



OPENING TALENT



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It is again with great pleasure that despite the financial challenges that we are all facing, I am able to report on a successful and fulfilling period. Throughout 2013 we focussed our efforts on improving efficiencies whilst maintaining and developing an outstanding quality assured service provision.

Our success and performance can be largely attributed to the cohesive and co-operative efforts of all involved; the expertise of our management, the hard work of our committed staff team and the talents and resilient efforts of our residents. But we can't do any of this on our own. We remain reliant and extremely grateful for the continued core funding and support from the Health Service Executive, City of Cork Vocational Education Committee and Department of Environment, Community and Local Government. Their generous funding allows the Foyer to make a real difference to the lives of the young people that we serve and the community in which they live.

The Foyers continued effectiveness and progress are perhaps best confirmed by receiving three green lights from the Foyer Federation's quality assurance process in September 2013. The Foyer Federation is a national umbrella body of the UK Foyer Movement and has over 120 affiliated Foyers. In addition, Cork Foyer was the first homeless service in Ireland to work towards the National Youth Council's health promotion quality mark. I can proudly announce that the Cork Foyer was awarded Silver status in May 2013 and I am confident that we can achieve Gold status in the coming year.

Other fantastic highlights during 2013 include the official opening of the Blackpool City Farm Shop by Kathleen Lynch TD,

Minister of State for Disability, Equality and Mental Health, the Foyers first international exchange trip with Manchester Foyer and the launch of the Cork Foyer's first Winter Wonderland by Lord Mayor Cllr. Catherine Clancy. With the support and encouragement from staff, these wonderful initiatives allow our residents to encounter new experiences and unlock and showcase their talents and creativity.

The Foyer Federations Working Assets and Open Talents campaign embraced by the Cork Foyer in 2012 is steadily transforming the way that we support our residents. With the direct support and funding secured through the Foyer Federation we intend to implement further initiatives in 2014 that will help our residents discover their own talents, pursue personal ambitions and fulfil their potential.

As Chairman of the Cork Foyer, I continue to be astounded by the transformation of the individual lives through personal commitment, participation in our services and activities. The success of our residents is our success.

I hope the transformation of lives and efforts of the team are truly reflected in this report.

ABOUT US

About Us

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.

The Foyer is a nineteen unit supported Residential Project that has been developed to meet the diverse and complex needs of a targeted sector of the City's homeless population. Owned and managed by Cork City Council, the service user led provision is specifically tailored to meet the needs of young single people aged between 18 and 25 years old who are homeless or at risk of becoming homeless, whilst proactively engaging with the local community.

The Foyer complements existing services and works in very close partnership with Healthcare Professionals, Social Services, Accommodation Providers and numerous other Voluntary and Statutory agencies, playing a key strategic role in reducing youth homelessness in Cork.

The Foyer has been in operation since March 2006 and has now housed and supported over 240 young people, in addition to helping countless trainees from other voluntary services. Having adopted the Foyer Federations recent Open Talent



approach to help residents to identify and develop their talents, we not only address the underlying and often complex issues that a resident may present with, but we continue to work tirelessly to unlock the individual and varied talents of each and every resident who passes through the Foyer doors. Such talents and aspirations can take an array of journeys, from work related to personal interests.

The well established and successful operation of the Foyer Garden Cafe, Cork Community Bicycle Project, Garden Project, Mini Pet Farm and Toddler Play Park are a testament to our long lasting and strong partnerships with Churchfield Community Trust and Cork Community Bikes. With support from our core funders and our undeterred ambition to fully utilise our assets from the outset, we have created a pool of opportunity and demonstrated our commitment to help regenerate the local area.



THE RESIDENTS

What the Residents Think

Cork Foyer is continually striving to improve the service provided to its residents. In order to achieve this, Foyer residents are regularly asked for their feedback on the service and facilities offered by the Cork Foyer. This information is obtained through satisfaction surveys and exit surveys which we ask residents to complete.

We also ask former residents to complete a tracker survey 3 months after leaving the Foyer.

The Foyer has received 14 satisfaction surveys in total during the last 12 months. 100% of the residents who participated said they were satisfied or very satisfied with the overall service provided by the Foyer.

Here are some examples of what residents had to say:

Satisfaction Survey

"I have got great support around treatment and recovery"

"Staff giving me lots of help to access outside agencies for extra support"

"Internal training should start later"

Exit Survey

"There were lots of positives to living at the Foyer and I made a lot of friends"

"I got a lot of new opportunities as well as training and support"

Tracking Survey

"Support and accommodation was great and helped me get to where I am today – I am very grateful"

"Still in contact with the Foyer and my Project Worker meets me sometimes for a chat"

"Before coming to the Foyer I was drinking a lot and became very depressed and self harmed a lot. The staff in the Foyer helped me a lot to deal with my alcohol addiction and depression. Any time I needed to talk to someone there was always somebody there 24/7. I started to get back to my old self before leaving the Foyer. Thanks to their help, I am now living in my own apartment and looking forward to the future. I would not be where I am today if it wasn't for the help and support from the staff of the Foyer" D.K

Creating Potential

The Foyer works with its residents to establish a sense of belonging both within the Foyer and within the wider community, whilst emphasising rights and responsibilities. Empowering residents to organise and participate in events builds a sense of community and access to opportunities previously unavailable to them.

The tasks associated with holding a successful event build self confidence, a sense of pride and motivation. We measure the success of an event not only from the outcome or attendance, but through seeing residents using and developing their talents in a productive way.

The first event of the year was our fifth family fun day which provided a rural farm yard experience in an urban setting. Visitors were able to pet a wide variety of animals from the AgriAware mobile farm and the Cork Foyers own mini pet farm. Both children and parents enjoyed the Dowtcha Puppets 'Granma's Garden' puppet show, sampled the delights on offer at the new City Farm shop and relaxed with a coffee in the glasshouse.





through Community Initiatives



The opening of a brand new garden shop by Kathleen Lynch TD, Minister of State for Disability, Equality and Mental Health, created an array of opportunities for our residents, from the making of produce to the design of marketing materials and selling of products. Several residents really took ownership over the shop and used their talents to extend our homemade product range which include jams, chutneys, oils and hampers. Not satisfied at just selling products in the shop, residents and staff took the shop on the road to a number of events, including the Curraheen Summer Show and the North Side for Business Showcase Event.



Ambitions haven't stopped there! We have now integrated the shop with the café, providing more seating room for the winter months and secured a casual traders licence. The licence will allow Foyer residents to compete in the real market place.

CREATING POTENTIAL

Creating Potential through Community Initiatives

"I didn't want to live in the Foyer for the first few weeks. I wanted to go back to the emergency shelter where I had been living. I was scared, terrified of living with all these strangers and not knowing them or what was going on behind closed doors.

Someone asked me to help make ginger and marrow jam one day for the City Farm shop, and the shop hasn't gotten rid of me since. I've realised that the gardening and cooking classes are more than just digging and eating, they are a way for me to build on my skills, provide me with a new career direction and gives my day a purpose.

I've been involved in the shop now for a year. I do everything from making the products to selling in the shop and farmers markets. I helped to design the shop logos and establish the shop committee. I was voted as secretary, which means I attend meetings, take minutes and do the shop rota. I have also applied and succeeded in getting funding for the set up costs.

Being involved in the shop has opened many doors for me. I have gotten work experience in a café and bakery with a catering company. I hope to develop a career in the food industry. Personally, being involved in the shop has allowed me to build on my talents such as, leadership, teamwork, cooking, gardening, communication and confidence. It has also allowed me to build relationships with staff, work on my mental health, build on my confidence and self esteem.

Currently I am working towards moving on, out and up. City Farm shop has given me a purpose and I hope to stay involved to help those who come through the Cork Foyer's doors next." C.M





Lord Mayor Cllr. Catherine Clancy rounded the year off in great style by switching on the lights to the first Foyer Winter Wonderland. The Foyer Garden was transformed into the North Pole at the flick of a switch. The festive fun included several children's Christmas card making workshops, Santa's Grotto, face painting, winter BBQ and several plays titled the 'Lullabies of Winter' held by the Graffiti Theatre Company. The Foyer residents and staff really got into the spirit and wore a variety of costumes including a reindeer, an elf and a penguin which proved a great hit with the children on the day.

"I would truly like to acknowledge the funding support and hard work from the Rapid Team, the Northside for Christmas Group and the hidden efforts of the Foyer residents and staff who made the whole event a great success."

Barry Waddingham (Foyer Manager)

Developing Potential



Fundamental to the concept of the Foyer is developing potential of all the young adults who come through the doors. The aim of developing the potential of the young adults is for them to gain the skills and talents needed to move on from the Foyer and live full healthy independent lives.



Here in the Foyer we believe that a holistic and rounded approach works best to unlock the potential a young person possesses.

2013 was a busy year for us on the learning front. We had the highest number of residents move on to further education, we had two trips with residents abroad, we received a silver award from NYCI for health promotion, and we hosted a suicide awareness Munster-wide soccer tournament and delivered a well rounded internal training programme.



In April, Ruairí O'Farrell and two residents visited Manchester on an exchange trip with Manchester Foyer, whilst we simultaneously hosted two Foyer residents and a Support Worker in Cork. The exchange was primarily a cultural trip with residents visiting the Manchester Museum of Art, Old Trafford Stadium and going on a guided bus tour. However, fun was also part of the agenda with a trip to the indoor ski slope. Manchester residents visited Blarney Castle to kiss the stone, rang the Bells of Shandon and paid a visit to the Lord Mayor's office. The fun side of Cork was explored by experiencing Zorbing in the Glen Resource Centre and experiencing a traditional music session

AL through Internal Programmes & Activities



The Foyer received a Silver Award in Health Promotion in May. It was the first NYCI Health Promotion Award to be given out to a residential unit or a homeless service. The Award highlighted the hard work and commitment of staff and residents to make the Foyer a healthier place to live and learn. Work is continuing around Health Promotion to achieve the Gold Award status in the coming months.

The Minister of State for Disability, Equality and Mental health TD Kathleen Lynch presented trophies and medals to the winners and runners up.

At the beginning of June Cork Foyer hosted a Munster-wide Soccer Tournament with funding and the kind support of ESB Electric Aid Ireland, St Vincent De Paul, The FAI, Southern Signs and the Glen Resource Centre to promote Suicide Awareness amongst vulnerable males. The day was a great success with a total of 12 teams attending. Mayfield Action on Suicide, The Samaritans and Cork Health Action Zone provided information on the services available to participants and group leaders. The cup was won by Limerick Youth Outreach who defeated Liberty Street of Cork in a thrilling final, which was finally settled by penalties.



DEVELOPING POTENTIAL

Developing Potential through Internal Programmes & Activities

July saw Conor McCormack, Sharon O'Flynn and two residents heading off on a journey by ferry to Birmingham to the annual Foyer Federation practice event. We were invited to showcase our new and exciting social enterprise - the City Farm shop at the two day event.

Residents spoke about the hard work needed to establish an enterprise but also

"Seeing the excitement and disbelief on resident's faces when they realised that people were really interested in what they were saying, made the long trip and hard work worthwhile"

Sharon O'Flynn (Training Co-ordinator).

the rewards of seeing what you made from start to finish being sold. They also attended a number of seminars that explore new ways of working in Foyers. For both residents it was their first time on a ferry and for one it was the first time that he had ever left the country.



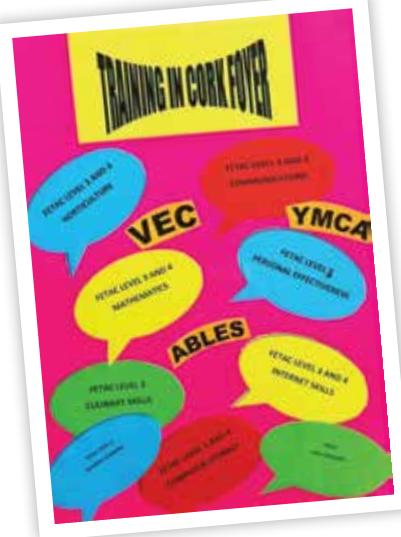
The purpose of the internal training programme is for our residents to learn and develop skills and abilities not only to move on to independent living but also to become ready for further education and

training. The Foyer offers a variety of Fetac modules such as: Communication, Personal Effectiveness, Career Preparation, Computer Literacy, Internet Skills, Culinary Skills and Horticulture.



In March the YMCA ran the Fast Forward Programme with residents over a period of 8 weeks and a further programme in August. The topics included; Self Image, Drug Awareness, Team Building, Sexual Health, Healthy Relationships, Mental Wellbeing and Budgeting Skills. Of all the internal training classes, culinary skills with Geraldine must be one of the most popular.

"When I moved into the Foyer the last thing I wanted to do was go to class. Staff would be ringing my room and knocking on the door to get me down. When I did start to go it wasn't that bad. Going to the training helped me focus and realise that I wanted to do something with my life. In September I started in the STEP Programme in the YMCA. I love the STEP Programme; it has helped me decide what I want to do with my future. Hopefully I will be going to the Cork College of Commerce in September." - S. O'D



2013 Envisaged Achievements

Commenced External Education/Training	15
Commenced FT/PT Employment / Volunteer Work	6
FETAC Level 2 General Learning	8
FETAC Level 3 Personal Effectiveness	5
FETAC Level 3 Communications	7
FETAC Level 3 Career Preparation	3
FETAC Level 3 Numeracy/Mathematics	5
FETAC Level 3 IT	6
FETAC Level 3 Food & Cookery	10
FETAC Level 3/4 Horticulture	32
Fast Forward Lifeskills – 1 or more sessions	15
ITABE / Assessment	15

Unlocking Potential

When an applicant applies to the Foyer and has a Holistic Needs Assessment conducted it is not just about looking at the core issues affecting that young person or negative experiences that they have experienced in their life.

We also try to look at the positive aspects of who they really are, what they are interested in and where do their talents lie. Using a variety of tools, we investigate this more once they become a resident. It is often the first time that a young person has been asked what their talents are, or, if they have any interests they would like to pursue.

Once we have identified a resident's skills they are put forward to the Foyer Talent Bank. The Talent Bank is a resource that contains all the skills that residents have and can be used by anyone when they need one of these skills. For example, the staff team used a resident's skill in art when designing last year's Annual Report cover and we built upon the cooking skills of several residents to make produce for the

garden shop. The talent bank is not just for residents, it contains the skills and interests of the staff team as well. This helps to make the process of support a real collaborative effort.

The art of good project work is to identify the talents, aspirations and needs of each resident and enable them to access opportunities that will promote self development and confidence. For some residents this may happen by supporting them directly into further education, training or employment. However, many residents also require the help of specialists to deal with any underlying issues such as health, legal matters and addictions etc, allowing them to remove any personal

"When I moved to the Foyer I was really unsure what to expect. The staff and other residents made me feel at home. My Project Worker helped me settle in and offered me support. I completed the in house training and got involved with the Blackpool City Farm making jams and chutneys. I was able to help set up the enterprise and it was great that staff listened to my ideas for the shop. Kathleen Lynch came to open the shop and it was a great day. I was asked to go to Manchester for the exchange trip. I really enjoyed it and got to ski for the first time. I got support with finding a college course that I liked. I started a media course in St John's College and I'm really enjoying it. I was also helped to find my own accommodation. When I moved out of the Foyer, my Project Worker continued to offer support and I am able to visit the Foyer, see my friends and chat with staff. I really enjoyed my time at the Foyer and all the support that I have received." A.O'F





through Quality Housing & Empowerment

"When I first moved to the Foyer, I was lost in my addiction and found it hard to live at the Foyer. But with the help and support from the staff, I started with addiction counselling.



I was then able to go to treatment in Aishlinn. After my primary treatment finished I was able to return to the Foyer. The staff were great when I returned and offered help and support. Whenever I found it difficult, I could go to speak to my Project Worker and got support and advice. Before my addiction I used to love going

to the gym but then stopped. By getting my talent bond, I have been able to get a gym membership and gym clothing. Hopefully, I can encourage other residents to start using the gym too. I am returning to secondary treatment very soon and I am delighted that I will still be getting the support from my Project Worker and the Foyer. The Cork Foyer has really helped me on my journey in recovery." J. O'D

The Foyers internal training programmes, independent living skills module and initiatives such as the Talent Bonds, Working Assets etc, all complement the support provision on offer at the Foyer and are designed to instill self-belief and equip young people to live independently.

During 2013, the Foyer was able to fulfil a long time ambition of securing a step down unit. With the support of Cork City Council

and the HSE we renovated some old offices into a small self contained apartment that could accommodate up to two people. The plan was that a resident who has had no previous experience of independent living but has progressed very well in the Foyer could gain experience of more independent accommodation whilst still benefiting from all the support and structure of the Foyer.

This is what the current resident had to say;



"I am currently living at the Cork Foyer. I have been living there for 1 year and 4 months. Since moving into the Foyer things have been brilliant for me. I'm after getting the opportunity to move into the step down apartment. It's brilliant down there and I really appreciate the staff giving me the chance to live there. I have my own space which is great when I see my son. I'm also currently doing a Fetac course which my Project Worker helped me to get. The Foyer is a great place and all the staff are really nice. They're very helpful with everything. S.O'D

UNLOCKING POTENTIAL

Unlocking Potential through Quality Housing & Empowerment

Some Key facts about Applicants:

Total	61
Male	73.8%
Female	26.2%

Ethnic Origin:

Black African	3.3%
Eastern European	1.7%
White Irish	95%

Age:

18-20 yrs	57.3%
21-25 yrs	42.7%

Main Referrers:

Liberty Street House	26.2%
St Vincent's Hostel	11.5%
Edel House	9.8%
HSE	6.6%
Out of home with friends	6.6%
Cork Simon Community	4.9%
Out of home with a family member	4.9%
Probation & Welfare Service	4.9%
Prison Post Release Service	3.3%
Local Drugs Task Force	3.3%
Riverview	3.3%
Other	14.7%

Some Key Facts about the Lettings:

Total	24
Male	66.67%
Female	33.33%

Support Level Assessed

High Support	45.83%
Medium Support	33.33%
Low Support	20.84%

Ethnic Origin:

Black African	4.17%
White Irish	95.83%

Age:

18-20 yrs	70.83%
21-25 yrs	29.17%

Where did they move to?

Private Landlord/RAS	8
Returned Home	5
Sharing with friends/family	3
Housing Association	3
Other Homeless Provider	3
Other (i.e. treatment)	3

24 residents moved in a planned manner and 1 move was unplanned.

Average length of stay 7.3 months

Staff Team & Feature



Staff Team

Barry Waddingham	Foyer Manager
Sharon O'Flynn	Deputy Foyer Manager & Training Co-ordinator
Ruairi O'Farrell	Project Worker
Conor McCormack	Project Worker (Temp)
Catherine McAdoo	Administrator
Richard Meagher	Night Premises Supervisor – Job Share
Patrick Fitzsimmons	Night Premises Supervisor – Job Share
Jeremiah Slattery	Night Premises Supervisor – Job Share
Paul Carroll	Night Premises Supervisor - Job Share

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

Phil O'Reagan	Denis Murphy	Susan Edwards
Patrick Fitzsimmons	Daniel McIntyre	Jeremiah Slattery
Trish Jones	Paul Carroll	Pat Horgan
Conor McCormack		

Student Placements

During 2013/14 the Foyer provided three practice placement opportunities, helping year 2 and year 3 Cork Institute of Technology students who are working towards a Bachelor of Arts in Social Care.

What they had to say:

Prior to completing my work placement here in the Foyer I was quite apprehensive as this was my first time working with people of my own age group. While I had completed a placement in the homeless sector before, this experience was completely different.

"What I found most beneficial on my placement was working closely with the Project Workers and interacting with current residents through services including cooking classes. I believe the Foyer has benefitted me both professionally and personally and I am delighted that I chose to complete my third year placement here in the Foyer."

Amy Swayne

"My placement in the Foyer has provided me with an insight into working with young people who are homeless or were at risk of becoming of homeless. This has been extremely beneficial as it has given me the opportunity to further my abilities in working with young people and I now know this is the type of area I would like to further my future career."

Michelle Daly

"Whilst being on my 2nd year placement here at the Foyer, it has really shown me just how much time and effort the staff here put in not only to the day to day running of the Foyer but also into the residents staying at the Foyer. Having said that, it was evident to me that the Project Workers invest a lot of their time helping each and every resident to reach the goals that they had set for themselves."

Stephanie Browne

Financial Statement

Cork Foyer Income and Expenditure Summary as of 31st December 2013

Foyer General Account:

INCOME

Rent & Miscellaneous Income	€111,381
Health Service Executive	€283,423
Department of Environment, Community & Local Government	€202,111
Total Income	€596,915

EXPENDITURE

Payroll	€479,504
Heating & Lighting	€30,264
Cleaning	€12,392
Repairs & Maintenance	€46,638
Miscellaneous Supported Housing Costs	€6,179
Professional Fees	€3,898
Telephone	€4,059
Printing, Stationery, Advertising & Postage	€6,994
Travel, Training & Subsistence	€2,472
Capital Replacement/Development Fund	€4,515
Total Expenditure	€596,915

Foyer Garden Project:

Balance as at 1st January 2013	€10,109
Total Income	€10,791
Total Expenditure	€17,802
Balance as of 31st December 2013	€3,098

Foyer Resident Hardship / Participation Fund:

Balance as at 1st January 2013	€8,812
Total Income	€9,909
Total Expenditure	€15,617
Balance as of 31st December 2013	€3,104

Capital Replacement / Development Account:

Balance as at 1st January 2013	€127,160
Total Income	€4,514
Total Expenditure	€21,886
Balance as of 31st December 2013	€109,788

CERTIFIED BY:



John Hallahan
Management Accountant, Cork City Council

Committee Members

Foyer Management Committee Members

Dave Cody

Chairman
CEO (Retired)
Cork City Enterprise Board
Union Quay
Cork

Ger McCarthy

Treasurer
Admin Officer
Housing & Community Services
Cork City Council
Cork

Dennis Hickey

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

Aileen O'Connor

Homeless Officer
Housing & Community Services
Cork City Council
Cork

Fiona Long

ABLES Adult Literacy Group
The Glen Sports & Resource Centre
The Glen
Cork

Karen Higgins

Admin Officer
Housing Department
Cork County Council
County Hall
Cork

Barry Waddingham

Cork Foyer Manager
Assumption Road
Blackpool
Cork

Bill Dunlea

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

Invited Resident Representatives

Cork Foyer
Assumption Road
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 2013. Their expertise and experience will be greatly missed;

Paul McGuirke
Gerry McGrath

RAPID Co-ordinator
Senior Development Officer

Cork City Council
FAS

OPENING TALENT



Annual Report 2013

Cork Foyer is a Cork City Council Housing and Community initiative.

The Cork Foyer would like to acknowledge Carl Miller's motivational catchphrase which provided inspiration for the 2013 Cork Foyer annual report cover.

Cork City Council



Comháil Cathrach Chorl

CORK CITY COUNCIL
PROMOTING INDEPENDENT LIVING

