

ANNUAL REPORT

2023

Ard Chúram Day Care Centre - North Kerry CLG is a registered charity and is run by a voluntary board of directors.

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ORGANISATIONAL DATA

Name:	Ard Chúram Day Care Centre North Kerry CLG
Registered Office:	Greenville, Listowel, Co. Kerry Postcode: V31X625
Organisation Type:	Company Limited by Guarantee
Annual Report:	January 1st, 2022- December 31st, 2022
Directors:	Patrick Carmody, Finbarr Mawe, Kitty McElligott, Michael Moriarty, Brendan O'Halloran Enright, Thomas Pierse, Marie Reen
Charity No.:	18041
Charity Registration No.:	20068417
Company No.:	441522
Accountants:	Leahy & Co, Listowel, Co. Kerry
Solicitors:	Pierse & Fitzgibbon Solicitors, Listowel, Co, Kerry
Bankers:	AIB Bank, 38 The Square, Listowel, Co. Kerry

OVERVIEW

Name: Ard Chúram Day Care Centre - North Kerry CLG is a registered charity, it owns and operates two adjoining Day Care Centres at Greenville Listowel, one Centre for Older People and the other Centre for those with Dementia.

History: Back in 2006 North Kerry was identified as a black spot for Day Care for the elderly. The Listowel area was totally deficient for this service compared to other parts of the county. A number of committed volunteers came together, formed a company, rented premises, employed a nurse, a carer and commenced a fledgling service, initially with 5 clients. This was done with the support of the HSE and dedicated fundraising by volunteers.

Over the years this fledgling service grew exponentially and the company accepted there was a need for its very own purpose built Centre. The Company's ambitious plan was thwarted for a number of years by the enormous cost of land during the Celtic tiger era. Ard Chúram subsequently approached the HSE and was granted a twenty-year lease on a site on the Hospital grounds in Listowel. With huge HSE support, with fundraising all over North Kerry, with participation in the Ring of Kerry Charity Cycle and with grants from other agencies Ard Chúram succeeded in building a state of the art Day Care Centre for the Older People and it opened in 2015.

When completed Ard Chúram set about addressing another need in North Kerry. Dementia has been described as a tsunami that is affecting more and more the Irish population and Listowel is no different. The company sought the lease of a new adjoining site from the HSE, we fund raised and built a new state of art Centre for those with dementia which was opened in August 2021. Ard Chúram has an overall staff of 20 with over 120 clients availing of our services.



Photo: Management - Trish Stack, Louise Harnett & Molly Mulvihill outside the Fuschia Centre.

ARD CHÚRAM'S PURPOSE & ACTIVITIES

The Main Constitutional objective for which Ard Chúram was established is as follows:

“The Provision and maintenance of a Day Care Centre for the elderly, the infirm and people with special needs in North Kerry and the surrounding area that will assist in their physical, social and spiritual wellbeing and allow them to interact and alleviate loneliness and isolation within the community”.

In pursuance of this overall objective Ard Chúram has adopted the following statement on its vision, Mission Values & Aims.

VISION STATEMENT

To foster joy, happiness and well-being in the lives of those we serve.

MISSION STATEMENT

*“To ensure that those whom we serve remain independent
and at home for as long as possible,
through the provision of services in our Centres”.*

VALUES

Respect: We treat all people with dignity and respect as we believe in the uniqueness of each individual.

Empathy: We engage with those who avail of our service with warmth and compassion, conscious of their contribution to humanity.

Integrity: We are principled and honest in all of our dealings.

Quality: We are committed to providing a quality service that is relevant, innovative and conducive to the wellbeing of our patrons.

AIMS OF ARD CHÚRAM

- 1 To provide a setting where older people, who have limited opportunity to socialise within their community, can enjoy the company of others.
- 2 To develop a range of services and activities that can be accessed by older people's groups.
- 3 To develop and deliver sustainable dementia services, to be provided in our new purpose built Dementia Centre.
- 4 To provide a midday meal and morning snack to supplement patrons' dietary needs.
- 5 To provide a range of recreational activities to support patrons' mental and physical wellbeing.
- 6 To provide professional services that patrons can use for an economic fee.
- 7 To provide meaningful engagement for older people in the North Kerry and West Limerick communities.
- 8 To encourage a respectful approach to the care of our older people, and those with Dementia.
- 9 To support the older person, and the person with Dementia, from our community, in partnership with families, carers, the HSE and other relevant public and private organisations.
- 10 To provide information for older people so that they can make informed decisions in respect of their lifestyles and entitlements.

WHAT WE DO

Ard Chúram provides Day Care Service for older people 5 days a week and Day Care services for those with Dementia, also 5 days a week. A number of post stroke, Parkinson's and Keeping Well Programmes are run in our Centre per year subject to demand, for those with neurological disorders.

Our services support the health, nutritional, social and daily living needs of our clients in a professionally staffed grouped setting. These services also offer care givers a break from their duties while knowing their loved ones are looked after.

In the Performance section of this Annual Report there are two penned articles, lovingly and passionately written on the manner in which clients are cared for and entertained on a daily basis in our Centres. Thank you Julia Mulvihill and Trish Stack for such beautiful insights.

CHAIRPERSON'S STATEMENT



Photo: Finbarr Mawe, Marie Reen, Pat Carmody, An Tánaiste Micheál Martin TD, Kitty McElligott, Mike Moriarty, Brenda O'Halloran Enright & Tom Pierse.

2023 was a most fulfilling year for Ard Chúram, its staff, its patrons, its directors and its volunteers. Looking at the table below it is so gratifying to see that attendances overall increased by 21% over the year ending 2022. A testament to all concerned.

ATTENDANCES	2023	2022	2021*
DAY CARE CENTRE	3520	3070	778
FUCHSIA CENTRE *	2080	1556	287
TOTAL ATTENDANCES	5600	4626	1065

*** 2021 Covid Interruption**

*** Fuchsia Centre Opened 3 days**

Moved to 4 days

Moved to 5 days

August 2021

March 2022

October 2023

It was a year when a certain amount of restructuring was necessary and was implemented. Our services are now streamlined, both services operate on a five day week basis. Monday to Friday inclusive. Our Stroke/ Parkinson's Service, which operated one day a week had to be curtailed due to a lack of sufficient referrals. The service was outsourced to our sister Day Centre, Baile Mhuire Tralee, who run these services on a County level. A number of Stroke, Parkinson's programmes are being run per year in Ard Chúram on needs and demand basis. A huge thank you to Eibhlís Cahilane, HSE Physio, and Baile Mhuire Staff for implementing these so well received programmes.

Ard Chúram as an organisation is extremely conscious of the need for succession planning, more especially on the demise in December 2022 of our most esteemed Director, Brendan O'Sullivan. May his gentle and noble soul rest in peace. In October 2023 the Directors invited two new members onto our Board. Ms. Breda Dowling, a community activist, a stalwart supporter and is a perfect fit, as is Dr. Patrick Quinn who has a huge grasp and knowledge of Compliance and Regulatory requirements. Both are tremendous assets to the Board and we are very grateful for their acceptance of the Directorships.

Highlight of 2023 was undoubtedly the official opening of the Fuchsia Centre in July by An Tánaiste Micheál Martin, accompanied by Minister of Education, Norma Foley. A full report on the day follows in the next section of the report.

Having opened our Fuchsia Centre for Dementia Day Care, Ard Chúram set about an initiative to promote awareness of Dementia in conjunction with local business and organisations. This initiative became titled as 'Dementia Inclusive Listowel' and a full breakdown of its 2023 activities can be read in this report which is penned by Patrick Carmody, Director.

Ard Chúram was and is fully cognisant of the huge effort and commitment given by its many volunteers over many years. In May 2023 during National Volunteer Week Ard Chúram brought all its past and present volunteers together to acknowledge them, to say a huge Thank You and a heartfelt Míle Buíochas. A report on this evening is penned by Mike Moriarty, Director on the following pages.

Ard Chúram's finances are in very good shape. I wish to acknowledge the great work being done by our treasurer Brenda O'Halloran Enright for the meticulous manner in which she deals with the accounts, for organising our bucket collections and for managing so painstakingly our internal controls thus ensuring the accuracy and transparency of our finances.

I wish also to acknowledge and thank my fellow Directors, Pat Carmody, Breda Dowling, Mike Moriarty, Kitty McElligott, Brenda O'Halloran Enright, Tom Pierse, Patrick Quinn and Marie Reen for their unswerving support and commitment. Thank you, to our many volunteers too numerous to name individually, our Social Car Drivers, our visiting singing groups and entertainers, our Fuchsia Centre Volunteers, the students from St. Michael's College & Presentation Convent Transition Year and many more. I wish to acknowledge and thank the HSE and in particular Community Health Officer, Caroline Doyle, and her assistant, Deirdre Kearn, in ensuring our voice was well and truly heard within the HSE and that vital funding keeps coming. Caroline's advice and mentoring is crucial to our success.

Finally and indeed most importantly to our staff who are Ard Chúram and who give the greatest of 'Ard Chúram' (great care) to our clients, it is they who welcome our clients off the bus with a smile and light breakfast, it is they who entertain them each day with many varied stimulating activities. It is they who provide them with a nutritious lunch and it is they who escort them back on the bus again with a heartwarming smile.

To the Management, Louise, Molly, Kathleen and all staff a massive thank you for the work you do with such compassion with such empathy and such energy.

Finbarr Mawe - Chairperson

Official Opening of The Fuchsia Centre for Dementia Day Care



Photo: Minister for Education Norma Foley TD, Kitty McElligott, An Tániste Michéal Martin TD & Finbarr Mawe

Friday July 7th 2023 was a most auspicious occasion in Ard Chúram's history. The Fuchsia Centre, Ard Chúram's new Day Care Centre for Dementia was officially opened by An Tánaiste, Micheál Martin TD, accompanied by Minister for Education, Norma Foley.

Weeks of preparation were put in by a dedicated team of Directors and Volunteers, organising a stage, marquee, loudspeakers, chairs, musicians, food preparation not to mention invitees, ensuring no one was left out. As the big day approached a Plan B had to be put into action, the weather forecast was dire and the event had to be held indoors in Ard Chúram's main Day Room.

As the guests arrived they were entertained by the Yershovy Ukrainian classical musician sisters, and when the Tánaiste entered they struck up a most heart-warming rendition of their own arrangement of Amhrán na BhFiann. All 200 guests burst into spontaneous singing of the anthem, the atmosphere was that of an All Ireland Final and set the tone for the remainder of the afternoon.

Director, Mike Moriarty, was the perfect MC for the occasion and he called on Canon Declan O'Connor and Rev. Joe Hardy to ecumenically bless the New Centre. Chairman Finbarr Mawe welcomed the Tánaiste and Minsiter. Finbarr gave a wide ranging address thanking staff, volunteers, fundraisers and fellow Directors for their commitment and their determination over so many years. He particularly mentioned the HSE and Ms Caroline Doyle who wholeheartedly supported the project and thanked Director, Kitty McElligott, for all the fundraising she organised over the years. He paid tribute to the late Director, Brendan O'Sullivan, project manager for both Centres who unfortunately did not live to see the full fruits of his labour. He concluded by alluding to the fact that both Centres were built on the grounds of the Listowel Famine Workhouse and *"that in stark reality to 180 years ago the Centres were beacons of joy and warmth and well being."*

Next up to speak was Úna Buckley, whose parents attend Ard Chúram and she movingly spoke for many families whose relatives avail of Ard Chúram and are so grateful to see them engaged and happy. Her parents, Bobby and Mary, (who were present) she said look forward to their weekly outing to Ard Chúram and are always treated with great warmth and respect. She profusely thanked the staff and paid tribute the District Nurse who introduced them to the service.

Caroline Doyle, Community Work Dept of HSE, spoke of it being such a momentous day and said “that the HSE was very proud of its partnership with Ard Chúram and supported it in its journey through the building of both its Centres with capital funding and ongoing revenue costs.” She cited the Ard Chúram model as being in keeping with the vision of Sláintecare and Enhance Community Care where the patrons can live fulfilled lives in the heart of their community. She thanked Minister for Older People, Mary Butler, for providing extra funding so that the Fuchsia Centre could expand its service from four days to five days.

The Tánaiste was the final speaker and he said that the Fuchsia Centre was an example of the very significant expansion of Dementia services across the country. He continued, “This beautiful Centre is the product of many years of hard work by a dedicated group of local people who had the vision to anticipate the growing need for services for older people and to cater for the rising number of people with dementia in particular. Bringing the Fuchsia Day Care Centre for Dementia from concept to the state- of- the-art centre involved years of fundraising and I would like to acknowledge the important contribution of the volunteer board of directors and all those who rolled up their sleeves and got involved.”

Following the speeches the Tánaiste with Minister Foley cut the tape officially opened the Fuchsia Centre. He then received an escorted tour by Nurse Kathleen Carmody and staff who displayed the handiwork and crafts of the clients and did a demonstration of the magic table. Both were highly impressed. Following this, Tánaiste and guests mingled and availed of delicious and superbly prepared food by Chef Sid Sheehan. He gave so much of his time chatting and taking photographs with all guests and had a genuine interest in people, their families and their hobbies.

A highlight of the day, which cannot be omitted and which was cited by many was the warmth, the welcome and the happy cheerfulness of the staff, not to mention the workload they willingly took on in preparing and in clearing up after such a fulfilling event.

Finbarr Mawe - Chairperson

FUCHSIA CENTRE OPENING PHOTO COLLAGE



Dementia Inclusive Listowel

A project that was put on hold due to the Corona virus was the initiative to increase Dementia awareness and to have Listowel recognised as a Dementia Inclusive Community. This became all the more relevant as Ard Chúram had commenced our Dementia Day Care Service in the latter half of 2021.

With this in mind a series of meetings were held between Ard Chúram Personnel, HSE Professionals and members of business and retail organisations in the town. An inter agency group, with the name Dementia Inclusive Listowel, was set up with Ard Chúram and Listowel Business and Community Alliance as its leads.

It was decided to roll out 3 by one hour workshops on March 28th 2023 in the Listowel Arms Hotel, the purpose being to create awareness of Dementia and to increase the number of people who are able to recognise and interact with people with Dementia. The aim is to create a Community that embraces Dementia and include people living with Dementia and to send a message that people with Dementia are valued members of the Community. Ard Chúram Personnel canvassed the town and asked businesses for their support and make time available for their staff to attend.

The response was overwhelming and 120 people turned up for the workshops. Ms Dolores McElligott, Community Health Executive, and ms Catherine Murphy, OT, delivered most professional presentations and these were followed by very interactive questions and answers sessions. The subsequent feedback from the attendees was enormously positive.

There were many aspects to the presentations; Symptoms of Dementia, Memory loss, the diagnoses of Dementia, recommended steps to be taken to reduce the risk of Dementia, communicating with people with Dementia with respect, patience and understanding, identifying emotions and differentiating between Dementia itself and the person with Dementia. Video clips were played to demonstrate the perspective and the impact on the lives of two people with Dementia.

Those who attended the workshops agreed that they were more confident in managing potential stressful situations for both themselves and the person with Dementia. A special thank you to Fiona O'Callaghan and the Listowel Arms Hotel for providing their facilities and refreshments free gratis.

Patrick Carmody - Director



Photo: Dolores McElligott & Finbarr Mawe



Photo: Dementia Workshop participants

Volunteer Evening

May 15th to 23rd, 2023 was National Volunteer Week and Ard Chúram availed of the opportunity to welcome their many volunteers from over the years to their Day Care Centres and to acknowledge the huge contributions they have made and are making to the lives of so many in North Kerry.

Over 110 volunteers turned up, light refreshments were served and music was provided by the local group, The Knotweeds, who also are volunteers. Having visited both Centres and having seen the fruits of their labour there was a great sense of satisfaction and fulfillment among all.

Mike Moriarty, Secretary, listed the Directors, the Committees and the many groups of volunteers and paid tribute to the great work they undertook, He specifically mentioned Kitty McElligott for mobilising an army of bucket collectors, church gate collectors and bag packers and for galvanising, them into action, collecting substantial funds over the years. He paid tribute to Breda Dowling for taking leadership of the volunteers for the Ring of Kerry Charity Cycles, those at the food station, the stewards, medical people and the administrators. The Day Volunteers and the Social Car drivers were also acknowledged for the commitment they give with their time, heart and energy to Ard Chúram's clients as were the volunteer musicians who add so much to the Day Centre's activities. He profusely thanked the HSE and Caroline Doyle in particular for her guidance and her promotion of Ard Chúram within the HSE and complimented the loyal staff of Ard Chúram.

It was also a poignant occasion for the family of Ard Chúram's late Director Brendan O'Sullivan (who passed the previous December) his wife Del and grown up children, Siobhán, Emir, Fíona and Neil. Chairperson, Finbarr Mawe, spoke of Brendan's immense contribution; being a Director, Chairperson of its Building Sub Committee and Project Manager for both Centres. Brendan, he said, "brought a wealth of experience to Ard Chúram, he being an Engineer and a former Manager of the ESB Tarbert Station. Brendan undertook, along with his team, innumerable meetings with Builders, Architects, Engineers and Fire Officers and travelled with his team to view various Day Care Centres in Cork, Clare and Kerry to get the best possible outcome for Ard Chúram". Brendan, he said, listened to everyone's opinion with respect and sought consensus at all times.

Former Chairperson and Director, Tom Pierse, displayed a framed picture of Brendan to his family and this picture has been hung on the wall of the conference centre in Brendan's honour, the conference room now being named Brendan's Room. The evening ended with a rendition of Brendan's party piece," Dublin in the rare auld times" from staff member Martin Costello and Ashling Enright daughter of Ard Chúram Director, Brenda.

Michael Moriarty - Director



Photo: Del O'Sullivan, An Tániste Michéal Martin TD & Fiona O'Sullivan

TREASURE'S STATEMENT

Our Finances:

The full Financial Report and Audited Accounts are available from the Treasurer.

Ard Chúram's total operating income for 2023 was €685k - down 13% on 2022.

Expenditure was €685k - up 10%, leaving us in a break even situation for 2023.

Net Assets €2.3m – unchanged from 2022.

HSE funding made up 85% or €584k of our income, with self-generated income being €101k.

This non grant income of €101k is a tribute to our many hardworking volunteers and supporters.

The Breakdown of this figure is as follows,

- :: Fundraising/Bucket Collections €13k
- :: Meals Income €57k
- :: Misc. Donations/Legacies €31k
- :: Total €101k**

HSE Grants Total €584k

The Breakdown of this figure is as follows,

- :: Annual Revenue Funding Section 39 €119k
- :: Enhanced Home Care Package €323k
- :: Stroke Services €32k
- :: Annual Revenue Funding towards costs of increased service days €50k
- :: Voluntary Fund for Physical Training Worker €10k
- :: Dementia Alignment Grant €4k
- :: Funding for Operation of 5th day Fuchsia Centre €46k
- :: Total €584k**

Ard Chúram is operating two Day Care Centres, employing 20 staff. Our largest outlay, Staff Salaries/Costs €375k are up 7% year on year, representing 55% of our expenses. HSE Grants were used for this purpose as well as covering the normal operating costs such as transport, insurance, food, maintenance costs etc.

As you can see there is a small surplus for the year of €158, so the company approximately broke even, as opposed to surplus's over the last few years. The principal reason for this was a reduction in fund raising income. We had the ROK cycle in 2022 which generated €59K. We also had a reduction in grants, as there was a once off bus grant in 2022 €39k.

Expenses were also up by 10% with wages up 7%, along with increase insurance, food, cleaning costs etc.

Although the company is breaking even from a profit and loss point of view, there is a large depreciation expense of €112k, with a large part of this being on the building approx. €83k. This is a book entry only, so the cash flow is more positive than the surplus for the year. The bank balance increased during the year by approximately €137k.

Projects planned for the coming year would include completion of the upgrade to the Reception area in the original Ard Chúram Centre. A covered area is needed for the entrance to the Fuchsia centre and groundwork by way of additional fencing is also required.

Our Thanks

In what was another great year for our Company, I, as Treasurer, wish to thank all funders for their continued support to Ard Chúram. I also wish to acknowledge the many unsolicited donors and the families who bequeathed through RIP. Thanks, as ever, to the HSE for the continued support and within that service, the ever helpful Community Work Manager Caroline Doyle and her colleagues. My thanks also to my fellow Board Members, ably lead by Chairperson Finbarr Mawe and the hardworking Finance Sub Committee, my Asst. Treasurer Angela Quinlan, Kitty McElligott, Ethna Galvin, Maria O'Connor, Marie Reen, Mary McCarthy Grimes, Molly Mulvihill and Finbarr.

If I may be allowed to acknowledge my Asst Treasure, Angela Quinlan in particular, her support, advice and expertise were invaluable in helping me to ensure that Ard Chúram's financial position is both strong and transparent.

Thanks to the staff in Ard Chúram who facilitate and cooperate with me on all occasions, especially Molly Mulvihill; without her efficiency and professionalism my role would be very challenging.

Finally, thanks to our Auditor, Sean Leahy, and his staff for their professionalism in the preparation of this year's Financials.

Brenda O'Halloran Enright - Treasurer



Photo: Fundraising collection in Ballybunion

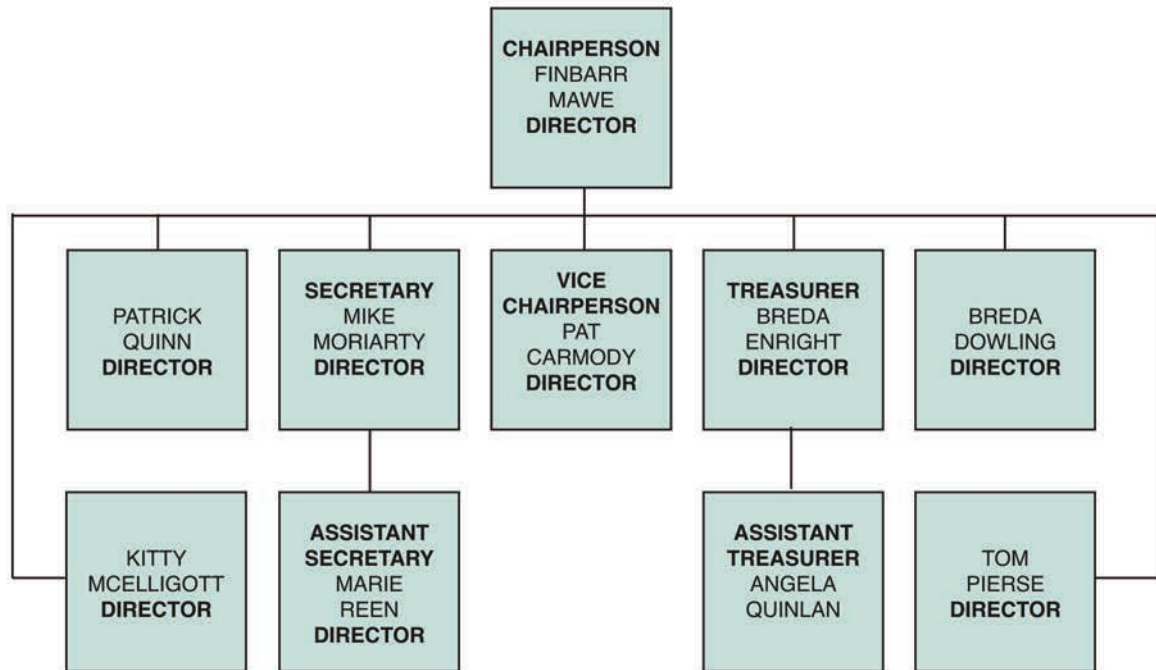


Photo: Members of Ballydonoghue GAA and Ard Chúram personel at the presentation of their coffee morning fundraiser.

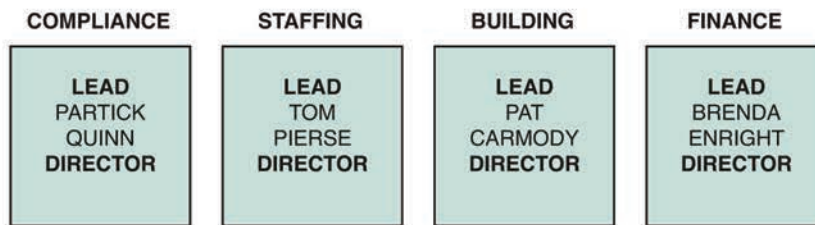


Photo: Analog Devices presening a donation to Brenda O'Halloran Enright and Marie Reen

STRUCTURE - GOVERNANCE & MANAGEMENT



WORKING GROUPS



WORKING GROUPS



SUPPORT GROUP

HELENA CARMODY, ANNE DONEGAN, CAROLINE DOYLE (HSE Rep.), ETHNA GALVIN, NOEL HICKEY, CATHERINE KIRBY, KATHY MAWE, ANNETTE MCELLIGOTT, ROSE MCELLIGOTT, DYPNA O'CARROLL, MARY ANNE O'CONNOR, ANGELA QUINLAN, MARY GRIMES, JOHN GLEESON, BRENDAN KEANE

The role of our Board of Directors is to guide Ard Chúram's Vision & Mission in the development of Day Care Services for the older and more vulnerable population of our area. Ard Churam's Directors enjoy a wealth of lifetime experiences and bring to their roles, skills and competencies derived from a wide range of individual disciplines.

7 board meetings were held in 2023; attendances of directors are as follows:

Pat Carmody 5
 Finbarr Mawe 7
 Michael Moriarty 7
 Kitty McElligott 6
 Brenda O'Halloran Enright 7
 Tom Pierse 5
 Marie Reen 7
 Breda Dowling 6
 Patrick Quinn 6

Ms. Louise Harnett is the Nurse Manager and Ms. Molly Mulvihill, is the Administrative Manager and Nurse Kathleen Carmody takes responsibility for the daily operation in the Fuchsia Centre. Ms. Harnett & Ms. Mulvihill are responsible for staff management, client care, health and safety issues and communicating and reporting directly to the Chairperson of the Board.

This level of communication is weekly and more often if deemed necessary. Stakeholders include the HSE represented by Community Office Ms. Caroline Doyle, District Health Nurses, Staff, Community Employment Scheme, Rural & Social Scheme and Local Link Kerry. Admission & Discharge Policies are drawn up and implemented taking all stakeholders into consideration. Staff remunerations is based on average for the sector. Performance reviews are conducted at least annually by the Manager.

RISK ASSESSMENT & COMPLIANCE

Ard Chúram recognises that it is important to have Risk Assessment Policies and Procedures in place to support the organisation, its staff and volunteers and people using its services. Ard Chúram has a contract with Peninsula Ireland Employment Law, HR, Health & Safety Services. The protocols adopted under the safety, Health & Welfare Work Act 2005 ensures safety of our staff and patrons and that all documentation is updated. All policies relating to our organisation are contained in three handbooks, Employee Handbook, Care & Dignity of the Older Person Handbook, Health & Safety Handbook.

Ard Chúram has signed up to the Statement of Guiding Principles for Fundraising and has never made or received any political donations. Ard Chúram confirms that it has no dealings, business or otherwise with its directors. Ard Chúram also confirms that it has not undertaken any research and development activity.

We confirm that Ard Chúram is in compliance with the Governance Code for Community, Voluntary and Charitable Organisations and has adopted Best Practice Codes and Quality Standards.

Accounting Records

- The measures taken by the Directors to secure compliance with the requirements of Section 281 to 285 of the Companies Act 2014, with regard to the keeping of accounting records, are the Implementation of necessary policies and procedures for recording transactions, employment of appropriately qualified accounting personnel with appropriate expertise, the provision of adequate resources to the financial function and the maintenance of computerised accounting systems. The Company's accounting records are maintained at the Company's registered office at Greenville, Listowel, Co. Kerry.

Relevant Audit Information

- In the case of each of the persons who are Directors at the time this report is approved in accordance with Section 332 of the Companies Act 2014:
- So far as each Director is aware, there is no relevant audit information of which the Company's statutory auditors are unaware, and each Director has taken all of the steps that he or she ought to have taken as a Director in order to make himself or herself aware of any relevant audit information and to establish that the Company's statutory auditors are aware of that information.

Auditors Remaining in Office

- The auditors, Leahy & Co, Chartered Accountants and Statutory Audit Firm, having been appointed during the year, continue in office in accordance with The Companies Act 2014.

PERFORMANCE 2023

The Day Care Centre: A Day in the Life



Photo: Clients Day Out



Photo: Staff & TY
Students Line Dancing



Photo: Clients Singing & Dancing

Our main objectives here in Ard Chúram are to ensure that our clients feel connected and engaged with their local community, to promote well being and positive health as they age and to ensure that timely, accessible and quality services are in place to support them in living independently in their own homes. The benefit of attending Ard Chúram Day Care Centre is far reaching and can make a lasting difference to many areas of their lives. It can transform feelings of isolation into feelings of being included, it can alleviate low mood and can convert anxiety and depression into feelings of happiness, fulfillment and positivity. One of our patrons “Mary” who attends the Centre every Tuesday was recently asked to tell us how the Centre has impacted her life and this is what she had to say.

“I know what it is to be isolated and lonely, I live in the countryside on my own and spend my days alone and I feel very vulnerable to be honest. When I know I am going to Ard Chúram I get excited and happy knowing that I will have a day out meeting others like myself. On a normal day when I am not going to the Centre, I wouldn’t get up until 10 am. and I only have the radio for company. The days are long and with no one to converse with. The day that I am going to the Centre I’m up at 8 o’clock and ready to go for 9 o’clock as the bus collects me. The Centre organises that the Local Link bus collects me and drops me home every Tuesday, otherwise, I wouldn’t be able to go at all. I don’t have family close by to drive me so I am very grateful for the bus picking me up and bringing me in.

Getting out of the house and exercising my brain and muscles improves my mood and helps me to maintain my walking to remain independent to stay at home. Home is where I want to be. When I come in to the Centre I feel great because you are treated so well and the staff are great and they want the best for you. We are like one family all of us together sharing stories, laughing and eating lovely food. The staff are always encouraging me to do the exercises. I love coming here because I feel young at heart when I’m here. I’m 85 years old now and this is by far the highlight of the week when I come into Ard Chúram Day Care Centre. I miss it when I can’t come. I love coming here because I meet my neighbours and friends that I haven’t met in years and I feel so welcome, so loved. When you get to the Centre, the staff are running to hug you and kiss you and couldn’t do enough for you. They are great. They are hand-picked here for sure and they are very patient with us all. I just love coming here. It keeps me young, informed with all the local news and connected with my friends and neighbours”.

The opportunity for regular contact between older people is vital. Having listened and spoken to Mary about her experience here at the Centre, it reiterates how important Ard Chúram is to her and many like her. Life is better when you have someone to talk to. It takes many hands, each working together to provide an efficient and caring service. Ard Chúram’s compassionate and responsive staff create a warm healthy and endearing environment where the older generation feel fulfilled and valued.

Julia Mulvihill - Health Care Assistant

The Fuchsia Centre: A Day in the Life



Photo: An Tániste Michéal Martin TD & Minister for Education Norma Foley TD observing a demonstration of the magic table in the Fuschia Centre

The Fuchsia Centre provides a warm and welcoming service for our clients who are diagnosed with Dementia and provides much appreciated respite for their families and carers.

We are so fortunate to have professionally trained staff who are skilled in understanding the challenges and dilemmas that Dementia can pose and we are therefore able to develop a great rapport with clients which enables us to identify supports for them and their loved ones. We are blessed to have many committed and reliable volunteers who give a day out of their week so willingly and who work so caringly among us and add so much value to the service we provide.

Staff day begins 8.30/9.00am with each staff member having specific duties making sure the environment is safe, clean and warm. We liaise with each other regarding the list of names for the day, discuss seating arrangements, specific activity plans, dietary requirements, group activities and safety issues. Clients arrive from 10am on, (some on our bus and more with their families) and are greeted with freshly baked scones and tea, pleasantries and local news are exchanged. From then until they return home at 2.30pm they participate in and are entertained with a huge variety of activities.

Singsong and singing. Singing has been shown to improve mood, cognitive function, brain activity and well being. Seated exercises and ball games/ live music and dance, (thank you volunteer singing groups, you raise us up!)/ gardening, we have an indoor garden/ word search/ arts crafts and knitting, these are among our many stimulating activities. Not to forget our Tovertafel (magic table). This is a sensory table for people diagnosed with Dementia, it is a series of interactive light projected games which provide cognitive and sensory stimulation. It is a joy to behold our clients taking part so competitively in these games.

Of course at 12.30pm we provide a nutritional freshly cooked four course meal prepared by our very own in house Chef, Sid Sheehan. It is so fulfilling to watch our clients return to their loved ones with increased vibrancy and indeed its very gratifying to read the most complimentary and genuine testimonials.

Trish Stack - Nurse

TESTIMONIALS

“The Fuchsia Centre has and still continues to provide a supportive and secure environment for my in-laws. It’s the highlight of their week when they attend from socialising with peers, enjoying meaningful activities to listening and dancing to music. They have most certainly been given a new sense of purpose which we are eternally grateful for. Thank you to all involved.” (JL)

“My parents are coming to Ard Chúram almost a year. They love their weekly outing and the bus that collects them; they are up high and can see the farms and the countryside on the way to Listowel. They are both shown so much care and respect by all the staff. They love the sing song, musicians and the roguery of all the staff. The food, who doesn’t like their dinner prepared and put in front of them! Dada is a rogue and all the ladies love him as he does them, Moma wants excitement, dance and fun. Their needs are being met.” (Una Buckley)

*“What Ard Chúram means to me:
A place to meet and chat with old friends
A place of very friendly staff
Ready to help in any way
A place of fun, music, singing and dance
And all kind of activities for our mental and physical well-being
The food is good
What more could I need, the icing on the cake, is winning the mighty sum of a fiver at Bingo
I am 81 years and I hope I will have many more years with Ard Chúram.” (Katie Sweeney)*

“My husband has been a service user at the Fuchsia Centre for almost two years now. He attends two days a week. It has proven to be a life saver for both of us. From his point of view the social aspect is so important and the care, kindness and support of the staff and volunteers are second to none. From my point of view I can relax knowing he is in such good hands in a place he loves. We are blessed to have such a facility in our locality.” (Esther Carmody)

“My husband and I joined Ard Chúram over four years ago; it was the best venture we ever took on. After covid my husband joined the Fuchsia Centre. The staff in both places are fabulous people both nurses and carers. The quizzes and all the games are wonderful and very useful. Meeting all the wonderful people has been a great experience. There is love and friendship within these walls. Love always, onwards.” (Anne Deegan)

“It is with great pleasure that I can endorse and praise Ard Chúram and thank you for all your kind attention. Collectively it unites everybody and eases the strain. Go raibh míle maith agaibh go léir.” (Brendan O’Neill)

FINANCIAL REVIEW

I would like to present the Financial Accounts for financial year 2023 which have been prepared by Leahy & Co. These Accounts have been submitted to the Charities Regulatory Authority, together with the Annual Financial Monitoring Return and have been prepared under the Charities SORP (Statement of Recommended Practice). Here I would like to acknowledge Asst. Treasurer, Angela Quinlan, for her invaluable help and expertise in compiling this report.

The Company approximately broke even for the year as opposed to large surplus's over the last few years. The principal reason for this was the reduction in fundraising income, and a reduction in grants, as there was a bus grant last year. Expenses were also up, with the biggest increase being in wage costs (up 25k -7%), but there were also some other general increases such as transport, and food costs.

Although the company is breaking even from a profit and loss point of view, there is a large depreciation expense (of €112,378), with a large part of this being on the buildings (approx. €83k.) This is a book entry so the cash-flow is more positive than the surplus showing for the year, and the bank balances increased during the year by approximately €137k.

The most important figures which can be extracted from the accounts are as follows:

INCOME	€685,146	DOWN 13%
EXPENDITURE	€684,988	UP 10%
NET SURPLUS	€158	DOWN 100%
NET ASSETS	€2,272,876	STATIC

The following is a comparison of income -v- last year:

	2023 INCOME	2022 INCOME
HSE/STATE FUNDING	€583,984	€628,024
MEALS INCOME	€57,105	€47,475
DONATIONS	€30,638	€19,327
FUNDRAISING/BUCKET COLLECTIONS	€12,808	€92,769 (Including ROK)
VAT COMPENSATION	€376	€0
TOTAL INCOME	€684,911	€787,595

The HSE/State funded 85% of the 2023 income, with the remaining 15% (€101K) provided by our Volunteers and Client Meal Income.

Below is a detailed breakdown of our HSE income:

HSE Grants - Breakdown:

Enhanced Homecare Package	€322,684
Annual Revenue Funding	€119,361
Funding Stroke Service	€32,248
Physical Training Worker	€10,000
Inc. Funding 5th day/Fuchsia	€49,691
Dementia Alignment Grant	€4,000
Towards Cost of inc. Service	€46,000
Total HSE funding	€583,984

Turning to Expenses:

The cost of running our day-to-day operations for the Financial Year was E685K compared to €623K in 2022, an increase of 10% (figures include Depreciation figure of approx. €112K).

Staff Costs were our largest outlay at €375K representing 55% of our expenses. HSE Grants were used for this purpose as well as they covering normal running costs such as Transport, Food, Insurance, Maintenance etc. Operating the Fuchsia Centre now on a fifth day has also impacted on the staff costs.

Other Movements of Note in the Expenses year on year:

Transport costs: up 15% (€51K to €59K), 5th day Fuchsia Centre now
Light & Heat costs: up 14% (€18k to €21K) reflecting the increased utility costs.
Insurance costs: up 45% (€8K to €11K), buildings revalued upwards
Consultancy Fees: down 42%, (€16K to €9K) see increase in Legal fees below.
Auditor & Solr Fee: up 188% (€3k to €10k) reduction in Consultancy fee.
Food: up 36% (€20k to €27k).

Reserves:

The Reserve Figure remained unchanged @ €100K. This to be reviewed on an Annual basis as per Reserve Policy.

Finance Sub Committee Activities:

The Committee now comprises nine people, with relevant and varied skills sets, bringing expertise, enthusiasm, energy and ideas to our activities.

Four Sub Committee Meetings were held in course of 2023, we strive to hold meetings on quarterly basis. A WhatsApp group also used to update members.

The work of the Finance Sub Committee this past year included the planning, organising and completion of the Annual Ballybunion Bucket collection. This was held on the busy (and hot!) June Bank Holiday weekend. A willing team of 30 Volunteer Collectors assisted us, without whom we would not have had a successful fundraiser.

As the funding for the Fuchsia Centre is now fully in place it was agreed to reduce the number of bucket collections to half yearly, this to be revisited in the event of another major project requiring funding. The Listowel Collection was held in December, our Volunteers on this occasion were joined by the Transition Year students from St. Michael's College, to whom we are indebted. As well as the street collections on the day, we were also kindly facilitated in the local Garveys SuperValu and Aldi stores. Our two bucket collections in 2023 yielded €13,000.

Compliance:

Q1 of 2023 involved much work in updating the following Policies:

- Bank & Cash Procedures
- Expenses Policy
- Gift Policy
- Payment Card Policy
- Procurement Policy
- Reserves Policy

It would not have been possible to finalise these various policies without the valuable help of Committee Member, Annette McElligott, who spent endless hours on the detail before our Committee were in a position to put to the Board of Directors for approval. Thank you Annette.

The Committee maintains control of costs by careful budgeting, holding planning and budgetary meetings with Caroline Doyle of the HSE. To this end, as suggested at an SLA meeting with the HSE, the Asst. Treasurer, Angela Quinlan, and myself met with Caroline Doyle and Deirdre Kearin of the HSE, to plan a more transparent and detailed method of presenting our finances into 2024. The detail was agreed and presented at our Nov. Finance SC meeting, in advance of the launch of same for the new financial year 2024. This will be outlined in more detail in the 2024 Annual Report.

We identify risks and plan accordingly. A level of unpredictability around cost increases continued into the early part of 2023 but with prudent planning and advance budgetary advice from Caroline these were tightly monitored and controlled. The cost of our 5th day at the Fuchsia centre was speedily covered by the HSE, see full detailed breakdown of HSE funding. A further risk would be a reduction in public expenditure but the HSE in Kerry is very supportive of our Centres, timely communication would allow us plan around any unforeseen cutbacks.

We work closely with the Board and various Committees and discuss costs/quotes and plans to ensure value for money. We continue to manage risk in our daily operations. Our Cash and Bank Policy for example is reviewed twice yearly in advance of our bucket collections. There is timely sign off of paid invoices, statements are signed off monthly by Treasurer and Chairman. I wish to again acknowledge the organisational skills of Admin. Manager, Molly, who ensures seamless systems remain in place, streamlining all documentation and records.

Future Funding:

We remain highly dependent on the HSE for our day to day funding as both centres are now operating on a five day week basis. With the Fuchsia centre now complete and the associated fundraising reduced, we will nonetheless incur costs for improving and upgrading our facilities.

Alterations/upgrading of the reception area and an IT upgrade are all at planning stage and the costs may be significant. A canopy is required also, over the Fuchsia Centre entrance to protect service users in all weathers. With these improvements in mind, we will embrace all fundraising opportunities that present themselves.

Overall, the future looks bright for Ard Chúram, we are on a strong financial footing. I am confident, with the continued enthusiasm of our members and the continued overwhelming support of the HSE and our local Community in North Kerry, our Charity will continue to develop and expand much needed services in our community.

Finbarr Mawe - Chairperson

Brenda O'Halloran Enright - Treasurer
18th Septemeber, 2024

GOING FORWARD

Now that the Day Care Services are formally structured on a 5 day week basis each, it is a time for consolidation and growth. While the attendances figures have shown great growth, there is nevertheless scope for fuller capacity especially in light of the demands on the Home Health System.

Having established Dementia Inclusive Listowel, and having run three one hour workshops the plan is to hold a seminar on Brain Health and to reach out into the general community on Dementia Awareness.

The Ard Chúram Community Choir has not met since Covid, the plan is to get the choir up and running again and Directors Marie Reen and Brenda O'Halloran Enright have kindly volunteered to identify a new choir director and recommence this joyous communal activity.

Consideration to be given to a Social Saturday. The Centres are not utilized on a Saturday and there is a case to be made to organize weekend social events for the retired generation.

It is planned to hold two annual fundraising bucket collections, one Christmas time in Listowel and one summer time in Ballybunion.

Our 5-year contract with our HR Partners is terminating in 2024. This contract will need to be reviewed in terms of value for money and in the light of our experience and dealings with them over this time period.

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