

Registered number: 382737

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED
(A Company Limited by Guarantee)

DIRECTORS' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

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COMPANY INFORMATION

Directors	Jeanette Garland, Patrick Kelly, Louise Moran, Niamh Flaherty, Louise Keogh, Margaret McLoughlin, Maria Quinn, Mike Farrell, Mary Jackson, Fiona Hayes, Kathleen McHugh, Nora Lucid, Seamus Falvey, Jacqueline M. Landers, Louise Hackett, Shirley Moyles, Martina Doyle, Linda Harley, Hilary Fitzgerald, Justyna Doherty, Kathleen Meagher, Pieter Kees Duson, Ellen Duggan, Mary O'Donoghue, Catherine Leonard, Sharon Kennedy, Delores Crerar, Jack Butler, Joan Bolger, Susan O'Sullivan, Dara Terry, Majella McGovern, Michelle Lynch (resigned 19/8/22), John (Sean) Ahern, Elizabeth King (resigned 12/05/22), Mary (Molly) Kirwan (resigned 12/05/22), Grace Kearney (resigned 19/10/22), Kabirat Olatinwo (resigned 25/03/22), Clare Mary Cashman (resigned 31/12/22).
Company secretary	Catherine Leonard
Company number	382737
Registered office	Ballyboden FRC 29 Whitechurch Way Ballyboden Dublin 16 D16F2R3
Independent auditors	Noone Casey Statutory Auditors & Accountants Dublin 2
Bankers	AIB Tuam Road Galway
Charity Number	CHY 22511
Charity Regulatory Authority Number	20153656

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**DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Directors Report

The directors present their annual report and the audited financial statements for the year ended 31 December 2022.

The financial statements are prepared in accordance with the Companies Act 2014, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities. The Company has voluntarily implemented the Statement of Standard Practice: Accounting and Reporting by Charities (SORP) where applicable as it has not yet been brought into legislation in the Republic of Ireland. The financial statements have been prepared to give a 'true and fair' view and have departed from SORP only to the extent required to provide a 'true and fair' view will complying with the Companies Act 2014.

Directors' responsibilities statement

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare the financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

Under company law, the directors must not approve the financial statements unless they are satisfied they give a true and fair view of the assets, liabilities and financial position of the Company as at the financial year end date, of the profit or loss for that financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the Company's financial statements and then apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice: Accounting and Reporting by Charities;
- make judgments and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The directors are responsible for ensuring that the Company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the Company, enable at any time the assets, liabilities, financial position and net income or expenditure of the Company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the

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assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the Company's website. Legislation in Republic of Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Principal Activities

Established in 1998, the Family Resource Centres (FRC) National Forum is the national representative and peer support body of the 121 Family Resource Centres (FRCs) throughout Ireland. We seek to ensure the effective representation of the Family Resource Centres, the communities in which they work and the Family Resource Centre Programme, Ireland's largest national family and community support programme.

Our vision is that all children, individuals, families and communities will actively participate and be included in a society that is free from prejudice, inequality, discrimination and exclusion, which will contribute to their greatest possible well-being.

Our mission is to be the collective voice of Family Resource Centres - to provide dynamic leadership, effective representation, collective capacity building and widespread promotion of the FRC Programme.

The FRC National Forum adopts an integrative approach to community based Community Development and Family Support in addressing the needs of those most disadvantaged and in need. The values to which we ascribe to are equality, empowerment, fairness, collective decision making, openness and good practice.

Since its establishment, the FRC National Forum has undergone considerable change and has grown to become a dynamic and evolving national organisation with an active membership base throughout Ireland. We provide an opportunity in which models of good practice are exchanged. We have fostered an environment in which work-based issues can be resolved in a supportive and professional manner and enabled the development of a nation-wide advocacy base for our work. Members of the FRC National Forum also have the opportunity to participate in bespoke training programmes and in local, regional and national initiatives to support the work of Family Resource Centres. More recently the FRC National Forum is also involved in providing governance and compliance supports and access to funding opportunities for FRCs. The National Forum is serviced by a staff team of nine headed up by its Chief Executive Officer, Fergal Landy.

Membership of the National Forum is automatic for Family Resource Centres funded through the Family Resource Centre Programme. There are nine regions of FRCs - Cork, Kerry, Eastern, Mid-West, Midlands, North-East, North-West, South-East and Western. The regions meet regularly, allowing staff and members of the voluntary boards of management to network, discuss common issues, organise training and plan for joint projects. Through the regions, FRCs can get representation on a variety of regional bodies. The regions also appoint the directors to the Board of the National Forum and thereby act as the main conduit for communications between FRCs locally and the FRC National Forum Board.

Family Resource Centre Programme

The Family Resource Centre (FRC) Programme is core funded by Tusla - The Child and Family Agency, which provides funding to all 121 Family Resource Centres in Ireland. It is Ireland's largest family and community national support programme delivering universal services in disadvantaged areas across the country based on

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a life-cycle approach. The principal objective of the FRC programme is to combat disadvantage and to strengthen and empower children, individuals, families and communities. The programme involves local communities addressing the issues they face and creates meaningful partnerships for social change between voluntary and statutory agencies. In 2022, the Family Resource Centre Programme Tusla budget was €18.1 million.

Family Resource Centres

There are 121 Family Resource Centres (FRCs) across Ireland. FRCs operate a human rights-based approach to community development and family support across the life-course and this model is at the heart of the FRC Programme. The centrality of community development informs the approaches, values, and methods, including collective action, community empowerment, social justice, sustainable development, human rights, and participation, all of which underpin the work of FRCs. A defining characteristic of FRCs is that they are managed by local voluntary management boards, which are critical in facilitating meaningful participation within communities and in ensuring local knowledge and accountability. FRCs are participative and empowering organisations that support individuals and families while building the capacity and leadership of local communities. FRCs have an open-door policy. They are all located in disadvantaged areas, as measured by the Trutz Hasse index used to identify those district electoral divisions of the census with the highest levels of poverty and disadvantage.

FRCs provide a range of universal and targeted developmental, recreational, educational, and therapeutic supports across the life course (cradle to grave) both in the form of group and 1:1 work that addresses the needs and promotes the strengths of children, families, individuals, and communities. These include:

- The provision of information, advice, and support to target groups and families. Information concerning the range of services and development options available locally and advice on accessing rights and entitlements is also extended. FRCs act as a focal point for onward referrals to mainstream service providers.
- Delivering education courses and training opportunities.
- The establishment and maintenance of community groups to meet local needs and the delivery of services at local level (for example, childcare facilities, after-school clubs, men's groups, etc.).
- The provision of therapeutic supports to children, young people, adults and groups.
- Developing capacity and leadership within communities.
- Practical assistance to individuals and groups such as access to information technology and office facilities.
- Practical assistance to existing community groups such as help with organisational structures, assistance with accessing funding or advice on how to address specific social issues.
- Contributing to local and national policy development.
- Work with migrant and new communities.
- Provision of parent programmes and support both individually and in group work.
- Delivery of youth work programmes.
- Strategic Alliances & Networking.

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Business Review and Future Developments

Our National Conference – Achieving Sustainability of the FRC Programme

On Wednesday, the 9th of March we held our first annual conference of 2022 in the Hodson Bay Athlone. This conference was the first in-person national event held by the National Forum for FRCs post pandemic. The focus of the National Conference was very much on achieving sustainability for the FRC Programme. Louise Moran, Chair and Jackie Landers, Vice-Chair, of the FRC National Forum welcomed attendees and delivered a joint opening address emphasising the many achievements of the programme throughout its lifetime and the potential for the future in light of positive recent developments such as the National Problem Gambling Support Service in collaboration with the Gambling Awareness Trust. This service was launched at the Conference in conjunction with Pam Bergin, CEO of the Gambling Awareness Trust. The Evaluation of the Health and Wellbeing Community Referral Project in Cork and Kerry by Yvonne Pennisi, Lecturer in Occupational Science and Occupational Therapy University College Cork was also presented and launched.

The conference was addressed by Eifion Williams, Service Director, Head of Commissioning, Tusla who spoke about the sustainable development of the FRC Programme and by the CEO of the FRC National Forum, Fergal Landy, who is the Forum's first ever CEO having started in position in September 2021. Fergal outlined some of the work undertaken since he commenced in post in relation to the engagement of FRCs through regional fora and work undertaken by the FRC National Forum to engage with funders and other stakeholders to promote the National FRC Programme

A roundtable discussion on the topic of the key challenges and opportunities facing FRCs took place. Members considered how the FRC National Forum could work to address the challenges identified and maximise the opportunities. In line with the theme of the conference, a Panel Discussion focussed on Achieving Sustainable Funding took place in the afternoon.

A total of 198 Family Resource Centres (FRCs) members attended the conference from around the country. There was representation from all nine regions of the FRC Programme. Other agencies in attendance included The Wheel, the Community Foundation for Ireland, Clann Credo, and Community Finance Ireland.

FRC National Forum Ukraine Response

With the onset of the Ukrainian conflict in February 2022, and the arrival of people into Ireland who had been displaced by the conflict, the FRC Programme sought to respond both at a local and national level. At a local level, FRCs were often the first port of call or a place of welcome to those that had been displaced or were seeking refuge. The FRC National Forum circulated a survey to all 121 members in April 2022 to gather information on the number of FRCs involved in responding to the Ukrainian crisis and gain insight into what types of additional support and resources may be required for FRC members to meet the level of need. The data gathered from the survey was utilised to demonstrate to Government, State and philanthropic bodies the need for additional resourcing for FRCs to respond to people displaced by the conflict within their communities. The FRC National Forum also attended fortnightly meetings and formed part of the National Irish Civil Society Response Network.

On December 16th, 2022, the FRC National Forum organised an online meeting inviting all FRCs responding to the Ukrainian crisis at a community level to join for an information exchange and discussion on key priorities moving into 2023. The key priorities identified that the FRC National Forum can support FRCs in responding to the Ukrainian crisis in 2023 include organising a Task Group to ensure learning is shared and to actively communicate to the relevant funding bodies that FRCs require adequate sustainable funding for staffing for this

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important and additional community engagement work. A second survey 'FRC Programme response to people displaced by the Ukraine conflict' was circulated to all FRCs in December 2022. It aims to build on information gathered from the previous survey in April 2022 and provide updated information on the current situation including additional training and support required to respond to Far-Right rhetoric being experienced within communities.

Social Finance Information Event

On May 26th Clann Credo - Community Loan Finance and the FRC National Forum hosted an online information event to showcase the benefits of working with Clann Credo for Family Resource Centres and other community-based organisations. Clann Credo is a social enterprise who provides loans to community organisations, charities and social enterprises. Since 1996, Clann Credo has provided affordable loan finance to community organisations that generate social benefit. Mary Lawlor, CEO of Clann Credo and Louise Moran, Chair of the FRC National Forum jointly hosted the webinar.

Budget 2023 Campaign

FRCs have a vast, long lasting, community-based impact on children, individuals, families and the communities where they live, work or play. Being adequately resourced is essential for FRCs to continue to deliver on the range of supports and services they provide in their local communities.

During the month of September, the FRC National Forum in conjunction with its members engaged in a Budget 2023 social media campaign highlighting the work of FRCs over 2020/2021 and seeking that all 121 Family Resource Centres receive a minimum core funding of €166,400 annually, provided through the National FRC Programme with an adequate percentage increase annually thereafter.

National Family Support Network Visit to Ireland

In September, our Chair Louise Moran and CEO Fergal Landy welcomed Andrew Russo, Co-Founder and Director of the National Family Support (NFS) Network, USA to Ireland. Similar to the FRC National Forum their mission is to promote positive outcomes for all children, families, and communities by leveraging the collective impact of state networks and championing quality family support and strengthening practices and policies.

Together for Families Conference

In October, the FRC National Forum and three Irish FRCs Newbridge Co. Kildare, Listowel, Co. Kerry and Tacú, Ballinrobe, Co. Mayo presented on their work at their biennial virtual Together for Families Conference that took place between 19th to 21st of October.

Our National Conference - The Importance of Place – Locally, Nationally Globally

On Wednesday, 12th of October we held our second national conference for 2022 at the Hodson Bay Hotel in Athlone. The conference theme The Importance of Place – Locally, Nationally Globally celebrated the value and uniqueness of the FRC Programme approach.

A total of 167 staff and volunteer board of management members from Family Resource Centres (FRCs) from around the country attended the National Conference. There was representation from all nine regions of the FRC Programme. Other agencies in attendance included Chime, Cairdeas, Mental Health Ireland, Kinship Care and Tusla Commissioning Representatives.

The FRC National Forum Outgoing Chair, Claire Cashman, Louise Moran, Chair and Jackie Landers, Vice Chair presented on the 'The Journey of the National FRC Programme from its Origins in the 1990's to the current day', highlighting the structure of the FRC Programme and its development and growth over the years. It marked the

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pathway of the FRC National Forum giving national voice to local voices and the importance of bringing communities to the national table.

Professor Bob Lonne, from the Department of Social Work, Norwegian University of Science and Technology (NTNU) was the keynote speaker, presenting on 'System perspectives for prevention strategies – supporting and developing communities' via weblink. Bob spoke of the history of child protection including its strengths and limitations and public health approaches to prevention of child abuse and neglect. Professor Lonne spoke of the importance of developing stronger communities and the role FRCs and communities can play in the area of Child Protection.

A central element to the conference was a series of presentations from FRCs across the country on 'Innovations within the FRC Approach'. These included presentations from Midleton FRC on Social Prescribing, Listowel FRC on LGBT+ Support, West Clare FRC on Ukraine Integration Project, St. Andrews Resource Centre on Supporting older people using a Community Development Approach, and Clara and Tullamore FRCs presenting on The Midlands Trauma Informed Communities. The presentations captured the broad range of work and initiatives taking place across the FRC programme.

A key feature of the conference was the opportunity for FRC staff and volunteers to network. Information stands were hosted by the FRC regions and partner organisations during the conference. The conference facilitated the FRCs to meet on a national level and exchange information and share work practices.

A special presentation on the day was made to Claire Cashman, outgoing Chair of the FRC National Forum, who retired at the end of 2022, in recognition of her long-standing commitment and dedication to the National Forum over the years.

External Engagement & Representation

- An important aspect of the work of the FRC National Forum is promoting the National FRC Programme and representing the views of member FRCs onto a variety of fora and committees relevant to the work of FRCs. This external engagement and representation work is undertaken by the CEO, Staff, Chairperson, and Board Members of the FRC National Forum. In 2022, the following external engagement and representation work was undertaken:
- Ongoing engagement and representation with a range of funders and potential funders of FRC activities including Tusla, HSE, Gambling Awareness Trust and Community Foundation for Ireland.
- Specific engagement with Tusla as core funder, including meeting with CEO and Deputy CEO with a focus on representing the concerns of FRCs in respect of the potential impact of Tusla restructuring on the integrity of the National FRC programme as a distinct national human rights-based community development and family support programme operating across the life-course.
- Participation in groups convened by the Wheel focused on ensuring the provision of adequate sustainable funding for the community and voluntary (C&V) sector with the CEO representing FRCs as a distinct subset of the wider C&V sector. This includes representing the FRC National Forum on a Coalition of Tusla Funded organisations. Separately a discounted rate was negotiated for FRCs seeking to join the Wheel.
- Engaging and representing the FRCNF as a member of the Children's Rights Alliance including attending meetings of the Tusla Dialogue Forum.

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- CEO is a Member of the Community Foundation for Ireland (CFI) Children's Advisory Panel. CEO attended the CFI 2022 All Island Fund Conference and participated in a panel discussion promoting the work of FRCs in combatting poverty.
- Membership of the National One Parent Family Alliance convened by One Family and focused on addressing the causes and impact of poverty amongst people parenting alone.
- Participation in group convened in respect of the recommendations of the Citizen's Assembly on Gender Equality.
- CEO is a Member of the Greentown expert group, focused on addressing the involvement of children and young people in criminal networks.
- Ongoing engagement with the Association of Agency Based Counsellors in Ireland (AACPI) in respect of synergies between the work of AACPI and the development of the National FRC Counselling and Therapeutic Supports Programme.
- Participation in international network of FRC representative bodies with equivalent bodies in United States, Canada, and U.K, focused on sharing learning and collaboration.
- Membership of the Prevention and Early Intervention Network, CEO was elected to its executive in 2022.
- CEO and the Member Support and Engagement Officer represented FRC National Forum on the Civil Society Forum on the Response to people displaced by the conflict in Ukraine. The CEO was a member of a small delegation engaging with Minister for Integration, Joe O'Brien.
- The views of FRCs were represented in reviews of the Community Services Programme and the Social Inclusion and Community Activation Programme seeking to ensure FRCs are viewed as key stakeholders in each instance.
- Ongoing engagement with Community Work Ireland (CWI) and the All-Ireland Endorsement Body for Community Work Education and Training focused on developing and promoting the National FRC Programme as a national community development programme.
- Representation of the FRC National Forum on the Community Platform.
- Our Mental Health Programme Manager was part of the steering committee that helped support the development of the HSE five-year Stronger Together Mental Health Promotion Plan launched in April 2022.
- Along with a Board Member our Mental Health Programme Manager represents the FRC National Forum on the All-Ireland Social Prescribing Network.

FRC National Forum Mental Health Promotion Project

Our FRC National Forum Mental Health Promotion Project provides education, training and best practice guidance to the staff and volunteers of all 121 Family Resource Centres around suicide prevention, wellness, recovery action planning, self-care, resilience building and positive mental health promotion.

Funded by the National Office for Suicide Prevention (NOSP) and TUSLA, our FRC National Forum Mental Health Promotion Project promotes shared responsibility and response to the action of suicide. We foster collaborative partnerships with all relevant agencies, organisations and other stakeholders and strive to raise awareness, reduce the stigma associated with mental health difficulties and reduce the number of suicides in Ireland.

In 2017, 'Building Resilient Communities' A Framework for Promoting Positive Mental Health within the Family Resource Centre Programme 2017 – 2022 was completed by key stakeholders including the FRC National Forum, NOSP, Tusla Mental Health Ireland, HSE Mental Health, Primary Care and Health and Wellbeing. This ambitious piece of work identified four key priorities areas for the promotion of positive mental health within

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communities through the FRC programme. It included twelve recommendations for collaboration across services. These key areas included:

- Promoting Social Connectedness through our Social Prescribing, Health & Wellbeing Community Referral Training.
- Promoting Community Resilience through Self-Care Training.
- Providing Pathways to Care through our Social Prescribing Project & Training.
- Combating Stigma by Creating Awareness, Advocacy & Dialogue.
- Helping to create an informed, cohesive response to suicide and suicide ideation through the Research & Development of the Suicide Code of Practice.

Over the course of 2022, our Mental Health Promotion Project strove towards further progressing these areas of work.

FRC National Forum Mental Health Training in 2022

Our Mental Health Training and Policy Officer, Mary Mulcahy delivered the following training during 2022:

Suicide Prevention Code of Practice (SPCOP)

The Suicide Prevention Code of Practice provides Family Resource Centres with guidelines, protocols and training on effective suicide prevention and the capacity to prevent and respond to suicidal behaviour. During 2022 SPCOP was delivered in eight Family Resource Centres - Ballymun FRC (Dublin), Kilmovee FRC (Mayo), Downstrands FRC (Donegal), Rosemount FRC (Dublin), Northside FRC (Limerick), Silver Arch FRC Nenagh (Tipperary), Athlone FRC (Westmeath) and Newbridge FRC (Kildare). A total of 90 FRC staff and volunteers completed the training.

Wellness Recovery Action Planning (WRAP) Seminar 1

This two-day workshop teaches participants about Wellness Recovery Action Planning (WRAP) and demonstrates how this programme can be incorporated into daily life to improve personal wellness and quality of life. During 2022, the 53 staff and volunteers that completed the 2-day programme were from 17 Family Resource Centres across the country.

Self-Care

Our Mental Health Promotion Project offers Self-Care in person events to the staff and volunteers of Family Resource Centres. These half day and full day workshops provide participants with the opportunity to learn mindfulness, relaxation and self-care practices that can be incorporated into their daily routine both on a personal and professional level. During 2022 1 full day and 4 half day sessions were delivered to 53 staff and volunteers in 12 FRCs.

30 Minutes for Me! & Guided Meditations

The 30 Minutes For Me! sessions are online meditation and mindfulness practice for FRC staff and volunteers, which have been running since the start of Covid 19. These sessions include some breathing exercises, meditation and mindfulness practices. During 2022, we delivered seven 30 Minutes for Me! online sessions attended by 54 FRC staff and volunteers.

Training Needs Survey

In January 2022, our Mental Health Promotion Project invited all 121 Family Resource Centres across Ireland to participate in a Training Needs Survey, of which we received 138 responses from 81 FRCs across the 9 regions.

Replies show that up to 80% of the respondents to the survey have previously attended Mental Health, Wellbeing

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and Suicide Prevention training including but not limited to training provided by the National Forum Mental Health Promotion Project the HSE, TUSLA, CYPC and Mental Health Ireland.

The top 3 training requests for training in 2022 were:

- 1) 64% Compassion Fatigue Training.
- 2) 44% WRAP Seminar 1.
- 3) 43% Suicide Prevention Code of Practice Training.

Information & Networking Events

Information sharing and Networking Events (Southeast, Laois Offaly & Midwest)

During 2022 our Mental Health Promotion Project working in partnership with the HSE Resource Office for Suicide Prevention and Mental Health Ireland organised and delivered three Information Sharing and Networking events. These events were aimed at Family Resource Centres and local and community organisations with an interest in and/or working in the area of positive mental health promotion and suicide prevention. The events were held in Kilkenny (South-East Region), Tullamore (Laois and Offaly) and Ennis (Mid-West Region). Staff and volunteers from 17 FRCs participated in the three events.

Communications and Promotion

The National FRC Mental Health Promotion Project Website

The National Forum Mental Health Promotion Project website underwent a significant transformation during 2022 to promote the work and services of the project. As a result, the total number of unique visitors consisted of 10,925 and 8,637 first-time visitors and 2,289 returning visitors; an increase of 75% from the previous year.

Social Media

In line with our Mental Health Promotion Project's efforts to create awareness and combat the stigma associated with mental health difficulties, the project implemented a social media strategy that saw its combined social media audience grow to 9,000 people with an approximate reach of over 60,000 people.

Newsletters

The project created two newsletters highlighting the achievements and work of the Mental Health Promotion Project, these were distributed to our mailing lists and are available online on the project website.

Collaborative Work on Mental Health Awareness Raising Campaigns

Across 2022 the National FRC Mental Health Promotion Project promoted over 46 national and international mental health-related campaigns through its website, social media and direct email communications to an audience of almost 30,000 people.

Health & Wellbeing Community Referral Project

The Health and Wellbeing Community Referral Programme (HWCRP) is a Social Prescribing Service delivered through our Mental Health Promotion Project in partnership with the HSE in Cork and Kerry. The service seeks to address the problems of social isolation, anxiety, loneliness and feeling disconnected from your community, all of which negatively affect health and wellbeing. Social Prescribing Link Workers, who are located in nine Family Resource Centres (FRCs) and one Community Development Project (CDP) across Cork and Kerry, work with adults (over 18s) to link them into and also support them to attend varied activities, groups and resources that provide opportunities for connection and support wellbeing.

The project is funded through HSE Health and Wellbeing – for the Cork/Kerry region. Originally a pilot project, with 6 sites, funded through the Slaintecare Integration Fund 2019-2021, the project was mainstreamed in 2022

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with expansion to 10 sites. In 2022, the FRC National Forum secured funding to employ a Regional Coordinator for the project who took up their post in May 2022. This role takes the lead in overseeing and implementing the project across both regions and providing support to the FRCs/CDP and Link Workers.

Outcomes of the Social Prescribing Service for 2022 include:

- 692 referrals across 10 sites.
- Regarding service-user relationship status, the majority were single, including those who are widowed or separated (58%).
- A large number of service-users reported to be living alone (39%).
- Retired individuals accounted for the largest group of service-users at 39%. Individuals currently unable to work account for 28% of service-users, reasons for being unable to work may include physical or mental illness.
- 80% of interventions provided were group-based, which demonstrates the social focus of the service.
- Women made up 66% of service-users.
- GP referrals have increased significantly from last year, with 85 referrals received across the 10 sites – they account for only 3% of referrals the previous year.
- Mental health professionals accounted for 73 referrals, or around 11% of total referrals received.
- Social isolation was the most common reported primary concern.
- Mental health difficulties made up 67% of concerns reported by service-users.

National Problem Gambling Support Service

In 2022, the FRC National Forum secured €1.5 million from the Gambling Awareness Trust (GAT) for the delivery of a three-year National Problem Gambling Support Service across 20 FRCs. The aim of this 3-year project is to support the development and delivery of a National Problem Gambling Support Service for those experiencing harmful gambling and their families. The supports are through a clinical service, where therapy is offered to those impacted by Problem Gambling, and by also raising awareness in communities around harmful gambling, through community development approaches, educational awareness, and marketing campaigns.

In 2022 the following outcomes were achieved:

- 81 people reached out for therapeutic supports since the beginning of the project- 55 males and 26 females. 75 of these individuals self-referred, with other referral sources including from the HSE, FRCs, Money Advice & Budgeting Service (MABS) and other community supports and services.
- A total of 59 Problem Gamblers utilised the service.
- 29 affected others have reached out for supports/counselling.
- There has been a total of 405 therapeutic sessions delivered, 380 of which have been face-to-face.
- 33 individuals were aged between 25-44, with the next most common aged cohort being 45-64 (33 individuals).
- The most common recorded form of gambling was online sports betting followed by bookmakers.

Recovery and Resilience Programme for Children

In 2022, the FRC National Forum in partnership with the HSE Mental Health Integrated Operations Care Group developed a once off National Recovery and Resilience Programme for Children. The 1-million-euro fund focused on supporting children and families to enhance a culture of Recovery and Resilience in the aftermath of Covid-19.

Family Resource Centres are ideally placed to deliver on the 'Recovery and Resilience Programme' as they have

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ample connections with families and are providing community-based therapy supports. The main purpose of the funding is to provide local therapeutic supports and to conduct a piece of research that will capture the experiences of and mental health impact of Covid-19 on children and families. This research will inform strategy and planning into the future, it will also build an evidence base on the need for and benefits of new creative therapeutic approaches for children and adults. The fund was administered to 83 of the 121 Family Resource Centre's across different communities providing various therapeutic interventions which will support over 4500 children and families nationwide as a result of this funding.

Period Poverty Project

In December 2022, the FRC National Forum was granted €67,275 from the DoH to support FRC members in rolling out Period Poverty mitigation initiatives. It will encompass two key strands. Strand one relates to the provision by FRCs of free period products to various female cohorts in their communities. Strand two of funding will support FRCs to pilot a period poverty mitigation project in their community. The funding is planned to be rolled out in 2023.

Snapshot of National FRC Programme Activities in 2022*

In 2022, the Family Resource Centre Programme Tusla budget was €18.1 million. This is a snapshot of the FRC Programme Activities in 2022.

40,550 Family Support Sessions.

29,388 Adult & Child Beneficiaries from Food Bank & Cloud initiatives.

53,570 Number of Children, Adults & Families for whom a need, issue or entitlement was identified.

28,667 Number of participants education courses and initiatives.

58,325 Counselling sessions for Children, Adolescents, Adults, Couples and Families.

6,790 Parent Support Sessions.

28,488 Adults availed of admin support e.g., IT support, interview skills, application forms etc.

91,734 number of Adults & Child beneficiaries of community-based initiatives.

*All figures from SPEAK Report 2022

Financial Results

At the end of the financial year the company has assets of €1,048,900 (2021 - €350,264) and liabilities of €845,982 (2021 – €147,343). The net assets of the company have decreased by €4.

Governance

The FRC National Forum is in compliance with the Charities Regulator Governance Code.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

DIRECTORS' REPORT (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

Our Team in 2022

During 2022 the FRC National Forum team expanded to a staff team of nine (6 full-time and 3 part-time).

Chief Executive Officer	Fergal Landy
National Mental Health Programme Manager	Shauna Diamond
Finance, Governance & Compliance National Lead	Ann Flynn (Appointed 26.09.22)
Counselling and Therapeutic Supports, National Lead	Grace Kearney (Appointed 19.10.22)
National Mental Health Training and Policy Officer	Mary Mulcahy
Member Support and Engagement Officer	Marie Kennedy (Appointed 12.09.22)
Regional Coordinator Social Prescribing Cork/Kerry Region	Rita Bevan (Appointed 23.05.22)
National Mental Health Promotion Project Officer	Kathleen Kemp
Finance Administrator	Mary Heskin

Our Board in 2022

Louise Moran (Chairperson)	Delores Crerar (Midlands Region) (Appointed 15.06.22)
Jackie Landers (Vice-Chair)	Seán Ahern (Cork Region)
Jean Garland (Treasurer)	Patrick Kelly (North East Region)
Catherine Leonard (Company Secretary)	Elizabeth King (North West Region) (Resigned 12.05.22)
Clare Cashman (Outgoing Chair) (Resigned 31.12.22)	Joan Bolger (Midlands Region) (Appointed 23.09.22)
Ellen Duggan (Eastern Region)	Jack Butler (South East) (Appointed 08.09.2022)
Kathleen Meagher (South East Region)	Susan O' Sullivan (Kerry Region) (Appointed 15.06.22)
Hilary Fitzgerald (Cork Region)	Dara Terry (Eastern Region)
Linda Harley (Cork Region)	Justyna Doherty (North East Region)
Shirley Moyles (Western Region)	Kees Duson (Mid-West Region)
Louise Hackett (Cork Region)	Seamus Falvey (Kerry Region)
Kathleen Mc Hugh (North West Region)	Fiona Hayes (South East Region)
Nora Lucid (Kerry Region)	Martina Doyle (North West Region)
Mary O' Donoghue (Mid-West Region)	Michael Farrell (Midlands Region)
Margaret Mc Loughlin (Eastern Region)	Louise Keogh (Eastern Region)
Niamh Flaherty (North West Region)	Majella Mc Govern (North West Region)
Mary Jackson (Western Region)	Maria Quinn (Midlands Region)
Michelle Lynch (Mid-West) (Resigned 19.08.22)	Kabirat Olatinwo (Mid-West) (Resigned 25.03.22)
Sharon Kennedy (South East Region)	Mary Kirwan (South East) (Resigned 12.05.22)
Grace Kearney (Midlands Region) (Resigned 19.10.22)	

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Board Meeting Dates 2022

- 13th of January
- 10th of February
- 10th of March
- 14th of April
- 12th of May
- 15th of June
- 14th of July
- 8th of September
- 13th of October
- 10th of November
- 8th of December

Reserves Policy

In accordance with good governance the Board of the Family Resource Centres National Forum has developed a Reserves Policy having regard to the following factors:

1. Our commitment to a duty of care to our staff and to provide them with appropriate notice of all items affecting their welfare and terms of employment.
2. Our commitment to manage our affairs in an orderly and fair manner with our funders, beneficiaries and suppliers.
3. To carry only reserves which in our opinion are reasonable and necessary, which meet the liabilities of the company.

The FRCNF will endeavour to work towards retaining reserves of approximating three months projected operating expenditure for that year. At the end of the financial year the company has reserves of €202,918 (2021 – €202,922) (note 14).

Post balance sheet events

There have been no significant event affecting the company since financial year end.

Directors and their interests

None of the directors of the company hold a beneficial interest in the share capital of the company.

Accounting records

The measures taken by the directors to ensure compliance with the requirements of Sections 281 to 285 of the Companies Act 2014 with regard to the keeping of accounting records, are the employment of appropriately qualified accounting personnel and the maintenance of computerised accounting systems. The company's accounting records are maintained at the company's registered office at Ballyboden FRC, 29 Whitechurch Way, Ballyboden, Dublin 16.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**DIRECTORS' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Statement on relevant audit information

Each of the persons who are directors at the time when this Directors' Report is approved has confirmed that:


- so far as the director is aware, there is no relevant audit information of which the Company's auditors are unaware, and
- the director has taken all the steps that ought to have been taken as a director in order to be aware of any relevant audit information and to establish that the Company's auditors are aware of that information.

Auditors

The auditors, Noone Casey, continue in office in accordance with section 383(2) of the Companies Act 2014.

This report was approved by the board on 13th April 2023 and signed on its behalf.


Jeanette Garland
Director


Catherine Leonard
Director

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF NATIONAL FORUM OF FAMILY
RESOURCE CENTRES LIMITED (CONTINUED)**

Report on the audit of the financial statements

Opinion

We have audited the financial statements of National Forum of Family Resource Centres Limited (the 'Company') for the year ended 31 December 2022, which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the statement of Cash Flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is Irish law and Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. The Company has also voluntarily implemented the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP).

In our opinion, the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the charity as at 31 December 2022 and of its surplus for the year then ended;
- have been properly prepared in accordance with Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Statement of Recommended Practice: Accounting and Reporting by Charities where applied; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the Company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the Company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF NATIONAL FORUM OF FAMILY
RESOURCE CENTRES LIMITED (CONTINUED)**

for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information. The other information comprises the information included in the Annual report, other than the financial statements and our Auditors' report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2014

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion the accounting records of the Company were sufficient to permit the financial statements to be readily and properly audited, and the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the Company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Report.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF NATIONAL FORUM OF FAMILY
RESOURCE CENTRES LIMITED (CONTINUED)**

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions are not complied with by the Company. We have nothing to report in this regard.

Respective responsibilities and restrictions on use

Responsibilities of directors

As explained more fully in the Directors' Responsibilities Statement on page 2, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditors' Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgment and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion of the effectiveness of the Company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Company's ability to continue as a going concern. If we conclude that a

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF NATIONAL FORUM OF FAMILY
RESOURCE CENTRES LIMITED (CONTINUED)**

material uncertainty exists, we are required to draw attention in our Auditors' Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditors' Report. However, future events or conditions may cause the Company to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the Company's members, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the Company's members those matters we are required to state to them in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's members, as a body, for our audit work, for this report, or for the opinions we have formed.


Roseann Heavey

for and on behalf of
Noone Casey

Chartered accountants and statutory auditors
25 Herbert Place
Dublin 2
Date: 13th April 2023

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES
(Incorporating an Income and Expenditure Account)
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Note	Unrestricted Funds 2022 €	Restricted Funds 2022 €	Total 2022 €	Unrestricted Funds 2021 €	Restricted Funds 2021 €	Total 2021 €
Income							
Donation and legacies		-	-	-	-	-	-
Charitable activities	3	-	1,802,627	1,802,627	-	607,489	607,489
Investments		-	-	-	-	-	-
Other Income		-	-	-	-	-	-
Total Income		-	1,802,627	1,802,627	-	607,489	607,489
Expenditure							
Raising funds		-	-	-	-	-	-
Charitable activities	4.1	-	1,802,631	1,802,631	-	512,472	512,472
Other expenditure		-	-	-	-	-	-
Total Expenditure		-	1,802,631	1,802,631	-	512,472	512,472
Net Income / (Expenditure)		-	(4)	(4)	-	95,017	95,017
Transfers between funds		(39,636)	39,636	-	-	-	-
Net Movement in Funds for the Financial Year		(39,636)	39,632	(4)	-	95,017	95,017
Reconciliation of Funds							
Balances brought forward at 1 January 2022	17	65,003	137,919	202,922	65,003	42,902	107,905
Balances Carried Forward at 31 December 2022		25,367	177,551	202,918	65,003	137,919	202,922

The statement of Financial Activities includes all gains and losses recognised in the financial year. All income and expenditure relate to continue activities.

Approved by the Board of Directors on 13th April 2023 and Signed on Its behalf:


Jeanette Garland

Director


Catherine Leonard

Director

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

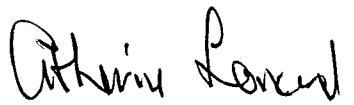
(A Company Limited by Guarantee)

BALANCE SHEET
AS AT 31 DECEMBER 2022

	Note	2022 €	2021 €
Fixed assets			
Tangible assets	9	2,919	-
		<u>2,919</u>	<u>-</u>
Current assets			
Debtors: amounts falling due within one year	10	22,500	21,878
Cash at bank and in hand		1,023,481	328,386
		<u>1,045,981</u>	<u>350,264</u>
Creditors: amounts falling due within one year	12	(845,982)	(147,343)
Net current assets		<u>199,999</u>	<u>202,922</u>
Total assets less current liabilities		<u>202,918</u>	<u>202,922</u>
Net assets		<u><u>202,918</u></u>	<u><u>202,922</u></u>
Funds			
Restrictive trust funds		177,551	137,919
General funds (unrestrictive)	17	25,367	65,003
Total funds		<u><u>202,918</u></u>	<u><u>202,922</u></u>

The financial statements were approved and authorised for issue by the board on 13th April 2023.


Jeanette Garland
Director


Catherine Leonard
Director

The notes on pages 22 to 37 form part of these financial statements.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	€	€
Cash Flows from Operating Activities		
Net movement in funds	(4)	95,017
<u>Adjustments for:</u>		
Depreciation	218	620
	<u>214</u>	<u>95,637</u>
Movement in working capital:		
Movement in debtors	(622)	82,401
Movement in creditors	698,639	(122,707)
Cash generated from operations	698,231	55,331
Interest paid	-	-
Cash generated from operations	698,231	55,331
Cash Flows from Investing Activities		
Payment to acquire tangible assets	(3,137)	-
Net cash generated from investment activities	(3,137)	-
Cash Flows from Financing Activities	-	-
Net increase in Cash and Cash Equivalents	695,095	55,331
Cash and Cash Equivalents at 1 January 2022	<u>328,386</u>	<u>273,055</u>
Cash and Cash Equivalents at 31 December 2022	<u>1,023,481</u>	<u>328,386</u>

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1. General information

National Forum of Family Resource Centres Limited is a company limited by guarantee incorporated and registered in Republic of Ireland. The registered number of the company is 382737. The registered office of the company is Ballyboden FRC, 29 Whitechurch Way, Ballyboden, Dublin 16 which is also the principal place of business of the company. The nature of company's operation and principal activity are set out in the Director's Report. The financial statements are presented in Euro (€) which is also the functional currency of the company.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and the Republic of Ireland and Irish statute comprising of the Companies Act 2014.

The Company has voluntarily implemented the Statement of Standard Practice: Accounting and Reporting by Charities (SORP) where applicable as it has not yet been brought into legislation in the Republic of Ireland. The financial statements have been prepared to give a 'true and fair' view and have departed from SORP only to the extent required to provide a 'true and fair' view will complying with the Companies Act 2014.

The preparation of financial statements in compliance with FRS 102 requires the use of certain critical accounting estimates. It also requires management to exercise judgment in applying the Company's accounting policies. The following principal accounting policies have been applied:

The following principal accounting policies have been applied:

2.2 Going concern

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention modified to include certain items at fair value. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

2.3 Income

All income is recognised once the company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably. Donations received in relation to capital expenditure is released to the profit and loss account once the expenditure is recognised.

Donated services or facilities are recognised when the company has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the company of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

2.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measure reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct cost and shared costs, including support costs involved in undertaking each activity.

Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Support costs are those costs incurred directly in support of expenditure on the objects of the company. Governance costs are those incurred in connection with administration of the company and compliance with constitutional and statutory requirements.

Charitable activities and Governance costs are costs incurred on the company's operations, including support costs and costs relating to the governance of the company apportioned to charitable activities.

2.5 Tangible fixed assets

Tangible fixed assets under the cost model are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

Depreciation is charged so as to allocate the cost of assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following basis:

Office equipment	- 25% straight line
------------------	---------------------

The assets' residual values, useful lives and depreciation methods are reviewed, and adjusted prospectively if appropriate, or if there is an indication of a significant change since the last reporting date. Gains and losses on disposals are determined by comparing the proceeds with the carrying amount and are recognised in profit or loss.

2.6 Debtors

Short term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment. Income recognised by the charity from government agencies and other co-funders, but not yet received at year end, is included in debtors.

2.7 Cash and cash equivalents

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

2.8 Creditors

Creditors are recognised where the charity has a present obligation resulting from a past event, which will be probably result in the transfer of economic value to a third party, and the amount due to settle the obligation can be reliably measured or estimated. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due and their present value where the time value of money is deemed significant. Funds already received from government agencies and other co-funders that do not meet the criteria for recognition as income, are shown in creditors.

2.9 Taxation

The company is exempt from taxation on its income in accordance with provision of Section 207, Taxes Consolidation Act 1997. The company is registered with Charity Regulator with registered charity number CHY 22511.

2.10 Pensions

Defined contribution pension plan.

The Company operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the Company pays fixed contributions into a separately entity. Once the contribution have been paid the Company has no further payment obligations.

The contributions are recognised as an expense when they fall due. Amounts not paid are shown in accruals as liability in the Balance sheet. The assets of the plan are held separately from the Company in independent administered funds.

2.11 Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the directors in furtherance of the general objectives of the company and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund.

2.12 Government grants

Grants are accounted under the accruals model as permitted by FRS 102 which is a departure from SORP. Grants relating to expenditure on tangible fixed assets are credited to the Income and Expenditure Account at the same rate as the depreciation on the assets to which the grant relates. The deferred element of grants is included in creditors as deferred income.

Grants of a revenue nature are recognised in the Statement of financial activities in the same period as the related expenditure.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

3. Income – Charitable Activities

	Unrestricted Funds	Restricted Funds	2022 €	2021 €
CEO Salary funding	-	84,441	84,441	26,559
CEO Funding	-	7,917	7,917	-
Sláintecare Integration Fund 2019-2021	-	21,878	21,878	101,178
Tusla Mental health Promotion project	-	103,996	103,996	141,659
The National Office of Suicide Prevention (NOSP)	-	99,996	99,996	100,000
Tusla FRC Programme Development Funding	-	94,630	94,630	-
Resilience and Recovery Programme for Children	-	517,580	517,580	-
Cork Kerry Community Health Care (HSE Social Prescribing 2022)	-	337,339	337,339	-
Healthy Ireland (Period Poverty Funding)	-	9,750	9,750	-
GAT	-	522,500	522,500	-
Tusla Core Funding 2022/2023	-	2,600	2,600	65,000
TUSLA Once Off	-	-	-	18,810
TUSLA HR	-	-	-	111,194
Other grants	-	-	-	1,089
HSE	-	-	-	42,000
	-	1,802,627	1,802,627	607,489

4. Expenditure

4.1 Charitable Activities

	Direct Costs €	Other Costs €	Support Costs €	2022 €	2021 €
Staff Costs	360,892	-	-	360,892	161,529
Staff Training & Supervision	7,712	-	-	7,712	19,619
Programme Costs	1,242,981	-	-	1,242,981	207,530
Insurance Costs	1,220	-	-	1,220	924
Other Costs	27,471	-	-	27,471	62,813
Administration & IT Costs	134,768	-	-	134,768	43,138
Depreciation	218	-	-	218	620
Leases / Rents	12,486	-	-	12,486	11,798
Governance Costs	-	-	14,883	14,883	4,500
	1,787,748	-	14,883	1,802,632	512,472

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

4.2 Governance costs

	Direct Costs €	Other Costs €	Support Costs €	2022 €	2021 €
Audit Fees	-	-	9,225	9,225	4,500
Accounting Fees	-	-	5,658	5,658	-
	-	-	14,883	14,883	4,500

5. Net Income

Net Income is stated after charging:

	2022 €	2021 €
Depreciation of tangible assets	218	620

6. Employees and Remuneration

Number of employees.

The average monthly number of employees (including executive directors) during the financial year was as follows:

	2022 €	2021 €
Support Staff	5	3
CEO	1	1
Total	6	4

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

(A Company Limited by Guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

The staff costs comprise:

	2022	2021
	€	€
Wages and Salaries	326,453	148,557
Social Security Costs	22,295	12,972
Pension Costs	12,145	-
	<u>360,892</u>	<u>161,529</u>

7. Senior Management and Remuneration

The charity has one senior management staff whose total employee benefits (excluding employer pension costs) for the reporting period exceeds €60,000 and a table has been prepared below to accompany the report as required under DPE 022/05/2013 Circular: 13/2014.

	2022	2021
	€	€
€80,000 to €90,000	1	1

No Directors received any remuneration from the company during the year (2021 – Nil).

8. Pension commitments

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The pension cost charge represents contributions payable by the company to the fund and amounted to €12,145 (2021 – Nil). There were no contributions payable to the fund at the balance sheet date.

NATIONAL FORUM OF FAMILY RESOURCE CENTRES LIMITED

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

9. Tangible fixed assets

	Office equipment
	€
Cost or valuation	
At 1 January 2022	-
Additions	3,137
	<hr/>
At 31 December 2022	3,137
	<hr/>
Depreciation	
At 1 January 2022	-
Charge for the year on owned assets	218
	<hr/>
At 31 December 2022	218
	<hr/>
Net book value	
At 31 December 2022	<u>2,919</u>
At 31 December 2021	<u>-</u>

10. Debtors

	2022	2021
	€	€
Grant monies due	22,500	21,878
	<hr/>	<hr/>
	<u>22,500</u>	<u>21,878</u>

11. Cash and cash equivalents

	2022	2021
	€	€
Cash at bank and in hand	1,023,481	328,386

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NOTES TO THE FINANCIAL STATEMENTS
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12. Creditors: Amounts falling due within one year

	2022	2021
	€	€
Other creditors	-	2,300
Deferred Income	791,011	106,321
PAYE & PRSI	9,090	3,973
Accruals	45,880	34,749
	<u>845,982</u>	<u>147,343</u>

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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

13. Funding

Agency	Government Department / Entity	Grant Programme	Purpose of the Grant	Deferred Income b/twd from 2021	Total grant received in the year	Accrued Income 2022	Fund (deferred) or due at financial year end	Total grant taken to Income in the year	Expenditure in the year	Term	Received in the financial year	Capital Grant	Restriction on use
TUSLA Child and Family Agency	Department of Children, Equality, Disability, Integration and Youth	CEO Salary funding	CEO Salary funding	84,441	-	-	-	84,441	84,441	Expires 31 Dec 22	31/12/21	Nil	As per agreement
TUSLA Child and Family Agency	Department of Children, Equality, Disability, Integration and Youth	CEO Salary funding	CEO Salary funding	-	18,334	-	(10,417)	7,917	7,917	Expires 31 Dec 22	31/12/22	Nil	As per agreement
Health Service Executive	Department of Health	Sáinteicare Integration Fund 2019-2021	POBAL Sáinteicare Social Prescribing Project 2021	-	21,878	-	-	21,878	21,878	Expires 31 Dec 22	31/12/22	Nil	As per agreement
TUSLA Child and Family Agency	Department of Children, Equality, Disability, Integration and Youth	Tusla Mental Health Promotion project	Tusla Mental Health Promotion Project 2022	-	103,996	-	-	103,996	103,996	Expires 31 Dec 22	31/12/22	Nil	As per agreement

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**NOTES TO THE FINANCIAL STATEMENTS
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13. Funding

Agency	Government Department / Entity	Grant Programme	Purpose of the Grant	Deferred Income b/fwd from 2021	Total grant received in the year	Accrued Income 2022	Fund (deferred) or due at financial year end	Total grant taken to Income in the year	Expenditure in the year	Term	Received in the financial year	Capital Grant	Restriction on use
Health Service Executive	Department of Health	The National Office of Suicide Prevention (NOSP)	Delivery of Training in relation to Connecting for Life.	-	99,996	-	-	99,996	99,996	Expires 31 Dec 22	31/12/22	Nil	As per agreement
TUSLA Child and Family Agency	Department of Children, Equality, Disability, Integration and Youth	Tusla FRC Programme Development Funding'	Further development and expansion of the activities of the FRCNF in relation to the representation and facilitation of collective action of FRCs; leverage of funding for FRCs from sources other than Tusla; member support and engagement; and implementation support in respect of the National Family Resource Centre Programme.	-	220,000	-	(125,370)	94,630	94,630	Expires 31 Dec 22	31/12/22	Nil	As per agreement

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**NOTES TO THE FINANCIAL STATEMENTS
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13. Funding

Agency	Government Department / Entity	Grant Programme	Purpose of the Grant	Deferred Income b/fwd from 2021	Total grant received in the year	Accrued Income 2022	Fund (deferred) or due at financial year end	Total grant taken to Income in the year	Expenditure in the year	Term	Received in the financial year	Capital Grant	Restriction on use
Health Service Executive	Department of Health	Resilience and Recovery Programme for Children	Working with children and families to support and enhance a culture of recovery and resilience in the aftermath of COVID-19.	-	1,000,000	-	(482,420)	517,580	426,677	Expires 31 Dec 22	31/12/22	Nil	As per agreement
Health Service Executive	Department of Health	Cork Kerry Community Health Care (HSE Social Prescribing 2022)	Salary and Programme Costs funding.	-	380,324	-	(42,985)	337,339	337,339	Expires 31 Dec 22	31/12/22	Nil	As per agreement
Health Service Executive	Department of Health	Department of Public Health South Cork/Kerry Mental Health Promotion Project Grant 2022	Promote awareness about mental health.	-	4,694	-	(4,694)	-	-	Expires 31 Dec 22	31/12/22	Nil	As per agreement
Health Service Executive	Department of Health	Healthy Ireland (Period Poverty Funding)	Support the implementation of period poverty mitigation measures.	-	65,000	-	(55,250)	9,750	-	Expires 31 Dec 22	31/12/22	Nil	As per agreement

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**NOTES TO THE FINANCIAL STATEMENTS
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13. Funding

Agency	Government Department / Entity	Grant Programme	Purpose of the Grant	Deferred Income b/fwd from 2021	Total grant received in the year	Accrued Income 2022	Fund (deferred) or due at financial year end	Total grant taken to Income in the year	Expenditure in the year	Term	Received in the financial year	Capital Grant	Restriction on use
Health Service Executive	Department of Health	Healthy Ireland (Period Poverty Funding)	Inflationary cost of expenses incurred during 2022	-	2,275	-	(2,275)	-	-	Expires 31 Dec 22	31/12/22	Nil	As per agreement
	Gambling Awarness Trust	GAT	To contribute to the development and delivery of a National Problem Gambling Support Service for those experiencing harmful gambling and their families.	-	500,000	22,500	-	522,500	481,548	Expires 31 Dec 22	31/12/22	Nil	As per agreement

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**NOTES TO THE FINANCIAL STATEMENTS
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13. Funding

Agency	Government Department / Entity	Grant Programme	Purpose of the Grant	Deferred Income b/fwd from 2021	Total grant received in the year	Accrued Income 2022	Fund (deferred) or due at financial year end	Total grant taken to Income in the year	Expenditure in the year	Term	Received in the financial year	Capital Grant	Restriction on use
TUSLA Child and Family Agency	Department of Children, Equality, Disability, Integration and Youth	Tusla Core Funding 2022/2023	Support membership & board members Secretarial and administration support Including Web site up date and maintenance 3 National Meetings per annum and support to regional meetings Support of regional structures and communication Shared information on policy and practise - regional and national meetings Three Year Strategic plan for FRC Forum Delivery on annual action plan.	-	70,200	-	(67,600)	2,600	2,600	Expires 31 Dec 22	31/12/22	Nil	As per agreement
Total				84,441	2,486,697	22,600	(781,011)	1,802,627	1,661,022 (*)				

(*) The "expenditure of the year" total refers only to expenses related to grants received in the financial year. Full disclosure of expenses is presented in note 4.1, which includes expenditure of opening reserves.

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14. Reserves

	2022 €	2021 €
At 1 January 2022	202,922	107,906
Surplus for the financial year	(4)	95,016
At 31 December 2022	202,918	202,922

15. Funds

15.1 Reconciliation of Movement in Funds

	Unrestricted Funds €	Restricted Funds €	Total Funds €
At 1 January 2021	65,003	42,902	107,905
Movement during the financial year	-	95,017	95,017
At 31 December 2021	65,003	137,919	202,922
Movement during the financial year	(39,636)	39,632	(4)
At 31 December 2022	25,367	177,551	202,918

16. Analysis of Movements in Funds

	Balance 1 January 22 €	Income €	Expenditure €	Transfers between funds €	Balance 31 December 2022 €
Restricted Funds					
General Fund	137,919	1,802,627	(1,802,631)	39,636	177,551
Unrestricted Funds					
General Funds	65,003	-	-	(39,636)	25,367
Total Funds	202,922	1,802,627	(1,802,631)	-	202,918

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**NOTES TO THE FINANCIAL STATEMENTS
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17. Company status

The company is limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding €1 towards the assets of the company in the event of liquidation.

18. Related party transactions

There were no related party transactions during the year.

19. Post balance sheet events

There have been no significant event affecting the company since financial year end.

20. Approval of Financial Statements

The financial statements were approved and authorised for issue by the Board of Directors on **13th April 2023**.