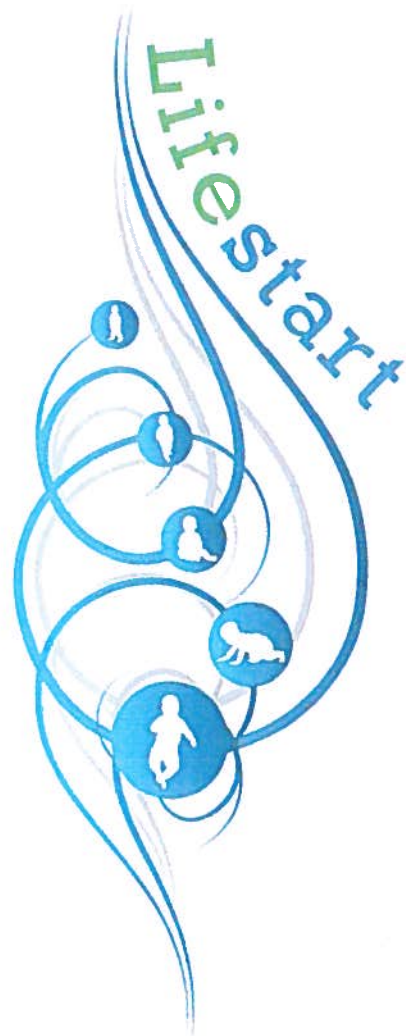


Lifestart
Foundation Ltd
And
Lifestart
National Office
Ltd.

Annual Report

2012-2013



Mount Errigal Hotel
Letterkenny
26th June 2013

Chairpersons' Foreword

We commend this, our 26th Annual Report to you. It addresses all the key areas of progress and change throughout Lifestart in the past year. Collectively the Lifestart Mission has been enhanced through the enthusiasm, application and stalwart service of our workforce, throughout all our projects and support functions.

Certain highlights warrant special mention:-

1. Application for and awarding of Investors in People Status for the Lifestart Foundation.
2. The development, in partnership with HSE West, County Donegal, of the Lifestart Family Support model. Lifestart Services Limited is now providing an efficient and effective service, achieving great outcomes for the service users.
3. Our logo, after due process and participative input, was redesigned and our *Growing Child* programme has been reviewed and updated.
4. The experience of the Foundation Team gained through delivery of the Training and Quality Assurance visit to the Luse Family Centre, Mazabuka, Zambia.

In general, considerable challenges face us in this cauldron of economic pressures and concomitant change in demand. We face these challenges readily. Sincerest congratulations to all our Lifestart colleagues from the Lifestart Foundation and National Office.

We thank all our funders for their financial commitment and strategic support.

Patrick Durkan
Lifestart Council
Chairperson

Mary McGowan
Lifestart National Office
Chairperson

Introduction

The Lifestart 'family' is made up of the Lifestart Foundation, the Lifestart National Office, Lifestart Services Limited and a number of affiliated Lifestart Service Providers working in Northern Ireland, the Republic of Ireland, in Macedonia and in Zambia. Together these charitable organisations have more than 25 years' experience in the delivery of quality parenting education and family support. Our aim is to break the cycle of poverty and disadvantage through the delivery of the *Growing Child* programme and home-visitation service to the parents of children from birth up to pre-school or school entry. The *Growing Child* is outcomes focused and is based on strong empirical research on child development and parenting. It was designed and is regularly reviewed by a panel of experts and the programme generates positive outcomes across a range of domains including: parental practices, child protection, child health, self-regulation and behaviour and cognitive, psychological, emotional and social development and school-readiness.

The programme is delivered through regular home visits made by trained family visitors, who share with parents, age appropriate, evidence-based information on child development. The Lifestart family visitor focuses on: strengthening parent-child relationships; on good nurturing practices; and on promoting parent-child interactions that will support child development and learning, all of which have been empirically proven to produce better outcomes for children, regardless of family circumstance or context.

Our preferred mode of programme delivery is to make the *Growing Child* available, in any given area, to all first time parents and to parents with more intensive support needs. This 'family support' approach, based on referrals made by health and social care professionals, incorporates targeted service provision, supported by a universal dimension. It enables Lifestart: to reach the parents of vulnerable children without stigmatising those parents; to support inexperienced parents; and to identify children of first-time parents who might be at risk.

The Role of the Lifestart Foundation and the Lifestart National Office

The Lifestart Foundation is the *Growing Child* programme brand/franchise holder and acts to protect the *Growing Child* copyright by licensing programme delivery. It represents the Lifestart corporate image and acts to promote the Lifestart identity at national and international levels, to extend and develop further avenues of service delivery and to generate revenue to support its activities. The Foundation oversees the development and

review of Lifestart curricula and ancillary product and service development and has overall responsibility for strategic development and growth of the Lifestart service in Ireland and elsewhere. With the support of the Lifestart National Office, it trains and supports those who offer Lifestart products and services and acts to quality assure programme delivery to the highest standards.

We report here on the activities of the Foundation and National Office for the year 2012/2013.

Our key operational objectives for the year were:

- To act to consolidate and support existing Lifestart service provision
- To support the continuation of the Lifestart Evaluative Study
- To act to secure the future sustainability of the Foundation and the National Office
- To implement an effective government engagement and promotional strategy aimed at improving parent support services in Ireland and elsewhere

Service Provision

The Lifestart *Growing Child* Programme and home-visitation service is currently being delivered to 2500 families in the Republic of Ireland and in Northern Ireland and to 5,000 families in Macedonia and to 400 families in Mazabuka, Zambia.

In Ireland the Lifestart service is offered through: the Foundation's Outreach projects in Derry and Mid-Ards; its nursery school partnership projects in Belfast; its regional company, Lifestart Services Limited, in Donegal; and through ten other affiliated service providers located in Carlow/Kilkenny, Derry City and County, Drogheda, Dublin, Fermanagh, Leitrim, Limavady, Sligo and Strabane.

The Foundation Council and the Board of Directors of the National Office deeply regret the recent closure of Offaly/Kildare Lifestart due to reduced available funding and thank the staff and all those who worked so hard for many years to maintain the Lifestart service in the region.

At Home In School

Throughout the course of the year the Lifestart At Home in School (AHIS) Programme was offered by the Dunluce Family Centre Derry, Sligo Family Support Ltd and Lifestart Services Ltd .



Following extensive Train the Facilitator Training for the Lifestart Spirals Programme for younger parents, funded by The Katharine Howard Foundation, The Ireland Fund and the HSE Local Lottery Fund, the Programme has been delivered throughout the country by various organisations including the Teen Parent Support Programme and Public Health Nurses in County Donegal, often in partnership with Lifestart personnel.

Let's Talk Success

The Foundation was also funded by the Western Health and Social Care Trust to develop and run a programme specifically designed to address young children's speech and language needs. The Let's Talk Success Programme was offered by the Foundation Outreach Project, the Dunluce Family Centre, Lifestart Strabane District, the Westville Family Resource Centre and Limavady Lifestart. Parent feedback on this new programme has been very positive and it is just one of a number of new short sessional interventions, derived from the *Growing Child* materials, which will be available to parents on the basis of parental learning and family support needs.

Other topics in the sessional intervention programme include: attachment and bonding; child safety; feeding and nutrition; emotional development; health and well-being; physical development; routines; toilet learning; independence; intellectual development; managing behaviour; play; self esteem; and social development.



National Office and Foundation staff this year worked with representatives of the HSE Child Health and Child Safety Awareness Programme (CSAP) to develop an updated version of the Lifestart Child Safety Programme - Keep Safe. A series of nine booklets were developed covering the period from birth to 36 months and Lifestart staff received training in the delivery of the revised programme.

Lifestart Family Support Model

In the continued difficult fiscal environment where service commissioning is increasingly structured by a social need and outcomes focus, it is important that Lifestart continues to evolve service delivery to respond more effectively to the needs of families and to the objectives of statutory service systems, service commissioners and purchasers.

This is exactly what we have endeavoured to do through the flagship Family Support Service developed by Lifestart Services Limited in partnership with HSE West. The integrated model of family support required a number of adaptations to Lifestart practice including:

- Establishing a systematic family referral system operated by health and social care professionals and managed by Lifestart services Limited
- More flexible and needs orientated patterns of service delivery
- A new reporting system reflecting service impact on child protection and child development
- Partnership working and integrated practice
- Additional staff training and support
- New tools to measure parental and child outcomes and to record feedback from partners

All these new systems are now operating effectively and the Foundation and National Office are promoting and supporting their use by all Lifestart service providers.

Lifestart Services Ltd employs 20 staff and is providing the Lifestart programme and home-visitation service to all first-time parents and to parents with high support needs throughout County Donegal. Other Lifestart Service Providers are now using a similar approach and are moving towards the new Family Support Model of greater integration with Statutory Services.

Both Lifestart personnel and our HSE partners have learned a great deal as a result of collaborating in the development of this model of family support. By adapting our practice to respond more closely to statutory needs we have managed to evolve a model that incorporates a highly effective, targeted service supported by early intervention and prevention and we are thus able to reach and support vulnerable families and prevent and address factors which may put children at risk. We have achieved this, while maintaining both the Lifestart ethos of universality and fidelity to the Lifestart logic model.

Lifestart Evaluative Study



The six year evaluative study of Lifestart programme impact has now passed its mid-point and is on schedule for completion by December 2014. A cursory analysis of the sweep two data indicates effect sizes in the region of 0.2 for child social and emotional development and adaptive behaviour and for parent knowledge of child development. The research team will continue to mine the sweep two data over the coming months.

Sweep three data collection has already begun and the process evaluation, which will provide in-depth qualitative information on programme impact, will begin later this year. We all look forward to the completion of the study next year and to the dissemination of study findings.

Quality Assurance

The annual monitoring and audit review visit with each Service Provider in Ireland was successfully completed in 2012/2013 and four management development days, open to all service provider managers in the country, were held in Monaghan. The management development days focused on training managers in the use of the new referral systems, reporting forms, TOPSE evaluative tool, the partner satisfaction survey, staff supervision and other systems associated with the Family Support Model.

In addition managers participated in two workshops on quality assuring service delivery. The workshops related to the findings of a series of service delivery shadow visits conducted in the course of the year, when Liz Fleming, Regional Development Officer and Karen Davidson, Training and Development Officer, shadowed staff delivering the Lifestart programme to families participating in the Lifestart study. This exercise demonstrated the commitment and professionalism of Lifestart family visitor staff but also allowed for an opportunity to review and update our quality assurance processes. This work will continue into next year and will be linked to the social franchise model of service delivery currently under development.

Staff Training

Ensuring that all staff delivering the Lifestart programme are knowledgeable about the content of the *Growing Child* programme and have been adequately trained in programme delivery is essential to the maintenance of a high quality Lifestart service. With more of our Service Providers now also delivering Family Support and other Lifestart programmes and services, staff training this year tended to reflect these developments.

A new handbook for Foundation and National Office employees was prepared and work on the revision of the Lifestart policies and procedures manual was also completed this year.

As well as training conducted on the management development days the following training sessions took place in 2012/2013:

Date	Training	Location	Trainer/s
Feb 14 th 2012	At Home in School (AHIS)	Lifestart Services Ltd County Donegal	Karen Davidson
Feb 17 th 2012	AHIS	Dunluce Family Centre Derry	Karen Davidson
Feb 22 nd 2012	Lifestart Spirals	Erne Family Resource Centre Enniskillen	Michelle McCabe Orla Tuohy
Feb 28 th 2012	AHIS	Sligo Family Support	Karen Davidson
Mar 13 th 2012	Family Support	Lifestart Services Ltd	Orla Tuohy Michelle McCabe
Apr 19 th 2012	Policy & Procedures	Mill Park Donegal	Michelle McCabe Mary Walker Callaghan Liz Fleming Mary Sayers
Apr 25 th 2012	Policy & Procedures	Head Office	Michelle McCabe Mary Walker Callaghan Liz Fleming
May 1 st 2012	Policy & Procedures	Hamlet Court Hotel Enfield, Co.Meath	Michelle McCabe Mary Walker Callaghan Mary Sayers
May 24 th 2012	Family Support	Carlow/Kilkenny Family Support	Orla Tuohy Michelle McCabe
May 31 st 2012	Family Support	Sligo Family Support	Orla Tuohy Michelle McCabe
Jun 14 th 2012	Family Support	Lifestart Belfast	Orla Tuohy Michelle McCabe
Oct 4 th 2012	Creative Arts Pilot	Sligo Family Support	Orla Tuohy Orla Kenny (Kids Own Publishing)
Oct 18 th 2012	Communications	Sligo Family Support	Orla Tuohy Patricia Byrne (Marte Meo Facilitator)
Oct 22 nd 2012	AHIS	Dunluce Family Centre Derry	Karen Davidson
Oct 26 th 2012	Media Training	Vision House Belfast	Workers' Educational Assoc
Nov 15 th 2012	Keep Safe	Monaghan	Orla Tuohy Karen Davidson
Nov 22 nd & 23 rd 2012	Core Induction Training & AHIS	Lifestart Services Ltd	Karen Davidson
23 rd Jan 2013	Let's Talk Success	Dunluce Family Centre	Karen Davidson
23 rd Jan 2013	Let's Talk Success	Lifestart Limavady	Karen Davidson
24 th Jan 2013	Let's Talk Success	Strabane Lifestart	Karen Davidson
25 th Jan 2013	Let's Talk Success	Westville Family Resource Centre	Karen Davidson
13 th Feb 2013	Confidentiality Communication Family Systems	Lifestart Services Ltd	Karen Davidson
27 th Feb 2013	Real Time Information Training (RTIT)	Interactive On-line Training	Sage UK
11 th Mar 2013	Fire Marshall Training	Limavady	Chubb NI

The Foundation's Executive Director attended a week's Leadership Fellowship training in November 2012. The programme of training, provided by the Columbia Business School US and held in Maynooth Co Kildare, was funded by Atlantic Philanthropies.

Karen Davidson, Training and Development Officer, this year completed a CIPD Foundation Certificate in Learning Development Practice; Loreto Douglas, Evaluation and Administration Manager was awarded a first-class honours degree in Community Development and Michelle McCabe, Communications and Resources Manager completed a Master's degree in Human Resource Management. Michelle has now completed the first year in her doctorate in Childhood studies at Queens University.

The Foundation and the National Office also provided training for other organisations delivering the Lifestart Spirals programme for younger parents with funding support from the Katherine Howard Foundation, The Ireland Fund and the HSE Local Lottery Fund.

Date	Training	Location	Trainer/s
26/27 th Jan	Lifestart Spirals Train the Facilitators (TTF)	Sligo	Michelle McCabe Orla Tuohy
29/1 st Feb	Lifestart Spirals TTF	Dublin	Michelle McCabe Orla Tuohy
4/5 th April	Lifestart Spirals TTF	Galway	Michelle McCabe Orla Tuohy
Mid April	Lifestart Spirals TTF	Longford	Michelle McCabe Orla Tuohy
25/26 th September	Lifestart Spirals TTF	Dublin	Michelle McCabe Orla Tuohy
22 nd /23 rd Jan 2013	Lifestart Spirals TTF (PHN's)	Carndonagh	Orla Tuohy Helga Tinneney

To date over 150 family support practitioners have been trained to run the Spirals programme. These include staff from COPE Galway, Foroige, Homestart, JADD and Mobi Childcare, Teen Parent Support Programme, Traveller Primary Health Care projects and PHN's.



Participants from the Shannonside Community Centre at the spirals TTF Session



Participants at the Spirals TTF Session in Jigsaw premises, Galway City

Dr Noelle Spring of the Katharine Howard Foundation wrote an article on the experience of funding the Lifestart Spirals Programme and it was published in Philanthropy Scope, Spring 2012.

Training and Quality Assurance Trip to Zambia

The Executive Director of the Lifestart Foundation and two colleagues, Thérèse O'Rourke, Lifestart National Office Manager and Michelle McCabe, Communications and Resources Manager conducted a training and quality assurance trip to the Luse Family Centre, in Mazabuka, Zambia in November/December 2012. The Luse Family Centre, opened in 2010, was established by the Mercy Sisters, with the support of the Monze Diocese, the Mercy Congregation, Irish Aid, St Mary's Parish, Rathfarnham, the Mercy School, Navan and many other donors and supporters. It represents the culmination of many years of effort by the Sisters of Mercy in Zambia to support families and to improve outcomes for children in the town of Mazabuka.

Mazabuka, with a population of 47,181 households, is a rapidly growing urban centre in the Southern Province of Zambia, situated 124 km south west of the Capital Lusaka, along the Lusaka-Livingston rail-line and on the main Cairo to Cape road route. The town's largest employer is Zambia Sugar PLC, the country's leading sugar producer. The sugar industry and the steady and expanding stream of heavy goods vehicles passing through the town has contributed to increased commercial activity and high levels of in-migration which is placing added pressure on already inadequate infrastructure - roads, housing, social services and associated facilities.

The town's population live mainly in 'compounds' - neighbourhoods where they either build or rent accommodation. In some of these neighbourhoods, housing standards are poor and access to basic amenities limited or wholly inadequate and many people, who have come to Mazabuka seeking work, settle in unplanned settlements without any basic facilities or services. Overcrowding, sub-standard accommodation, inadequate infrastructure and services, poverty and unemployment all increase the risk of poor health and poor development outcomes among the area's children; risks further deepened by the still relatively high prevalence of HIV/AIDS and other serious infections and diseases among the local population. It is in this context that the Sisters of Mercy have been striving to support local parents to give their children the best possible start in life, by making available to them the Lifestart *Growing Child* Programme and Home-Visitation Service and offering poorer families access to pre-school education and other family support services.

The Lifestart service in Mazabuka is delivered by four family visitors: Gertrude, Grace, Merlyn and Rhona; all local women employed by the Luse Family Centre and who until November 2012 were managed and supervised by Mrs Agnes Nyoni who was, in November 2012, appointed as a National Commissioner for Education by the Zambian Government.



Sr Mary Cudden who had overall responsibility for the Family Centre passed those responsibilities on to the new managing agents – Sisters of the Holy Spirit - at a 'Ritual of Transition' held at the Centre on 27th November 2012.

The new management arrangements will be the responsibility of Sr Mariana Bbalo, chairperson of the new management team, and Sr Anna Haakaloba who has taken on the role of Centre Manager. By passing these responsibilities on to a new congregation, the Sisters of Mercy aim to leave an important legacy to their 40 year working commitment to supporting families and children in Zambia.



Irish Visitors with Centre Team

To assist the successful transition the Mercy Congregation funded the trip by Lifestart staff to provide training support to the new management team and professional development support to family visiting staff. Dr McClenaghan said of the visit:



'We were all deeply impressed by the competence, professionalism and commitment of all those involved in the Luse Family Centre. It was also very gratifying and affirming to witness the family visitors delivering the Lifestart Programme in Mazabuka. Their belief in the programme was clearly evident, as was the quality of the relationships between parents and family visitor and the understanding and empathy they showed to parents, many of them raising their children in very difficult and challenging circumstances. We were impressed by the family visitors' deep understanding of the key messages in the Growing Child and their capacity to adapt the Lifestart materials appropriately to local culture and family circumstances

The Zambian trip was followed by a visit by Sr Mariana Bbalo to the Foundation's Head Office in Derry and to the National Office in Sligo

From left to right: Ursula Birthistle Vice Chair, Sr Mariana Bbalo, Patrick Durkan, Chair, Dr. Pauline McClenaghan, Executive Director, Michelle McCabe, Communications and Resources Manager and Mary McGowan, Chair of the National Office and Lifestart Services Ltd



The Foundation is funding a second trip to Mazabuka in July 2013, when Michelle McCabe will lead a team that will include Liz Fleming Regional Development Officer and Orla Tuohy National Training and Promotional Officer, Parenting Support.

Investing in People

The emphasis within Lifestart on investing in and supporting staff training and professional development was this year recognised when the Foundation received the Investors in People award at a ceremony held in Hillsborough Castle in May 2013.



Liz Fleming and Dr. Pauline McClenaghan with the award

Securing organisational sustainability

In 2012 the Foundation secured a place on the Social Franchising Programme, an initiative developed by Ortus and funded by Invest Northern Ireland, to help voluntary sector organisations ensure their future sustainability through a social franchising model of service delivery. The Social Franchise Programme provides a comprehensive support package including:

- 9 support workshops
- 32 hours one to one mentoring with specialist consultants

- Funding advice and capability support

Participation on the social franchising programme is proving to be very useful and fits well with the Foundation's objective to scale-up service delivery in anticipation of positive findings from the completed Lifestart Evaluative Study in 2014/15. Financial planning models and projections for franchising formats have been completed and staff are working on designing the franchise operations manual and on reviewing and re-designing training and practitioner manuals.

The development of the social franchise model is now well advanced and we plan to launch the franchising initiative in October/November 2013.

Promotional Activity and Networking



The Boards of Directors and staff of Lifestart have continued to actively promote the Lifestart programme and brand name. This year we took the radical step of re-designing our logo and modernising the design and layout of the *Growing Child* materials. The opportunity to re-design the *Growing Child* arose as a consequence of the completion of a full review of the programme by child development experts that allowed us to incorporate the latest research and knowledge on promoting positive child development outcomes through good parenting practice. The new materials and brand image were launched at an event, entitled 'Lifestart – New Beginnings' held in the Long Gallery Stormont on 11th December 2012.



The event was hosted by Maeve McLaughlin MLA and included an address by Junior Minister Jennifer McCann MLA and a keynote speech by Dr Crispin Day, Head of Child and Adolescent Mental Health Services Research Unit, Institute of Psychiatry, Kings College, London. In his presentation *'Parents at the heart of effectiveness'* Dr Day highlighted the importance of working in partnership with parents to achieve good outcomes for children.



Dr Crispin Day

Ms Kathleen Burns, principal of St Therese Nursery School, Poleglass also described the tangible effects of the Lifestart *Growing Child* Programme on children entering nursery school and Dr Laura Dunne and Dr Sarah Miller, Queens University Belfast, gave an update on the Lifestart Study. The publishers of the *Growing Child* programme Denis and Nancy Dunn were also in attendance.



From Left: Denis & Nancy Dunn, Patrick Durkan, Ursula Birthistle & Dr. Pauline McClenaghan

Dr Pauline McClenaghan and Michelle McCabe made a poster presentation at the 'Think Parents' Conference hosted by the Netherlands Youth Institute, in the Hague in October 2012. Dr. Pauline McClenaghan and Mary Walker Callaghan (Regional Manager Lifestart Services Ltd) presented a Master class on the Lifestart Family Support Model at the Public Service Income Generation Conference, London in the same month. We also had a Lifestart Exhibition Stand at the conference and the stand was attended by Lifestart personnel. The conference was followed by an article on Lifestart in the Public Service Review, the UK public sector periodical and a webpage description of our mission, programme and service on the public services.co.uk website.

Pauline and Mary also conducted a Master Class on the Lifestart Family Support Model at the International Early Years Conference in Derry and made a presentation on the model to the European Network of Social Services (ESN) Conference in Dublin in June 2013. 350 health and social care professionals from different European states attended



Dr Pauline McClenaghan & Mary Walker Callaghan presenting on 'Supporting Parents to give children the best start in Life' at the 21st ESN Conference

this important event which was sponsored by the Irish Presidency of the European Union and Dublin City Council in partnership with ESN.

The conference theme, 'Transforming Lives! Reshaping Services for a Changing Society' was reflected in the opening address by President Michael D Higgins who stressed the importance for the future of Europe of making adequate levels of social investment in good quality services that support citizens throughout the life course and that give children the best start in life.

Pauline and Mary are also scheduled to present on 'Promoting Good Outcomes for Children through Collaborative Practice' at the International Public Health Nurse Conference in Galway in August 2013.

Orla Tuohy, National Training and Promotional Officer, Parenting Support gave a presentation on the evaluation of the Lifestart Spirals programme at the AGM of the Children's Research Network of Ireland. At St Angela's College, Sligo she gave a number of lectures on Parenting in Family support to second year undergraduate students on the Bachelor of Arts (Environment and Social Studies/Youth and Family Affairs) and a lecture on evaluation, including the Lifestart random control trial, to students on the Master of Arts (Youth and Family Affairs).

Orla was also asked to present at the Start Strong Launch of their submission regarding the new National Early Years Strategy. The Donegal Family Support Model is discussed on page 51 of the full Start Strong document- Shaping the future

Events attended included:

Date	Name	Venue
Jan 16 th 2012	SEN Educational Review – Early Years Pilot	Fortwilliam Ctr Belfast
Jan 19 th 2012	Programme for Government	Waterfoot Hotel, Derry
Jan 23 rd 2012	Evidence into Practice - DCU School of Nursing and Human Sciences and the CES Conference	DCU School of Nursing and Health Sciences, Dublin
Jan 25 th 2012	Social Economy Workshop	Rath Mor Ctre Derry
Feb 16 th 2012	Importance of Developing Emotional Resilience in Early Years	Malone House, Belfast
Feb 21 st 2012	Early Years Infant Mental Health Seminar	City Hotel, Derry
Feb 28 th 2012	Children at the Centre: The Future for Child Welfare and Protection in Ireland – Barnardos Conference	Croke Park Dublin
Mar 21 st 2012	Revitalising the Child Poverty Strategy	London
Mar 29 th 2012	Evaluation in Education Seminar	QUB, Belfast
April 20 th 2012	Alliance Party Conference	La Mon House Hotel Belfast
April 20 th 2012	Early Childhood Care and Education – Leading the Way - Early Childhood Ireland Conference	Bewley's Hotel and RDS Dublin
May 29 th 2012	Supporting Babies and Families	Stormont
Jun 25-28 th 2012	Eurochild General Assembly	Brussels
10 th Jul 2012	The Future of Family Policy	London
Aug 29-31 2012	Implementing Science Summer School	Trinity College, Dublin

Sep 19 th 2012	Archways Conference	Dublin
Oct 8 th 2012	Bearing the Brunt: Women and the Recession – NWCI Seminar	NWCI, Dublin
Sep 26 th 2012	Achieving Positive Outcomes for Children CYP UK	London
Oct 8-10 th 2012	Think Parents – Netherland Youth Institute	The Hague
Oct 10 th 2012	Bluedrum – Happy Parent Roundtable Discussion	Dublin
Oct 24-26 th 2012	Family and Parenting Support Thematic Working Group & Eurochild Annual Conference	Sofia, Bulgaria
Oct 25 th 2012	Public Sector Income Generation Raising Revenue, Investing for the Future	Barbican Conference Centre London
Nov 8 th 2012	Youngballymun Fourth Annual Conference	Axis Centre, Ballymun, Dublin
Nov 16 th 2012	Start Strong Seminar re: National Early Years Strategy	Dublin
Jan 24 th 2013	CRINI AGM	CES Dublin
Nov 8 th 2012	Area based anti-poverty strategy	Axis Centre Dublin
Nov 16 th 2012	Child Poverty & Social Exclusion	Balmoral Hotel Belfast
Nov 22 nd 2012	Children and Young People	Arlington Conference Centre, London
Jan 24 th	Centre for Effective Services AGM	Dublin
Jan 28 th 2013	Improving Outcomes & Realising Economic Benefits	Buswells Hotel Dublin
Jan 30 th 2013	Richard Kohl – Scaling Up	NCB Belfast
Feb 4 & 5 th 2013	COFACE/ICA – Vulnerable Families	Dublin Castle
Feb 18 th 2013	Community & Voluntary Forum	St Mary's Hospital Dublin
Feb 21 st 2013	Promoting Children's Emotional, Social & Psychological Well-being	City Hotel Derry
Feb 22 nd 2013	Integrated Outcomes Based Planning For Children and Young People	QUB
Feb 27 th 2013	Symposium: Embedding a Children's Rights Approach into the new Child and Family Support Agency – CRA/NUIG/PEIN	National Gallery of Ireland, Dublin
Feb 27 th 2013	Children's Rights & the CFSA	National Gallery Dublin
Mar 7 th 2013	Doing it Differently, Early Intervention and its impact on reducing violence	City Hotel Derry
Mar 15 th 2013	Educational Research at QUB: Making an Impact	QUB
Mar 18 th 2013	Children & Young People Now The Outcomes Spring Conference	Birmingham
April 10 th /11 th 2013	Taking Action to Fight Child Poverty and To Promote Child Well-being – Eurochild Round Table and Seminar	Dublin
Mar 20 th 2013	Restorative Justice	Cresham Hotel Dublin
Apr 10 th 2013	Child Poverty & Child Wellbeing	Hotel Hilton Dublin
Apr 25 th 2013	Department of Children & Youth Affairs Poverty Seminar	Dublin
April 25 th 2013	Launch of Start Strong Submission re National Early Years Strategy	Dublin
Apr 25 th 2013	Launch of Start Strong submission re NEYS	Buswells Hotel Dublin
May 7/8 th 2013	Eurochild /UNESCO round table event Family & Parenting Support Thematic Working Group	Brussels
May 15 th 2013	Alliance for Useful Policy Evidence Seminar	Belfast
May 30 th 2013	Young People and Mental Health in Europe	Brussels
Jun 4/5 th 2013	Delivering Social Change	Belfast
June 17-19 th 2013	21 st European Social Services Conference	Burlington Hotel Dublin
June 21 st 2013	Making a Difference for all Children: Building Capacity for Diversity, Equality and Inclusion in Early Childhood – EdeNn/Start Strong Roundtable	Clarion Hotel, Dublin
Jun 23/24 th 2013	UNESCO conference	Galway

Policy and Advocacy

As part of our mission to support families and to promote better outcomes for children, we in Lifestart have continued to strive to influence government policy affecting children and their families. This year we participated in the HSE National Survey of Family Support and

Supporting Parents Services and prepared a submission on the National Children's Strategy (ROI). Orla Tuohy, Lifestart's National Training and Promotional Officer Parenting Support has continued to work with Dr Aisling Gillen, National Specialist Family Support to develop and roll-out the Child and Family Agency parenting support strategy. Orla is also a member of the HSE Voluntary Forum, the all-Ireland Special Interest Parenting Support Group and she sits on the Board of Directors of Start Strong, the ROI advocacy group for the Early Years sector.

Staff are active members of all key advocacy groups working to promote the rights of children and the provision of quality children and family services including:

- Eurochild – Parenting Support Thematic Working Group
- Children in Northern Ireland – Board of Directors
- ParentingNI – Board of Trustees
- Start Strong – Board of Directors
- Border Counties Childhood Network – Board of Directors & Chair
- AP Grantees Network
- PEIN (Prevention and Early Intervention Network)
- Derry Wellwomen – Board of Directors
- Parenting Forum – Chair of Strategic Advisory Committee
- Children's Rights Alliance
- European Anti-poverty Network Ireland
- European Alliance for Families (European Platform for Investing in Children – EPIC)
- National Children's Bureau
- National Children's Resource Centre
- Early Years Strategic Alliance
- Child Poverty Alliance
- Western Trust Family Support Strategy Group
- National Women's Council of Ireland
- Parenting UK
- The Wheel
- Chartered Institute of Personnel Development
- NICVA
- Children's Services Committee – Education and Learning Sub Group/Health and Wellbeing Sub Group
- Inishowen Family Action Network Advisory Group
- Donegal County Childcare Committee – Vice Chairperson and Company Secretary
- MEET Project – Motivate, Educate and Exercise Together Programme dealing with obesity for young people and their families with both preventative and maintenance dimensions
- Springboard Family Support Programme
- Lagan Primary Care Community Forum
- Primary Care County Community Forum
- Sole Purpose Productions
- Creggan Enterprises – Board of Directors

Michelle McCabe, the Lifestart representative on Eurochild is a member of Eurochild's Parenting Support Thematic Working Group – an advocacy and lobbying group that disseminates research and promotes evidence-based best practice on positive parenting

and family support to the European Commission and member countries. She was recently nominated for Co-Chair of the working group. Elections will take place in June 2013.

Meetings were held with representatives of:

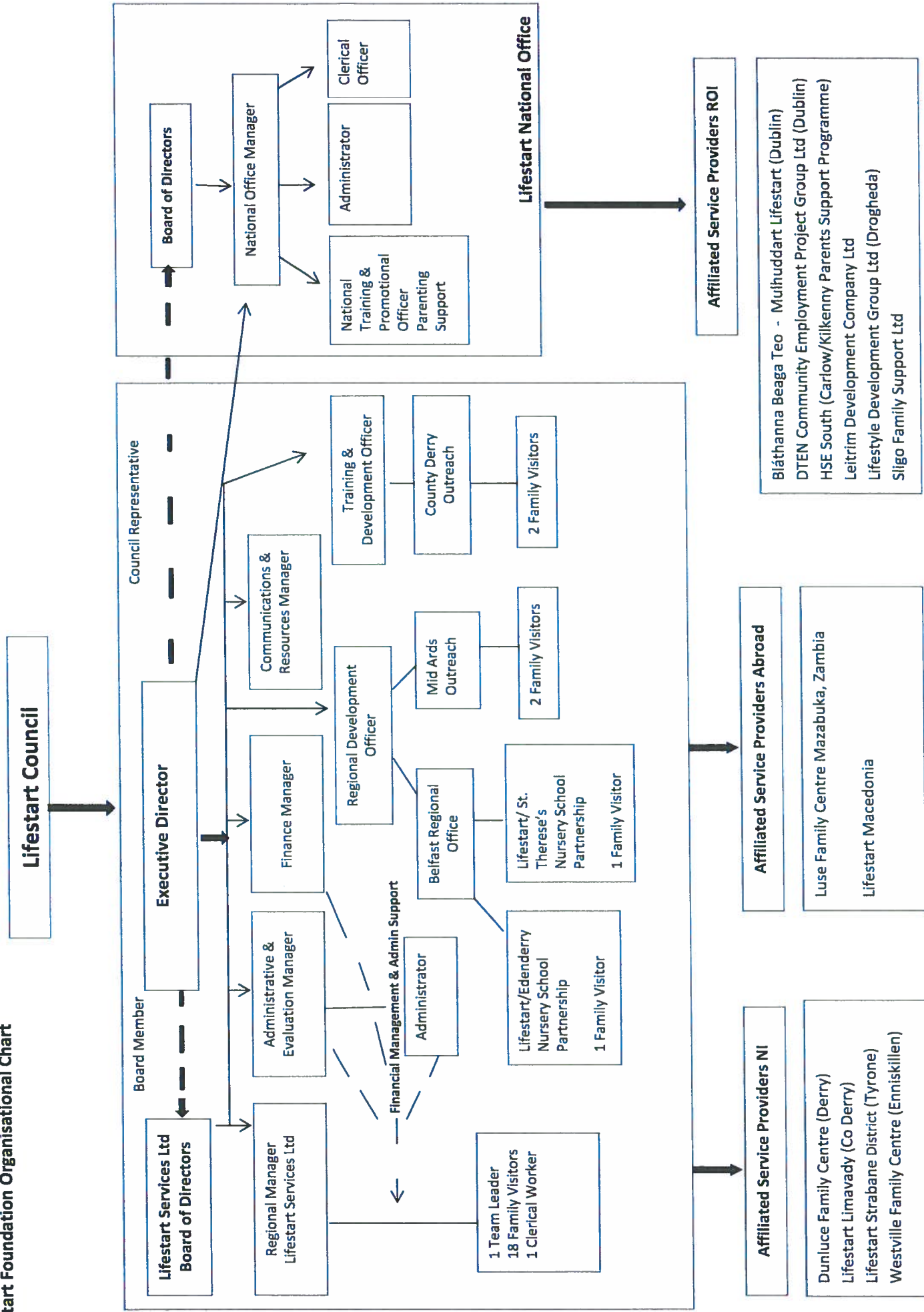
- Secretary of State (NI)
- OFMDFM (NI)
- The Public Health Agency (NI)
- Health and Social Care Board (NI)
- Outer West Neighbourhood Renewal Partnership (NI)
- Women's and Children's Directorate (NI)
- Department of Social Development (NI)
- Western Health and Social Care Trust (NI)
- Derry Healthy Cities - Early Intervention Strategic Partnership (NI)
- Social Investment Fund Steering Groups (NI)
- Colin Early Intervention Community (NI)
- Children and Young People's Strategic Partnership – Locality Planning Groups (NI)
- Children and Family Support Agency (ROI)
- Northside Partnership – Dublin (ROI)
- Health Service Executive – West (ROI)
- Katharine Howard Foundation (ROI)

Thanks

The Lifestart Council and Board of Directors of the Lifestart National Office thanks all parents who are participating in the Lifestart Programme and home visitation service thereby improving outcomes for their children and families. We also thank all those who have contributed to the Lifestart Mission - staff, volunteer management committees and our funders, without whom the programme and service would not be available:- The Atlantic Philanthropies; the Health Service Executive; the Western Health and Social Care Trust; SureStart Ards; Women's Fund Community Foundation for Ireland; Awards for All; Lloyds TSB Foundation NI; Katharine Howard Foundation; The Ireland Fund; HSE Local Lottery; Ulster Bank Staff Charity Fund; Coca Cola HBC NI; NIE Staff & Pensions Charities Fund, The sisters of Mercy; and the TBF Thompson Foundation. We also thank the professional staff and voluntary sector partners with whom we work to improve outcomes for children.

Lifestart Organisational Chart

Lifestart Foundation Organisational Chart



Appendix 2

Contact Details

Lifestart Foundation Ltd

Lifestart Council Members

P. Durkan	Chairperson
U. Birthistle	Vice-chair
M. Wrynn	
M. McMonagle	
M. McGowan	
P. Baird	

Non-voting Members

D. Keaney	Associate Member
S. O' Callaghan	Company Secretary

Lifestart Foundation Staff

Dr P. McClenaghan	Executive Director
L. Douglas	Administrative & Evaluation Manager
E. Doherty	Administrator
S. O'Callaghan	Finance Manager
M. McCabe	Communications & Resources Manager
K. Davidson	Training & Development Officer
L. Fleming	Regional Development Officer (North East)

Outreach Staff

V. Bryan	Family Visitor
P. Buchanan	Family Visitor
B. Donaghy	Family Visitor
D. Dorrian	Family Visitor
G. Marilley	Family Visitor
L. Wilson	Family Visitor

Contact Details

2 Springrowth House
Balliniska Road
Springtown Industrial Estate
Londonderry/Derry
BT48 6PL
Tel: + 44 (0) 2871 365 363
Fax: +44 (0) 2871 365 334
Email: headoffice@lifestartfoundation.org
Web: www.lifestartfoundation.org

Lifestart National Office Ltd

Board of Director Members

Mary McGowan	Chairperson
Mollie Lee	Treasurer
Des Keaney	
Tom Lavin	
Jim Power	
Henry Harding	
Roisin McGlone	

Non Voting Members

Dr. Pauline McClenaghan	
Thérèse O'Rourke	Company Secretary

National Office Staff

Thérèse O'Rourke	National Office Manager
Orla Tuohy	National Training & Promotional Officer, Parenting Support
Teresa McGuinness	Administrator
Mary Sayers	Clerical Officer

Contact Details

Church Street
Sligo
Tel: 00 353 (0) 71 9151114
Email: lifestartno@eircom.net
Web: www.lifestartfoundation.org

**Bláthanna Beaga Teo
Mulhuddart Lifestart**
17/18 Wellview Green
Mulhuddart
Dublin 15
Tel/Fax: (01) 8103761
Email: lifestartmulhuddart@gmail.com
Chair: Helena Regan
Staff:
Co-ordinator: Marian O'Hara
Family Visitors:
Liza Dunne
Ashleigh Moran
Funders:
HSE Dublin North East
Dept of Social Protection
Tús
No of Families: 48

Dunluce Family Centre
13 Dunluce Court
Ballymagroarty
Derry BT48 OPA
Tel: 02871 269833
Fax: 02871 260233
Email: dunluce@btconnect.com
Staff
Project Manager: Margaret McCann
Administrator:
Jennifer Jenkins
Family Visitors:
Aisling Johnson
Carla Nash
Jacqueline Clancy
Sharon Jones
Funders:
WHSCT through SureStart
WHSCT Neighbourhood Health Improvement Project
DSD
BBC Children in Need
No. of Families: 182

**Foundation Outreach
Derry Regional Office**
2 Springrowth House
Ballinska Road
Derry/Londonderry
BT48 OGG
Tel: 02871365363
Email: karen@lifestartfoundation.org
Staff
Training and Development Officer- Karen Davidson
Family Visitors:
Genny Marilley
Priscilla Bunchanan
No of Families: 49
Belfast Regional Office
Unit 8
Argyle Business Centre
39 North Howard Street
Belfast BT13 2AU
Tel:028 90 248416
Email:liz.fleming@googlemail.com
Staff
Regional Development Office (Eastern)-Liz Fleming
Family Visitors:
Denise Dorrian & Bernie Donaghy
No of Families: 90
Mid Ards Office
Conlon building
Main St
Kircubbin
Co. Down BT22 2SR
Tel:028 427 39130
Family Visitors
Lesley Wilson & Vicky Bryan
No of Families:64

**Carlow/Kilkenny Parents Support Programme Delivering
Lifestart**
Health Promotion Unit
Dean Street
Kilkenny
Tel: (056) 7761400
Fax: (056) 7764112
Email: helen.casey1@hse.ie
Area Manager Children & Family Services HSE South:
Marie Kennedy
Staff:
Co-ordinator: Helen Casey
Family Visitors:
Elizabeth Carley
Elizabeth Byrne
Margaret Brophy
Margaret Lacey
Dolores Rochford
Funders: HSE South
No of Families: 152

**DTEN Community Employment Project Ltd
Lifestart Cherry Orchard**
162 Cherry Orchard Avenue
Ballyfermot
Dublin 10
Tel: (01) 6206943
Email: dtencep@eircom.net
Chair: Henry Harding
Staff:
Community Employment Supervisor:
David Fleming
Office Assistants: Kym O'Reilly/Samantha Dunne/Patrycja
Rumas-Stepien
Family Visitors:
Joanne Kennedy
Lisa McKenna
Natalie Whelan
Maria Brien
Trina D'arcy
Andrea Conran
Funders:
Dept of Social Protection
Supported by:
Dublin City Council
No of Families: 68

**Leitrim Development Company Ltd
Leitrim Lifestart**
The Glens Centre
Manorhamilton
Co Leitrim
Tel: (071) 9856660
Email: leitrimlifestart@eircom.net
Chair: Des Keaney
Staff:
Acting Co-ordinator: Catherine Meehan
Family Visitors:
Eileen Philbin
Anna McTernan
Catherine Meehan
Gosha McAleer
Funders:
HSE West
J.I.
Dept of Health & Children - National Lottery
Leitrim Development Company
No of Families: 80

Lifestyle Development Group Ltd**Drogheda Lifestart**

The Lifestyle Centre

Ballsgrrove

Drogheda,

Co Louth

Tel: (041) 9842078**Fax:** (041) 9846011**Email:** lifestart@lifedev.ie**Chair:** Sr Ann Brady**Staff:****Co-ordinator:** Carol Harkin**Family Visitors:**

Michelle Smith

Janine Bohill

Teen Parent Support Project Worker: Ciara Finan**Funders:**

HSE Dublin North East

Drogheda Job Initiative Company Ltd

No of Families: 90**Lifestart Services Limited (LSL)**

Main Street

Newtowncunningham

Co Donegal

Tel: (074) 9156644**Mobile:** (087) 6791898**Email:** marylsl@lifestartfoundation.org**Chair:** Mary McGowan**Staff:****Regional Manager:** Mary Walker Callaghan**Clerical Worker:** Catherine Clarke**Family Visitors:**

Rosemarie Kee

Eileen Ward

Maura McGettigan

Carmel McFadden

Caroline Mullen

Ruth Fisher

Ita Downey

Christine Crossan

Violet Buchanan

Nora Browne

Philomena Doherty

Ann Toner

Kathryn McGinley

Phyl O'Sullivan

Julie Voss

Kathryn Russell

Helga Tinney

Funders:

HSE West

Inishowen Development Company

Donegal Local Development Company

No of Families: 933**Sligo Family Support Ltd****Lifestart Sligo**

The Lifestart Building

Pearse Road

Sligo

Tel (071) 9146034**Email:** lifestartsligo@eircom.net**Chair:** Margaret Gilmore**Staff:****Co-ordinator:** Tricia McLaughlin**Administrator:** Mary Feely**Family Visitors:**

Mary McSharry

Dympna Cronin

Sharon McGarraghy

June Coen

Imelda Clancy

Joy Little

Jacqueline Sailsbury

Funders:

HSE West

No of Families: 356**Lifestart Limavady**

Roe Valley Hospital

24d Benevenagh Drive

Limavady BT49 0AQ

Tel: 028 777 69160/65438**Fax:** 028 777 62303**Email:** lifestart@lidi.co.uk**Chair:** Keith Leighton**Staff:****Co-ordinator:** Clare Thomson**Family Visitors:**

Roberta Montgomery

Ashley Mullan

Funders:

Early Years

No. of Families: 140**Lifestart Strabane District**

Unit 21 Orchard Road Industrial Estate

Orchard Road

Strabane

BT82 9QR

Tel: 02871 885504**Email:** lifestartorg@btconnect.com**Chair:** Josephine McGinn**Staff:****Co-ordinator:** Lynn Patterson**Family Visitors:**

Beverley Lynch

Ruth Huey

Funders:

Western Health & Social Care Trust through

SureStart

No. of Families: 26**Westville Family Resource Centre Ltd**

3 Westville Terrace

Enniskillen BT74 6HT

Tel: 02866 320 290**Fax:** 02866 320 290**Email:** w.f.r.centre@googlemail.comwww.wfrc.org.uk**Chair:** Bob Baird**Staff:****Co-ordinator:** Doreen Mullan**Administrator:** Bernie Sheridan**Family Visitors:**

Martni Woods

Lavina McGovern

Catherine McManus

Patricia McAloon

Deborah Ferguson

Anne Chappel

Nicola McCutcheon

Funders:

WHSCT through SureStart

BBC Children in Need

Local Fundraising

No. of Families: 203

Lifestart Foundation Limited

2 Springrowth House
Balliniska Road
Springtown Industrial Estate
Derry- Londonderry
Northern Ireland
BT48 0GG
Tel: 02871 365363
Email: headoffice@lifestartfoundation.org

Lifestart National Office Limited

Church Street
Sligo
Ireland
Tel: 071 9151114
Email: lifestartno@eircom.net

www.lifestartfoundation.org