

Comhairle Sheirbhís Sóisialta Luimnigh Teo

Limerick Social Service Centre

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SERVICE COUNCIL

OUR VALU

The Limerick Social Service Council aims to promote the self-worth and growth of individuals, families and groups by ensuring that:

- The **dignity** of every person is respected
- Quality services are developed
- Service provision is both preventative and supportive of individuals and families
- There is a **multi-agency** response to need, through networking with both statutory and voluntary agencies and organisations
- The services provided are affordable and accessible to those in need, or free of charge where appropriate
- Services are monitored and evaluated.





I am delighted to present this Annual Report of the Limerick Social Service Council for 2014.

The Limerick Social Service Council began its efforts several decades ago by responding to poverty and deprivation in a number of neighbourhoods Limerick City. Today, as is reported in our 2014 Annual Report, we have extended and diversified our services to work on a range of social problems across the City and County. We now offer supports to all age groups from parents with new born babies to individuals who are the elders in our communities.

We are aware that there is no shortage of Government programmes and statutory services that address the needs of vulnerable and marginalised people. Unfortunately, even the best among these are often isolated efforts that lack the flexibility to spread effectively and reach all who need them. More than needing additional new services, we need flexible approaches and joined-up initiatives to problem solving that can help individuals, families and communities become more successful in addressing the full range of social challenges they face.

As a long-established voluntary service, the Limerick Social Service Council has the flexibility in its approach to help communities solve the complex problems that affect their most vulnerable and most marginalised members. I am proud to acknowledge our collaborative work with other statutory, community and voluntary agencies that have supported our approach and resulted in more cost-effective and efficient working.

I would also like to commend the board members who have championed the work of the Limerick Social Service Council and especially the staff who have worked with services users over the past year, you are to be commended for your commitment, expertise and compassion in your efforts to support the most vulnerable in our communities.

I would finally like to acknowledge our volunteers and donors. There are countless reasons to give, and each of our supporters is unique in their motivations. Some give financial donations, some give talent and time - all of their contributions are priceless to the people we serve. Whatever the impetus for giving, we are forever grateful to the supporters of the Limerick Social Service Council so that we can continue to build connected and resilient communities where people want to live, and where they can access the supports that will afford them better and healthier lives.

Sincerely, Martin Golden

1500 one-to-one support sessions support to over 100 teen parents help for 17 families including 23 children crèches service to 6 babies and 22 toddlers

A Chara

I am pleased to report on another challenging but successful year at the Limerick Social Service Council.

As organisations in the community and voluntary sector continue to face increased need by their target groups, they are also facing critically reduced funding streams. Nevertheless, in spite of several years of economic upheaval and austerity, the funding challenges have made us stronger and more innovative as we continue to make very real contributions to Limerick's communities. Key to this success has been our ability to remain steadfast to our organisation's Values by ensuring that our target groups are treated with respect and provided with accessible, affordable and quality services.

WORKING TOWARDS POSITIVE OUTCOMES

Our work in 2014 is highlighted by our outstanding teams who bring a focused and shared purpose to our services to identify the most vulnerable and marginalised, and to offer support to those who are struggling the most and to those with more moderate (but equally important) needs. The following offers a summary of activities and outputs delivered by the LSSC teams during 2014:

- Over 1,500 one-to-one support sessions were provided to children and parents in addition to support
 offered through ten Parenting Classes and five Parent and Toddler groups.
- The Teen Parents Support Programme offered support to over 100 teen parents.
- Seventeen families including twenty-three children received support from the Family Welfare Conference Service.
- Six Family Advocacy meetings were arranged in addition to over 150 one-to-one support sessions for parents with children in care.
- 2,000 access visits were facilitated on behalf of 200 children in care.
- The Traveller Health Advocacy Programme, which commenced in 2013, became established and delivered services in the City and County.
- The Early Years Service provided Crèche services to six babies and twenty-two toddlers, and sixteen children were enrolled at the Pre-school service.
- The Counselling Service received 885 new referrals in 2014, which reflected an increase of over 230% when compared to referrals for 2009. The Service offered over 6,800 counselling sessions.
- Thirteen Care of the Aged groups were supported and over 140 older adults attended weekly community education classes at the LSSC Centre.

ATTENTION TO STREAMLINING SERVICES & INTER-AGENCY WORKING

We have focused on several projects that have enhanced our service delivery infrastructure in 2014. To streamline services, our teams were restructured into four pillars comprising the Child & Family Service, the Early Years Services, the Counselling Service and the Services for Older Persons.

A further development that took place in the past year included the review of the LSSC premises in Hartstonge Street as a facility to provide a Tenancy and Accommodation Support Service for young vulnerable people, with TUSLA Child and Family Agency as a key supporting agency.

2000 access visits

230% increase in counselling services

L3 Care of the Aged groups supported 140 older adult community education classes

We have continued to strengthen our strategic and operational commitment to interagency working as reflected in our arrangements with a number of partners both in the statutory and NGO sectors. These included our collaborations with TUSLA, as mentioned above, and in relation to the delivery of a range of our other Child and Family Services. Of particular note is our pledge to work within the Meitheal national practice model for all agencies working with children, young people and their families which is being rolled out by TUSLA. The Meitheal model will greatly enhance how we support and promote the development, welfare and protection of children and the effective functioning of families.

Other important collaborative working is reflected in our longstanding linkages with the HSE where there are significant numbers of client referrals to and from our services. We also work closely with the HSE through the delivery of our Counselling Services and in the accommodation of Primary Care services at the LSSC Centre.

STAFF DEVELOPMENT & PROMOTING QUALITY

In 2014, we placed considerable emphasis on Continued Professional Development, recognising the need for continuous improvement and the on-going learning of all our staff to maintain the competencies required to deliver high quality and safe care. We revised our Child Protection Policy and our Supervision Policy; staff in our Early Years Services completed training in Síolta, the National Quality Framework for Early Childhood Education and the Early Years Service was awarded Síolta accreditation.

As an organisation committed to quality, we have continued to review and evaluate the effectiveness of our work on an on-going basis through regular assessment, and even failure, as data gathering opportunities to improve our long-term work and learning. Our problem solving process relies on short cycles of reviews and reinvention through monthly management meetings and external evaluations. Furthermore, the Limerick Social Service Council recognises its obligations to promote transparency and accountability at all levels of the agency, and in this regard the LSSC Board of Directors welcomes the new Charities Regulatory Authority which was established in 2014.

A SPECIAL MESSAGE OF THANKS

On behalf of the Limerick Social Service Council, I want to thank each and every supporter over the past year. Countless individuals and groups have joined in our efforts to reach the most vulnerable in Limerick communities through their monetary support as well as through volunteer efforts. Additionally, many have chosen to support the Limerick Social Service Council through donations of goods and services. We are grateful for every minute volunteered and every item donated.

Finally, I would like to acknowledge our vibrant and compassionate staff who have devoted their energy, expertise and talents to the initiatives described in this report, your efforts are greatly appreciated. I look forward to working with you all to realise the shared goals of the Limerick Social Service Council in the year to come.

Mise le meas,

Brian Ryan

Limerick Social Service Council General Manager

THE CHILD & FAMILY SERVICE

The Child & Family Service offers a range of programmes and interventions through work with children and with parents, joint parent and child work, sibling work and group work. The Service targets the most disadvantaged and vulnerable families in the catchment area, and focuses on improving children's experiences of childhood, parenting skills and child parent relationships. Specific attention is given to those families where child protection concerns exist, to families with ongoing health and welfare problems and to families in once-off or crisis situations. The Service works from a strengths perspective with the child and family, and in partnership with families, other agencies and communities. The range of programmes and projects within the Service are outlined below.

The Teen Parent Support Programme (TPSP) is a confidential support programme for young people who are pregnant or who are parents. Support is also available to the young person's partner and members of their extended families. The Teen Parents Support Programme Limerick is part of the National Teen Parents Support Programme.

The Community Mothers Programme is a home visiting service aimed to assist and empower new mothers in their role as parents. The Programme is designed so that mothers are visited in their homes during the first year of their children's lives by other mothers who are trained by the Programme to offer support and non-directive information on parenting and child care.

The Family Support Initiative works to identify needs and to support and connect individuals and families to services as appropriate. The Initiative is located in a number of communities in Limerick's Regeneration areas covering Southill, Ballinacurra Weston and Prospect.

The Sexual Health Programme aims to increase parental capacity to communicate with their teenage children in the area of relationships and sexual health, and to develop parents' skills on conflict management and self-care.

The Traveller Health Advocacy Programme aims to improve the health status and quality of life of Travellers in Limerick. An outreach service delivered by Traveller Community Health Workers forms the core of the Programme's work.

The Family Advocacy Service is a free, confidential and independent service, open to parents in Limerick City and County who have children who are either in care or in the process of being placed in care of the state. The service seeks to support parents to continue their involvement with their children while they are in care. It also helps parents to play a full part in their child-in-care reviews and child protection case conferences.

The Family Welfare Conference (FWC) Service is a specialised service that supports family members to participate in the FWC process and plans for their children. Under the Children Act 2001, Child Protection services are obliged to request that a FWC is convened if it believes a child or young person may be in need of a Special Care Placement; FWCs may also be requested through the Courts. The FWC Service is utilised by TUSLA Social Workers where child protection or welfare concerns exist within families or when broad family support is being sought.

Specific Groupwork include: The Incredible Years Programme; The Start Right Programme; Parent and Toddler Groups; The Parent Summer Support Group; Ante Natal Classes at Clinics; Baby Massage Programmes; Baby Weaning Programmes; Sexual Health and Education Programmes; The City Slickers Programme; The Family Advocacy Support Group.

THE EARLY YEARS SERVICE

As a long established service providing quality care for babies and young children, the LSSC Early Years Service is acknowledged as one of the leading community Crèche and Pre-school services in Limerick City. In its purpose-built facility, the Early Years Service forms part of the LSSC building and is therefore ideally located to enable parents who are living, working or in education/ training in the City Centre to avail of the service. In line with the LSSC ethos, the Crèche works in close partnership with parents with a clear focus on improving outcomes for young children and their families, particularly those vulnerable and /or at risk of disadvantage.

THE COUNSELLING SERVICES

The LSSC Counselling Service offers support to adults in the Limerick City and County area through the guidance and help of experienced professional counsellors. The service is available to individuals and couples who are unable to cope alone and who are otherwise excluded from relevant services because of finance or shortfall in service provision. For many individuals, early intervention through the Counselling Service is a cost effective way of addressing a wide range of issues and a means to developing coping strategies for their day-to-day life. The range of issues presenting to the Counselling Service includes depression, anxiety, abuse, addictions, family break-up, relationship difficulties, bereavement and loss, unemployment, impact of physical and mental illness, etc.

THE SERVICES FOR OLDER PERSONS

The Services for Older people is a needs-led service that aims to listen and respond to what older people require. The Service has a number of different areas of focus, all underpinned by the goal of maximising the dignity of social opportunities for older people in society. The service operates through a number of support groups, community education and community outreach either on a one-to-one basis or in a family context.

THE LSSC PREMISES

The Limerick Social Service Council in its endeavour to maximise its support to Limerick communities offers facilities at the LSSC Centre and other premises to other agencies and services thus promoting great inter-agency and integrated working toward common goals and complementary services.

THE LSSC CENTRE HENRY STREET: A number of organisations, agencies and groups from the statutory, community and voluntary sectors regularly avail of the LSSC Centre to deliver programmes, consultations and meet with clients. In recognition of the importance of maintaining a flexible approach with clients, the Centre is open outside of normal office hours on most evenings during the week.

ALTAMIRA APARTMENTS: The LSSC previously provided short-time accommodation to young and first time mothers at Altamira Apartments in Thomondgate in Limerick City. Following an extensive review of services, the LSSC sought a more effective and innovative use of resources to address issues of marginalisation in Limerick. Through a collaborative initiative with the Associated Charities Trust (Thomond House), Altamira Apartments were re-opened in 2013 and now offers accommodation to women experiencing homeless and in need of on-going support.

HARTSTONGE STREET: In consultation with TUSLA and a number of agencies providing services to homeless young people, the LSSC identified that an accommodation and support service for young vulnerable people was a particular need in the Limerick area. The LSSC premises at Hartstonge Street in Limerick City which previously housed the LSSC Pre-natal Service, was reviewed in the context of providing self-contained units for young vulnerable adults at risk of or experiencing homelessness. A range options are now being considered on the feasibility of this service being delivered at Hartstonge Street.



LSSC AGENCY-WIDE HIGHLIGHTS

STREAMLINING SERVICES

The LSSC teams were restructured into four pillars comprising the Child & Family Service, the Early Years Services, the Counselling Service and the Services for Older Persons.

COLLABORATION & INTERAGENCY WORKING

The LSSC committed to work within the Meitheal National Practice Model for all agencies working with children, young people and their families, which is being rolled out by TUSLA The Child and Family Agency to enhance how agencies support and promote the development, welfare and protection of children and the effective functioning of families.

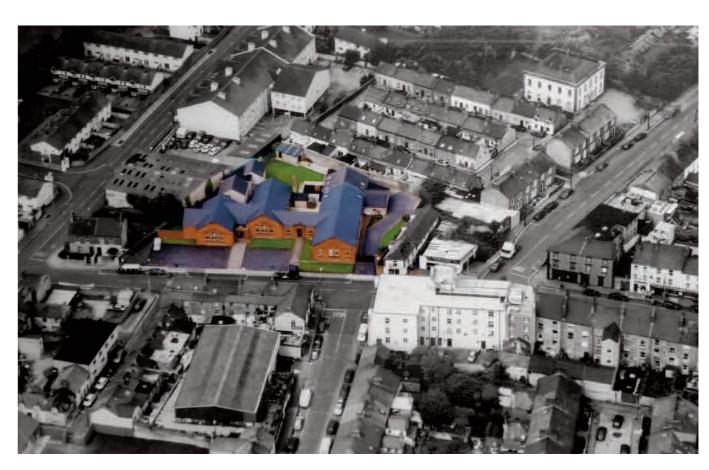
The LSSC continued working together with other services in a planned and systematic manner towards shared and agreed goals. In this regard the LSSC has strengthened its partnership working with the HSE West, the Dept of Social Protection, the Limerick City & County Council, Limerick Regeneration Agencies, the Limerick Youth Services, PAUL Partnership, Thomond House and range of other organisations through referrals to and from LSSC services, and in the accommodation of services at the LSSC Centre.

The LSSC premises in Hartstonge Street was reviewed in consultation with TUSLA The Child and Family Agency and a number of external agencies dealing with homelessness to provide a Tenancy and Accommodation Support Service for young vulnerable people.

STAFF DEVELOPMENT & PROMOTING QUALITY

The LSSC placed considerable emphasis on Continued Professional Development, recognising the need for continuous improvement and the on-going learning of its staff to maintain the competencies required to deliver high quality and safe care. A Senior Practice Manager was recruited to manage, lead and develop the LSSC Child & Family Service within the strategic direction of the organisation.

The LSSC Child Protection Policy and our Supervision Policy were revised and adopted to support practice.







THE CHILD AND FAMILY SERVICE - HIGHLIGHTS

- Programmes within the LSSC Parenting and Family Support were reviewed in 2014 and the name of the combined programmes was changed to the Child and Family Service.
- Over 1,500 one to one support sessions were provided covering one-to-one sessions with children, one-to-one sessions with parents, and individual parent and child sessions.
- Over 100 parents were supported in group sessions and over 100 teen parents received support through the TPSP.
 Groupwork included:
- 10 Parenting Classes;
- Four Parent and Toddler groups supported through the Community Mothers' Programme and one Parent and
 Toddler group through the TPSP which specifically targeted younger parents;
- Two 10-week City Slickers Groups, funded by the HSE Crisis Pregnancy Programme, and delivered by the TPSP to 24 young parents aged between 16 and 22 years;
- Six Incredible Years Parenting Programmes co-facilitated by the Community Mothers Programme and one facilitated by the TPSP staff.
- Ten baby weaning sessions, six five-week Baby Massage Programmes and forty-one antenatal classes co-facilitated by Community Mothers within the Start Right Limerick initiative; a further two baby weaning sessions, two fiveweek Baby Massage Programmes and three antenatal classes to young parents facilitated by the TPSP staff.
- Two school-based parenting programmes delivered by the LSSC Sexual Health and Education staff at CBS Sexton St Secondary School and at Presentation Secondary School which focused on the sexual health of teenagers and the support needs of parents of teenagers. A Parent Summer Support Group was also delivered at the LSSC Centre aimed at increasing parental confidence and capacity in area of relationships and sexual health, anger management, young people's mental health.
- 2,000 Access Visits were facilitated for children in care.
- Seventeen families including twenty-three children received support from the Family Welfare Conference Service. The number of referrals received by the Service was eighteen, and fifteen Family Welfare Conferences and six Review Family Welfare Conferences were held.
- Six Family Advocacy meetings were arranged in addition to over 150 one-to-one support sessions for parents with
 children in care. The Family Advocacy Service arranged eleven monthly Parent Support Group meetings with an
 average attendance of 4-6 parents at each meeting. The Project Worker participated in the Mid-West Region forum for
 family advocacy workers and representatives from TUSLA which reconvened during 2014 to share of information and
 feedback to relevant agencies in relation to parents of children in care.
- The Traveller Health Advocacy Programme, which commenced in 2013, became established and delivered services in the City and County.
- The Family Support Initiative offered to support in over 180 residents within the communities of Southill and Ballinacurra-Weston. This support involved multiple home visits and over 270 referrals made to other agencies/services.

THE EARLY YEARS SERVICE - HIGHLIGHTS

- The Crèche and Pre-school Service were amalgamated into one service called the Early Years' Service with the appointment of a new Early Years Manager.
- The Early Years Service provided Crèche services to six babies and twenty-two toddlers, and sixteen children were enrolled at the Pre-school service. Thirteen of the children in the Crèche were non-Irish nationals and fourteen children were from lone-parent households.
- In addition to routine activities, the Service arranged for a farm visit, an Easter Egg hunt, a Christmas concert, a
 Santa visit and a performance at the Belltable. The children also had the opportunity to take part in the City of Culture
 with visits to see the Giant Granny.
- · Several rooms in the Centre were painted and upgraded with new play equipment and feeding chairs.
- Staff training and development: all staff completed training in Child Protection and in Siolta standards. Pre-school
 staff received Siolta accreditation in June 2014 with Crèche staff currently working on accreditation. Staff availed of
 training relating to the Hannan Programme to help children with language development and attended workshops on
 story time and food allergies.

THE COUNSELLING SERVICES - HIGHLIGHTS

- The Service received 885 new referrals in 2014 of which 39% were deemed to be high priority and 51% of medium priority. There was an increase of 25% on the proportion of young people 16 25 years of age that were referred to the Service; the proportion of clients who were male also increased to 33% compared with previous year's data.
- The number of on-going active cases was 269. The Service offered 6,827 sessions of which approximately 85% were attended. The number of sessions increased considerably in recent years with a 230% increase in the number of new referrals received compared with referrals in 2009.
- By year end, the Waiting List comprised 45 adults for Intake Appointments and 89 adults waiting to commence counselling having completed an Initial Assessment.
- During the latter part of 2014, a pilot project commenced that dealt with 16 to 17 years olds who were referred through professional referrals. The pilot will be reviewed in March 2015 with plans to lower the access age further as staff training allows.
- Staff training and development: workshops were attended by staff on Adolescent Psychotherapy and on Attachment Theory.



THE SERVICES FOR OLDER PERSONS - HIGHLIGHTS

- The Service supported thirteen Care of the Aged Groups in the Limerick Area. The 2014 Service Budget, which was allocated in October, assisted older people with practical living costs such as fuel costs, bedding/clothing support, etc. A further allocation for fuel was made in December 2014. Support was also provided through these Groups to help older people access local services and community education, and connect with local groups in their areas. There was an average of 220 older persons attending weekly clubs supported by the Service.
- · A range of Community Education Classes were delivered at the LSSC Centre and were attended by over 140 older adults. The aim of these classes was to help individuals overcome isolation commonly associated with older age and to increase educational capacities thereby positively impacting on individual's sense of esteem and self worth. The Service works closely with the CLVEC which allocates Class Tutors for the class work.
- The Outreach Team worked in communities to identify and support the most vulnerable and isolated older adults. Team members also participated in Parish Councils, Parish Community Groups, Meals on Wheels Sub Groups, Bereavement Support Groups, etc. The Team undertook visits to housebound older adults and to those in hospitals and nursing homes, and offered support to family and friends at times of bereavement and at funerals of older adults. Approximately 34 home & hospital visits, 40 bereavement support visits and 40 linkages with Nursing homes/Day care centres were undertaken on a weekly basis by the Outreach Team. There was an average of 110 meals provided at Ballynanty Hall monthly.

"Being unwanted, unloved, uncared for, forgotten by everybody - I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat"

THE CHILD AND FAMILY SERVICE

Parent and Child Support/Community Mothers Programme/TPSP: Parent and child experience an increase in quality time parents spend with their child; increased social skills; improved feelings of self-worth and self-esteem; ability to make more positive life choices. Parents are part of positive networks of peers and family, and the community; are included and participate in society.

The Family Support Initiative: Residents of the target areas are informed and empowered within their own to seek out services, to connect with other agencies and to access relevant information and supports resulting in improved access to services and speedier responses.

Access Visits: Improved feelings of self-worth and self-esteem; children and young people grow up knowing that parents remained involved in their children's lives.

Family Advocacy Programme: Parents make more positive life choices; children and young people grow up knowing that parents remain involved In their lives; children and young people have improved feelings of self-worth and self-esteem.

Family Welfare Conference: Improved feelings of self-worth and self-esteem for participants; increased levels of social skills; making and maintaining more positive peer relations; child or young person being less likely to engage in anti-social behaviour; child or young person has a safe and secure place to reside.

THE EARLY YEARS SERVICES

Parents are enabled to return or remain in education or employment; children are ready and better prepared to attend school for the first time; children are equipped with better cognitive problem-solving strategies.

THE COUNSELLING SERVICES

Service users have positive changes in self-reported coping mechanisms, and positive changes in self-reported life situations; service users experience enhanced relationship satisfaction, communication skills and general well-being; service users experience reductions in GP and A&E visits, and reduced hospitalisation for mental illness; service users have increases in employability and in number of days worked; younger service users have improvements in school participation, decreases in school dropout rates and anxiety levels.

From client feedback responses regarding the impact of the Service on their wellbeing, 38% of responses indicated that Clients had changed a great deal for the better, 62% reported a change for the better. 84% of responses indicated that Clients found the contact with the Service to be excellent and a further 16% found it satisfactory.

THE SERVICES FOR OLDER PERSONS

Older persons have more accessible and affordable fuel, food and social opportunities; older persons have increased mobility and are better able to get out and about; older persons are kept more socially connected with the confi-dence and motivation to participate in community life; communities are supported to help older people in times of need.

Plans for

The Child and Family Service

- To support the TUSLA Meitheal national practice model for all agencies working with children, young people and their families.
- To continue providing quality and intensive interventions to children and families that are referred to the Child and Family Service, focussing on achieving positive outcomes for children.
- To continue facilitating evidenced based group work programmes.
- To maintain the close working relationships with the HSE Public Health Nursing Service through the Community Mothers Programme and with the TUSLA Social Work Departments.
- To actively support and engage with the Start Right Project.
- · To ensure the on-going professional development of the Child and Family Service staff.

The Early Years Services

- In 2015, management will strengthen the amalgamation of the Crèche and Preschool Services and support the change for staff from both services to work together as a synchronised team.
- There will be a focus on achieving Síolta accreditation for the Crèche service to be in place in 2015.
- Staff will aim to work more closely with parents to encourage greater parent involvement with the Service. In this regard, a parents' newsletter is planned and a number of parents activities and evenings will be organised.
- Ensure the on-going professional development of the Early Years Services staff. As one staff member has trained in the Incredible Years Programme, this will be introduced as part of the curriculum to help pre-school children with their social and emotional development.

The Counselling Services

- The Service will evaluate lowering the age that clients can access the Service from 18 years of age to 16 years; this will be followed-up with a review to further reduce the age to 14 years of age.
- Ensure the on-going professional development of the Counselling Services staff. Support will continue for three staff currently attending Adolescent Psychotherapy training in Dundalk.
- Review income mechanisms to secure further financial contributions from clients and/or referrers to ameliorate the loss of funding.

The Services for Older Persons

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 The Service aims to focus on ameliorating anticipated cuts in tuition hours and grant aid to groups in the most effective manner possible and maintain an active and supportive environment for the older members of the community.

LINKAGES & interagency working

The Limerick Social Service Council works in co-operation with other agencies throughout the region and has close linkages with a range of regional and national organisations through generous funding arrangements and consultative partnerships. In 2014, these included the following:

STATUTORY AGENCIES AND GOVERNMENT DEPARTMENTS INCLUDING

- TUSLA Child & Family Agency
- Department of Children & Youth Affairs
- Department of Justice, Equality & Law Reform
- . Department of Education & Skills
- Department of Social Protection
- HSE West
- Limerick City & County Council
- POBAL
- MABS (Money & Budgeting Advice Service)
- Community Welfare Offices

OTHER SERVICES THAT AVAILED OF THE LSSC CENTRE IN 2014

COMMUNITY AND VOLUNTARY AGENCIES INCLUDING:

- ADAPT Services
- Age and Opportunity (Dublin)
- Barnardos Mid-West
- · Centre for the Unemployed
- Credit Unions
- · CURA (regional and national)
- Diocese of Limerick
- Doras Luimní
- Focus Ireland
- Foster Carer's Association
- · Limerick Institute of Technology
- Limerick Pastoral Centre
- Limerick College of Further Education
- Limerick Youth Service
- Limerick Local Employment Service
- Mary Immaculate College
- NCVA
- Novas
- · Older Women's Network
- Parish Clergy
- PAUL Partnership
- The Associated Charities Trust
- Victim Support
- Limerick City AES V.T.O.S.
- University of Limerick

During 2014, in addition to the location of HSE Primary Care Teams at the LSSC Centre, a number of other organisations, agencies and groups availed of the Centre to deliver programmes, consultations and meet with clients. These groups included the following:

- ACOA (Adult Children of Alcoholics)
- Alcoholics Anonymous Groups
- Al-Anon Group
- AWARE
- Bruree House
- Cancer Support
- CURA
- Diocesan Lourdes Pilgrimage Office

- Dyspraxia
- Emergency Response Group
- Epilepsey Ireland.
- Gam-Anon
- Irish Countrywoman's Association
- Limerick Community Law &
- **Mediation Centre**
- MWM

- Narcotics Anonymous
- Older Persons' Groups
- Overeaters Anonymous
- Parent Support GroupsRetired Civil Servants
- Retired Gardaí
- SHINEWomen's Groups

The **Limerick Social Service Council** is committed to empowering people and communities.



"The impact of positive social interaction cannot be underestimated. Social interaction and supporting social connectedness and involvement in community life are a keystone to empowering people at the individual level and building strong communities for health and wellbeing"

Healthy Ireland: A Framework for Improved Health & Wellbeing