have discussed goals with the Mentee).

This programme plan will be centred around the areas of improving communication skills, increased positive identity, personal development, positive lifestyle choices, meaningful use of time, learning and development, improving relationships, developing pro-social attitudes and behaviour and addressing offending behaviour.

Case review meetings are then held on a regular 2-3 monthly basis to ensure that goals are being met and reviewed.

As the young person comes to the end of their time with the Mentor (mentoring relationships can last from 6 months to 2 years), an exit strategy is devised with the Probation Officer and Mentor Co-ordinator to ensure that supports are in place to help the young person once the mentoring relationship comes to an end.

Statistics

In 2009, Le Chéile worked with a total of 100 young people through Young Person Mentoring nationally.

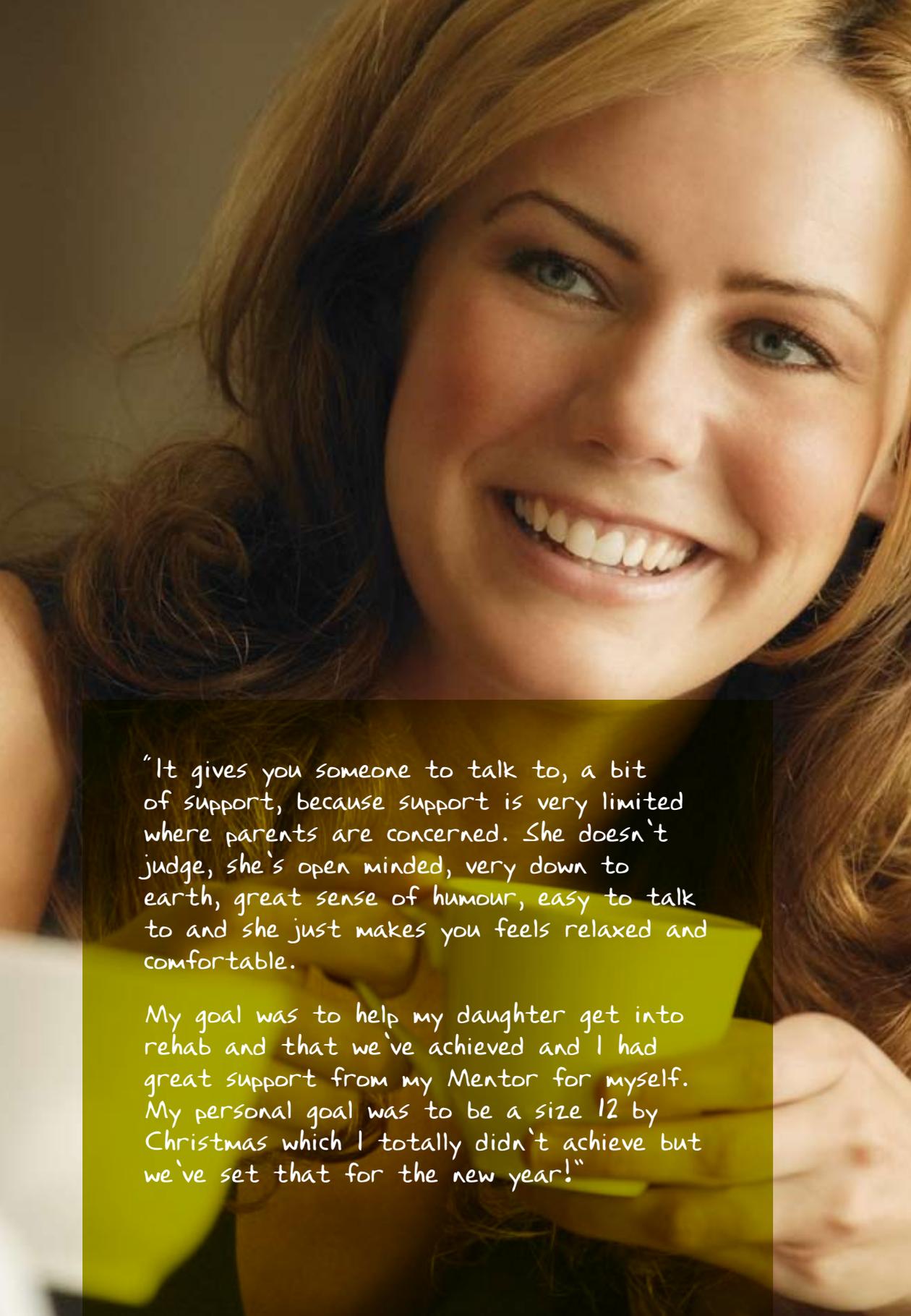
	Cork	Dublin North	Dublin South	Limerick	Midlands	South East	Total
No. of Young People worked with	23	16	20	13	11	17	100
Total No. of Mentoring Sessions	295	113	166	91	110	142	917
Total No. of Mentoring Hours	617	253	325	221	215	309	1,940

Accreditation



Le Chéile is delighted to announce that in June 2009, it received the Approved Provider Standard from the Mentoring and Befriending Foundation in the UK. This demonstrates that Le Chéile has met the required standard for safe and effective practice in mentoring and is operating in line with international best practice.

* Mentor (Family Support) Order. 131. - (1) A court may by order assign a child to a person, including a relative of the child concerned (a "Mentor"), to help, advise and support the child and the child's family in its efforts to prevent the child from committing further offences and to monitor the child's behaviour generally.



"It gives you someone to talk to, a bit of support, because support is very limited where parents are concerned. She doesn't judge, she's open minded, very down to earth, great sense of humour, easy to talk to and she just makes you feel relaxed and comfortable.

My goal was to help my daughter get into rehab and that we've achieved and I had great support from my Mentor for myself. My personal goal was to be a size 12 by Christmas which I totally didn't achieve but we've set that for the new year!"

Parent Mentoring

Le Chéile provides mentoring to the parents of young people involved with Young Person's Probation. The role of the Parent Mentor is to offer support, a listening ear and to provide some help in managing their child's offending behaviour.





How Mentoring Turned My Life Around by a Parent Mentee

My son was on probation and he was offered a Mentor, he didn't really take up the service but I thought it was a great idea. I told his Probation Officer that I wished there was someone there like that for me, I couldn't believe it when she told me that there are Parent Mentors. I didn't know what to expect but the Co-ordinator came to my house with the Probation Officer and explained it all to me and told me she had a Mentor who she thought I'd get on with. We arranged to meet for a coffee the following week so I could meet the Mentor. I was very nervous meeting Kathleen but she put me at ease straight away and I liked her. We started to meet for lunch or a coffee every week and I couldn't believe how easy it was to talk to her. I was having terrible problems with my son at the time and that was having an effect on my relationship with my other kids.

Kathleen always listened to me, she never tried to give advice unless I asked for it, but she always made me see things in a different way so I came up with the answers to my problems myself. She supported me all the way and as a result my life has turned around, I have more confidence, self-esteem and I'm happy now. Sometimes I pinch myself to see if it's real. I can cope with the kids, I know how to de-stress myself by thinking positive and the children can't believe how chilled I am. Their behavior has turned around, because I know how to deal with them now. I'm a different person.

Le Chéile and mentoring can do so much for a person like me, it's fantastic. I feel positive now about the future because I have the skills to cope with whatever is thrown at me. Kathleen was brilliant, she mentored me for six months and now I think I can cope by myself. I would recommend mentoring to any parent like me who is finding it difficult to cope. Of all the services that have been in my life since my son was six years old, this is the only one that has actually worked and given me the confidence to know that I'm a good parent.





Hazel Redden Parent Mentor

A Parent Mentor's Perspective

I had heard about Le Chéile in the newspaper, it just held my interest when I saw it. I wasn't really thinking about doing any voluntary work, I was just thinking of doing something for me, but whenever I read the article I thought, god that sounds really interesting. The fact that there was going to be training and meeting other people and socialising as well as being able to give a little something back to the community.

The advantage of Parent Mentoring is that you're dealing with more maturity. You're dealing with somebody who wants to be there 100% and most Parent Mentees will ask to be part of the programme.

You're not there as a counsellor or psychotherapist, you're not trying to analyse their thoughts or their life but there are real issues and real problems, and real stuff that you do talk about. Like how do I get my 16 year old to listen; what else can I try differently because it turns into a screaming match every time; how can I get through to her; is it best to just walk away and not bother trying and wait till she's calmed down. You would have serious issues that you'd banter out but you would come to a decision together.

Hazel Redden Parent Mentor, Clonmel





Linda Kirwisa YPP Officer

A Probation Officer's Perspective On Parent Mentoring

Le Chéile's arrival in Limerick was perfect timing for the Young Person's Probation (YPP) because it coincided with the Smart (Parent) Support Group to provide support to families and address their isolation and re-integration into the wider community.

I have found those who benefit most from mentoring, although not exclusively, are mostly single parent families with very little involvement or interaction from relations or outside positive role models. Also, two parent families who have limited involvement and lack of interest in their children's behaviour, especially from the father in setting boundaries or enforcing the existing ones. Families living in remote areas with no social and community services also benefit from the intervention of Le Chéile.

Very often when a young person is referred to the Probation Service their parents have feelings of shame, stigma, role overload and emotions of anger and disappointment brought about by their child's challenging behaviour and perceived failure within their communities. This invariably culminates in a strained relationship between the parent and child and therefore can inadvertently negatively impact on an intervention.

Because helping the child involves helping the parent, mentoring becomes one of the crucial services that aims to address this and subsequently reduce the risk of re-offending as it addresses the needs of both the child and the child's parent. Le Chéile's informal, fun based and non threatening approach, respect and positive regard creates an environment that is conducive to growth and change.

There has been a high response and positive outcome since the arrival of Le Chéile in Limerick. This is demonstrated by the high attendance and low drop out rates of young offenders. During regular reviews there is evidence of a formed healthy relationship between the mentee and the Mentor and the desired wish to continue to engage with the programme.

The careful selection by the Le Chéile Co-ordinator of volunteers from a wide and different spectrum that range from professionals to housewives and students, as well as individuals from different trades, allows for the availability of Mentors and positive matching of the different clientele that require mentoring services.

While Mentors focus on supportive services to the mentees there is a latent support towards the Probation Officer's role and demands as well. The weekly meetings between the Mentee and the Mentor inadvertently extend the monitoring and supportive services that are required of the Probation Officer thereby maximising service provision and inadvertently reducing the risk of re-offending.

Exposure of Mentees to the different public and private amenities and settings within the local areas (i.e. local hotels, bowling, leisure and other activity centres) impact positively on both child and parent when they discover and realise that they too form part of the wider community and they too are entitled to the services therein. As such this reinforces the issue of responsibility and concern toward public resources. It is also worthwhile to take cognisance of the fact that mentoring has a proactive effect on the siblings of those who are already within the criminal justice system.

The relationship and expertise from the Le Chéile Co-ordinator, her flexibility and capacity to work as part of a team is commendable and has allowed the smooth operation and implementation of the mentoring programme in Limerick and related catchments areas.

Linda Kirwisa YPP Officer, Limerick



Parent Mentoring

Le Chéile offers Parent Mentoring services to parents of young offenders involved with Young Person's Probation. Parents can be referred by way of a Parental Supervision Order or they can be referred directly by the Probation Officer who feels that the family or parent is in need of ongoing intensive support in managing their young person's offending behaviour. Parent Mentoring was originally piloted in Waterford and Clonmel in early 2009, this service is now available in each of our six regions and it is proving to be very successful. This service operates 7 days a week from 9am-10pm.

In devising the Parent Mentoring model and in developing the training for Parent Mentors, Le Chéile employed the skills and experience of Dr. John Sharry from the Mater Hospital. Dr. Sharry has extensive experience in working with parents having developed the Parents Plus parenting initiative and written numerous books on the subject of parenting.

The aims of the Parent Mentoring Service are to:

1. Support parents and to help them to identify and develop their own parenting skills base
2. Help build confidence, motivation and stress management skills with the parent through the mentoring process
3. Give the parents a positive peer to work with in the form of a Parent Mentor
4. Help the parent build a relationship outside of the home through weekly meetings



Parent Mentoring Process

The process for Parent Mentoring is very similar to that of the Young Person Mentoring, however, we have found that parents require a shorter relationship building period and appear quicker to engage in goal setting. The goals which parents ordinarily set are around communication skills with their children, stress management, help to re-discover who they are as an individual as separate from a parent, help getting back to work etc.

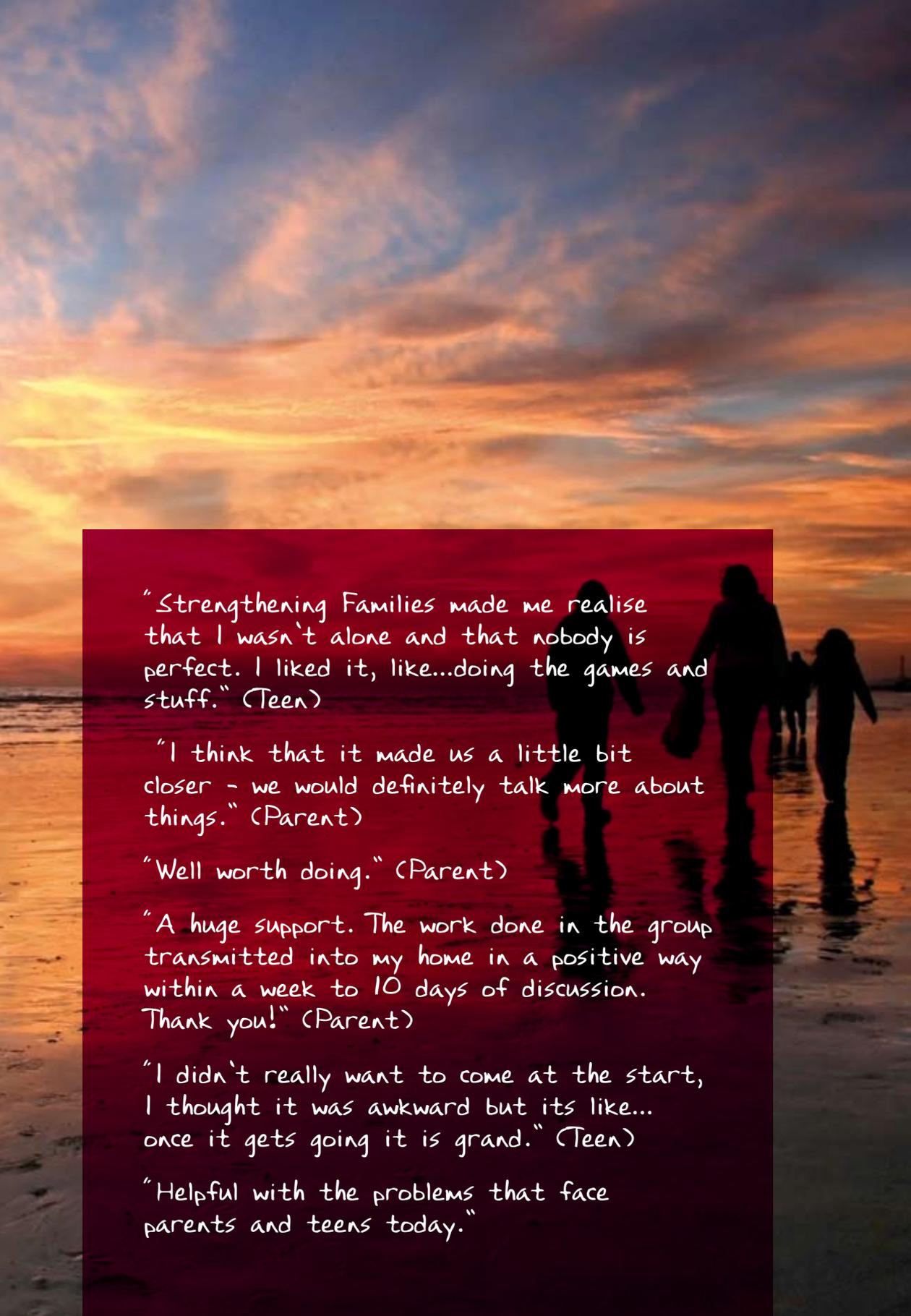
Parent Mentoring sessions typically happen once a week, and are centred around the parent and Mentor meeting for lunch or coffee and just talking. Parents have reported that this opportunity to have someone really listen to them is hugely beneficial.

Statistics

In 2009, Le Chéile worked with a total of 22 parents through our Parent Mentoring initiative nationally.

	Cork	Dublin North	Dublin South	Limerick	Midlands	South East	Total
No. of Young People worked with	2	4	2	4	3	7	22
Total No. of Mentoring Sessions	5	9	5	47	19	69	154
Total No. of Mentoring Hours	10	22.5	24	106	41	150	353.5



A sunset over a beach with silhouettes of people walking in the water. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The water is calm, reflecting the colors of the sky. In the foreground, several people are walking away from the camera towards the water, their figures silhouetted against the bright light of the setting sun. The overall mood is peaceful and reflective.

"Strengthening Families made me realise that I wasn't alone and that nobody is perfect. I liked it, like...doing the games and stuff." (Teen)

"I think that it made us a little bit closer - we would definitely talk more about things." (Parent)

"Well worth doing." (Parent)

"A huge support. The work done in the group transmitted into my home in a positive way within a week to 10 days of discussion. Thank you!" (Parent)

"I didn't really want to come at the start, I thought it was awkward but its like... once it gets going it is grand." (Teen)

"Helpful with the problems that face parents and teens today."

Strengthening Families Programme

The Strengthening Families Programme is a 14 week family skills programme for the entire family. The programme facilitates the improvement of parenting skills and teaches teens life, social and coping skills.



**Facilitators**

Cork Mahon Feb 2009 programme

Case Study

Mags is in her 60's and is still busy raising 2 of her youngest of 6 sons; Michael (10) and Steve (15). Steve recently got into trouble with the gardai and now has a Probation Officer. As part of his probation programme the Probation Officer suggested that Mags and Steve attend the SFP running in a centre 5 miles from her family home to enable them to communicate better, provide support and to learn coping skills.

As Mags was without transport, a taxi to and from her home was provided by the programme along with childcare facilities and a meal on site before the programme started. This ensured that all barriers for Steve and Mags to attend were identified and dealt with to ensure full participation. Steve found the first few weeks of the programme difficult, but along with the encouragement of his Probation Officer, the Site Co-ordinator and the facilitation staff he remained for the 14 weeks and received a certificate of completion and a number of other incentives throughout the programme.

Mags stated in week 14 how the skills she learned in the Setting Limits component of the SFP now meant that Steve was coming in when he was supposed to each evening, and that from recognising that Steve was making an effort, Mags felt she was now able to communicate better with her son and thus was able to provide support for him to assist him in his development.



Strengthening Families Programme

In April 2009, Le Chéile commenced their involvement in the Strengthening Families Programme (SFP) nationwide with the funding and appointment of a National SFP Co-ordinator. This has been an exciting venture for Le Chéile as this programme compliments the existing services provided by Le Chéile to families involved with the Youth Justice System.

The Strengthening Families Programme is a 14 week family skills programme for the entire family. The programme aims to address any possible barriers to participation by providing transport, childcare and a dinner to families on each night of the programme. There is also a skilled facilitation team involved in the delivery of the programme.

Families are divided into teen and parent groups for the first hour of the programme and then rejoin in a family group for the second hour. The Strengthening Families Programme makes learning life skills easy and enjoyable for families and has a number of positive outcomes for the families, facilitators and the community as a whole.



Statistics

Le Chéile were delighted to be involved in the funding of six Strengthening Families Programmes in 2009 which resulted in 62 families receiving support. Le Chéile also collated and centralised data from 2006 to 2008 on Strengthening Families Programmes and Trainings where the Probation Service had been involved.

Le Chéile developed a set of policies and paperwork designed to maximise the effectiveness of local SFPs and these were distributed nationwide to the programmes that Le Chéile were involved.

Le Chéile were involved in funding the following Strengthening Families Programmes that ran in 2009:

Name of Programme	Probation Area	Start and End Date	Family Participation
Mahon, Cork	Cork	Feb to May 2009	9 families
Tallaght, Dublin	Dublin South	Sept to Dec 2009	9 families
Galway City	North West	March to May 2009	12 families
Moate, Westmeath	Midlands	Sept to Jan 2010	10 families
Navan, Meath	North East	Sept to Dec 2009	11 families
Togher, Cork	Cork	Oct 2009 to Feb 2010	11 families



Facilitators

Cork, Togher October 2009 SFP

Group Leader Training

Le Chéile were delighted to be able to offer two sets of Inter-Agency Strengthening Families Group Leader Trainings in 2009. These trainings were facilitated by a Senior Probation Officer Ms Rosemary Fox. Two areas were selected for training in 2009 - Dublin and the North East.

The Dublin training was held in November 2009 at the Hill Street Family Resource Centre and offered a place on the training to professionals from primarily Dublin North and Dublin Inner City. Le Chéile also invited professionals from other parts of Dublin. A total of 27 professionals completed the training successfully. The North East training was held in November 2009 at the Farney Workhouse, Monaghan. A total of 19 professionals primarily from the Cavan and Monagan counties completed the programme.

Rachel Lillis (YPP, Dublin North) and Sean Kinahan (Family Support Manager, Le Chéile) participated in the facilitation of these trainings along with Ms Rosemary Fox and will have completed their "Trainer" training in 2010.

"As a referrer to the SFP, which was held in Togher in 2009, I have found that the family I referred have benefited from the programme. It allowed them to learn skills to improve their relationships and gave them the opportunity to spend more time together. They still speak highly of the programme."

Fiona Maher Social Worker

"For me it was a pleasure to see the untangling of parent and young person dynamic, where at first there appeared no flow of communication, where parents felt frustrated and young people felt unheard, to then a reciprocal flow of communication. Parents appeared to grasp the need of open and clear communication where they expressed why they wanted a particular behaviour from their teen and their teen hearing their parents' concerns as opposed to feeling "ordered" to do as parent wanted. I believe this programme allowed for the most important component of any relationship to be identified, that of open and clear lines of communication."

Kerry Dineen Togher Link Up and Parent Facilitator





Financial Review 2009

Le Chéile believe it is absolutely essential that every effort be made to ensure that we are achieving value for money in respect of all services and products procured for our organisation. In 2009, Le Chéile identified and reduced expenditure in many areas, making cuts in our cost base while maintaining the quality of the service which we provide.



Le Chéile Mentoring Project Limited

(Company Limited by guarantee and not having a share capital)

Income And Expenditure Accounts For The Year Ended 31 December 2009

	Continuing operations	
	2009	2008
	€	€
Income	624,810	1,180,374
Administrative expenses	(1,192,323)	(837,626)
Government Grants released	3,991	3,991
(Deficit)/surplus for the year	<u>(563,522)</u>	<u>346,739</u>
Retained surplus brought forward	<u>694,080</u>	<u>347,341</u>
Retained surplus carried forward	<u>130,558</u>	<u>694,080</u>

There are no recognised gains or losses other than disclosed in the income and expenditure account for the above two financial years.



Balance Sheet As At 31 December 2009

	2009		2008	
	€	€	€	€
Fixed assets				
Tangible assets		46,098		56,041
Current Assets				
Debtors	28,435		26,836	
Cash at bank & in hand	537,171		689,898	
	565,606		716,734	
Creditors: amounts falling due within one year	(473,163)		(66,721)	
Net current assets		92,443		650,013
Total assets less current liabilities		138,541		706,054
Capital grants deferred		(7,983)		(11,974)
Net assets		130,558		694,080
Reserves				
Income & expenditure account		130,558		694,080





Le Chéile Board of Management

Le Chéile Board Of Management 2009

Denise Mac Dermott Chairperson

Maria Lindell Company Secretary

Alison O'Reilly CEO

Brian Dack Member

Jessica Ryan Director

Zsuzsanna Varga Director

John Corcoran Director

Margaret O'Connor Director

Ciarán Martin Director





Le Chéile Staff & Offices 2009

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Funded by:



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