

# Agreed Plan for Family Support Provision in West Waterford

This plan has be developed by the Waterford Children and Young People’s Services Committee  
with the support of ‘What Works’ funding.

## Glossary

**Community development** a developmental activity comprised of both a task and a process. The task is social change to achieve equality, social justice and human rights and the process is the application of principles of participation, empowerment and collective decision making in a structured and co-ordinated way is about building communities through collective strategies on common issues. (<sup>1</sup> All Ireland Endorsement Body for Community Work Education and Training, 2016).

**Evidence based practice** An approach to decision making that is transparent, accountable and based on careful consideration of the most compelling evidence we have about the effects of particular interventions on the welfare of individuals, groups and communities (MacDonald, 2001).

**Evidence informed practice** as ‘An approach that helps people and organisations make well-informed decisions by putting the best available evidence at the heart of practice development and service delivery’ (Nutley, 2010). **Family Support** “both a style of work and a set of activities which reinforce positive informal social networks through integrated programme (Pinkerton et al, 2004).

**Family wellbeing** is conceptualised here as comprising the dimensions of parent wellbeing, child wellbeing and positive family relationships. The influences on the wellbeing of the individuals within the family and the relationships they share can be numerous, interrelated and reciprocal (Swords, Merriman & O'Donnell, 2013)

**Parenting** refer to all roles undertaken by parents or others acting In loco parentis in order to bring up children (Department of Children and Youth Affairs, 2014)

**Resilience** is a person’s ability to withstand stress and the ability to be positive, optimistic and stronger as a result of life experiences, whether positive or negative (Rutter, 1985). Also it is widely agreed that resilience can be defined broadly as positive development despite adversity and that resilience is not the property of the child alone but of the child and his or her context (Luthar, 2003).

**Social and emotional wellbeing** includes the ability to self-regulate, to have empathy and to be emotionally resilient. A child or young person’s sense of wellbeing is fundamental to their ability to function in society and meet the demands of everyday life (Kidmatter.edu.au, 2016)

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## Overview

Statutory and voluntary agencies working in West Waterford came together to develop a shared plan to increase provision of supports and improve family well-being across West Waterford. The development of the plan was supported by Waterford Children and Young People's Services Committee (CYPSC). The plan has been developed in response to the needs identified in Community Consultation Report (Cleary, 2018) and Family Support Needs Analysis West Waterford Report (Hennessy, 2018). The aforementioned work provides a snapshot into the needs and socio-demographic profile of the community and current service provision (both voluntary and agency led) in the Dungarvan and West Waterford area.

Within the catchment area there are a variety of agencies, volunteers and community leaders all working hard to meet the needs of the communities. The plan is ambitious and seeks to support existing provision by developing centres and outreach provision across West Waterford. The initial plan is to develop a centre in Cappoquin. The low density population requires innovative service delivery modes which support the community to access services. This document provides details of an agreed family support provision plan for West Waterford including summary of evidence of need, ethos underpinning the work, a logic model outlining key activities and target outcomes, service structure description and possible locations of services. The plan has been developed in align with national policies and local plans related to family support provision.

## Process to Develop Plan

An invitation to attend a series of five facilitated sessions to develop a family support plan for West Waterford was sent to organisations via the Child and Family Support Network (CFSN). In addition at the first facilitated session, participants identified organisations relevant to family support provision that should be invited to attend the following session. All identified organisations were contacted and invited to the subsequent facilitated sessions.

Individuals from the following agencies attended the facilitated sessions: Waterford and South Tipperary Community Youth Service, An Garda Síochána, Child and Family Agency (Tusla), Barnardos, Waterford Child Care Committee, Oasis, Waterford Area Partnership, Health Service Executive Children's Disability Service and Waterford and Wexford Education and Training Board Youth Work Affairs and the CYPSC Co-ordinator.

Five facilitated sessions took place from November to February 2020. At the sessions participants agreed all core components of the plan, namely, ethos underpinning the work, key activities, target outcomes, service structure and possible location of centres.

## Profile of West Waterford

The information below is a description of towns and small areas that make up West Waterford and population based. All the information presented is based on report prepared by Michelle Hennessy (2018).

West Waterford comprises of the Dungarvan & Lismore Electoral Area and includes the following towns Dungarvan, Lismore, Tallow and Cappoquin. The Dungarvan & Lismore Electoral Area covers 782 sq/km, covering 42% of the area within the county. Dungarvan is one of the three main urban areas in County Waterford along with Waterford City and Tramore. Dungarvan town is located in the West of the county and is the main urban centre for a large rural hinterland. The remainder of the area is mainly rural, consisting of small towns and villages with populations of between 1000 to 2000 people (CYPSC, 2016).

Figure 1: Map of Dungarvan-Lismore

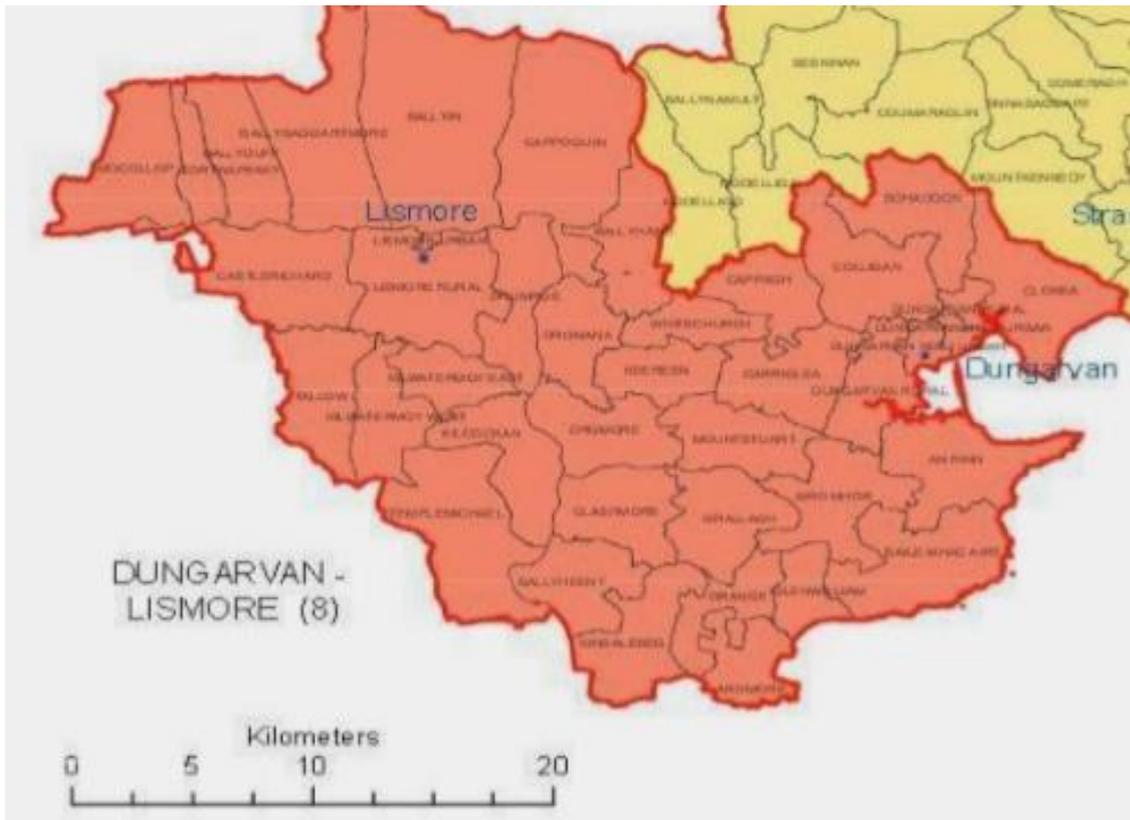


Figure 2: List of Small Areas in West Waterford

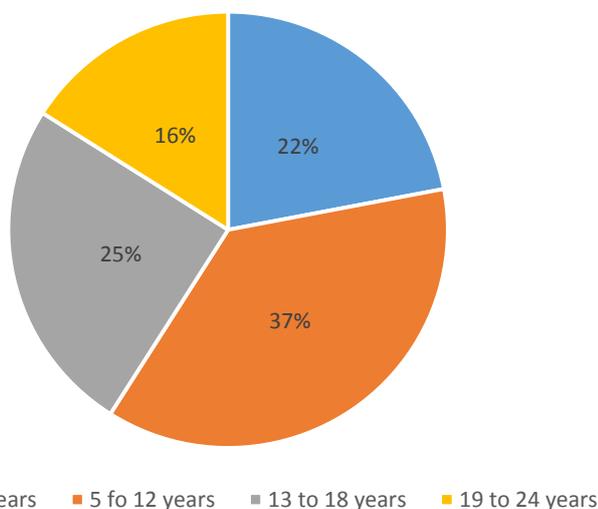
- List of All small areas in West Waterford**
- Aird Mhór, An Rinn, Ardmore, Baile Mhac Airt, Ballyduff, Ballyhane, Ballyheeny, Ballyin, Ballysaggartmore, Bohadoon, Cappagh, Cappoquin, Carriglea, Castlerichard, Clashmore, Clonea, Colligan, Dromana, Dromore, Drumroe, Dungarvan No. 1 Urban, Dungarvan No. 2 Urban, Dungarvan Rural, Glenwilliam, Gortnapeaky, Grallagh, Grange, Keereen, Kilcockan, Kilwatermoy East, Kilwatermoy West, Kinsalebeg, Lismore Rural, Lismore Urban, Mocollop, Mountstuart, Tallow, Templemichael and Whitechurch.**

**Population of West Waterford**

The population for West Waterford in the Dungarvan/Lismore Electoral area as recorded in Census 2016 is 29,062 persons (25% of City & County). The total number of children and young people aged 0-24 years in West Waterford is 9,473 which equates to 32.6% and is similar to Waterford City, Waterford County and national figures for this age group (CSO, 2016). Therefore, there is a larger percentage of young people in Waterford in 2016 compared to 2011.

Figure 3: Age Range of Children and Young People in West Waterford

### Age Range of Children and Young People in West Waterford



Within this target population there are four key age groupings shown in the diagram above. In 2016 there were 2,027, 0-4 years; 3,465, 5-12 years; 2,446, 13-18 years; and 1,536, 19-24 years. Similar to City, County and national figures, the largest groups are school going groups with 37% in the 5-12 category and 25% in the 13-18 category.

The CSO Vital Statistics Report 2016 shows a total birth rate of 144 for Dungarvan and Lismore and a birth rate of 20 for mothers under 24 years (13.8%). There was one birth to a mother under 20 years recorded in Dungarvan in 2016. There were 17 births in Dungarvan and 2 births in Lismore to mothers 20-24 years. There was a higher proportion of mothers 0-24 years in Waterford City (17.5%) than County (9.7%) in terms of total birth rates for these areas in 2016. The live birth rates per 1000 females are higher for Waterford County (46.7) than the State (38.6) but lower than Waterford City (65.0).

There are 7,680 (25% of City & County) families in the Dungarvan-Lismore LEA with the majority of families consisting of two persons, followed by three- and four- person families. Lone parents account for 23.7% of this category (families with children under 15 years) in Dungarvan-Lismore LEA. The lone parenting rate for Waterford County increased by 0.8% between the 2011 and 2016 censuses which was in contrast to decreases in the lone parenting rate in Waterford City and Ireland (Haase et.al., 2017).

Irish nationals (89%; 25,466 persons) and those identifying as white Irish (87%; 24,935) are the majority. There is a slightly higher percentage of people from UK in this region than county average (4%). Waterford Area Partnership SICAP Social Inclusion Analysis 2018 outlines new communities and that 8.5% of the SICAP caseload in Waterford were from new communities which is lower than the overall programme average of 10%. This accounted for 2.3% of all people from new communities registered on SICAP nationally. In Waterford 0.39% of the population are asylum seekers and refugees (from the Irish Refugee Protection Programme) which is higher than the national average 0.13%. In Census 2016, 101 (0.4%) of the usually resident population of Dungarvan-Lismore LEA identified as White Irish Traveller. This is slightly lower than the City and County rate of 0.5%. The Traveller Primary Healthcare Programme provides services to families in West Waterford. In Waterford 0.39% of the population are asylum seekers and refugees (from the Irish Refugee

Protection Programme) which is higher than the national average 0.13%. It should be noted since the 2016 Census there has been an increase in the population as Waterford City and County Council report a population of **31,221.00<sup>1</sup>(2020)**.

## Summary of Evidence of Need

The aim of the West Waterford Family Support Provision Plan is to increase family wellbeing by increasing service provision across the communities. The plan has been developed in response to the needs identified in Community Consultation Report (Cleary, 2018) and Family Support Needs Analysis West Waterford Report (Hennessy, 2018). The needs identified in the aforementioned reports were considered by the organisational representatives who attended the facilitated planning process as was professional knowledge of service provision and referral patterns (e.g. needs at point of referral, area family live in, source of referral).

Waterford City and County have been identified as areas of high deprivation. Waterford City has been identified as the second most deprived city in Ireland (Teljeur et al., 2019) Waterford Area Partnership SICAP Social Inclusion Analysis 2018 rates it 5th from 31 local authorities. In Waterford, 21.1% of the population are living in disadvantaged communities – higher than the national average of 14.4%. The target area of West Waterford was chosen due to its high level of disadvantage coupled with low levels of family support provision and rural isolation.

### Haase Pratschke Deprivation scale

Within the Dungarvan Lismore Municipality there are 15 small areas classified as disadvantaged and 5 small areas classified as very disadvantaged.

Dungarvan Lismore Municipality	Disadvantaged	Very Disadvantaged
Electoral Districts	3	0
Small Areas	15	5

The number of the small areas within Dungarvan Lismore Municipality which were classified as disadvantaged or very disadvantaged increased between 2011 and 2016. For example two small areas in Cappoquin went from being classified as below average in 2011 (-5.3 and -3.90) to disadvantaged (-11.91 and -10.00) in 2016.

The following areas within West Waterford have been classified as disadvantaged:

**Dungarvan No. 1 Urban** with six small areas in total with scores as follows -18.04; -15.10; -14.84; -14.53; -10.91; -10.23,

**Tallow** with three small areas in total with scores as follows: -17.14; -10.56; -10.17;

**Cappoquin** with three small areas in total with scores as follows: -11.91; -11.51; -10.00;

**Dungarvan Rural** with a score of -16.14;

<sup>1</sup>

<http://waterfordcouncil.maps.arcgis.com/apps/MapSeries/index.html?appid=75ec6d1f08b44cd1aab47605d9266f37>

**Ardmore** with a score of -13.48;

**Ballyheeneey** with a score of -12.83.

The following areas within West Waterford have been classified as Very Disadvantaged

**Dungarvan No. 1 Urban** four small areas in total with scores as follows: -23.85; -23.41; -23.12; -21.84 and

**Dungarvan No. 2 Urban** with a score of -20.49.

There is a high level of deprivation in Dungarvan and across West Waterford. Full details of all areas classified as disadvantage and very disadvantaged are provided in Appendix One. In addition, a full break down of all small areas within West Waterford is provided in Appendix Two.

### **Unemployment**

The rates of unemployment vary across West Waterford. As per the Census 2016, Dungarvan Urban No. 1, Electoral Division had an unemployment rate of 27% for males and 19.1% for female which was significantly higher than the national average in 2016 (12.9 %). The unemployment rate for Waterford was 15.4% compared to 12.9% for the state in 2016. See Appendix Three for a breakdown for each Electoral Division within Dungarvan-Lismore.

This trend of performing poorly compared to national trends is also evident in 2019. As per the CSO Labour Force Survey in 2019, unemployment rates 7.9% in the South East (Kilkenny, Carlow, Wexford and Waterford) remain above the national average which is 5.4%. While these rates do not give insight into the rate unemployment currently in Dungarvan West Waterford they do highlight that Waterford as part of the South East of Ireland is currently failing below the national average in terms of employment rates.

### **Educational Attainment**

The average proportion with only primary school education within the Dungarvan-Lismore Municipality is 14%, which is higher than the national average of 12 %.(See Appendix Three for a breakdown for each Electoral Division within Dungarvan-Lismore).

The average proportion with third level education within the Dungarvan-Lismore Municipality is 30.43%, compared to the national average of 35.9% (See Appendix Three for a breakdown for each Electoral Division within Dungarvan-Lismore).

### **Lone Parenting**

Lone parents account for 23.7% of families with children under 15 years in Dungarvan-Lismore LEA. The lone parenting rate for Waterford County increased by 0.8% between the 2011 and 2016 censuses which was in contrast to decreases in the lone parenting rate in Waterford City and Ireland (Haase et.al., 2017). Waterford City and County has higher rates of lone parenting than national averages.

### **Consultation Findings**

Consultation with local children, young people, parents, community groups and service providers to review existing service provision in West Waterford was undertaken in 2018 (Cleary, 2018). In total, 140 adults and 79 children and young people aged 13-18) were consulted with.

Below is a summary of the needs identified during the consultation

- Mental health
- Drug and alcohol misuse or abuse
- Domestic violence and family conflict
- Parental separation
- Education and employment
- Social, emotional and behavioural difficulties
- Parent-child relationship difficulties
- Rural isolation and exclusion
- Homelessness
- Bereavement and loss
- Developmental and educational needs
- Limited activities and recreation
- Challenges accessing support and service

The consultation highlighted both a wide range of needs related to family wellbeing and the lack of service provision. As previously noted the highest proportion of children and young people are aged 5-12 years in West Waterford and are an immediate priority. Mental health is a prominent theme throughout the consultation affecting all ages - children, young people and parents. Mental health in terms of anxiety and depression is a key area parents would like support in both for themselves, their partners and their children. The Waterford Connecting for Life Strategy (2017) highlights that the number of deaths by suicide is significantly higher in Waterford County than in Waterford City. The national suicide rates in 2017 were 8.2%, Waterford city was 6.3% and Waterford County 11.6%.

Drug and alcohol misuse was identified as an area where preventive activities as well as treatment supports are need. The consultation finding mirror trends in substance abuse in Waterford. Waterford Area Partnership SICAP Social Inclusion Analysis 2018 stated that Waterford City and County has the highest number of episodes of substance abuse, first with the 26 counties. In Waterford, 0.73% of the population received treatment for substance (drug and alcohol) misuse which is higher than the national average of 0.36% (WAP, 2018).

The need for more supports for parents were repeatedly highlighted during the consultation, some related to parental wellbeing (e.g. mental health, drug and alcohol misuse) and others to parenting (e.g. co-parenting when separated, supporting children with anxiety and managing behavioural difficulties). Only 10% of the parents reported parent supports were readily available in areas such as a parenting skills and behaviour management.

Children and young people identified the following area that they were concerned about:

- Mental health
- Bullying / cyberbullying
- Physical health
- Pressure / stress
- Unemployment

The lack of spaces for young people to participate in activities apart from sport was also highlighted as a key concern. Specific support in relation to mental health, drugs prevention and LGBTI+ supports were also identified by young people during the consultation

Both parents, children and young people highlighted the challenges in accessing activities or supports due to limited public transport and/lack of access to a car. The consultation strongly highlights the real necessity for services to provide more supports to meet the needs of families in West Waterford.

The strengths of the community were also highlighted during the consultation, namely,

- Positive community spirit
- Supportive relationships amongst family and friends
- Natural beauty of the area and tourist attractions such as the Greenway
- Good sports facilities, especially the GAA
- Variety of privately-run classes and activities for younger children (e.g. swimming, dancing, messy play)
- Volunteer involvement and volunteer led community services

The consultation findings also reinforces the value of ongoing activities which facilitate participation to ensure services respond to needs and recognise and build on the existing strengths within communities.

### **Conclusion on Evidence of Need**

Children and families in West Waterford experience multiple disadvantages in terms of high levels of unemployment and lone parent families, and lower levels of educational attainment. The aforementioned risks families in West Waterford are exposed all can contribute to a cycle of consistent poverty (Grotti et al, 2017). Those in receipt of One Parent Family Payment have the highest rate of consistent poverty among all social welfare recipients and have fallen further and further behind income trends for the rest of the population (Irish Rural Link, 2016). Poverty is linked to negative outcomes for children, such as having poorer health and lower achievement in school (Watson, Maitre, & Whelan, 2012). Children in the target area are at risk of experiencing negative environmental factors, such as: living in poverty; living with parents who misuse drugs and/or alcohol; and/or exposure to trauma. Parental drug and/or alcohol misuse can impact on prenatal development, family life, quality of parenting, and can be associated with child neglect (Horgan, 2011; Kroll & Taylor 2003). There is a link between parental conflict and domestic violence and alcohol and or drug misuse. Domestic violence was identified as a concern during the consultation and it is linked to parental stress, reduced family functioning and poorer outcomes for children and young people (Cleaver et al 2011)

All of the needs and risks factors identified are compounded by lack of service provision and in many cases rural isolation. The Irish Rural Link report on poverty and social exclusion highlighted the link between experiencing poverty and being marginalised when living in rural areas (2016). During the facilitated process to develop the plan, services providers noted families may experience multiple challenges to access services such as, lack of awareness of services, transport difficulties, no/limited outreach services and long waiting lists to some services (particularly specialised supports).

### **Service Delivery Model**

The Family Support plan for West Waterford seeks to develop and increase service provision for families across West Waterford. The plan seeks to respond to the needs identified in the Family Support Needs Analysis Report (Hennessey, 2018). The Family Support plan for West Waterford has been developed and agreed through facilitated sessions with individuals from agencies working in

West Waterford<sup>2</sup>. The aforementioned multi-agency approach will continue to be a cornerstone during development and implementation<sup>3</sup>.

As outlined in the logic model a key long term target outcome is improved family wellbeing by providing universal and targeted service delivery. All target outcomes align with Better Outcomes, Brighter Futures. The plan seeks to provide universal activities to families and communities to meet identified needs for recreation and social support while also facilitating relationship building with service providers. Targeted supports will be provided to meet specific needs concerning parenting, adult wellbeing, child and young person wellbeing and family relationships. The aim is to provide early supports for families. As described in the quote below from the Prevention, Partnership and Family Support Programme Services Brochure:

*'The best way to improve outcomes for children is to intervene at an early stage to resolve problems and prevent harm'*<sup>4</sup>

At the heart of all service delivery will be facilitating families to access support, this may involve the provision of transport and/or adopting an outreach approach. The long term plan for Family Support Provision is to develop a number of centres and outreach services across West Waterford to meet the needs of families. While there are family support services in Dungarvan and to a lesser extent across West Waterford, there are not enough resources to meet the identified needs as outlined in the Family Support Needs Analysis report (Hennessey, 2018). The plan seeks to support existing service providers to increase provision by providing a base/s for delivery and additional resources (staffing, transport and training). Transport provision will be a key aspect of ensuring families can access the services.

A staged approach will be adopted to increase service provision in a way which is sustainable. During the facilitated process organisations shared information on referral patterns to guide decision making on where to prioritise setting up services. Information on referral patterns included needs at point of referral, area family lives in, source of referral). Information on where and how families access services currently was also taken into consideration as was geographical location.

Cappoquin has been identified during the facilitated planning process as an area with a high level of need and currently lacking in family support services. It was also identified that having a centre based in the area will facilitate trust building and engagement would facilitate families accessing services.

Dungarvan was also identified by the group as an area of high need which also lacks adequate number of family support services. Initially the plan is to set up a centre in Cappoquin and outreach services to Dungarvan.

Additional service locations will be identified by monitoring needs and changes in populations during the implementation of the plan. The development of Family Support Provision across West Waterford will involve actively working with communities and key stakeholders to develop collaborative relationships.

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<sup>2</sup> Waterford and South Tipperary Community Youth Services, An Garda Síochána, Tusla, Barnardos, Waterford Child Care Committee, Oasis and Waterford Area Partnership

<sup>3</sup> Waterford and South Tipperary Community Youth Service, An Garda Síochána, Tusla, Barnardos, Waterford Child Care Committee, Oasis, Waterford Area Partnership, HSE Children's Disability Service Waterford and Wexford Education and Training Board Youth Work Affairs and the CYPSC Co-ordinator.

<sup>4</sup> [https://www.tusla.ie/uploads/content/PPFS\\_Low\\_Prevention\\_Services\\_Brochure.pdf](https://www.tusla.ie/uploads/content/PPFS_Low_Prevention_Services_Brochure.pdf)

## Services for Families within Communities across West Waterford

The key target group for the services are Families. As per Better Outcomes Brighter Futures the following definition for Family will apply:

- **Family** is defined in its widest sense, including parents, those acting in loco parentis siblings, grandparents and extended family members. It recognises the complexity of contemporary family structures.

Services will be provided to families as a whole, as well as to children, young people and parents separately.

There will be activities which are specifically targeted towards children and young people from birth to 24 years. As per Better Outcomes Brighter Futures the following definitions will apply:

- **Child** is defined as any person under the age of 18 years, in line with the United Nations Convention on the Rights of the Child.
- **Young Person** is defined as any person under 25 years of age in line With the upper age threshold of the Youth Work Act 2001 and in line with the definition used by the United Nations.

Children aged between 5 to 12 years will be a key priority need group due to lack of service for this age range. Services and activities will respond to the identified needs namely activities and supports which foster wellbeing and recreational activities (Hennessey, 2018). Ongoing community consultation will shape decisions on what activities will be prioritised.

There will be activities specifically aimed at parents. As per Better Outcomes Brighter Futures the following definition will apply:

- **Parent or parents** are defined as a person or persons with parental authority or responsibility. Parenting refers to all roles undertaken by parents or others acting In loco parentis in order to bring up children.

Services or activities for parents will seek to respond to needs identified for increase support for parental wellbeing and parenting (Hennessey, 2018). Ongoing community consultation will shape decisions on what activities will be prioritised.

## Logic Model Overview

The aim of the plan is to increase family wellbeing by providing a range of supports within communities.

The objectives of the plan are

- To enhance families' knowledge of local support services
- To improve families access to support services that meet their needs
- To strengthen communities wellbeing and resilience by supporting families and individuals
- To increase communities access to social support by providing a variety of opportunities for communities to develop social networks
- To facilitate and support communities to participate in shaping plans for services
- For organisations to work together to co-ordinated and provide Family Support Services in West Waterford
- To develop a shared approach to providing services aligned to the ethos and supporting access to services
- To raise awareness at both a local and national level of unmet needs of children and families

The agreed family support plan will involve focusing on the following activities:

- promotion of information on how to access services
- evidence-informed supports to promote parental wellbeing and positive parenting
- evidence informed supports to foster children and young people's wellbeing
- facilitating a range of recreational activities to provide opportunities for individual's to develop social networks
- community participation
- interagency planning of family support provision

The activities seek to provide early supports to parents and families and foster meaningful participation which corresponds to the transformational goals within Better Outcomes, Brighter Future. Evidence informed programmes which have been identified in the publication *What works in Family Support?*, and by the Centre for Effective Services will be selected (Devaney et al 2013, CES, 2019a, CES, 2019b).

Short term outcomes for families will include: increased delivery of universal and targeted supports to families, increased access to supports, increased knowledge of coping skills and improvements in parent child relationship. Long term outcomes for families will include improvements in family wellbeing and resilience. Long term improvements in family wellbeing will support children and young people's engagement in learning. As well as the positive outcomes for families, target outcome for communities and interagency working have all been identified.

All of the short and long term outcomes are detailed in logic model. All target outcomes align with the outcomes identified in Better Outcomes, Brighter Futures.

The plan is to increase family support provision across West Waterford by developing centres and outreach services. The minimum staffing each centre will require is one co-ordinator (30 hours), two Project Workers (20 hour) and one administrator (20 hour.) The aforementioned staffing will be responsible for delivering and facilitating activities within the centre. Transport to and from centre via bus will need to be provided in some cases. In addition to facilitate outreach services two additional Project Workers (20 hour) are required. These additional staff for outreach are essential to meet family support needs across West Waterford. Training for existing services providers to deliver activities as identified in the logical model will be provided.

The logic model provides a detailed outline of the objectives, activities and short and long term outcomes is described in a subsequent section. Similarly the recommended governance structure is described in a subsequent section.

## Ethos Underpinning Work

All decisions and activities undertaken as part of the West Waterford Family Support Plan will to include the following features:

- **Strengths based** approach where the starting point is always to identify and build on existing strengths and resources within families and communities
- **Meaningful Participation** where genuine efforts are made to seek, listen and understand the views among the communities of West Waterford to shape decisions and activities and feedback on the impact of participation is always given.
- **Capacity building** approach where the abilities of communities in West Waterford are recognised and activities seek to empower and increase confidence so individuals' use their leadership skills and abilities
- **Fairness** in the delivery of services were all respected and treated justly within the context of being needs led
- **Transparency** with communities and stakeholders around plans, decisions and activities
- **Inclusive** to all and proactively seeking to engage all communities
- **Culturally sensitive** to different the values, experiences and traditions of people living in West Waterford
- **Non-judgemental and person centred approach** which endeavours to understands and always values differences
- **Safe spaces** are created for all. Care is taken to be sensitive to individual's needs and reduce potential barriers to engagement with services/supports. Care is also taken to ensure confidentiality is maintained.
- **Working respectfully** with all communities and stakeholders by using a collaborative approach which values everyone's knowledge and experiences
- **Accessible** service delivery which takes care to plan activities, in terms of the times and locations that facilitates participation of rural and urban communities within West Waterford.
- **Safeguarding** policies and procedures in line with legislation will be used to ensure services are safe for families.
- **Vigilant to the environment** services are being provided by actively monitoring changes in needs, legislation, national strategies and local plans
- **Responsive to changes** in family needs, national strategies, funding and local plans
- **Prudent financial management** by seeking to maximise resources and respond to funding opportunities

## Recommendation for Governance Structure

As part of the development of the Family Support Provision plan for West Waterford, the facilitated process explored options for a governance structure.

The Community Management Group structure is not deemed possible at the moment due to the absence of an organic community group. However the short term aim is to have community representation on the steering group. The long term aim is to seek to establish a Community Management Group but is recognised this process will require time and resources such as leadership training.

The group recommend a governance structure of a Lead Agency with a Steering Group.

### **Lead agency**

Lead agency should be identified via CYPSC using a fair and transparent process which assess the capacity of any agencies to carry out the work. The lead agency will have the contract with any funder and be responsible for all governance and employment matters.

### **Steering group**

The steering group will include multi –agency representation as well as community representation. There will need to be a clear link to CYPSC.

The key responsibility of the steering group will be to monitor the implementation of the agreed plan, evaluate progress and make strategic recommendations.

## West Waterford Family Support Logic Model

**Overall aim of West Waterford Family Support Plan:**

Our vision is for voluntary, community and statutory organisations to work collaboratively with communities in innovative ways to meet the needs of families across West Waterford. The overall aim of the *Family Support Plan for West Waterford* is to increase the wellbeing and sense of connection of all families living in West Waterford.

All activities will be underpinned by evidence and best practice to ensure positive impacts are achieved. The plan aims to work specifically with families and communities using strengths based and problem solving approaches which are aligned with local<sup>5</sup> and national policies<sup>6</sup>.

All of the work carried out as part of the plan will take place in the context of establishing relationships with communities to ensure the services respond to community needs and communities are using services. It is recognised in order to achieve the objectives that access will need to be supported via transport and outreach. A key element of the approach will be ongoing monitoring of needs.

There is an agreement that the plan outlined below will need to evolve through the life-course of the project to respond to new and emerging needs, as well as funding and strategy developments.

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<sup>5</sup>The Waterford CYPSC plan (2016-2018), Children & Young Peoples Plan (2019 - 2022) is currently being finalised. Waterford Connecting for Life Strategy (2017)

<sup>6</sup> Better Outcomes Brighter Future, National Strategy on Children and Young People's Participation in DecisionMaking, 2015–2020, the National Youth Strategy 2015 – 2020, and First 5, A Whole of Government Strategy for Babies, Young Children and their Families 2019-2028

OBJECTIVES	INPUTS	KEY ACTIVITIES AND OUTPUTS	SHORT and MEDIUM TERM OUTCOMES	LONGER-TERM OUTCOMES
<p>To enhance families' knowledge of local support services</p> <p>To improve families access to support services that meet their needs</p> <p>To strengthen communities wellbeing and resilience by supporting families and individuals</p>	<p>A centre/s within West Waterford</p> <p>Each centre will require 1x 30 hour co-ordinator</p> <p>2 x 20 hour Project Workers</p> <p>1 x 20 hour administrator</p> <p>Transport to and from centre via bus</p> <p>Training Resources</p> <p>Steering Group with Community and organisational representation</p>	<ul style="list-style-type: none"> <li>• Develop a map of services provision</li> <li>• Activities to promote awareness of services</li> <li>• To actively seek funding to progress elements of the agreed plan</li> <li>• To develop a governance structure for service delivery</li> <li>• To facilitate access to services ordinarily based in large urban centres</li> <li>• To provide and facilitate activities and interventions which support children and young people's wellbeing</li> <li>• To provide activities and interventions which support parents coping skills and ability to support their children</li> </ul>	<ul style="list-style-type: none"> <li>• Families have increased awareness of how they can access information and support services</li> <li>• Increased delivery of services to families both universal and targeted in West Waterford</li> <li>• Parents access to support is increased</li> <li>• Parent experience of being supported is improved</li> <li>• Children and Young People's access to support is increased</li> <li>• Increase knowledge of coping skills among families</li> <li>• Improvements in parent child relationship</li> <li>• Families experience increased levels of support while awaiting access to a service</li> </ul>	<ul style="list-style-type: none"> <li>• Families have increased access to information on parenting and support services</li> <li>• Families have increased access to informal support via extended family and social networks</li> <li>• Improvements in Family Wellbeing and Resilience <ul style="list-style-type: none"> <li>-Improvements in parents wellbeing and resilience</li> <li>-Improvements in children and young people's wellbeing</li> <li>-Increase in positive family relationships</li> </ul> </li> <li>• Families sense of connection and belonging are improved</li> <li>• Improvement in children and young people's engagement in learning</li> </ul>
To increase		<ul style="list-style-type: none"> <li>• To provide a base for and/ facilitate</li> </ul>	<ul style="list-style-type: none"> <li>• Increased opportunities for social</li> </ul>	<ul style="list-style-type: none"> <li>• Increased wellbeing across</li> </ul>

OBJECTIVES	INPUTS	KEY ACTIVITIES AND OUTPUTS	SHORT and MEDIUM TERM OUTCOMES	LONGER-TERM OUTCOMES
<p>communities access to social support by providing a variety of opportunities for communities to develop social networks</p> <p>To facilitate and support communities to participate in shaping plans for services</p>		<p>intergenerational activities</p> <ul style="list-style-type: none"> <li>• Develop and/use approaches to working with families within the context of their communities</li> <li>• Carry out activities which focus on establishing relationships with communities to ensure the services respond to community needs and communities use services</li> <li>• Facilitate universal provision for communities by working with others and/or identifying community based responses.</li> <li>• To establish processes which facilitate communities meaningful participation in service planning</li> </ul>	<p>activities across communities</p> <ul style="list-style-type: none"> <li>• Communities have increased access to support</li> <li>• Increased community engagement with services</li> <li>• Established processes which facilitate communities to identifying supports which should be provided/prioritised</li> <li>•</li> </ul>	<p>communities in West Waterford</p> <ul style="list-style-type: none"> <li>• Community members take active roles in the development of plans for West Waterford</li> </ul>
<p>For organisations to work together to co-ordinated and provide Family Support Services in West Waterford</p> <p>To develop a shared approach to providing services aligned to the ethos and supporting access to services</p> <p>To raise awareness at both a local and</p>		<ul style="list-style-type: none"> <li>• Establishment of steering group to oversee the implementation of plan</li> <li>• Carrying out advocacy activities to highlight unmet needs at a local and national level</li> <li>• Having ongoing dialogue with key statutory agencies to keep up to date with policy and funding developments</li> </ul>	<ul style="list-style-type: none"> <li>• Increased co-ordination of Family Support Services in West Waterford</li> <li>• Increased professional awareness of how to sign post/support families to access services</li> <li>• Increased advocacy activities to raise awareness among local and national funders on the needs of people living in West Waterford</li> </ul>	<ul style="list-style-type: none"> <li>• West Waterford Family Support Plan is implemented using a collaborative interagency approach</li> <li>• Increased provision on targeted interventions to meet needs identified by communities</li> <li>• Increased knowledge at both local and national level of unmet needs of families and communities in West Waterford</li> </ul>

OBJECTIVES	INPUTS	KEY ACTIVITIES AND OUTPUTS	SHORT and MEDIUM TERM OUTCOMES	LONGER-TERM OUTCOMES
national level of unmet needs of children and families				

**Urban and rural areas of West Waterford based on the Dungarvan& Lismore Electoral Area**

AirdMhór, An Rinn, Ardmore, BaileMhac Airt, Ballyduff, Ballyhane, Ballyheeny, Ballyin, Ballysaggartmore, Bohadon, Cappagh, Cappoquin, Carriglea, Castlerichard, Clashmore, Clonea, Colligan, Dromana, Dromore, Drumroe, Dungarvan No. 1 Urban, Dungarvan No. 2 Urban, Dungarvan Rural, Glenwilliam, Gortnapeaky, Grallagh, Grange, Keereen, Kilcockan, Kilwatermoy East, Kilwatermoy West, Kinsalebeg, Lismore Rural, Lismore Urban, Mocollop, Mountstuart, Tallow, Templemichael and Whitechurch.

**Population Information**

There are 28,593 people living in West Waterford spread over of geographic space of 782 sq km including urban and rural communities. Within the geographical area of West Waterford there heterogeneous groups with a variety of needs (See Description of Needs) There are 7,680 (25% of City & County) families in the Dungarvan-Lismore LEA. There are 9,473 children and young people aged between birth and 24 years living in West Waterford.

**Brief Description of Needs**

The needs of the families in West Waterford have been identified by the Family Support Needs Analysis report (Hennessey, 2018) which provides both data socioeconomic data taken from CSO and Pobal’s Deprivation Index and details of a consultation carried out with a total of 140 parents/adults and 79 children and young people aged 13-18. The following areas within West Waterford have been classified as disadvantaged – Dungarvan No. 1 Urban 6 small areas of -18.04; -15.10; -14.84; -14.53; -10.91; -10.23, Tallow 3 small areas of -17.14; -10.56; -10.17; Cappoquin 3 small areas of -11.91; -11.51; -10.00; Dungarvan Rural -16.14; Ardmore - 13.48; Ballyheeny -12.83. The following areas within West Waterford have been classified as very Disadvantaged – Dungarvan No. 1 Urban 4 small areas of -23.85; -23.41; -23.12; -21.84 and Dungarvan No. 2 Urban -20.49. Key areas of need identified in the report included mental health, social activities and parenting. Rural isolation and the challenges of accessing services was also a key theme of the Report. Service providers working in West Waterford shared their knowledge of needs and gap service provisions during a five session facilitated process to develop this logic model. The following agencies were represented – (will insert list at end of facilitated process )

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