

Westport



Family and Community Resource Centre

Strategic 2024-2026 Plan

Table of Contents

Westport Family and Community Resource Centre	2
Board of Directors and Trustees	2
Introduction	3
Strategic Plan	4
Key Concepts.....	9
Profile	12
Deprivation	9
Consultation.....	9
Vision, Mission, Values, Principles and Framework.....	17
Priority Area 1: Active and healthy with physical and mental well being	18
Priority Area 2: Achieving full potential in all areas of learning and development.....	19
Priority Area 3: Safe and Protected from Harm.....	20
Priority Area 4: Have Economic Security and Opportunity.....	21
Priority Area 5: Connected, Respected and Contributing to their World.....	22
Priority Area 6: Organisational Development and Sustainability	23
Appendix 1 Westport Sustainability Statement.....	24

Westport Family and Community Resource Centre Board of Directors and Trustees

Name	Role	Sub Committee	Occupation	Skills	Date Appointed
Sonya Murray	Chairperson	Premises	Counsellor	Mental health & wellbeing,	07/10/2020
Daphne Mooney	Company Secretary	Older People's,	Telesales	PR, mental health & wellbeing, communication	11/11/2019
Sue Hynes	Treasurer	Finance, Premises	Student	Youth work, group work, HR, Health & Safety	07/10/2020
Naomi De Ris	Vice Treasurer	Finance	Public Sector	Communication and management skills	10/04/2018
Judy Casey	PRO		Civil Servant	Group work, report writing, interviewing, programme development	07/10/2020
Mark Garavan	Trustee/ Director	Staff Liaison	Lecturer	Social care, Community, Research	11/11/2019
Suzanne O'Toole	Trustee/ Director	Staff Liaison, Premises	Teacher	Business and management, Youth work, Health and wellbeing	07/12/2023
Mary O'Malley Graham	Trustee/ Director	Older People's	Retired nurse	Communication, social care, community	07/10/2020
Patrick English	Trustee/ Director	Older People's	Retired Teacher	Diversity, Community, Language proficiency	27/09/2022

Introduction

Established in 2004, Westport Family and Community Resource Centre (WFCFRC) is one of 121 Family Resource Centres operating nationally under the Family Resource Centre Programme¹, delivering universal services to families in disadvantaged areas across the country based on a life-cycle approach². WFCRC is an active member of the Western Region of Family Resource Centres and the National Forum of Family Resource Centres.

Westport FCRC works to combat poverty and disadvantage and improve the functioning of the family unit. The FCRC works inclusively and cooperatively with individuals, families, communities, and both statutory and non-statutory agencies.

Our work is underpinned by the 5 National Outcomes (Young Ireland) and we strive to achieve these outcomes either directly or indirectly across the broader FRC Programme, working with the entire community to bring about positive outcomes for children, young people, families and the community as a whole.

The Centre provides a range of universal and targeted services in meeting the needs of individuals, families and the wider Westport community, working from a combined model of community development and family support, working with individuals, families and the wider community through an early intervention and prevention approach.

Community development is central in informing the approaches, values and methods of our work. We meet the needs of both young and old in the community and as an FRC base the delivery of services on a life cycle approach.

FRCs, including WFCRC, provides a range of universal and targeted services and development opportunities that address the needs of families, including:

- The provision of information, advice and support to target groups and families. Information concerning the range of services and development options available locally and advice on accessing rights and entitlements is also extended. FRCs act as a focal point for onward referrals to mainstream service providers.
- Delivering education courses and training opportunities.
- The establishment and maintenance of new community groups to meet local needs and the delivery of services at local level, such as FoodCloud, Women's Groups and Parent and Toddler Groups.
- The provision of counselling and support to individuals and groups.
- Developing capacity and leadership within communities.
- Supporting personal and group development.
- Practical assistance to individuals and community groups such as access to information technology and office facilities.
- Practical assistance to existing community groups such as help with organisational structures, assistance with accessing funding or advice on how to address specific social issues.

¹ The Family Resource Centre Programme is Ireland's largest National Family and Community-based support programme, core funded by Tusla – The Child and Family Agency.

² <https://www.tusla.ie/services/family-community-support/family-resource-centres/>

- Supporting networking within the community.
- Contributing to policy work.

The organisation is a company limited by guarantee with charitable status and is managed by a voluntary Board of Management, the members of which also act as Trustees of the organisation.

Strategic Plan

In 2024, WFCRC asked an independent consultant to work with the Board and staff to review the work of the organisation and to develop a new strategic plan for a period of three years, 2024-2026. The review and planning process comprised:

- An analysis of census data for the WFCRC catchment area
- Initial meetings with the Board
- Interviews with staff members
- A focus group with members of the community
- A number of review and planning workshops with the Board and staff.

Key Concepts

WFCRC work is underpinned by:

- Family Support
- Community Development
- The Sustainable Development Goals
- Five national outcomes for children and young people

Family Support

Family Support is a style of work and a wide range of activities that strengthen positive informal social networks through community-based programmes and services. The main focus of these services is on early intervention aiming to promote and protect the health, well-being and rights of all children, young people and their families. At the same time particular attention is given to those who are vulnerable or at risk³.

Community Development

Community development is both a strategy and a set of principles underpinning the work of Westport FCRC. Community development is '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'.

Community Work Values

- Collectivity – collectivity includes collective analysis, collective action and collective outcomes in pursuit of a just and equal society.
- Empowerment - community work is about empowering communities increasing knowledge, skills, consciousness and confidence to become critical, creative and active participants.
- Participation - participation is rooted in the belief that communities have the right to identify their own needs and interests and responses required.
- Social Justice and Sustainable Development
 - Promoting a just society involves **promoting policies and practices that challenge injustice and value diversity.**
 - Promoting a **sustainable society involves promoting environmentally, economically and socially** sustainable policies and practices.
- Human Rights, Equality and Anti-discrimination - Community work is concerned with the promotion of human rights and equality in society and with addressing the multiple forms of discrimination experienced by many groups.



³ <https://www.tusla.ie/services/family-community-support/family-support/>

Five National Outcomes

Published in 2023, *Young Ireland* is the National Policy Framework for Children and Young People 2023-2028. Its vision is for an Ireland which fully respects and realises the rights of children and young people.

Building on its predecessor, *Better Outcomes, Brighter Futures*, it sets out the five national outcomes for children, the frame of which underpins this strategic plan.

ACTIVE AND HEALTHY

- They have the best possible physical and mental health;
- They make informed health and lifestyle choices;
- They enjoy leisure time, express themselves creatively and access nature and recreation.

ACHIEVING IN LEARNING AND DEVELOPMENT

- They are positively engaging with their learning and development from birth;
- They can successfully navigate life's transitions and make informed choices around their future;
- They have the social, emotional and communication skills to achieve their potential and lead fulfilling lives.

SAFE AND PROTECTED FROM HARM

- They have family and homes that are loving, connected, safe and nurturing;
- They are protected from violence, neglect, ill-treatment and harm;
- Everyone is alert to child protection issues and knows how to report a concern.

ECONOMIC SECURITY AND OPPORTUNITY

- They are protected from poverty and social exclusion;
- They live in stable housing that is affordable, warm and dry, in child- and youth-friendly communities;
- They have pathways to economic participation and independent living.

CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

- They are aware of their rights, and are civically socially and environmentally engaged offline and online.
- They are accepted, respected and valued at home, school, and in their community.
- They have their own identity, connected to their culture, language and beliefs.

Sustainable Development Goals

SUSTAINABLE DEVELOPMENT GOALS



The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.

Profile

This area profile is based on an analysis of the Census 2022 small area population statistics for the 22 Electoral Divisions in the Westport Family and Community Resource Centre, compared, where relevant, with the averages for County Mayo and the State.

Population and Age Profile

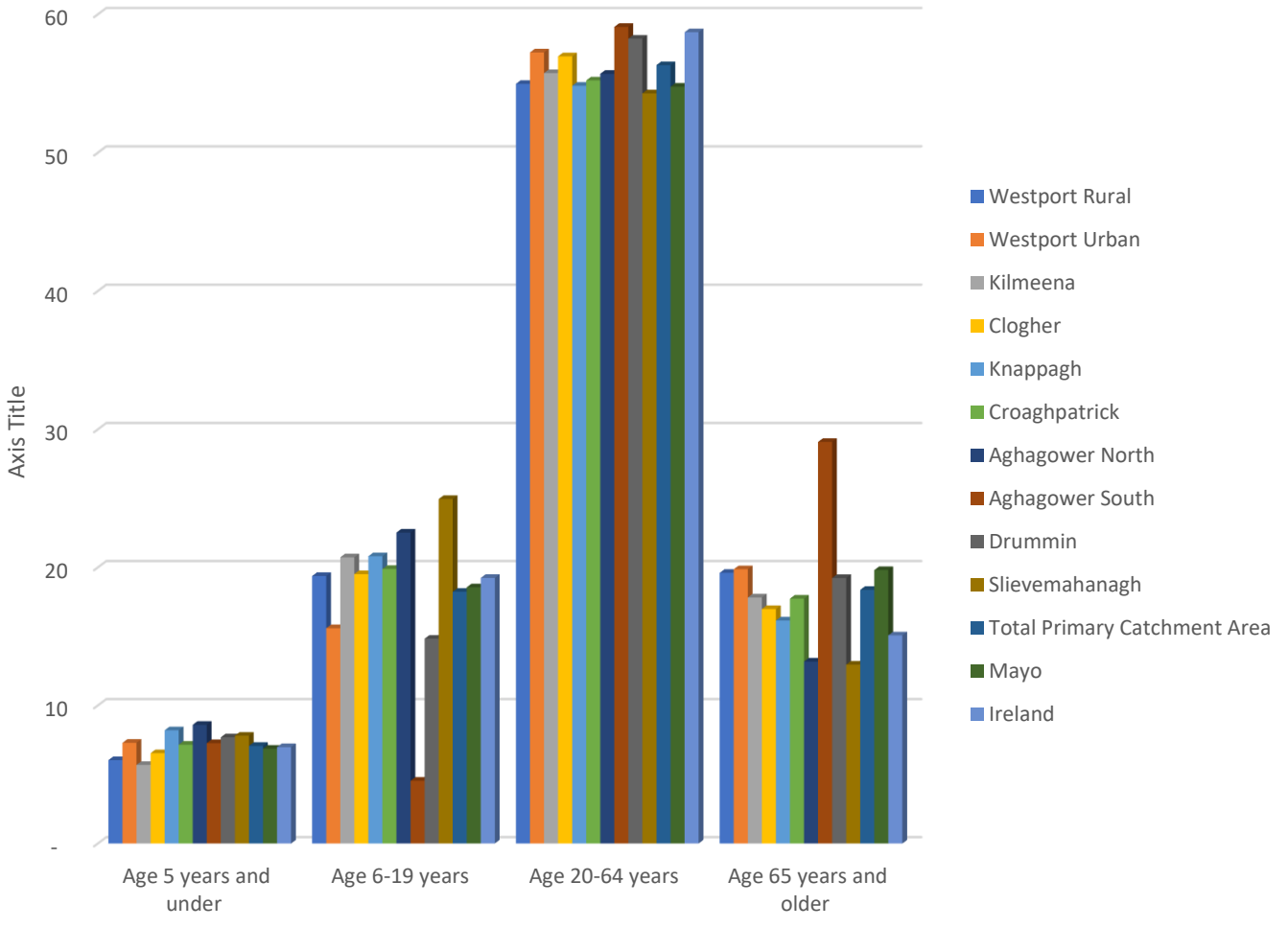
There are 19,910 people in the WFCRC catchment area, 9,648 of whom are male and 10,672 are female.

	Males	Females	Total
Primary Catchment Area			
Westport Rural	830 (48%)	909 (52%)	1739
Westport Urban	2903 (46%)	3349 (54%)	6252
Kilmeena	830 (51%)	786 (49%)	1616
Clogher	483 (51%)	465 (49%)	948
Knappagh	410 (50%)	407 (50%)	817
Croaghpatrick	333 (48%)	366 (52%)	699
Aghagower North	532 (50%)	538 (50%)	1070
Aghagower South	65 (59%)	45 (41%)	110
Drummin	97 (53%)	85 (47%)	182
Slievemahanagh	263 (50%)	262 (50%)	525
Total PCA	6746 (48%)	7212 (52%)	13958
Secondary Catchment Area			
Aillemore	186 (51%)	181 (49%)	367
Derryloughan	380 (49%)	391 (51%)	771
Emlagh	176 (53%)	155 (47%)	331
Erriff	54 (48%)	58 (52%)	112
Glenhest	132 (51%)	125 (49%)	257
Kilgeever	53 (52%)	49 (48%)	102
Kilmaclasser	326 (48%)	360 (52%)	686
Louisburgh	512 (46%)	605 (54%)	1117
Newport East	618 (47%)	700 (53%)	1318
Owennadornaun/Bundorragha	81 (51%)	78 (49%)	159
Kilsallagh	305 (53%)	270 (47%)	575
Srahmore	79 (50%)	78 (50%)	157
Total SCA	2902 (49%)	3050 (51%)	5952
Mayo	68392 (50%)	69578 (50%)	137970
Ireland	2544549 (49%)	2604590 (51%)	5149139

The age profile is below, and both the primary and secondary catchments areas are broadly in line with the averages for the State and County Mayo.

	Age 5 years and under	Age 6-19 years	Age 20-64 years	Age 65 years and older	Total
Primary Catchment Area					
Westport Rural	105 (6%)	337 (19%)	956 (55%)	341 (20%)	1,739
Westport Urban	456 (7%)	975 (16%)	3579 (57%)	1242 (20%)	6,252
Kilmeena	92 (6%)	335 (21%)	901 (56%)	288 (18%)	1,616
Clogher	62 (7%)	185 (20%)	540 (57%)	161 (17%)	948
Knappagh	67 (8%)	170 (21%)	448 (55%)	132 (16%)	817
Croaghpatrick	50 (7%)	139 (20%)	386 (55%)	124 (18%)	699
Aghagower North	92 (9%)	241 (23%)	596 (56%)	141 (13%)	1,070
Aghagower South	8 (7%)	5 (5%)	65 (59%)	32 (29%)	110
Drummin	1 (8%)	27 (15%)	106 (58%)	35 (19%)	182
Slievemahanagh	41 (8%)	131 (25%)	285 (54%)	68 (13%)	525
Total PCA	987 (7%)	2545 (18%)	7862 (56%)	2564 (18%)	13,958
Secondary Catchment Area					
Aillemore	20 (5%)	55 (15%)	197 (54%)	95 (26%)	367
Derryloughan	42 (5%)	161 (21%)	404 (52%)	164 (21%)	771
Emlagh	22 (7%)	57 (17%)	184 (56%)	68 (21%)	331
Erriff	1 (1%)	26 (23%)	64 (57%)	21 (19%)	112
Glenhest	14 (5%)	43 (17%)	135 (53%)	65 (25%)	257
Kilgeever	4 (4%)	19 (19%)	62 (61%)	17 (17%)	102
Kilmaclasser	52 (8%)	152 (22%)	381 (56%)	101 (15%)	686
Louisburgh	69 (6%)	230 (21%)	569 (51%)	249 (22%)	1,117
Newport East	108 (8%)	238 (18%)	713 (54%)	259 (20%)	1,318
Owennadornaun/Bundorragha	4 (3%)	31 (19%)	104 (65%)	20 (13%)	159
Kilsallagh	37 (6%)	113 (20%)	306 (53%)	119 (21%)	575
Srahmore	12 (8%)	31 (20%)	85 (54%)	29 (18%)	157
Total SCA	385 (6%)	1156 (19%)	3204 (54%)	1207 (20%)	5,952
Mayo	9474 (7%)	25604 (19%)	75564 (55%)	27328 (20%)	137,970
Ireland	359441 (7%)	990474 (19%)	3022909 (59%)	776315 (15%)	5,149,139

Age Profile of the Primary Catchment Area



Age Dependency

The age dependency ratio is derived by expressing the young population (0-14 years) and the old population (aged 65 years and over) as percentages of the population of working age (15-64 years) or the total population. The total age dependency rate is the sum of the young and old rates. The age dependency rates provide crude but useful indicators of the age structure of the population. Age dependency rates are crude because the notion of age dependency is not precise. There is a likelihood that there may be a substantial number of people aged 15 years and over still in education and there is also a likelihood that people aged 65+ may still be at work. However, they are still useful indicators, showing the number of those age dependent on the population of working age. High values indicate areas of a less economically active population and therefore a more dependent population.

	Young (0-14 years)	Old (65 years and over)	Total Age Dependency	Working Age	Young Age Dependency	Old Age Dependency	Age Dependency
Primary Catchment Area							
Westport Rural	312	341	653	1086	28.7	31.4	60.1
Westport Urban	1169	1242	2411	3841	30.4	32.3	62.8
Kilmeena	299	288	587	1029	29.1	28.0	57.0
Clogher	190	161	351	597	31.8	27.0	58.8
Knappagh	177	132	309	508	34.8	26.0	60.8
Croaghpatrick	143	124	267	432	33.1	28.7	61.8
Aghagower North	249	141	390	680	36.6	20.7	57.4
Aghagower South	12	32	44	66	18.2	48.5	66.7
Drummin	31	35	66	116	26.7	30.2	56.9
Slievemahanagh	136	68	204	321	42.4	21.2	63.6
Total PCA	2718	2564	5282	8676	31.3	29.6	60.9
Secondary Catchment Area			0				
Aillemore	58	95	153	214	27.1	44.4	71.5
Derryloughan	147	164	311	460	32.0	35.7	67.6
Emlagh	61	68	129	202	30.2	33.7	63.9
Erriff	22	21	43	69	31.9	30.4	62.3
Glenhest	46	65	111	146	31.5	44.5	76.0
Kilgeever	15	17	32	70	21.4	24.3	45.7
Kilmaclasser	157	101	258	428	36.7	23.6	60.3
Louisburgh	226	249	475	642	35.2	38.8	74.0
Newport East	273	259	532	786	34.7	33.0	67.7
Owennadornaun/Bun dorrageha	25	20	45	114	21.9	17.5	39.5
Kilsallagh	108	119	227	348	31.0	34.2	65.2
Srahmore	33	29	62	95	34.7	30.5	65.3
Total SCA	1171	1207	2378	3574	32.8	33.8	66.5
Catchment Area Total	3889	3771	7660	12250	31.7	30.8	62.5
Mayo	26362	27328	53690	84280	31.3	32.4	63.7
Ireland	1012287	776315	1788602	3360537	30.1	23.1	53.2

At 62.5%, the age dependency rate in the WFCRC catchment area is considerably higher than the State average of 53.2%, though lower than that of County Mayo, 63.7%. At 30.8%, the old age dependency rate is particularly high when compared to the State average, 23.1%.

Ethnicity

	White Irish	White Irish Traveller	Other White	Black or Black Irish	Asian or Asian Irish	Other	Not stated
Primary Catchment Area							
Westport Rural	89.4	0.1	5.8	0.1	1.2	0.7	2.8
Westport Urban	75.4	0.2	14.2	0.3	1.5	2.4	6.1
Kilmeena	88.6	0.0	7.1	0.1	0.3	0.3	3.7
Clogher	90.0	0.0	6.9	0.1	0.8	0.5	1.7
Knappagh	89.0	0.0	6.9	0.1	0.1	0.4	3.5
Croaghpatrick	85.8	0.0	8.2	0.3	0.9	0.0	4.8
Aghagower North	92.2	0.0	5.2	0.1	0.6	1.1	0.9
Aghagower South	89.0	0.0	9.2	0.0	0.0	0.0	1.8
Drummin	83.7	0.0	10.1	0.0	0.0	0.6	5.6
Slievemahanagh	91.4	0.2	5.2	0.0	0.2	0.4	2.7
Total PCA	83.2	0.1	9.9	0.2	1.0	1.3	4.3
Secondary Catchment Area							
Aillemore	89.5	0.0	9.4	0.0	0.0	0.3	0.8
Derryloughan	89.6	0.0	6.2	0.0	0.1	0.3	3.8
Emlagh	80.2	0.0	10.7	0.6	0.3	0.9	7.3
Erriff	85.7	0.0	2.7	0.9	0.0	3.6	7.1
Glenhest	83.3	0.0	10.7	0.0	0.0	2.4	3.6
Kilgeever	91.2	0.0	7.8	0.0	0.0	0.0	1.0
Kilmaclasser	91.5	0.0	6.0	0.0	0.9	0.1	1.5
Louisburgh	83.4	0.0	9.3	0.0	0.2	0.6	6.5
Newport East	86.5	0.3	8.3	0.1	0.5	1.0	3.4
Owennadornaun/Bundorragha	84.7	0.0	13.9	0.0	0.7	0.7	0.0
Kilsallagh	89.1	0.0	8.5	0.0	0.2	0.7	1.6
Srahmore	82.2	0.0	5.9	0.0	0.7	1.3	9.9
Total SCA	86.7	0.1	8.2	0.1	0.3	0.8	3.8
Total CA	84.3	0.1	9.4	0.1	0.8	1.2	4.1
Mayo	82.8	1.0	8.8	0.6	1.7	1.4	3.9
Ireland	76.6	0.6	9.9	1.5	3.3	2.0	6.2

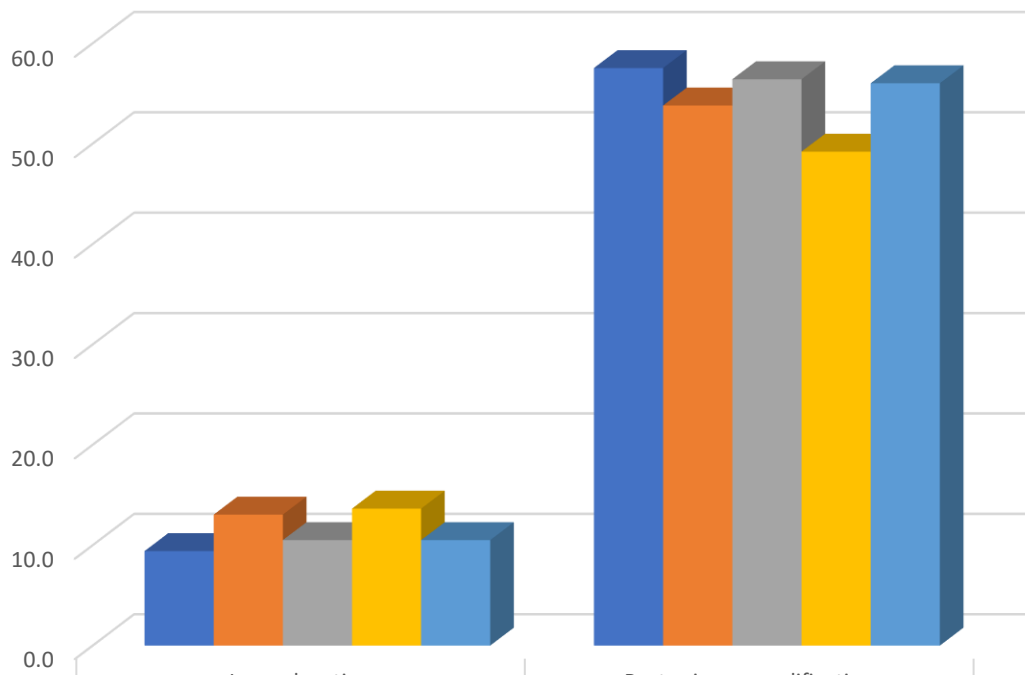
At 84.3%, proportionately, there were a higher proportion of people that identified as White Irish in the catchment area than the State at 76.6%. At 0.1% of the population, there are few members of the Traveller community in the catchment area.

Education

Low education refers to the proportion of the population aged 15 years and over that have ceased education with no formal education or primary education only as a proportion of those aged 15 years and over that have ceased education excluding not stated. High education refers to the proportion of the population aged 15 years and over that have ceased education with third level education as a proportion of those aged 15 years and over that have ceased education excluding not stated.

	Low education	Post primary qualification
Primary Catchment Area		
Westport Rural	7.1	61.5
Westport Urban	9.7	58.4
Kilmeena	8.2	59.2
Clogher	9.3	53.5
Knappagh	10.0	55.8
Croaghpatrick	5.5	63.2
Aghagower North	8.4	53.4
Aghagower South	26.4	36.8
Drummin	16.7	37.3
Slievemahanagh	17.3	51.2
Total PCA	9.4	57.5
Secondary Catchment Area		
Aillemore	19.6	54.2
Derryloughan	12.2	55.1
Emlagh	15.6	53.1
Erriff	20.0	52.0
Glenhest	22.2	40.3
Kilgeever	14.1	36.6
Kilmaclasser	12.4	51.6
Louisburgh	9.3	57.4
Newport East	12.0	54.5
Owennadornaun/Bundorragha	10.2	54.6
Kilsallagh	11.7	55.2
Srahmore	19.6	55.4
Total SCA	13.0	53.8
Total CA	10.5	56.4
Mayo	13.6	49.2
Ireland	10.5	56.0

Education Profile



	Low education	Post primary qualification
Total PCA	9.4	57.5
Total SCA	13.0	53.8
Total CA	10.5	56.4
Mayo	13.6	49.2
Ireland	10.5	56.0

The general education profile of the WFCRC catchment area compares well with the average for County Mayo and is similar to that of the State, though the proportion with low education is higher and the proportion with third level education is lower than the averages in the secondary catchment area.

Disability and Carers

Lone Parents

The proportion of households headed by a lone parent is in general regarded as an indicator of the levels of disadvantage in an area as lone parent households have consistently had the highest levels of poverty and deprivation.

	Total families	Total one parent family (mother)	Total one parent family (father)	Total Lone Parent Families
Primary Catchment Area				
Westport Rural	482	45 (9%)	10 (2%)	55 (2%)
Westport Urban	1359	264 (19%)	28 (2%)	292 (2%)
Kilmeena	426	32 (8%)	6 (1%)	38 (1%)
Clogher	261	23 (9%)	9 (3%)	32 (3%)
Knappagh	213	19 (9%)	7 (3%)	26 (3%)
Croaghpatrick	186	20 (11%)	1 (1%)	21 (1%)
Aghagower North	270	28 (10%)	7 (3%)	35 (3%)
Aghagower South	33	2 (6%)	0 (0%)	2 (0%)
Drummin	51	9 (18%)	2 (4%)	11 (4%)
Slievemahanagh	136	10 (7%)	5 (4%)	15 (4%)
Total PCA	3417	452 (13%)	75 (2%)	527 (2%)
Secondary Catchment Area				
Aillemore	98	10 (10%)	0 (0%)	10 (0%)
Derryloughan	209	21 (10%)	5 (2%)	26 (2%)
Emlagh	86	7 (8%)	1 (1%)	8 (1%)
Erriff	22	1 (5%)	1 (5%)	2 (5%)
Glenhest	73	9 (12%)	3 (4%)	12 (4%)
Kilgeever	27	4 (15%)	1 (4%)	5 (4%)
Kilmaclasser	190	15 (8%)	4 (2%)	19 (2%)
Louisburgh	281	42 (15%)	6 (2%)	48 (2%)
Newport East	335	56 (17%)	10 (3%)	66 (3%)
Owennadornaun/Bundorragha	35	4 (11%)	0 (0%)	4 (0%)
Kilsallagh	156	17 (11%)	5 (3%)	22 (3%)
Srahmore	38	5 (13%)	5 (13%)	10 (13%)
Total SCA	1550	191 (12%)	41 (3%)	232 (3%)
Total CA	4967	643 (13%)	116 (2%)	759 (2%)
Mayo	35237	4575 (13%)	928 (3%)	5503 (3%)
Ireland	1279951	186487 (15%)	33509 (3%)	219996 (3%)

At between 2%, there are relatively few lone parent families in the primary catchment area than the State or county Mayo, with a slightly higher proportion of lone parent families in the secondary catchment area.

Principal Economic Status

	At work	Looking for first regular job	Short Term Unemployed	Long Term Unemployed	Student	Looking after home/family	Retired	Unable to work due to sickness or disability	Other	Total
Primary Catchment Area										
Westport Rural	771 (54%)	7 (0%)	19 (1%)	28 (2%)	166 (12%)	93 (7%)	307 (22%)	31 (2%)	5 (0%)	1427
Westport Urban	2895 (57%)	31 (1%)	84 (2%)	117 (2%)	352 (7%)	221 (4%)	1139 (22%)	207 (4%)	37 (1%)	5083
Kilmeena	721 (55%)	1 (0%)	17 (1%)	27 (2%)	164 (12%)	79 (6%)	253 (19%)	40 (3%)	15 (1%)	1317
Clogher	450 (59%)	9 (1%)	13 (2%)	18 (2%)	69 (9%)	45 (6%)	129 (17%)	22 (3%)	3 (0%)	758
Knappagh	356 (56%)	7 (1%)	7 (1%)	14 (2%)	77 (12%)	54 (8%)	105 (16%)	17 (3%)	3 (0%)	640
Croaghpatrick	311 (56%)	3 (1%)	6 (1%)	8 (1%)	61 (11%)	43 (8%)	110 (20%)	12 (2%)	2 (0%)	556
Aghagower North	487 (59%)	2 (0%)	15 (2%)	16 (2%)	103 (13%)	58 (7%)	112 (14%)	21 (3%)	7 (1%)	821
Aghagower South	52 (53%)	1 (1%)	0 (0%)	4 (4%)	2 (2%)	11 (11%)	17 (17%)	10 (10%)	1 (1%)	98
Drummin	86 (57%)	1 (1%)	2 (1%)	1 (1%)	12 (8%)	11 (7%)	25 (17%)	12 (8%)	1 (1%)	151
Slievemahanagh	238 (61%)	1 (0%)	3 (1%)	8 (2%)	39 (10%)	27 (7%)	57 (15%)	13 (3%)	3 (1%)	389
Total PCA	6367 (57%)	63 (1%)	166 (1%)	241 (2%)	1045 (9%)	642 (6%)	2254 (20%)	385 (3%)	77 (1%)	11240
Secondary Catchment Area										
Aillemore	151 (49%)	0 (0%)	6 (2%)	7 (2%)	22 (7%)	36 (12%)	67 (22%)	11 (4%)	9 (3%)	309
Derryloughan	337 (54%)	3 (0%)	4 (1%)	13 (2%)	64 (10%)	44 (7%)	134 (21%)	20 (3%)	5 (1%)	624
Emlagh	138 (51%)	1 (0%)	3 (1%)	5 (2%)	27 (10%)	22 (8%)	59 (22%)	14 (5%)	1 (0%)	270
Erriff	52 (58%)	0 (0%)	2 (2%)	3 (3%)	7 (8%)	6 (7%)	16 (18%)	1 (1%)	3 (3%)	90
Glenhest	114 (54%)	0 (0%)	6 (3%)	3 (1%)	13 (6%)	12 (6%)	55 (26%)	8 (4%)	0 (0%)	211
Kilgeever	46 (53%)	0 (0%)	1 (1%)	2 (2%)	6 (7%)	9 (10%)	15 (17%)	6 (7%)	2 (2%)	87
Kilmaclasser	298 (56%)	1 (0%)	12 (2%)	12 (2%)	56 (11%)	46 (9%)	81 (15%)	21 (4%)	2 (0%)	529
Louisburgh	434 (49%)	4 (0%)	16 (2%)	16 (2%)	94 (11%)	69 (8%)	222 (25%)	31 (3%)	5 (1%)	891
Newport East	565 (54%)	12 (1%)	19 (2%)	25 (2%)	88 (8%)	52 (5%)	225 (22%)	49 (5%)	10 (1%)	1045
Owennadornaun/Bundorragha	87 (65%)	2 (1%)	5 (4%)	3 (2%)	15 (11%)	10 (7%)	10 (7%)	1 (1%)	1 (1%)	134
Kilsallagh	256 (55%)	2 (0%)	5 (1%)	5 (1%)	48 (10%)	39 (8%)	91 (19%)	19 (4%)	2 (0%)	467
Srahmore	70 (56%)	2 (2%)	0 (0%)	2 (2%)	10 (8%)	9 (7%)	23 (19%)	7 (6%)	1 (1%)	124
Total SCA	2548 (53%)	27 (1%)	79 (2%)	96 (2%)	450 (9%)	354 (7%)	998 (21%)	188 (4%)	41 (1%)	4781
Total CA	8915 (56%)	90 (1%)	245 (2%)	337 (2%)	1495 (9%)	996 (6%)	3252 (20%)	573 (4%)	118 (1%)	16021
Mayo	58334(52%)	905 (1%)	1757 (2%)	3021 (3%)	10823(10%)	7430 (7%)	23054(21%)	5408 (5%)	876 (1%)	111608

Ireland	2320297 (56%)	34526 (1%)	70217 (2%)	106059 (3%)	459275(11%)	272318 (7%)	657790(16%)	189308 (5%)	27062 (1%)	4136852
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The Principal Economic Status profile of the catchment area is broadly in line with the averages for Mayo and the State, apart from the proportion of those that report themselves as being retired, which at 21%, is higher than the average for the State at 16%.

Social Class

The census classifies the entire population into one of seven social class groups which are ranked on the basis of occupation, thereby bringing together people with similar levels of occupational skill.

	Professional workers	Managerial and technical	Non-manual	Skilled manual	Semi-skilled	Unskilled	Others ⁴
Primary Catchment Area							
Westport Rural	14.4	35.7	13.2	12.6	10.9	2.3	10.9
Westport Urban	8.9	28.7	15.3	12.9	13.1	3.2	17.9
Kilmeena	11.0	34.3	16.1	13.4	12.5	2.3	10.5
Clogher	8.9	37.9	15.9	13.9	13.6	3.3	6.5
Knappagh	9.3	33.3	14.6	16.6	12.1	3.2	10.9
Croaghpatrick	15.3	31.8	15.5	15.0	9.9	2.6	10.0
Aghagower North	13.7	33.3	15.9	14.5	11.2	2.6	8.8
Aghagower South	0.0	31.8	11.8	14.5	20.0	7.3	14.5
Drummin	10.4	26.9	11.0	15.9	15.4	4.9	15.4
Slievemahanagh	11.6	32.8	12.8	18.3	14.5	3.2	6.9
Total PCA	10.6	31.8	15.0	13.7	12.6	3.0	13.4
Secondary Catchment Area							
Aillemore	9.3	36.5	15.5	16.1	7.6	2.2	12.8
Derryloughan	9.1	31.6	18.0	15.7	12.7	1.9	10.9
Emlagh	8.2	31.7	13.9	17.5	10.3	2.7	15.7
Erriff	12.5	40.2	8.9	8.0	8.9	0.9	20.5
Glenhest	9.3	23.0	15.2	18.3	18.3	4.7	11.3
Kilgeever	4.9	34.3	15.7	13.7	15.7	4.9	10.8
Kilmaclasser	6.7	29.0	20.3	18.5	11.4	4.8	9.3
Louisburgh	7.8	31.8	17.3	13.1	10.5	2.4	17.2
Newport East	5.6	31.2	16.7	17.1	11.0	3.6	14.7
Owennadornaun/Bundorragha	18.9	25.8	18.9	17.0	8.2	1.9	9.4
Kilsallagh	13.9	35.8	10.6	16.9	8.7	2.8	11.3
Srahmore	22.9	23.6	7.6	11.5	7.0	3.2	24.2
Total SCA	8.9	31.4	16.2	15.9	10.9	3.1	13.7
Total CA	10.1	31.7	15.3	14.4	12.1	3.0	13.5
Mayo	7.6	29.4	16.5	15.0	12.8	3.6	15.0
Ireland	9.3	30.7	16.2	12.9	11.2	3.1	16.6

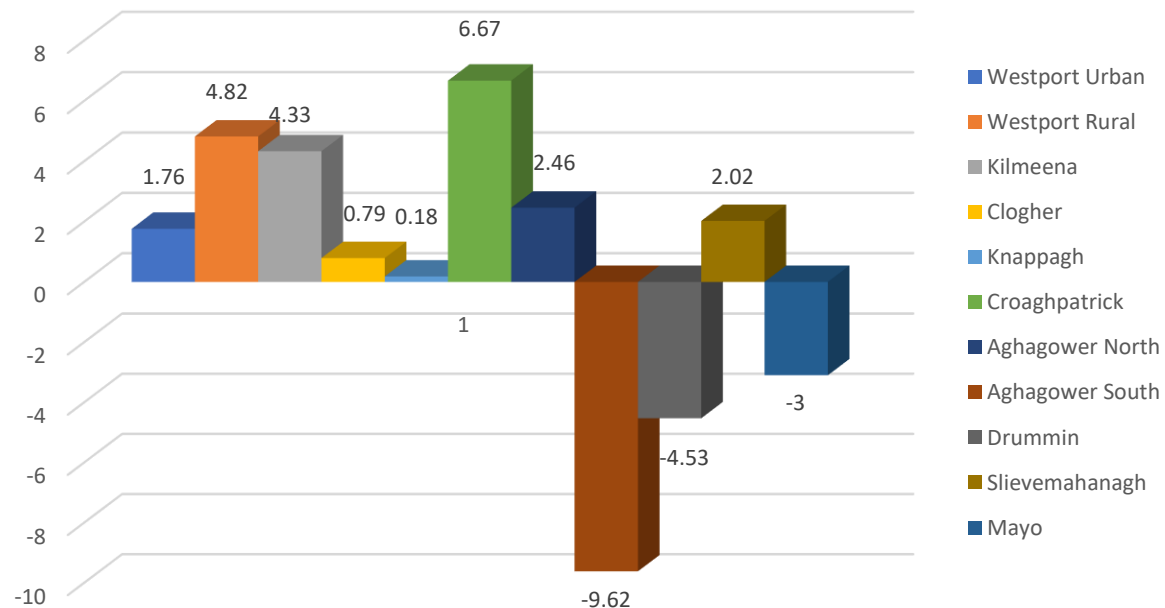
There is a higher proportion of professional workers in the WFCRC catchment area than in County Mayo or the State and a slightly lower proportion of semi-skilled workers.

⁴ All others gainfully occupied and unknown

Deprivation

ED Name	Pobal HP Index	Pobal HP Description	Population	Age Dependency Ratio	Lone Parent Ratio	Prop. Primary Education Only	Prop. Third Level Education	Unemployment Rate - Male	Unemployment Rate - Female
Westport Urban	1.76	Marginally Above Average	6,252	38.56	25.89	9.73	44.75	8.12	6.74
Westport Rural	4.82	Marginally Above Average	1,739	37.55	14.56	7.06	49.87	8.18	4.79
Kilmeena	4.33	Marginally Above Average	1,616	36.32	7.5	8.18	46.32	6.85	4.76
Clogher	0.79	Marginally Above Average	948	37.03	12.77	9.34	39.87	10.14	5.61
Knappagh	0.18	Marginally Above Average	817	37.82	10.53	10.04	40.54	9.45	4.92
Croaghpatrick	6.67	Marginally Above Average	699	38.2	11.29	5.47	47.92	5.26	5.1
Aghagower North	2.46	Marginally Above Average	1,070	36.45	9.17	8.37	38.96	6.18	6.53
Aghagower South	-9.62	Marginally Below Average	110	40	14.29	26.44	22.99	8.33	9.52
Drummin	-4.53	Marginally Below Average	182	36.26	33.33	16.67	20.63	6	2.5
Slievemahanagh	2.02	Marginally Above Average	525	38.86	7.69	17.27	36.67	7.14	1.82
Mayo	-3	Marginally Below Average	137,970	38.91	16.51	13.64	35.02	9.57	8.08

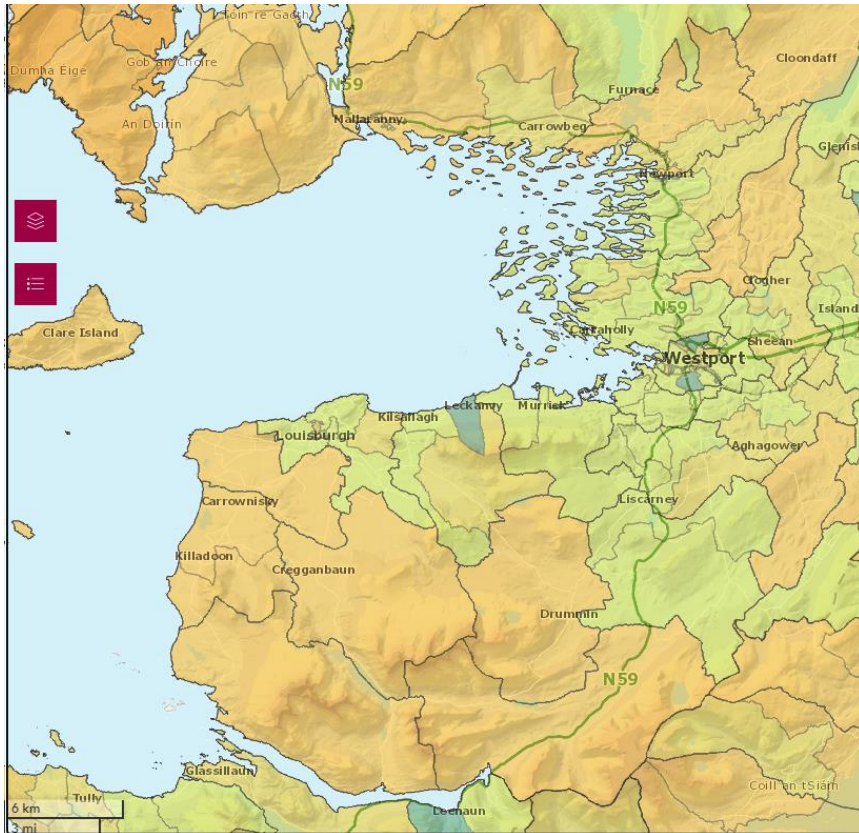
Deprivation in the PCA



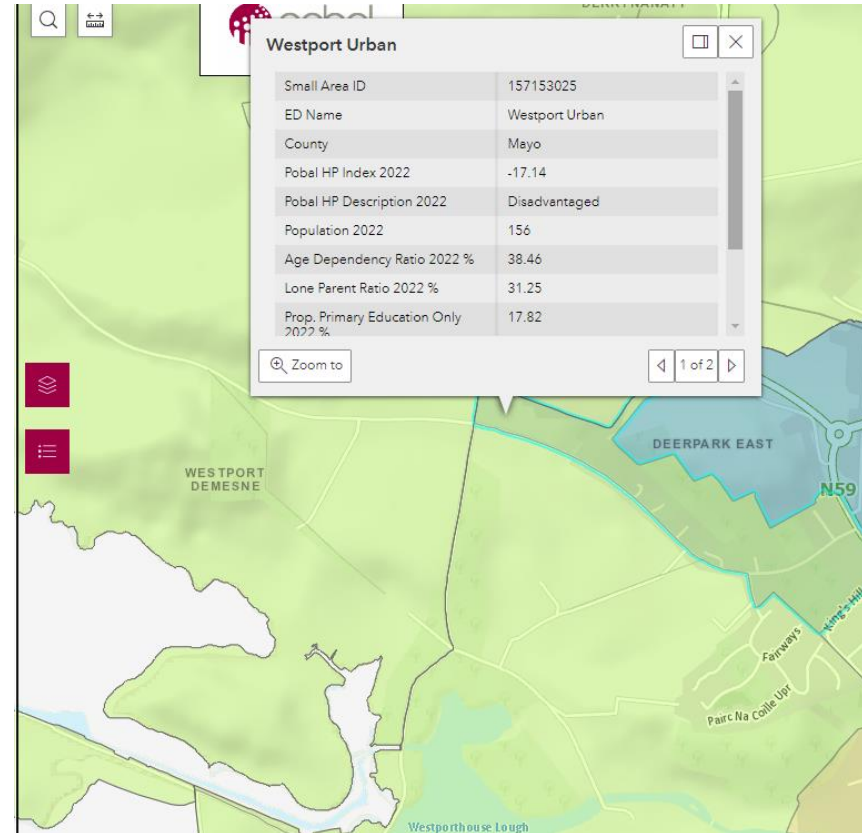
The HP Pobal Deprivation Index for Census 2022 indicates that Aghagower North and Drummin are marginally below average, with a number of areas in the secondary catchment area – Aillemor, Drummin, Kilgeever and Kilmaclasser – also marginally below average.

At small population area level, there was one area that is considered to be disadvantaged – see map below.

Deprivation Index – Electoral Division Level



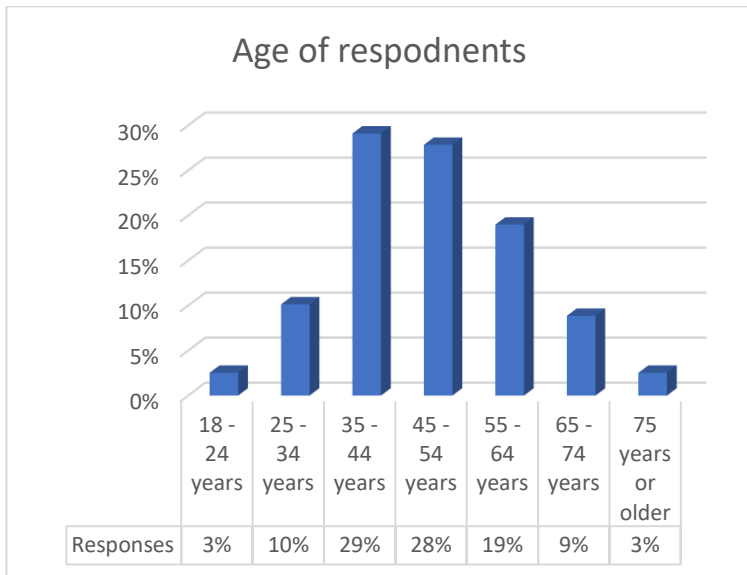
Deprivation Index – Small Area



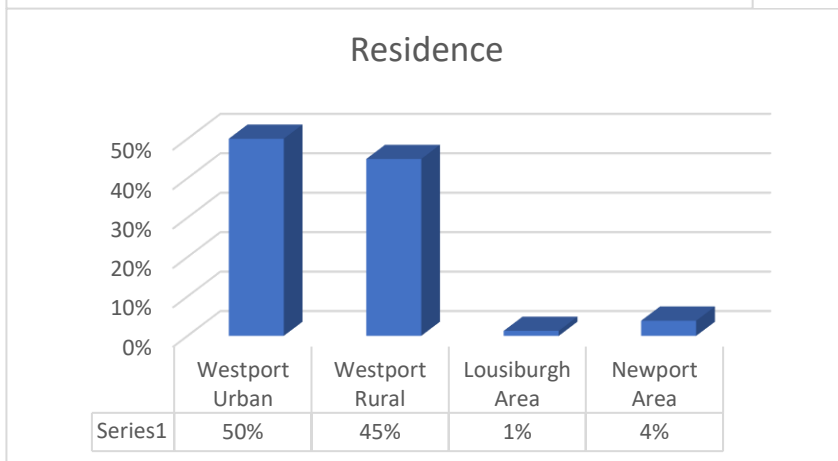
Consultation

As part of the strategic planning process, WFCRC carried out a survey, to which there were 79 responses, and organised a focus group that was independently facilitated. Both the survey and the focus group set out to explore the benefits of living in the Westport area, how familiar the community were with WFCRC and the work that the centre does and the unmet needs of the community.

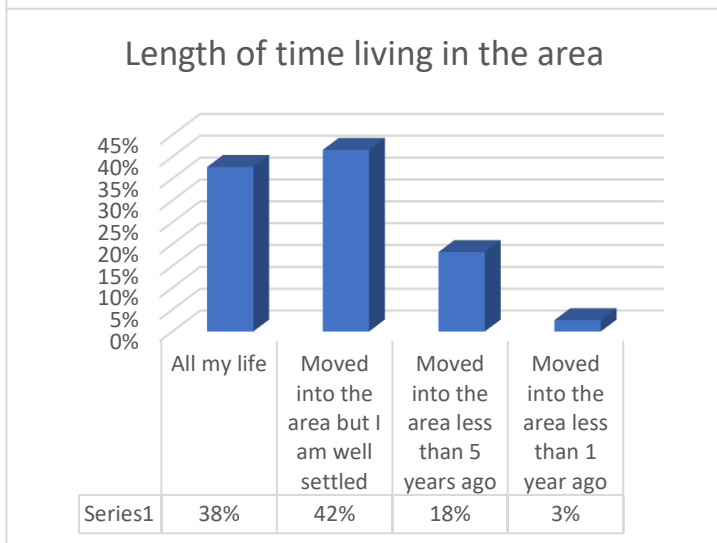
Of the 79 responses, 67 were female, 11 were male and one respondent indicated that they did not wish to say.



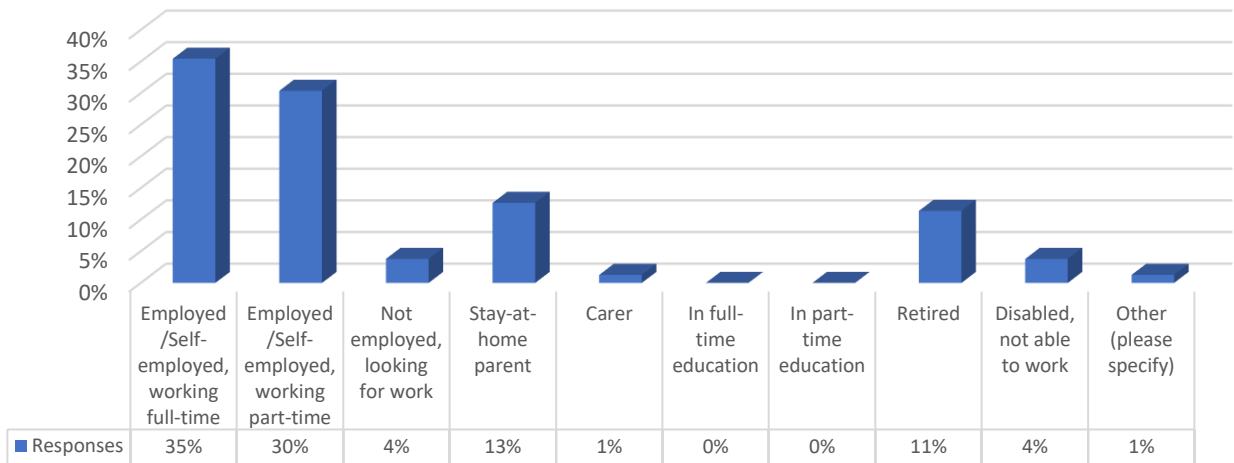
The majority of respondents were aged between 33 and 54 years and live in Westport Urban and Westport Rural.



In total, 38% of respondents stated that they were from the area, 42% said that they had moved into the area but were well settled, with 18% stating that moved into the area less than five years ago and 3% stating that they mover to the area less than a year ago.



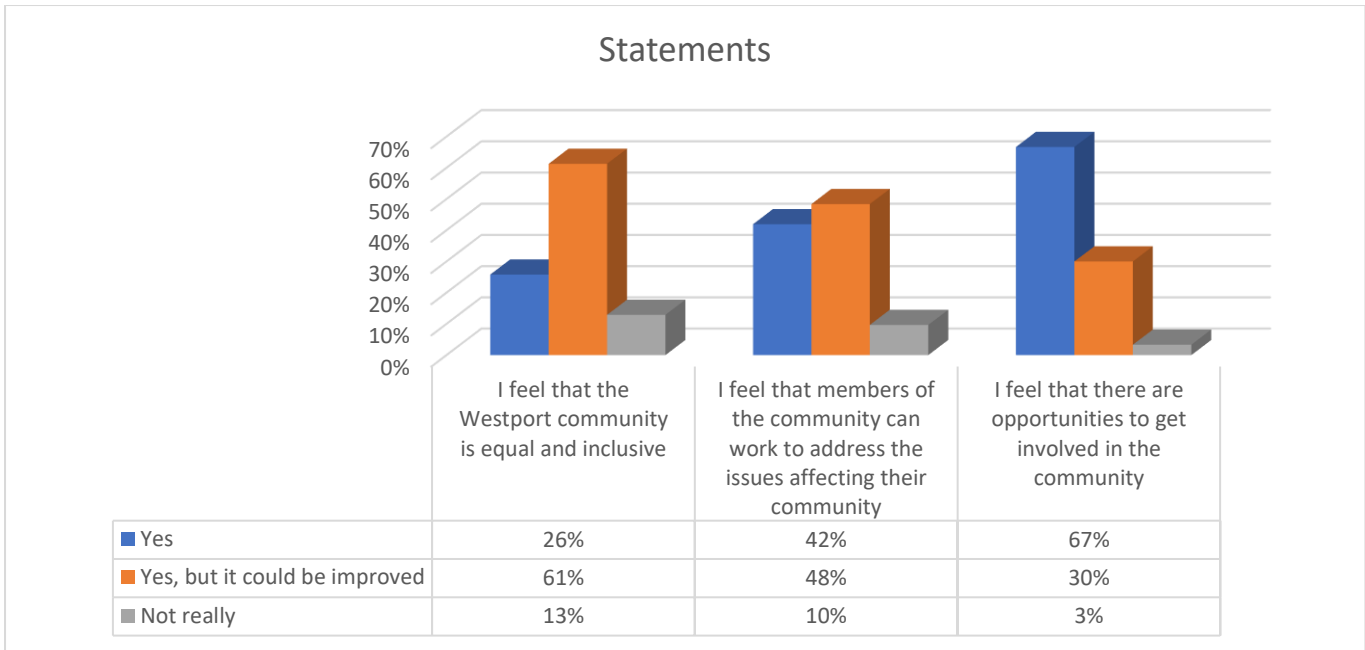
Empolyment Status of Respondents



The majority of respondents were employed or self-employed on a full-time basis or on a part-time basis, 4% were looking for work, 13% were stay-at-home parents, 1% were carers, 11% were retired, 4% were unable to work and 1% did not say. No body was in education.

When asked about the strengths of the community words such as safety, friendliness, connection, community spirit, natural beauty and friendship were used. There was broad agreement from the participants of the focus group for the responses of the survey.



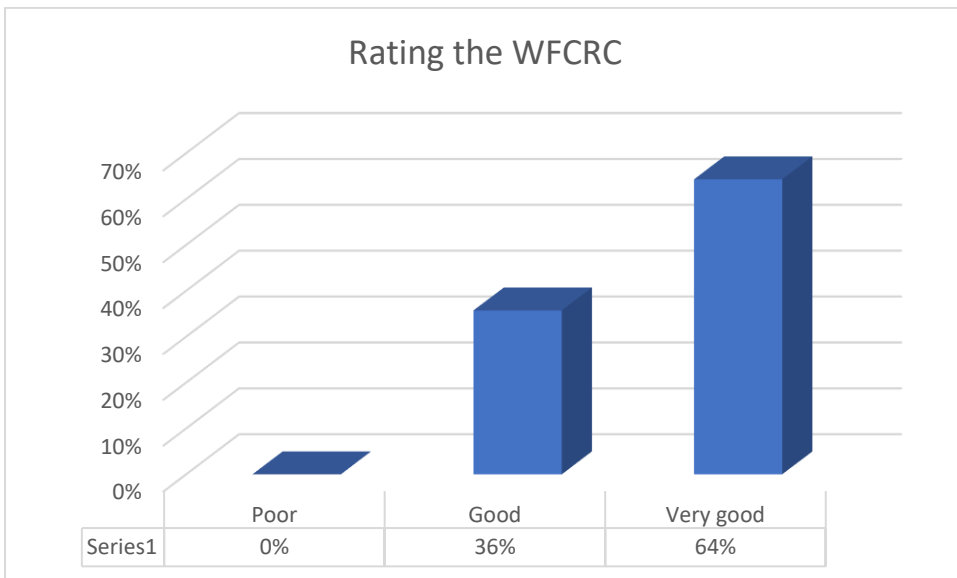


When asked to respond to a series of statements:

- the majority (61%), stated that they felt the Westport community is equal and inclusive but could be improved, with 13% stating that they did not feel this way.
- the majority (48%), stated that they felt members of the community can work to address the issues affecting their community but could be improved, with 10% stating that they did not feel this way.
- the majority (67%), stated that they felt there are opportunities to get involved in the community, with only 3% stating that they did not feel this way.

This was discussed at the focus group, where respondents strongly felt that Westport was an inclusive community, and there are opportunities to get involved in the community.

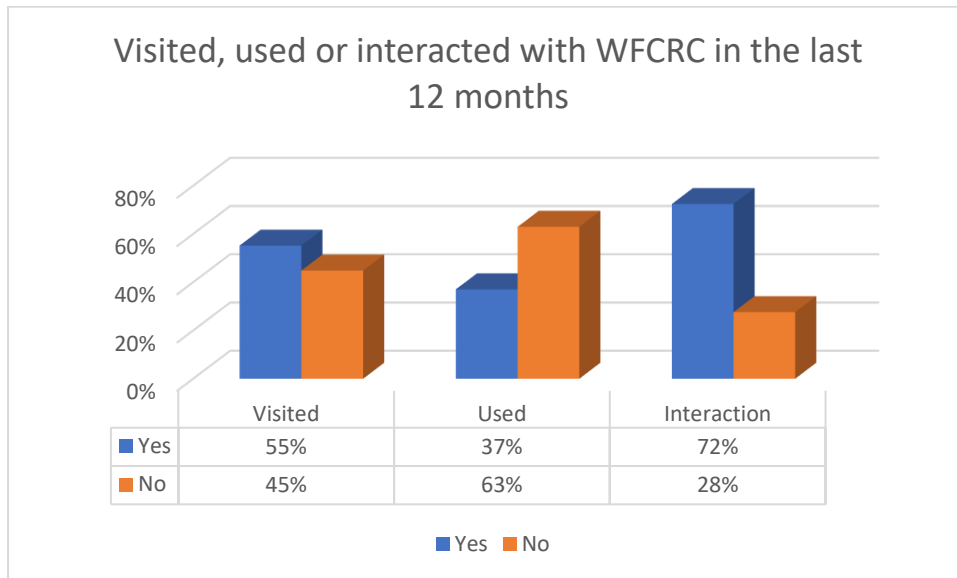
When asked how familiar they were with the WFCRC, over 91% said they were familiar. There was a discussion on this issue at the focus group and it was felt that members of the community learn of the WFCRC when they are in need of the services provided.



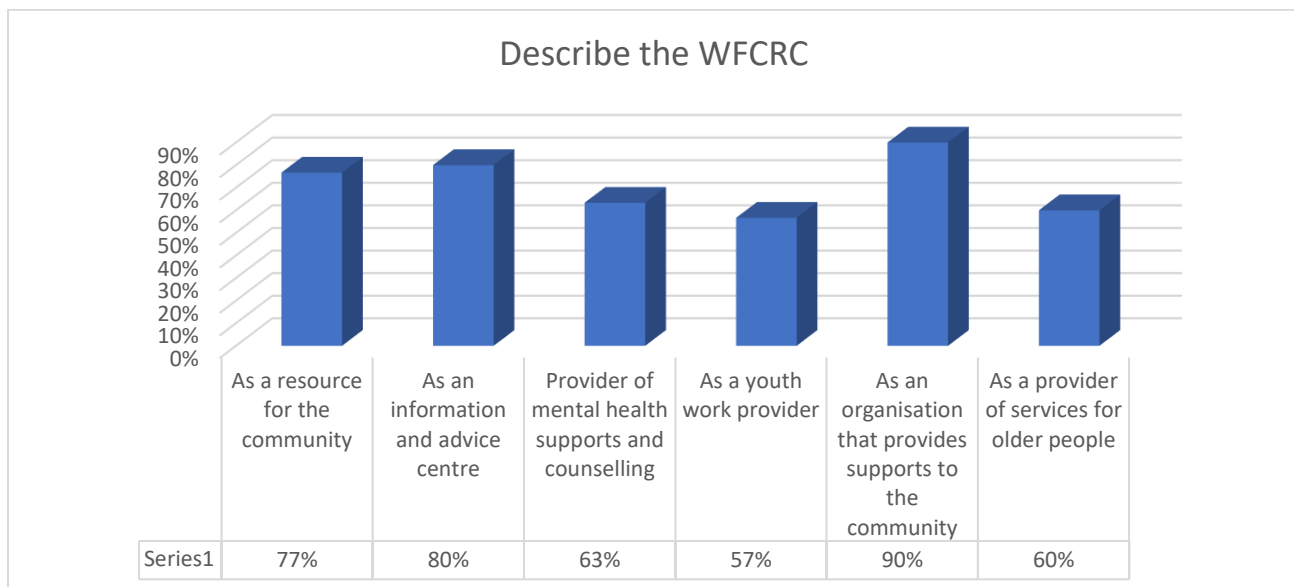
When asked to rate the work of the WFCRC, 100% of respondents rated the work as good or very good.

Participants of the focus group spoke very highly WFCRC work, stating that for the size of the existing premises,

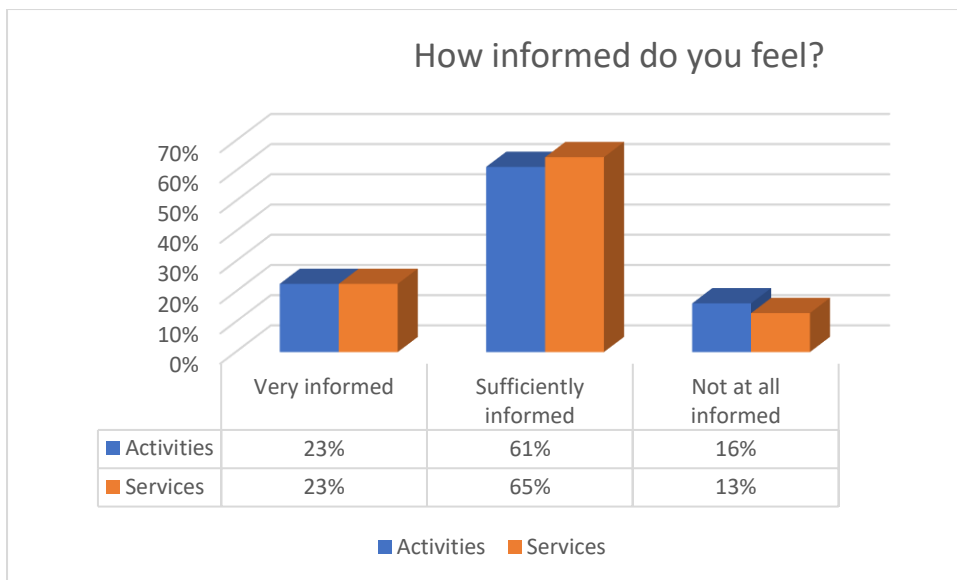
WFCRC provide a significant variety of services and supports and are willing to respond to emerging needs, despite their low levels of resources, including staff.



The majority of survey respondents stated that they had some type of interaction with WFCRC in the last 12 months.



The responses to the question on describing WFCRC indicates the wide range of activities and services provided by WFCRC, and this was echoed by the focus group participants.



When asked if they felt informed, the majority of respondents stated that they felt sufficiently informed about activities (61%) and services (65%) with 16% and 13% respectively stating that they do not feel at all informed.

When asked if they thought that there are groups in your community that do not get the services/supports they need, 71% of respondents stated that there were, including:

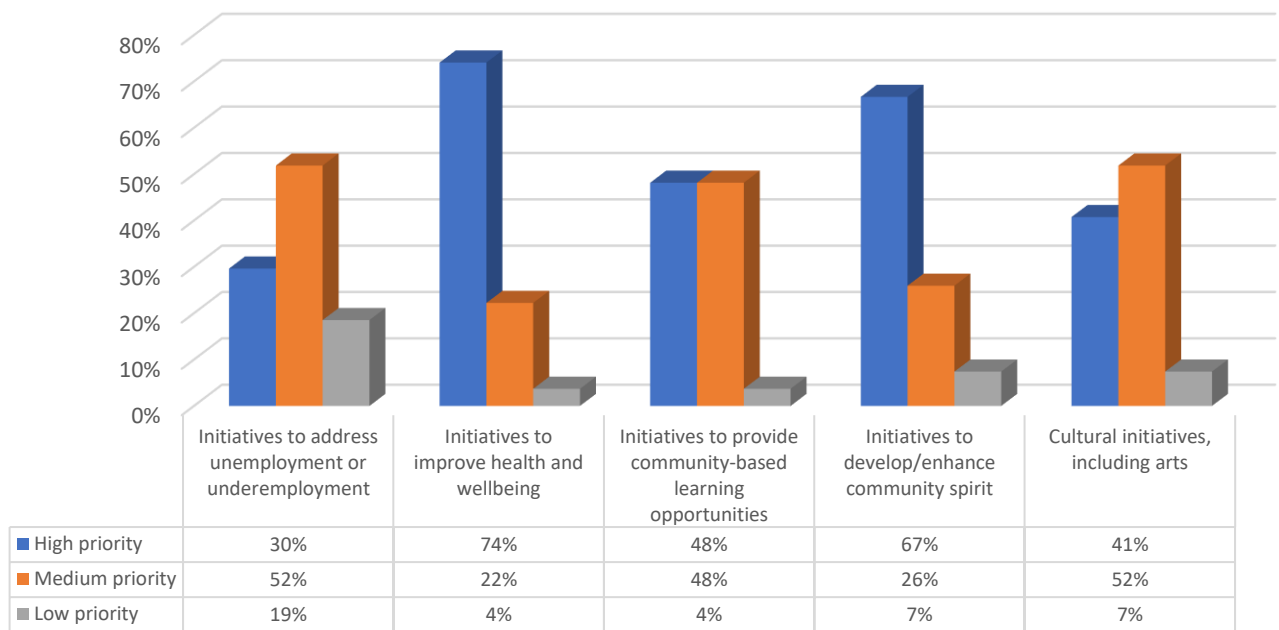
- Drug- and alcohol related abuse in families.
- No access to community centre, nothing for non-sporty kids, no low-cost activities for younger children.
- Need more opportunities to meet up with other ladies- men have men's shed.
- Older adults- need a day care.
- Newer people to community.
- Meals on wheels.
- Services for teenage mental health.

When asked what they think the greatest gap(s) in services and supports for individuals, families, and the community in the Westport area, responses included:

- Transport.
- Individuals not asking for help.
- Those in abusive relationships.
- Younger non-sporty children.
- Not knowing where to turn for help.
- Affordable and accessible mental health supports.
- Addiction support.
- Older adults- need a day care.
- More mental health services.
- Young men.
- Young people who are looking for their first job.
- More play groups for younger children.
- Single parent families not just babies but single parent meet ups or help with skills or just isolation.

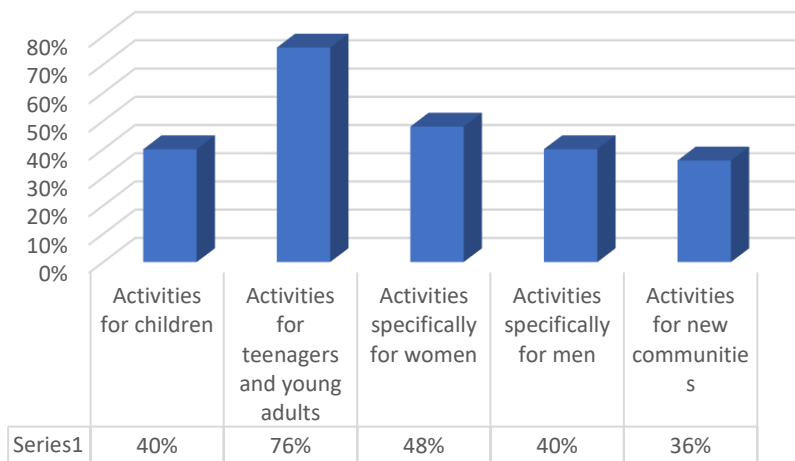
This assessment of needs and gaps was echoed by the participants of the focus group, who agreed with the survey participants, particularly about the gaps in mental health and wellbeing services and the need to cater for non-sporty children and young people.

Priorities for the Community



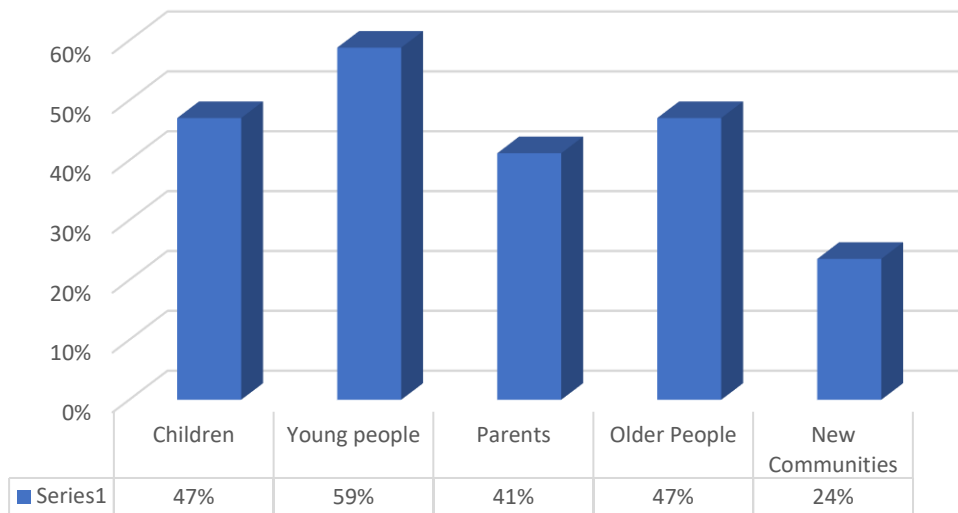
When asked which of a series of initiatives were priorities for the community, the highest priority was given to initiatives to improve health and wellbeing (74%), followed by initiatives to develop/enhance community spirit (67%), initiatives to provide community-based learning opportunities (48%), cultural initiatives, including arts (41%) and initiatives to address unemployment or underemployment (30%).

What would you like to see?



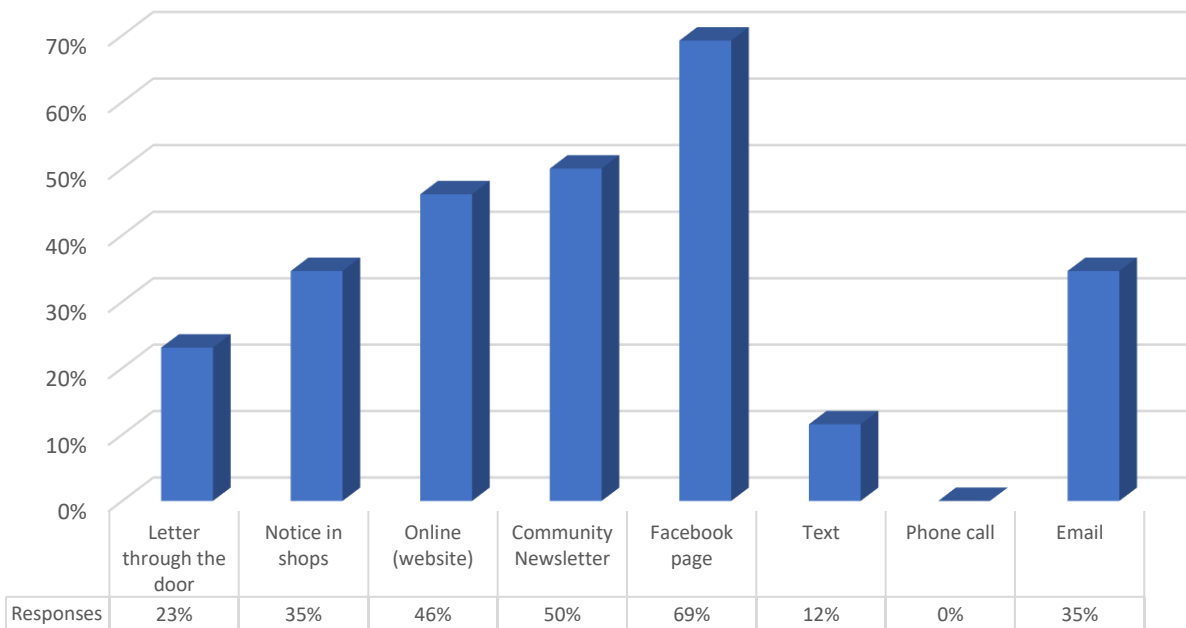
When asked which activities they would like to see, the biggest majority stated activities for teenagers and young adults (76%), followed by activities specifically for women (48%), activities for children (40%), activities specifically for men (40%) and activities for new communities (36%).

Services/Supports/Projects



When asked which services/supports/projects they would like to see, the majority of respondents said those directed at young people (59%), followed by those directed at older people (47%), children (47%), parents (41%) and new communities (24%).

Receive Information



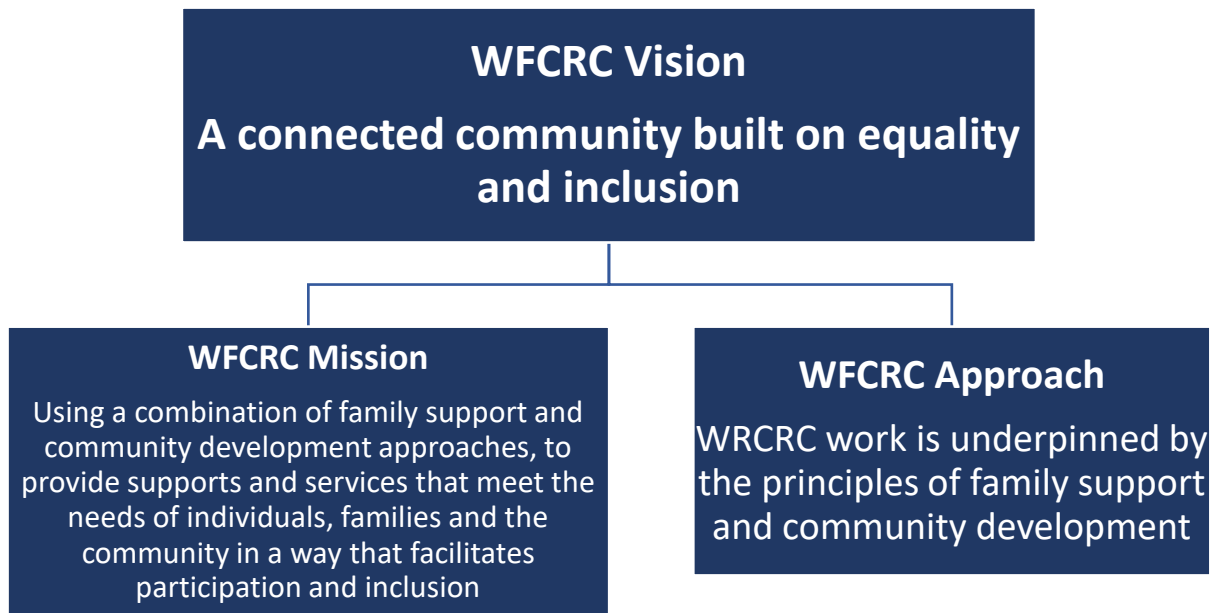
Westport



Family and Community Resource Centre

Strategic 2024-2026 Plan

Vision, Mission, Values, Principles and Framework



Values

This strategic plan and the work of WFCRC is underpinned by a set of values and associated operating principles. These values are:

Human Rights	promote equality and protect the human rights of all the community.
Participation	a belief in the right of people and communities to have a say and to participate in the decisions that affect their lives and a commitment to facilitating this internally and externally.
Equality	a belief in equality and a commitment to recognising that people and communities have different circumstances and to creating the conditions to ensuring equal outcomes.
Anti-discrimination	a commitment to challenge discrimination in all its forms
Empowerment	a commitment to working in a way that is empowering.
Inclusion	a commitment to the inclusion of all the community.

Practice Principles

To put our values into action we will:

- ▶ Operate with empathy and in a way that is non-judgemental.
- ▶ Be accessible to the community.
- ▶ Be supportive of the community.
- ▶ Operate in a transparent manner.
- ▶ Be an open, friendly and welcoming space for all members of the community.
- ▶ Be respectful and inclusive of all people.
- ▶ Challenge inequality, discrimination, racism and misinformation in all its forms.
- ▶ Ensure that all our work is conducted in a safe, professional and confidential manner.

Framework

WFCRC has adopted a framework that builds on the five national outcomes for children and young people, extending the outcomes to include individuals, families and the community.

WFCRC will keep emerging issues under review and respond where appropriate.

Priority Area 1: Active and healthy with physical and mental well being

WFCRC Goal	A healthier community
Objective	To provide opportunities to improve health and wellbeing
Sustainable Development Goal 3	Ensure healthy lives and promote well-being for all at all ages



Indicative Actions

To meet this objective WFCRC will:

- ▶ Adapt where necessary and implement programmes to improve mental health and wellbeing such as the Mind Out programme and peer support structures, working with external facilitators where appropriate.
- ▶ Co-ordinate the delivery of the play therapy services for children and families in the catchment area.
- ▶ Coordinate the delivery of an Adult and Adolescent counselling service.
- ▶ Secure funding for our counselling service through grants and fundraising.
- ▶ Undertake key work with individuals who may require extra support and liaise with relevant services for additional supports, referring on a case-by-case basis⁵.
- ▶ Provide a befriending service to older people.
- ▶ Explore ways to further support individuals experiencing isolation and loneliness in the FRC catchment area.
- ▶ Create opportunities and activities for young people that are not sport focused.
- ▶ Facilitate sessions for parents on teen mental health.
- ▶ Continue to support the Quay Youth Group, summer programme and community.
- ▶ Conduct a comprehensive review of our youth program, including the demographics and needs of participants, the limitations of the current operating spaces, and the scope of activities, as part of our transition towards developing a five-year strategic plan.
- ▶ Facilitate opportunities to improve physical and social wellbeing, such as Buggy Buggies.
- ▶ Explore the possibility of establishing a dedicated space for young people.
- ▶ Explore opportunities based on arts and creativity.

⁵ ensuring boundaries of FRC are clear as a non-crisis service

Priority Area 2: Achieving full potential in all areas of learning and development

WFCRC Goal	A more informed, empowered community
Objective	To contribute to the learning and development of individuals, families and the community
Sustainable Development Goal 4	Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



Indicative Actions

To meet this objective WFCRC will:

- ▶ Address the digital divide by providing an IT drop-in to the community with a particular focus on older people.
- ▶ Facilitate placement opportunities to students of relevant courses.
- ▶ Support the provision of a range of community education opportunities in association with the ETB and other stakeholders.
- ▶ Organise professional development opportunities for staff and Board members, including in the application of the Public Sector Equality and Human Rights Duty.
- ▶ Implement personal development opportunities such as Tus Nua for older people.
- ▶ Facilitate horticulture courses to foster experiential learning, enhance environmental awareness, and cultivate practical skills while promoting community cohesion.
- ▶ Link in with organisations and groups who facilitate English Language classes to explore local need and the feasibility of developing a programme for language acquisition in an appropriate and supportive way.
- ▶ Carry out a needs assessment and capacity inventory with new communities in Westport to inform approach and work of the Westport Inclusion Project.
- ▶ Identify community leaders and carry out capacity building for the Westport Inclusion Project.

Based on the outcomes of the needs analysis for the Integration project, WFCRC may:

- ▶ Provide English classes for members of new communities.
- ▶ Provide specialised English classes based on the needs of members of new communities seeking work.
- ▶ Explore the potential for a community leadership programme for women from new communities in the Westport Community.
- ▶ Explore the possibility of a *Diversity Forum* and other forms of governance structures for the organisation that engages a wider range of stakeholders.

Priority Area 3: Safe and Protected from Harm

WFCRC Goal	A safe community
Objective	To contribute to community safety
Sustainable Development Goal 11	Make cities and human settlements inclusive, safe, resilient and sustainable.



Indicative Actions

To meet this objective WFCRC will:

- ▶ Actively participate in the FRC Western Region Community Response to Domestic Abuse Network, and actively promote the Steps to Safety leaflet, the Network's priority action for 2024 and subsequent priorities in future years.
- ▶ Support the 16 Days of Action annual event.
- ▶ Deliver a programme merging peer support with psychologist-led engagement for women who have experience of domestic abuse.
- ▶ Facilitate outreach by Mayo Women's Support Services.
- ▶ Support the LGBTI+ Network, Pride Week locally and the Mayo Pride Parade and work towards the implementation of the Public Recognition Marker and the checklist from the LGBTQ+ Network.
- ▶ Promote positive masculinity and the White Ribbon programme.
- ▶ Provide workshops on cyber bullying.
- ▶ Use the Planet Youth research as a resource on which to base planning.

Priority Area 4: Have Economic Security and Opportunity

WFCRC Goal	An economically secure community
Objective	To contribute to economic security and opportunity in the community.
Sustainable Development Goal 8	Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.



Indicative Actions

To meet this objective WFCRC will:

- ▶ Review the current model but continue to implement Food Cloud and food appeals.
- ▶ Explore the possibility of providing surplus food in a setting similar to a shop or restaurant.
- ▶ Manage the clothing and textile bins as part of the WFCRC contribution to sustainability and the circular economy.
- ▶ Provide the School Uniform Bank and explore further initiatives such as a toy library.

Priority Area 5: Connected, Respected and Contributing to their World

WFCRC Goal	
Objective	To provide opportunities for social participation for individuals, families and the community
Sustainable Development Goal 3	Ensure healthy lives and promote well-being for all at all ages.



Indicative Actions

To meet this objective WFCRC will:

- ▶ Facilitate a drop-in service to provide information, signposting to other services and support to complete forms.
- ▶ Provide information, advice, guidance, support, advocacy and referral where appropriate to members of the new communities accessing our drop-in service and other supports
- ▶ Facilitate a Multicultural Event to mark Culture Night annually
- ▶ Participate as an active member of the FRC LGBTI+ Regional Network.
- ▶ Facilitate a range of Community Groups to use the premises, including ensuring that that meeting spaces are available to the local community.
- ▶ Work closely with the Older People's Subcommittee, supporting them to be a representative and collective voice for older people in Westport.
- ▶ Explore mechanisms to communicate identified community needs, gathered through consultations, to relevant stakeholders, ensuring community voices are heard, while recognising the Centre's capacity limitations.
- ▶ Work with volunteers to plan and deliver a Summer Programme.
- ▶ As part of the Quay youth project, deliver an afterschool programme, which will involve one group, and possibly a second.
- ▶ Participate as a member on the Regional Forum of FRCs.
- ▶ Lead and participate in Meitheals as necessary and appropriate.

Priority Area 6: Organisational Development and Sustainability

Objective To ensure organisational development and sustainability

Indicative Actions

To meet this objective WFCRC will:

- ▶ Ensure that the Board of Management fulfils all of its legal, fiduciary, governance, financial and employment obligations.
- ▶ Ensure that volunteers are recruited, trained and supported on an ongoing basis, including ensuring Garda vetting and safeguarding training.
- ▶ Ensure that the physical FRC premises adheres to all regulatory standards. In the short-term campaign for a new premises to meet the needs of WFCRC, and children, young people, families and the community in the catchment area.
- ▶ Continue to provide up-to-date, accurate information to the community and other stakeholders, including maintaining a strong presence online and through other media outlets.
- ▶ Ensure the organisation fulfils all of its obligations and requirements to the staff team
- ▶ Ensure that the organisation' income generation strategy is robust and sustainable into the future.
- ▶ Continue to network and work collaboratively with relevant others.
- ▶ Continue to lobby for improvements in pay and conditions for staff.
- ▶ Work with Staff and VMC to review and update policies, procedures, and practices in line with the most up to date legislative governance requirements, Tusla Governance Framework, Charities SORP, and Charities Governance Code. Prioritise policies for renewal in 2024/2025 and work towards overall compliance.
- ▶ Continue to monitor and review safeguarding policy and procedures to ensure alignment with best practice.
- ▶ Implement Garda Vetting procedures in conjunction with Garda vetting Unit and current legislation.

Appendix 1 Westport Sustainability Statement

At Westport Family and Community Resource Centre (FCRC), we are dedicated to integrating sustainability into all our initiatives to foster a greener and more sustainable Westport. Our commitment is demonstrated through various actions within our scope, focusing on circular economy and waste reduction projects, collaboration with local groups, ensuring we use sustainable and renewable resources, and supporting Westport community members to do the same.

This commitment is demonstrated through the following actions:

Circular Economy and Waste Reduction Projects: We will continue to facilitate and expand projects that promote the circular economy,

- **School Uniform Bank:** This initiative reduces waste and supports families by recycling and redistributing gently used school uniforms. This not only eases the financial burden on families but also reduces the environmental impact of purchasing new uniforms.
- **FoodCloud Service:** Our FoodCloud service tackles food waste by collecting surplus food from local businesses and redistributing it to families in the community. This project addresses both food insecurity and waste reduction, ensuring that valuable resources are used efficiently and that families have access to nutritious food.
- **Textile Recycling Banks:** We provide textile recycling banks to collect unwanted clothing and textiles. These materials are either recycled or repurposed, reducing landfill waste and promoting the circular economy. This initiative supports resource conservation.

Community Resilience Building: We develop and support initiatives that enhance the community's ability to adapt to climate change, teaching sustainable gardening practices through workshops and hands-on activities. These practices enhance local ecosystems, improve soil health, and create green spaces that benefit both people and wildlife. Additionally, we assist community members in accessing grants and support for implementing energy efficiency measures in their homes. Furthermore, we will continue to provide resources and support to families engaged with FoodCloud, helping them maximize the benefits of their food parcels and reduce food waste at home.

Collaboration: Collaboration is key to our efforts. We will work with local businesses and community groups, governmental bodies, and other stakeholders to create a unified front in advancing sustainability.

Westport FCRC is committed to making sustainability the foundation of our efforts, ensuring a thriving, resilient, and inclusive community for all.