

ANNUAL REPORT

2024

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, 2024- December 31st, 2024
Directors:	Patrick Carmody, Finbarr Mawe, Kitty McElligott, Michael Moriarty, Brendan O'Halloran Enright, Thomas Pierse, Marie Reen, Breda Dowling & Patrick Quinn
Charity No.:	18041
Registered Charity 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 130 clients availing of our services.



Photo: Management - Molly Mulvihill, Trish Stack, Louise Harnett & Kathleen Carmody.

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 Anne, Martina and Michael.

CHAIRPERSON'S STATEMENT



Directors: Finbarr Mawe, Tom Pierse, Marie Reen, Pat Carmody, Patrick Quinn, Breda Dowling, Brenda O'Halloran Enright, Mike Moriarty and Kitty McElligott.

2024 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 7.5% over the year ending 2024. A testament to all concerned.

ATTENDANCES	2024	2023	2022
DAY CARE CENTRE	3750	3520	3070
FUCHSIA CENTRE *	2265	2080	1556
TOTAL ATTENDANCES	6015	5600	4626

Attendance statistics are good in themselves but what is more important is the quality of the service and the diversity of daily activities. But what is more important again, is how well received and how much these services are enjoyed and are of benefit to our patrons. Two of our patrons, Anne Deegan and Martina Reid have penned an article on their experiences in the Day Care Centre. Michael Dillane a 94yr old client of the Centre has penned an article on the Fuchsia Centre where his wife Ailish attends. These articles can be found in this report under 'Performance' and are most illuminating and gratifying. The articles are fulsome in their praise of all staff under the management of Louise Harnett, Molly Mulvihill, Kathleen Carmody, Trish Stack and Patricia McCarthy. To everybody, on behalf of our Board may I say a heartfelt Míle Buíochas for your care, courtesy and professionalism. It is you who ensure that Ard Chúram lives by its name 'Great Care'.

There is a further article under 'Performance' by Eibhlís Cahalane Senior Occupational Therapist with the HSE. Eibhlís runs the Stroke Day Service and the Falls and Exercise Management Programme (FaME) in our Fuchsia Centre, with staff from our sister organisation Baile Mhuire Tralee. Thank you so much Eibhlís and staff for bringing this important outreach programme to our community.

Our finances continue to be in good shape under the watchful and monitoring eyes of our Treasurers, Brenda Enright and Angela Quinlan. (see Treasurer's Report and Financial Review). With an embargo on HSE funding increases and with rising costs the future is going to be ever so challenging. We are very confident that Brenda and Angela will steer us through the choppy waters ahead. Thank you both.

2024 saw the most welcome return of the Ard Chúram Community Choir following Covid interruptions. Both Marie Reen and Brenda O' Halloran Enright took up the cudgels, organised new choir directors and have written in this report on the choir's successful journey. Thank you Ladies.

In November '24 Ard Chúram hosted the launch of Dick Carmody's book, 'Inter Alia' which celebrates and commemorates the women and men of his native Listowel and his ancestral Clounmacon. The book was launched by Éamon Ó Murchú and a most enjoyable evening ensued.

Dementia Inclusive Listowel continues to be a very important offshoot of our work in the Fuchsia Centre. A most successful Seminar was held in the Arms Hotel in May '24 on 'Brain Health and Dementia Awareness', our Secretary, Mike Moriarty has penned a very comprehensive article in this report on the event. We in Ard Chúram are very much engaged on making our contribution in the area of sustainability and indeed are very conscious of huge rising costs of our energy bills. With this in mind we applied for a grant under the AIB Community Awards (Environmental). Our Director Pat Carmody has written a piece in this report on this most successful experience.

To our Volunteers, social car drivers, bucket collectors, music groups and to those who give of their time volunteering in the Fuchsia Centre, it is a huge commitment from all. You are so much appreciated, we can't thank you enough. To the transition year students who come, chat, dance and entertain our patrons, a sincere thank you. It is so heart-warming and uplifting to see you interact with our clients and to see how much they enjoy your company.

To Caroline Doyle, Dolores McElligott and Deirdre Kearin from the HSE's Community Works Department, thank you for being with us throughout our journey since 2006. Thank you for your ongoing support and mentoring. We are forever grateful.

Finally, we are approaching our 20th anniversary. We started as a small committee in 2006 and our company Limited by Guarantee (CLG) with Charity Status under the Charities was registered in 2007. It is timely therefore to look forward and plan for the future. Our Board of Directors has decided (which is a requirement under the Charities Regulation Authority) to embark on undertaking a 5 Year Strategic plan. A tendering process to engage a Consultancy Firm is underway and the output from this plan and its implementation will be an exciting and challenging chapter in Ard Chúram's development over the years ahead.

Finbarr Mawe - Chairperson



Photo: Pat Carmody, Julia Mulvihill, Mike Moriarty, Dick Carmody, Eamonn Ó Murchu, Finbarr Mawe and Christina Scanlon at the launch of Dick Carmody's Memoir "Inter Alia".

Dementia Inclusive Listowel

Following on from our very successful Dementia Awareness Workshops in March '23 the steering committee of Dementia Inclusive Listowel (D I L) decided to organise a seminar on Memory Wellness and Dementia Awareness for the community at large. This event was held on May 16th, 2024, in the Listowel Arms Hotel and in excess of 200 people attended.

The seminar was chaired by Dr. Mary Buckley Geriatrician with UHK and keynote speaker was Dr. Antoinette O'Connor, Consultant Neurologist at Tallaght University Hospital. Dr. O'Connor spoke on the nature and causes of Dementia, risk reduction, timely diagnosis and hope for the future. Dr. O'Connor put a huge focus on risk reduction factors which included, being socially and physically active and enjoying it in the process, paying attention to hearing loss, avoiding head injuries, the treatment of blood pressure, moderate alcohol intake, smoking, obesity, more education, the treatment of depression and of course a healthy diet. She advocated for at least 150 minutes of physical activity per week.

She threw out an amazing statistic; that with attention to these lifestyle factors, if the onset of dementia could be decreased by 5 years, then the prevalence of Dementia would be reduced by 50%. Dr O'Connor stressed the need for early diagnosis so that people can be involved in discussions about their future when they are most able. Finally, she spoke of hope for the future, with drug trials slowing the progression of Dementia and a new blood test being researched and developed which will be revolutionary towards the detection and prevention of Dementia.

Chairperson, Dr. Buckley put forward four case studies of individuals with Dementia, those with families, those without, and in different stages of Dementia. A panel of 6 professionals gave their views and advice on these topics, two local solicitors, a representative of the Alzheimer's Association of Ireland, a Senior Occupational Therapist, a second Geriatrician from UHK and a Discharge Co-ordinator from UHK.

Both legal professionals gave substantive information and advice on Wills, Capacity to make a will, Enduring Power of Attorney, Advanced Health Care Directive, Assisted Decision Making Agreements, Co Decision Making Agreement and Decision Making Representation Orders. All these were totally relevant to the case studies in question.

Finally, the Discharge Co-Ordinator showed a copy of the Fair Deal application form, went through the details, financial and otherwise and urged the audience not to be phased about it.

The seminar was a huge success and a huge thanks must be given to HSE personnel, Caroline Doyle, Dolores McElligott and Deirdre Kearin, for their input and organising the speakers. May we add, the content and messaging from the seminar was superb and delivered very professionally. It can be viewed on our website www.arcdcuram.com and is a most useful source of information for all. A special thank you also to the Bon Secour Hospital Tralee and to its Head of Mission, Owen McCarthy for the financial assistance enabling our Dementia Inclusive Listowel project.

Mike Moriarty - Director



Photo: Participants and volunteers at the Memory Wellness and Dementia Awareness Seminar



AIB Community
€1 Million Fund



CLG

Presentation from
Ard Chúram Day Care Centre CLG,
Listowel,
Co. Kerry

The AIB €1 Million Community Fund

The spiralling cost of energy was becoming a huge cause of concern with our heating and lightening bill increasing by over 50%. We were also being challenged under the requirements from the Charities Regulation Authority to have a meaningful policy on Sustainability.

Enter The AIB €1m Community Fund which was brought to our attention by local AIB Managers. Under this fund AIB were putting up €28k to six charities in Munster. We in Ard Chúram put in a detailed and persuasive application as to why we should be accepted into the process. We were admitted but now the hard work had to be undertaken. To be successful we had to be voted into the top six charities in Munster by the general public, if achieved then we would have to make a comprehensive online presentation to a panel of AIB adjudicators.

This fundraising effort on our behalf became similar to a political campaign with our treasurer Brenda O'Halloran Enright being appointed more like a 'Director of Elections' so as to garner all possible votes. Brenda and her team, through WhatsApp groups, choir contacts, social media and 'feet on the street' approach, cajoled and persuaded the general public to vote for Ard Chúram. We were successful and it was certainly an achievement to be considered one of the top six charities in Munster.

Pat Carmody, Finbarr Mawe and Brenda O'Halloran were appointed by the Board to make the online presentation. The project chosen was to install 112 Solar Panels offering 100% renewable solution and we got considerable professional advice from local volunteer and electrical engineer David Enright which was invaluable and for which we are most grateful.

In our presentation we had to introduce ourselves and our charity, tell our story, demonstrate our impact and reach within the community, give a detailed breakdown of our project, how it aligned with AIB's community theme of sustainability and of course the cost savings involved. The presentation went on for about 20 mins and was followed by a question and answer session.

The Result: Two months later we were advised that we were successful. Now we were set up for 2025 to put the project into operation, especially with the good news that the HSE under their Community Refurbishment Programme matched the funds we got from AIB.

In summary this was a new departure for Ard Chúram, it was a most successful fundraiser, not asking for cash but canvassing for votes.

Patrick Carmody - Director

Stroke Day Service 2024

The Kerry Stroke Day Service which is a collaboration between the HSE and Baile Mhuire Day Centre was established in 2019 and continues to grow steadily each year. The SDS provides a community based support programme for those who have had a stroke. The programme consists of physical activity, mental stimulation and socialisation provided by a Multidisciplinary team including Nursing, Physiotherapy, Exercise facilitators and health care staff. The team provide the programme in Tralee one day a week and an outreach programme to areas including Listowel, Caherciveen and Dingle. Referrals to the programme are accepted from both acute and community sources including self referrals. Participants are provided with an individual pre programme assessment, 6-8 sessions (either half day or full day) and an individual post programme evaluation.

FaMe 2024

The Falls and Exercise Management programme (FaME) is an evidence based strength and balance programme for older adults which can reduce the risk of falling, reduce the fear of falling, improve physical function, balance and quality of life. It is suitable for older adults who have had a fall, have a fear of falling or have a family history of osteoporosis.

The programme is a collaboration with the HSE and Baile Mhuire Day Centre and the 24 week programme is co-facilitated by a HSE Physiotherapist and Baile Mhuire employed exercise facilitators. The FaME programme was commenced in Kerry in 2023 in Killarney and Listowel. A total of 130 participants have been referred to the programme and 12 full programmes were completed in 2024 - seven of which took place in Listowel. Feedback has been very positive from participants with many getting the opportunity to practice getting on and off the floor which is an essential skill to learn for those at risk of falls.

Ard Chúram provides the venue for both the North Kerry & West Limerick Stroke Outreach programme and the North Kerry FaME programme. The spacious upstairs facility of the Fuchsia centre and the refreshments provided by Ard Chúram allows for the seamless continuation of these services in a community setting. Having both the SDS service and the FaME programme located on the Ard Chúram Campus facilitates cross referrals between the services and stimulates a learning environment for both services. Ard Curam's support for both these programmes have been a significant factor in their success and sustainability.

Eibhlís Cahalane
Senior Physiotherapist HSE



Photo: Eibhlís Cahalane & Baile Mhuire Staff, Holly Ring, Maria Garvey and Stephanie Stratton.

ARD CHÚRAM COMMUNITY CHOIR



Photo: Ard Chúram Community Choir

Wow! We couldn't believe our eyes! A full house! A standing ovation! Who'd have thought? What a start to our Christmas '24 season. The day dawned with feelings of apprehension, bordering on fear and momentary panic, but ending in joy, pride, appreciation, fulfilment, satisfaction, togetherness and... did I say joy!! Did I mention we got a standing ovation!!

It was December 8th, the day of our long-planned Christmas performance. Ard Chúram Community Choir was ready. Since reforming post-COVID, we had worked hard to get to this day and our excitement knew no bounds.

Back to the beginning. The Ard Chúram Choir was originally formed back in 2018. COVID brought many changes to the world as we knew it, not least the ending of public gatherings, bringing a long pause to our musical activities as a group. However, time came when we felt it was safe to bring the Choir back and many members were looking forward to getting back together. We searched far and wide for a suitable Musical Director who would lead us in the resurgence of choral music in our community. How lucky we are to have secured two such accomplished Musical Directors in Shelby and Ryan Mulvihill both very gifted in their fields of music.

Eventually, in January 2024, the call went out to join the Ard Chúram Community Choir. Quickly the word got out, the numbers grew to 65 members, and we now have 50 active members who attend the Ard Chúram Fuchsia Centre every Thursday for an hour of voice coaching, choral singing and, indeed, social interaction. Many of our new members had little or no involvement in choral music before joining. It is so rewarding to see them come on, in leaps and bounds under the professional guidance and encouragement of Ryan and Shelby. A team effort, we are supported weekly by individual Choir members, i.e. Kitty, Jean, Helen, Monica, everyone willing to do their part.

The Choir is indebted to the Ard Chúram Board, which supports and facilitates us in every way providing a suitable venue for our practices, contributing funds towards the purchase of the new piano, and being ready to help whenever the need arises. The staff of Ard Chúram also deserve our thanks whether assisting with photo copying, laying out refreshments or room preparation. The Choir performs for the clients of Ard Chúram at Christmas and at our year-end in mid-June. This could not be done without the support of the staff and we greatly appreciate everything they do for us.

Choral singing offers numerous benefits, including improved cognitive function, enhanced social wellbeing and better physical health. Studies show choir singing can increase social integration, reduce loneliness in the elderly and foster a sense of community. For all these reasons, and more, the members of the Choir, individually and collectively, really enjoy their involvement. We practise something far deeper than just music and are all learning in a supportive and fun environment.

When the Choir returned in September after our summer break, Marie floated the idea of a Christmas concert. This idea mushroomed into our very successful 'Christmas Music & Carols by Candlelight' event, which we held in the local parish church on Sunday evening, December 8th. While we didn't confine our repertoire from September to only Christmas music, by early December we had a respectable programme of Christmas music, hymns and carols. We were ready for our first public performance!

The planning wasn't confined to just music, however. It involved marketing our event - advertising, posters, social media - and even an impromptu interview on Radio Kerry by Brenda! The black folders needed reorganising, the dress code needed to be agreed, and the church needed decoration - thanks to our own Helen! Thanks to Canon Declan for the use of St. Mary's Parish Church, to Sacristan Helen for all her help on the day and evening, and to Denise in the Parish Office too. The door staff, ushers and collectors' roles were filled by the Ard Chúram Directors and Volunteers. Thanks to our furniture removal man, Director Pat Carmody! We are indebted to you all. Our dress rehearsal, if a little shaky initially, stood us in good stead and, as predicted, everything was great on the night!

Our programme was supported by amazing guest performances by the Ukrainian Yershovy Family and Soprano Aisling Enright. Our members Maria Hilliard and John Looney read short Christmas pieces. Karen Trench delivered her solo, as Gaelge to a spellbound audience. Ard Chúram Director Michael Moriarty was the M.C., with all the Ard Chúram Directors involved in the logistics of the evening. The Choir itself excelled!

The atmosphere in the church was electric with anticipation, buzzing with the energy of the approaching service, the church glowing in the candlelight. With over 50 "on stage" at the altar, the audience was hushed and reverent from the first note of 'O Come, O Come Emmanuel'. Huge was our surprise then when we received the rapturous applause and... THAT standing ovation!

The funds raised on the night, £3,500, went to the St. Vincent de Paul, specifically for the victims of the November flooding in the town of Listowel. We got terrific press locally and indeed nationally (Irish Independent), and much goodwill was generated as a result of our event. On the night we were seen to "serve" the local community of Listowel and North Kerry, both by our heart-warming, joyous, seasonal performance and our contribution to those affected by the flooding. This is an example of truly living out the vision of Ard Chúram: "To foster joy, happiness and well-being in the lives of those we serve." Our plans for 2025 include performances for the clients of Ard Chúram, for clients at our neighbouring nursing home and perhaps a Christmas Concert in St. Mary's Church. With the enthusiasm of each and every member of our choir and Shelby and Ryan's continued commitment - who knows what the future will bring,



Photo: Presentation of cheque by Kitty McElligott to Helena Carmody, President of Saint Vincent de Paul.

TREASURE'S STATEMENT

Our Finances:

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

Ard Chúram's total operating income for 2024 was €702k (2023 €685k) - up 2%.

Expenditure being 2024 €757k (2023 €685k) - up 11%, leaving us with a deficit of 56k.

Net Assets €2.2m, down 2% on 2023.

HSE funding made up 85% or €593k of our income, with our self-generated income being €110k.

This non-grant income of €110k is a tribute to our many hard-working volunteers and supporters. The components of this figure are shown in Figure 1, while Figure 2 displays the breakdown of state funding.

Income Source	Value
:: Fundraising/Bucket Collections	€13k
:: Meals Income	€57k
:: AIB Community Fund Award	€28k
:: Bank Interest	€2k
:: Total	€110k

Income Source	Value
HSE Grants Total	
:: Annual Revenue Funding Section 39	€119k
:: Enhanced Home Care Package	€323k
:: Stroke Services	€49k
:: Annual Revenue Funding towards costs of increased service days	€50k
:: Voluntary Fund for Physical Training Worker	€10k
:: Dementia Alignment Grant	€4k
:: WRC Payroll Back Pay	€40k
:: HSE Grants Total	€591k
:: Capital Grant Solar Panels (Deferred Payment)	€25k
:: Kerry Coco TV Grant	€0.5k
:: Total Income	€616.5k
:: Total income received, noting deferred oayment	€591.5k

Ard Chúram is operating two Day Care Centres, employing 20 staff. Our largest outlay, Staff Salaries/Costs €440k are up 17% year on year, representing 58% 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.

Although there is a deficit from a profit and loss point of view, there is a large depreciation expense (€116k), with a large part of this being on the building. This is a book entry so the cash-flow is more positive, with a slight increase in bank balances and cash, despite the deficit for the year. Bank balances increased by approx. €8k.

Projects planned for the coming year include the installation of Solar PV Panels on our Centres, which will reduce our energy costs significantly and indeed generate a new income stream over time, in us selling back surplus energy generated to the grid. In this connection I wish to acknowledge the support of AIB Management, locally and nationally for the support and the awarding of €28K from the AIB Community Fund Award. This monetary award, together with a €25K Capital Grant from the HSE will fund this exciting project. Thanks are due to the many people who supported us in our quest for the AIB Award.

Our Thanks

In addition I, as Treasurer, wish to thank all funders for their continued support to Ard Chúram. 2024 was another exceptional year for the Company. I wish to acknowledge the many unsolicited donors and the families who bequeathed through RIP also. Our income received and unexpected yet welcome boost when Ard Chúram was shortlisted for the AIB Community Award in June. (See page 10).

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. To the hard-working Finance Sub Committee; my Asst. Treasurer Angela Quinlan, Molly Mulvihill, Kitty McElligott, Ethna Galvin, Maria O'Connor, Mary Mc Carthy Grimes, Marie Reen, and Finbarr.

We are indebted this year to the members of the newly reformed Ard Chúram Community Choir. The proceeds of the Choirs Christmas performance were donated to the local St Vincent de Paul for the benefit of the Listowel flood relief fund.

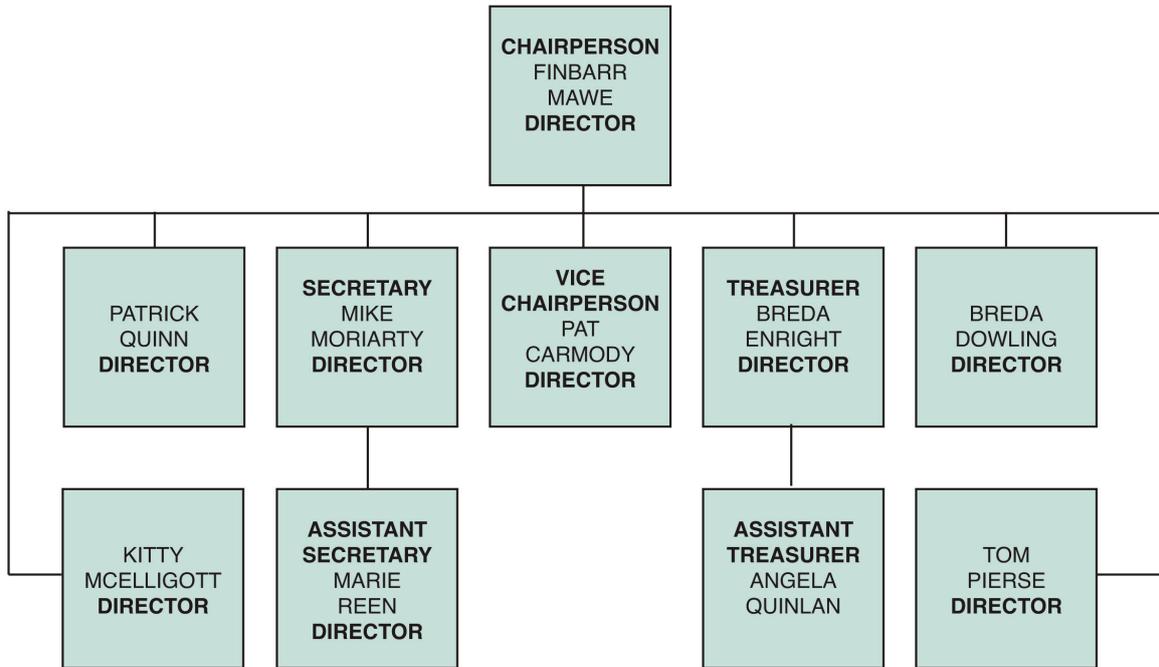
Thanks to the staff in Ard Chúram who facilitate and cooperate with me on all occasions, especially Molly Mulvihill. Molly is hugely supportive and efficient, aiding me in my role as Treasurer, in no small way.

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

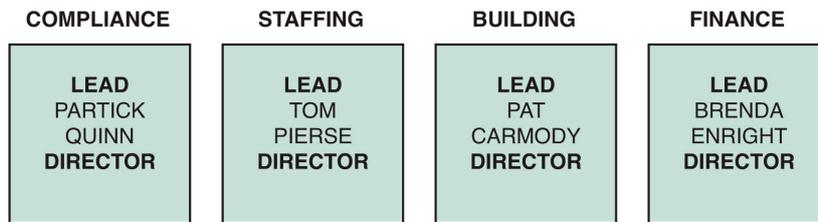
Brenda O'Halloran Enright - Treasurer

Angela Quinlan - Assistant Treasurer

STRUCTURE - GOVERNANCE & MANAGEMENT



WORKING GROUPS



WORKING GROUPS



SUPPORT GROUP

Helena Carmody, Anne Donegan, Caroline Doyle (HSE Rep.), Ethna Galvin,
Catherine Kirby, Kathy Mawe, Annette McElligott,
Rose McElligott, Mary Anne O'Connor, Angela Quinlan,
Mary Grimes, John Gleeson, Brendan Keane, Aodan Ó Murchu, Eileen Bunyan

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 2024; attendances of directors are as follows:

- Pat Carmody 7
- Finbarr Mawe 7
- Michael Moriarty 7
- Kitty McElligott 5
- Brenda O'Halloran Enright 7
- Tom Pierse 4
- Marie Reen 7
- Breda Dowling 5
- 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.

The Board of Directors continue to make advancements regarding compliance and the requirements of the Charity Regulator. An important and significant development in this area in 2024 was the decision to develop a Strategic 5 Year Plan 2025-2030, for the organisation which is alluded to in the Chairpersons Report.

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 2024



Photo: Martina Reid and Anne Deegan.

ARD CHÚRAM DAY CARE CENTRE LISTOWEL CO. KERRY

It lives up to its name. This is care of the highest quality, never patronising, always laced with love, understanding and concern. Where the ageing process is unkind to some people, we are gifted with an organisation that cares for us, every week.

A.... is for advertisement on the television where an old man speaks with his son on the phone, assuring him that all is well! "Ah sure you know, yourself" we echo his sentiment.

R.... is for my name REID! Paddy and I were invited to join Ard Chúram. Into our nineties, we accepted, with some apprehension. We never looked back. We enjoyed the whole experience. Sadly, Paddy died on my 90th Birthday. May his gentle soul rest in peace. It is a bitter sweet memory but the Day Centre affords me consolation.

D.... is for delight at dancing. It affords me a chance to strut my stuff! "don't encourage my mother...she is a born show of!" my son says. The visiting music group play! We form a circle! We join our hands! We swing and sway! We watch Martin & Julia dance a Kerry Polka! Our hearts sing in joy! We enjoy the whole experience!

C.... Is for consideration and concern, in the true sense of caring and understanding.

H... Hush! Home is where the heart is! And the hearth! Surely, the Day Care Centre is our home for those precious hours of entertainment and pleasure, especially when we dine together and the long table. We enjoy fine food, served with care and understanding by the staff, prepared by the Chef. We list our preferences to Christine and we are catered for in a courteous way. Julia, Alena, Liz & Ann are now our friends.

U.... Stands for all of us! Martin urges all of us, linked in a large circle to join hands, to sing loud and clear "Ireland's Call" in full voice, signalling an end to the entertainment but still, the day is not over as we sit at the long table for lunch, followed by a most enjoyable Bingo!

R.... There is an advertisement on radio where a clear and commanding voice urges all of us "Respect Who I Am". It is authority and conviction. We salute this sentiment. Each gathering at the Day Care Centre affirms this clarion call!

A.... Age is just a number! What matters is what lies in the head and the heart.

M.... Memories and music and meals are all linked in the Centre. The best wine is kept to the end.

We salute Molly, Martin, Julia, Liz, Ann, Patricia, Donal and Brendan as well as all the drivers who look after us. If I forgot, it is due to advanced years. God bless you all.

Thank you, Martina & Ann.

GO MBA FADA BUAN GACH DUINE SAN ÁIT IONTACH SEOJUNE 2025

Fun & Activities At Our Centre



The Fuchsia Centre: A Day in the Life



Photo: Ailish & Michael Dillane

Both myself and my wife Ailish Dillane were admitted to Ard Chúram Day Care Centre in 2024. I am 94 years and in reasonably good health thank God, Ailish is 88 years but unfortunately, she has been diagnosed with Dementia. Dementia is very common and widespread in older people. It is a type of confusion and loss of memory. It can affect one's conduct, carriage, deportment and general behaviour. It usually means full time care at home or in a special unit for people who have the problem.

It was with that in mind that a dedicated group of people under the Chairman Finbarr Mawe decided that there was a need for a Day Care Centre for people with Dementia locally. In 2021 Ard Chúram Fuchsia Centre catering for people mainly from North Kerry was opened. Day Care Centre and Ard Chúram Fuchsia Centre operate side by side in two separate buildings. Both centres are controlled by the same management team and staff and operate as one unit. Ailish attends the Fuchsia Centre and I attend the Centre for Older People.

Attending Ard Chúram from 10am to 3.00pm three days per week has completely changed our quality of life and our day to day living. Getting out of our own home for Ailish on a regular basis and being cared for in the Fuchsia Centre under constant supervision in an efficient caring, compassionate, healthy and warm environment, by such a wonderful group of friendly staff and volunteers has made such a complete change for the better for her at her age.

The Centre provides a type of Respite. There is no worry about security for her. Meeting and talking to old and new friends, singing, dancing, playing Bingo and getting involved in quizzes and different games and various group activities keeps her very much involved and interested. Very much in demand is "The Magic Table" and the indoor garden. Chiropody and hairdressing is also provided.

On arrival we both are warmly welcomed by a very friendly and caring staff. At 10am we are treated to tea or coffee and a snack. At lunch time we are provided with a four-course meal freshly cooked and specially prepared by in house Chef Sid Sheehan and his team. Thank you, Sid, for such wonderful meals served to suit our individual tastes. In between times we participate in all other activities that are provided.

A very special thanks to all musicians, singing groups and entertainers who volunteer their services and send us home at 3.00pm very relaxed and contented.

To Finbarr Mawe, Directors, Committee and all associated with Ard Chúram to Louise Harnett, Molly Mulvihill, Kathleen Carmody all volunteers and such a caring and committed staff for providing and maintaining such a vital service “Míle Míle Buíochas”.

Because of Ard Chúram we certainly have a better existence. We can continue to live in our own homes independently. We can be active in our community, avail of all local services and feel a little bit more needed.

Go Raibh Maith Agaibh Go Léir.

Michael Dillane

FINANCIAL REVIEW Y/E 2024

I would like to present the Financial Accounts for financial year 2024 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).

The income was slightly up on last year, but the expenditure was significantly up, with the biggest increase being in wage costs.

Although there is a deficit from a profit and loss perspective, there is a large depreciation expense of €116K with a large part of this being on the building. This is a book entry so the cash-flow is more positive with a slight increase in bank balances and cash despite the deficit of the year. The bank balances increased during the year by approx. €8k.

The most important results which can be extracted from the 2024 accounts are displayed in Figures 1, 2 and 3.

Fig. 1: Key Indicators

KEY FINANCIAL INDICATORS	VALUE (€)	VARIANCE
INCOME	701,576	2% INCREASE
EXPENDITURE	757,274	11% INCREASE
NET DEFICIT	(55,698)	100% INCREASE
NET ASSETS	2,217,178	DOWN 2%

Fig. 2: Comparison of income sources; 2024 and 2023.

INCOME SOURCE	VALUE 2024(€)	VALUE 2023(€)
HSE/State funding	592,618	583,984
Meals	59,680	57,105
Donations	19,581	30,638
Fundraising	28,000	12,808
VAT compensation	0	376
Total income	699,879	684,988
Misc (Bank interest)	1,697	235

Fig. 3: The HSE/State, similar to 2023, funded 85% of the 2024 income. The remaining 15% (€108k) being provided by our Volunteers and supporters. Figure 3 further details state income.

HSE Grants - Breakdown:

• Enhanced Homecare Package	322,684
• Annual Revenue Funding	119,361
• WRC towards inc. pay rates	40,382
• Physical Training worker	10,000
• Inc. funding 5th day/Fuchsia	49,691
• Dementia alignment grant	4,000
• Towards cost of inc. service	46,000
• Capital Grant re Solar Panels (Deferred at year end)	25,000
Total HSE funding	592,118
State Funding - Kerry Co. Co. TV Grant	500
Total State Funding	592,61

Turning to Expenses

The cost of running our day-to-day operations for the Financial Year was €757K compared to €685K in 2023, an increase of 10.5% (figures include Depreciation figure of €116K).

Staff Costs were our largest outlay at €443K representing 69% of our expenses, as against 65% in 2023. HSE Grants were used for this purpose as well as they covering normal running costs such as transport, food, insurance, maintenance etc.

Our running costs, excluding depreciation, rose by €68K during the year. This increase is primarily due to higher staff costs - including wages, salaries, social security, and welfare - which grew from €375K in 2023 to €443K in 2024.

Finance Sub Committee Activities

The Committee comprises of people with relevant and varied skill sets, bringing expertise, enthusiasm, energy and ideas to our activities. Angela Quinlan, Molly Mulvihill, Finbar Mawe, Mary Grimes, Maria O'Connor, Ethna Galvin, Kitty Mc Elligott and Marie Reen, a dedicated and committed team always willing to put the shoulder to the wheel when needed!

Four Sub Committee Meetings were held in course of 2024, we hold meetings on quarterly basis. A WhatsApp group also used to update members.

The work of the Finance Sub Committee included the planning, organising and completion of the Annual Ballybunion Bucket collection. This was again held on the busy June Bank Holiday weekend. Our team of 30 Volunteer Collectors assisted us, collecting €5,322 on the day, a great result! My thanks to the Board, all the nine members of the Finance Sub Committee and wider Ard Chúram Committee members for the great support on the day.

The Listowel Collection was all ready to go in early December, but the Finance sub-Committee took the decision to cancel and support instead, the huge local fundraising drive that was then in place for the unfortunate victims of the November floods in Listowel. The recently formed Ard Chúram Community Choir donated the proceeds from the Christmas Carol event to the St. Vincent de Paul for the benefit of the Flood Relief Fund. The Choir and Ard Chúram received much favourable press for this proactivity.

The Finance sub-Committee reviewed:

- The Banking Policy where it was deemed prudent to amend users on Banking on Line so to ensure no duplication of roles.
- The Cash Reserves were increased to €150k, as per Reserves Policy.

The sub-Committee worked in conjunction with the HSE and the Board in relation to agreeing budgets and delivered financial and budgetary updates at the SLA meetings.

Much time consuming and tedious work was done in the Spring in relation to the back pay of the WRC labour court award to our 21 staff. Thanks to Finbarr and Molly for all the help in this regard. Our figures were accepted by KOSI (on behalf of the HSE) with the staff being paid the money due as speedily as was possible.

The Asst. Treasurer, Angela, further improved the monthly spreadsheet, 2024 being the first full year where every spend, under each individual category, is captured in a timely manner. This initiative informs the Board and the HSE at any point in time of the position in relation to income and expenditure and assists in adhering to budgets. Angelas skills in this regard are of enormous benefit and very much appreciated.

We identify risks and plan accordingly. A level of unpredictability around cost increases continues but with prudent planning and advance budgetary advice from Caroline we feel we are well positioned to address any risks in this regard. 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 continue to manage Risk also, in our daily operations. We continue the 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 Mulvihill 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. It has been agreed at Board and Finance Sub Committee level, to discuss the transport and food costs for our service users. This has remained at €10 per day for many years now and with increased costs of therapies, food and transport, it is felt an increase may be warranted in 2025.

Overall, the future looks bright for Ard Chúram, we are on a strong financial footing. I am confident with the 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

Angela Quinlan - Assistant Treasurer

GOING FORWARD

Our overwhelming priority for 2025 is to undertake a 5 year Strategic Review to chart the next chapter in our organisation's journey while reaffirming our commitment to older people, to those with Dementia and to the community at large.

The process will be the product of deep listening, reflecting the views of those who know us best, our clients and their families, our dedicated staff and volunteers, our Board, the HSE and our local partners and supporters.

The plan and its subsequent implementation will ensure that our values will remain at the heart of what we do, while preparing us to meet the opportunities and challenges in the years ahead.

Our immediate priority will be to install our Solar panels making a significant contribution to minimising our carbon imprint, implementing our commitment on sustainability to the CRA and considerably reducing our energy costs.

Continuation of our Dementia Inclusive Listowel initiative in partnership with Listowel Business & Community Alliance which is receiving major local and national traction.

Continued development of Ard Chúram Community Choir whose core activities include increasing social integration, reducing loneliness and fostering a sense of community, thereby complementing the mission and vision of our organisation.

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