

## The Drop-in Centre

The Drop-in service has developed as an integral part of the Community Facilitation service provided by Western Care Association in the Castlebar area.

The Drop-in was developed in 2001 when a small group of people who live and work independently in the community decided they would like to meet others in a similar situation to themselves. The purpose behind this was to exchange information regarding areas of concern in their lives and for social opportunities.

The Drop-in centre, as the name suggests, is a place for people to "drop in" for a chat or to seek support with anything that may be worrying them. Areas addressed can range from entitlements, rights, housing, relationships, health, loneliness, isolation, poverty, personal safety, social inclusion - basically anything that the person identifies they need support with.

People are encouraged to partake in groups and classes based in the community like literacy, art, drama, creative writing and computer classes. This provides people with the opportunity to make new friends, be part of their community and also make a positive contribution to the community.

There are a number of activities organised at weekends when people are at a loose end. These can range from art, relaxation, music, cookery and drama. These activities are suggested by the people who avail of the service.

Saturday 2.00 - 4.00pm  
Sunday 3.00 - 5.00pm

Shopping trips, weekends away, city breaks and sun holidays are all part and parcel of the drop-in service. We fundraise for these breaks in a variety of ways from raffles, women's mini marathon, bucket collections, cake sales, car boot sales, anyway that will help make breaks away more affordable for people.

The Drop-in also facilitates a number of groups. These are in response to people's needs and include group work on self esteem, stress management, assertiveness, health and well being, relationships, sexuality and self advocacy. We work along with the Health Promotion Unit and Mayo VEC in providing these workshops.

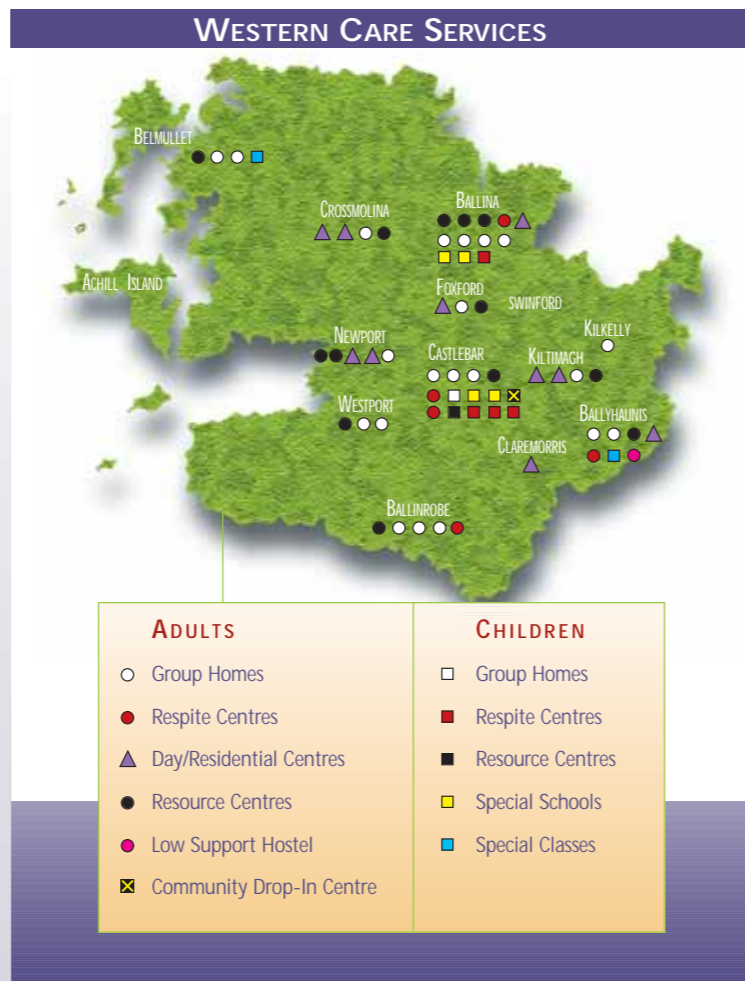
We also organise both women and men's groups. These groups use their time together to talk about things that are difficult to address in a mixed group. Occasionally we have experts in to address specific areas of interest like health & sexuality.

We work towards securing affordable and safe accommodation for the people who avail of the service and have developed a good working relationship with local landlords, together with Mayo County Council and Castlebar Town Council.

## What is Community Facilitation?

- It is a confidential person centred service.
- We provide support to adults with learning disabilities living independently in the community and also support individuals who are moving towards independent living.
- We work hand in hand with people availing of the service so that we can offer an individualised, positive, original and innovative service thereby meeting the needs of the individual.
- We enable people to address key areas of their lives, e.g., loneliness, isolation, poverty, relationships, sexuality, personal safety, rights, social inclusion, housing and health.
- We do this through exploring a variety of options, i.e., 1:1 sessions, group work, liaising within and outside the organisation.

The Drop-In Centre, Western Care Association,  
Newtown, Castlebar, Co. Mayo.  
Telephone: 094 90 26116  
E-mail: wcacommunity@eircom.net



## Expenditure

Monies raised through the annual Door-to-Door collection are spent on our houses and buildings throughout the county, and on the provision of minibuses, educational aids and equipment, and furnishings to support the provision of services. At present Western Care Association provides services through our 43 homes and respite houses, 18 resource centres, and supports to the education system. We provide a door-to-door transport service between home and our centres through the use of 27 minibuses, a large number of which are wheelchair accessible, and we also provide MPV's for use in our services, with a total of 32 now in use throughout the county.

During 2007, we plan to undertake the following capital developments :

- The provision of new houses in Manulla and Kilmoeve.
- Renovations to a number of our buildings throughout the county.
- Purchase of new minibuses and MPV's to upgrade and maintain our transport fleet throughout the county.
- Provision of a range of lifting equipment and other aids and appliances for use in our houses and centres.

Through your continued contributions to the Door-to-Door collection, we are in a position to provide and expand our service provision throughout the county, and we thank you most sincerely for this.

James Rocke, Financial Controller.

## DATES FOR YOUR DIARY>>

- June 4th:** Flora Women's Mini Marathon, Dublin.
- June 5th - June 29th:** National Schools Bounce-athon '07.
- June 29th:** Michael John McDonnell Golf Classic, Westport GC.
- October 8th:** Super €10,000 Bingo, The Royal Theatre, Castlebar.
- November 5th:** Christmas Fashion Show, The Royal Theatre, Castlebar.
- February 16th '08:** Castlebar Voluntary Branch Valentine's Ball.



Accredited by The Council on Quality and Leadership in Supports for People with Disabilities, Maryland, USA.

Newsletter 2007

Newsletter 2007  
Western Care Association  
... Your Own Mayo Charity

1966 - 2007  
Annual Door to Door Collection

MISSION STATEMENT:

"Western Care Association exists to empower people with a wide range of learning and associated disabilities to live full and satisfied lives as equal citizens"



Western Care Services and Voluntary Branches throughout Mayo  
1966 - 2007

Thank you to our Voluntary Collectors and to you the people of Mayo for your continuing generosity to Western Care Association

Annual General Meeting Western Care Association AGM -

The Fáilte Suite, The Welcome Inn Hotel, Wednesday, May 16th, 2007 @ 8.15 p.m. Generously sponsored by Bank of Ireland.

Western Care Association | Head Office | John Moore Road | Castlebar | County Mayo

Telephone: 094 90 25133 | Fax: 094 90 25207 | E-mail: info@westerncare.com | Website: www.westerncare.com

## Message from the Chairperson

Dear Friends and Colleagues!

2006 was a significant year for Western Care Association as it marked its 40th year as a service provider in Co. Mayo.

It was very fitting that in our celebratory year the Association also secured the highest level of service quality accreditation from the Council of Quality and Leadership, USA.

The Council advised us that we rank amongst the highest quality providing services that they have encountered, and this is a great tribute to our staff, volunteers and management in Western Care.

When Western Care was founded back in 1966 it prided itself on its innovative and creative approaches to service provision, and it is interesting to note that, again, in 2006/2007 the Association again draws on these qualities to ensure that service users needs are met in a person centred way.

'Person centredness', while obviously meaning that you put the person at the centre of your *service think*, also challenges the organisation to support people in individualised settings which at times challenge traditional service model thinking.

It is important to note that the HSE in its reform programme has adopted person centredness as its core value, and Western Care is pleased to support this, in the belief that it is an essential design element if you are to treat people as equal citizens in the way you support them. The HSE locally have complimented Western Care in their pioneering vision in this area.

I was very pleased to be Chairperson of the Association during the 40th year of commemoration and also at a time when the Association's services have received their highest accreditation to date.

While this is a tremendous tribute to the staff of the Association, it is also a tribute to the inclusive and supportive approaches taken by the people of Mayo who have supported Western Care both financially and in many other ways over the years.

I want to sincerely thank the people for their generosity and also the hard work of our volunteers and collectors at all levels in the Association.

I want to thank my colleagues on the Board of Directors for their support over the year, and my only disappointment at this point is that we continue to have long and urgent waiting lists in a time of abundance in the country.

**Dorothy Caden,**  
*Chairperson.*

## Fundraising Department

Since the foundation of Western Care Association in 1966 Mayo people have been most generous in supporting children and adults with learning disabilities in the County through the Annual Door to Door Collection and numerous fundraising projects and events. This ongoing support is crucial as it enables our Association continue to provide a broad base of services in the community. The past year has been no exception and Western Care is very grateful to everybody who organised, participated in or supported in any way the many fundraising events held during the past twelve months. We also wish to sincerely thank the many sponsors who supported these projects and events.

We would very much welcome contact from people interested in helping the Association, particularly those wishing to become involved in fundraising for Western Care (see Dates for your 2007 Diary). If you would like to help in any way please contact the Fundraising Department by phone or e-mail (details below), call to our head office or write to me at John Moore Road, Castlebar, County Mayo.

**Joe Brett - Fundraising Manager.** Telephone: 094 90 29136 / 144 E-mail: fundraiser@westerncare.com

## Income from 2006 Fundraising Events

Event/Project	Amount Raised €
Ballinrobe Musical Society 'Showboat'	€2,750
Bequests	€1,523
C&C Cellular Mobile Phone Recycling	€7,223
Cáirde Crann Mór Bingo	€11,750
Cáirde Crann Mór Fundraising	€26,393
Castlebar Candlelight Ball	€20,000
Castlebar Cycling Club Sponsored Cycle	€7,500
Christmas Cards, Calendar & CD	€28,129
Collection Boxes & Old Currency	€2,314
Draws	€8,682
Fashion Shows (Ballina & Castlebar)	€11,154
Golf Classics (Enniscrone & Westport)	€15,440
Mayo Ribbons	€3,921
National Schools Bounce-athon	€19,836
Rose of Carrandine	€2,052
Sponsored Walks (Ballina 10Km, Limerick Mini Marathon)	€2,589
Staff Deductions / Standing Orders	€6,904
Sundry (includes Donations and Fundraisers organised by Individuals, Groups WCA Centres, Group Homes, etc.)	€36,809
Women's Mini Marathon	€20,179
<b>TOTAL</b>	<b>€235,148</b>

## IT'S ELECTION YEAR! It's time to end waiting lists.

It is disappointing that after 40 years of struggle to meet the needs of people with disabilities in Mayo, that Western Care still has urgent and extensive waiting lists for essential services.

We urge the incoming government to address this area and provide the necessary resources to end waiting lists once and for all.

Western Care, working in partnership with the HSE Mayo, is ready and able to meet the

challenge given the resources required.

Surely in this *resource rich era* the State will finally deliver for people with disabilities in Mayo, and match the extraordinary generosity of the people of the county who contributed enormously to the enhancement of the quality of the services we provide here in Western Care.

It's time to end the waiting lists!

**John O'Dea, Executive Director.**

## Board Members 2007



**Back, Left to Right -** Liamy McNally, Del Maye, Tom O'Dea, Stephen Molloy, John O'Dea, Sarah-Ann Charlton, Chris Pratt.  
**Front, Left to Right -** Maura Harrison, Teresa Ward, Anne Nally, Mary O'Malley, Agnes Grimes.  
**Unavoidably absent:** Lorraine Hall and Dorothy Caden.

## The Voluntary Sector 1966 - 2007

The Voluntary Sector of Western Care Association has made a huge contribution to the success of the organisation through the dedicated and unselfish giving of its time, be it through the Branch network, Fundraising or voluntary support to the Association's Training Centres and Homes.

Our Association has been extremely fortunate to have had the network of "Voluntary Collectors" who have given and continue to give their "Voluntary" time to do our Annual Door to Door Collection which in 2006 provided a figure of €228,945.82. Credit for this excellent amount must go to our "Volunteers" and to the generosity of the people of Mayo.

All the Money collected from our Door to Door Collection fund the provision of Transport, Training Centres, Group Homes

and various building projects for the benefit of the people who avail of our Services.

Charitable organisations are very often viewed as always taking and never giving but as can be seen from the map provided on the newsletter of our various services throughout Mayo it is important to note that apart from the services provided, Western Care by the nature of its structure makes a major contribution to the local economy and as a result has built an excellent relationship with the people of Mayo.

To all our "voluntary collectors" and to the generous people of Mayo a big Thank You.

If you have an hour of your spare time to help with our Door to Door Collection it would be greatly appreciated.

The 2007 Door to Door Collection commences on Tuesday 1st May. Please continue to contribute generously to our Voluntary Collectors when they call.

**Johnny Groden, Development Officer.**

## 2006 Branch Income

Door-to-Door Collections / Local Fundraising / Donations  
1<sup>st</sup> JANUARY 2006 TO 31<sup>st</sup> DECEMBER 2006.

Branch	Amount €
Achill	12,748.47
Ardagh	2,820.08
Balla	3,836.12
Ballina	14,902.00
Ballinrobe	12,996.92
Ballintubber/Ballyheane	2,379.00
Ballycastle	2,963.40
Ballycroy	263.00
Ballyhaunis	12,986.72
Belcarra	860.00
Belmullet	5,621.56
Bohola	2,970.00
Bonniconlon	4,921.24
Burrishoole	5,391.00
Carnacon	1,640.00
Carracastle	1,550.00
Castlebar	17,898.20
Currane	1,261.00
Charlestown	2,986.07
Claremorris	14,216.86
Cooneal	1,146.20
Crossmolina	9,446.31
Drummin	1,321.00
Foxford	7,986.00
Glenamoy	539.00
Islandeady	3,369.00
Keelogue/Manulla	2,160.00
Kiltaine	310.00
Kilfian	1,775.00
Kilkelly/Kilmovee	8,410.00
Killala	2,796.00
Killawalla	1,436.00
Kiltimagh	9,753.00
Kilmeena	1,691.00
Knock	3,281.08
Knockmore/Rathduff	6,337.00
Lacken	1,483.94
Louisburgh	3,991.00
Mayo Abbey	4,972.00
Robeen/Roundfort	1,282.59
Shrule/Glencorrib	5,987.06
Swinford	1,161.00
Taugheen/Crossboyne	1,689.23
Tourmakeady	4,512.57
Westport	16,898.20
<b>Total</b>	<b>€ 228,945.82</b>
Unallocated	3,476.00
<b>Total</b>	<b>€ 232,421.82</b>