

Annual Report



Candle Community Trust

**ALL ARTWORK IN THIS REPORT WAS CREATED
BY THE YOUNG PEOPLE IN CANDLE DURING 2018**



Candle
Community
Trust
Annual Report
2018

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On March 3rd, 2018, Sr. Caoimhín Ní Uallacháin, OP, the founder of Candle Community Trust, died following a short illness. She was in her 93rd year. Many tributes have been paid to Sr. Caoimhín since her passing, some describing her as “compassionate”, “fearless”, “warrior-like”, “inspirational”. She dedicated her whole life to championing the rights of marginalized young people, with an unbreakable belief in the dignity and uniqueness of every human being.

Sr. Caoimhín arrived in Ballyfermot in 1970 and later in 1978, with the help of a number of volunteers, founded Candle Community Trust. The Candle Project was a direct response to the needs of young people, particularly young men, whom she encountered in the community. She believed that access to acquiring a skill or a trade was the gateway out of poverty and marginalization. Towards this end she opened the Candle Centre so as to provide skills training in woodwork and metalwork and to offer a safe and welcoming space, conducive to personal and social growth and development.

Sr. Caoimhín believed in the capacity and the right of each person to reach their potential, and her convictions were deeply rooted in her Christian faith. She inspired those who worked alongside her to tend to the physical, emotional and spiritual needs of the young people, supporting them to carve out meaningful ways of living and to develop healthy integration into community. She became a strong voice to represent the young people in Ballyfermot, often engaging robustly with Governmental departments in her quest for equality and justice for them.

Despite “retiring” from her active involvement at Candle in 2005, she continued in subsequent years to visit the Centre regularly, meeting young people and staff, and supporting the work and endeavours of the Project. After her time in Candle she also went on to open another Project in Ballyfermot, namely the Matt Talbot Community Trust.

The last time Brian Johnston and I visited Sr. Caoimhín, shortly before her death, she reminded us to remain faithful to the vision of Candle.....that is, to look after, and cherish, the young people who are most in need in the community. Each day in Candle we seek to be faithful to her legacy and to carry on the mission and values which she entrusted to us.

With gratitude, we dedicate this year’s Annual Report to her memory.

Ar dheis Dé go raibh a hanam.

Seamus Taaffe

Chairman



Sr. Caoimhín Ní Uallacháin 1926 – 2018



SECTION 1

Candle Community Trust Strategic Plan 2017-2019



5 Pillars of Candle

STRATEGIC GOALS AND OBJECTIVES

EDUCATIONAL

Goal A: Deliver creative and imaginative educational programming thereby improving the young person's learning experience and potential for growth

Objectives:

- To fully embed the new educational structure that commenced in 2016
- To fully implement the QQI Level 4 Major Award Pathways to Employment
- To deliver a broad range of programmes aimed at supporting the active inclusion of at-risk young people
- To improve opportunities for upskilling/reskilling to meet the needs of young people and the labour market
- To focus on ensuring young people are provided with more flexible learning options and to remove barriers to progression between levels of education and training
- To ensure the flexible provision of education and training on the newly developed Targeted Programme
- To offer an appropriate alternative education route that offers equality of access and achievement for all
- To ensure the principles of TRM and Restorative Practice underpin the Education Programme
- To continuously focus on and develop our comprehensive care planning process (assessment/ induction/individual care plans/Reviews/ key working/progression)

DEVELOPMENTAL

GOAL B: Lead out Trauma Recovery Model (TRM) as an innovative methodology for working with complexity in young people

Objectives:

- To identify developmental needs of young people, through use of TRM, across all programmes
- To use the TRM methodology as a key response to address underlying issues relating to offending behaviour and recidivism
- To record/measure and review the use of TRM methodology in developmental programmes
- To promote the use of TRM as a method of best practice in the Youth sector.
- To align developmental programming in accordance with client needs and informed by TRM methodology
- To focus developmental programming particularly on programmes relating to inclusivity, sexuality, identity, consent, social media, mental health cyberbullying and parenting
- To provide relevant training to staff so as to support programme delivery

THERAPEUTIC

GOAL C: Expand the Therapeutic Services across all programme areas within Candle and collaborate with relevant external agencies to promote access to the Therapeutic Space for specific groupings

Objectives:

- To continue the unique and innovative approach and philosophy of the Therapeutic Space
- To continue the pro-active whole centred approach towards addressing the mental health needs of young people
- To further develop parents' engagement in the therapeutic services through the Parent Support Group
- To explore and offer new, appropriate and diverse therapies through the therapeutic space
- To deliver a programme for external referrals that is aligned with the philosophy of the Therapeutic Space
- To build strategic alliances with relevant external agencies to support accessibility to the Therapeutic Space

ORGANISATIONAL

GOAL D: Effectively manage all aspects of the redevelopment process

Objectives:

- To manage the design, planning and completion of the redevelopment in collaboration with relevant professional bodies
- To continue fundraising for the redevelopment and oversee all financial aspects of the project
- To maintain service provision, off-site, during the construction phase
- To manage the re-integration of services and personnel into the new build

GOAL E: Continue ensuring compliance with good governance and management requirements

Objectives:

- To meet all requirements of the Governance Code for the Voluntary and Charitable Sector
- To prepare and publish annual Operational Plans and quarterly reviews
- To regularly review Organisational Structures as required
- To develop Board membership as required
- To ensure robust, relevant and appropriate financial procedures are in place
- To consistently review all policies and procedures and ensure implementation
- To fulfil all requirements of funding agencies
- To build an environmentally responsible organisation

GOAL F: Focused commitment to Staff Training and Role Development

Objectives:

- To sustain ongoing supervision (Reflective Practice) for all frontline staff
- To continue to promote team building and staff cohesion
- To ensure that staff has relevant training for working in a challenging environment
- To devise a digitized database for information
- To develop staff roles in accordance with emerging needs

COMMUNITY RELATIONS

GOAL G: Develop and promote effective family, community and interagency involvement within Candle

Objectives:

- To continue building meaningful professional relationships with families, community groups, schools and key referral agencies
- To further develop relevant services in collaboration with our key strategic partners namely, Probation Services, Youth Justice, CDYSB, CDET, TUSLA, HSE and local agencies
- To develop procedures for the involvement of families throughout young person's placement in Candle
- To further build the profile of organisation through developing a PR Strategy and by hosting Seminars and Conferences on relevant issues

GOAL H: Place the voice of the young person at the core of the organisation and respond pro-actively as an advocate for that voice

Objectives:

- To robustly protect the individual rights of each, challenging all forms of discrimination and marginalisation
- To actively reach out to young people from various ethnic and cultural backgrounds
- To schedule programming for specific marginalised groups of young people within society
- To promote Restorative Practice in all interactions within the organisation
- To formalise structures so that the voice of the young person is heard across the organisation
- To include young people's voice and thinking in the current and future direction of the organisation
-

STRATEGIC PLAN - SUPPORTING LITERATURE

- *Candle's Memorandum and Articles of Association*
- *Candle's key methodological approaches: Centrality of Community; Trauma Recovery Model; Restorative Practice*
- *Candle's Strategic Plan 2017-2019*
- *Candle documents detailing consultations with all key stakeholders, Board of Management, Staff and Young People*
- *"Brighter Outcomes Better Futures" – National Youth Strategy 2015-2020*
- *"Growing Up in Ireland" – National Longitudinal Study of Children – ERSI*
- *"Connecting for Life – Ireland's National Strategy to Reduce Suicide 2015-2020 –National Office for Suicide Prevention*
- *My World Survey, 2012, Headstrong*



SECTION 2

ORGANISATIONAL PLANNING



Organisational Planning

GOVERNING DOCUMENT

Candle Community Trust is a company limited by guarantee not having share capital. At year end Candle Community Trust had 7 company members. Details of the members of the company are maintained in the Members Register at the Candle premises. Candle Community Trust currently has 7 Company trustees. Details of the trustees of the company are maintained in the Trustees Register at the Candle premises and any appointments / resignations are notified to the Companies Registration Office (CRO) in a timely manner in line with current Company Law.

The Company was set up under a Memorandum of Association which established the objects and powers of the charitable company and is governed and managed by a constitution. The main purpose of the Memorandum of Association is to set out the name and objectives of the company (i.e. the reason for which the company has been established). The Articles of Association are essentially the rules setting out how the company will be governed. These documents are very important as they set out the company's rules and procedures and outline what rights members will have in terms of having a say in how the company is run.

The objectives for which Candle Community Trust is established as per the Memorandum of Association are as follows:

Main Objects

- i. To establish day attendance centres where the young people in accordance with the objective of the Trust can meet for the purposes of discussions and receive counselling advice, assistance and friendship.
- ii. To promote, encourage, and participate in the training of suitable persons in the skills of leadership to work with young people in accordance with the objective of the Trust.

GOVERNANCE IN CANDLE

Good governance is a central focus of the Candle Board of Trustees. Principles of good governance such as leadership, exercising control, being transparent and accountable, working effectively, and behaving with integrity provide the benchmark for the running of the organisation. The Board held regular meetings throughout 2018 and carefully considered important new legislation regarding Child Safeguarding and GDPR. The Annual Operational Plan 2018 was approved by the Board and appropriate policies and procedures were put in place to ensure that the organisation runs effectively and according to best practice.

Governance practice is constantly under review at Candle Community Trust. In 2017, Candle Community Trust updated its governance standards and adopted a Governance Handbook for Board members. This handbook sets out the organisation's governance policy, procedures and practices to ensure that the organisation uses transparent decision making to direct its resources and exercise power in an effective and accountable way.

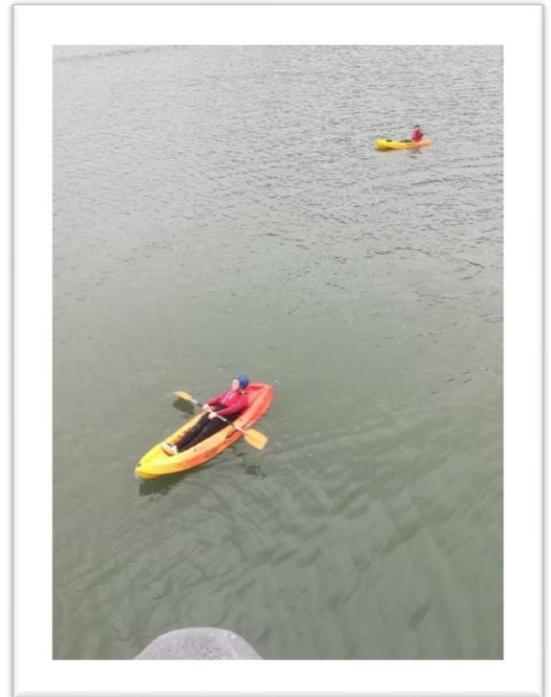
In 2015, Candle Community Trust registered with the Charities Regulatory Authority and in 2018 submitted its Annual Report in compliance with its legal obligations under the Charities Act 2009. The Charity Regulator number is 20022501.

In 2018, a number of Candle staff including the Director, Associate Director, Financial Administrator, Governance/HR Officer and Board members attended a number of half day training sessions on Good Governance in the Charity Sector and in relation to GDPR.

IMPORTANT DEVELOPMENTS IN 2018

REDEVELOPMENT OF THE CANDLE CAMPUS

The redevelopment of the Candle campus has been a particular focus throughout 2018. The idea for a redevelopment of the Campus emerged in 2014 following a detailed review of our services and the current and future needs of our client group. The increasing demand for our services, along with the changing service provision, implied that the existing premises needed to be updated and modified, and more additional space was required for the delivery of our newly established Therapeutic Space. The planning for the redevelopment of the Campus commenced in 2015/16 in the form of fundraising and initial design planning and building works commenced in November 2017. During the build we had to relocate services to a new location, i.e. the De La Salle Primary School in Ballyfermot and we are indebted to the De La Salle Brothers for their kindness in providing us with this facility. In our relocated premises we shaped our services so that, on return to the new campus, we are ready to fully utilize the new facility and continue offering quality, best practice services to young people. We are delighted to report that the new redeveloped centre opened in January 2019.



EDUCATIONAL PROVISION – QQI LEVEL 5

Educational achievement is recognized in Candle as being central to personal, social and emotional development. We continue to deliver QQI at level 2, 3 and 4. However in 2018 we made application to the ETB to grant Candle the accreditation to deliver a QQI Level 5 Major Award in Community Development (5M3050). This comes as a result of the growing needs of an older cohort of young people presenting to us having completed second level education. These young people want to be active citizens and role models in their communities and society but need the comprehensive knowledge of community development practices. We believe that through the delivery of such an award we will be able to educate the young people of

Ballyfermot and surrounding areas on the promotion of human rights, democracy, equality and social justice in order to tackle poverty and disadvantage in their communities. In December Candle was accredited by the ETB to deliver this Level 5 Major Award.

DETACHED YOUTH WORK (INNOVATIVE & FLEXIBLE APPROACH TO ENGAGE YOUTH JUSTICE CLIENTS)

This programme was piloted in early 2018 following an obvious and gaping need for the most marginalised young adults in the local area to engage in more positive and pro-social activities. The Candle Youth Service made contact with a number of marginalised young men on the streets of the locality, through on-going service provision and outreach endeavours. This marginalisation took the forms of the following: Criminalised behaviour (both violent and drug related); Unemployment; Drug Misuse/Addiction; Mental Health Issues; Homelessness; Domestic Upheaval; Low education attainment.

The target group expressed the desire to be transported away from the difficulties and pressures of life on the streets. Through ongoing consultation, triggers to anti-social behaviour were identified by the group, and a desire to be transported or given reprieve from the pressures and expectations of their lives on the street was universally expressed. What followed during the months of 2018 was a process of meaningful engagement with this client group to meet their voiced need, as well as promote positive change and personal development with the targeted young adults. This has taken the form of flexible detached youth work, as well as onsite structured work in 2018. The programme is currently facilitating a physical health programme consisting of local offsite exercise programme and onsite healthy eating & pro-social recreational programming. Plans are already in place to expand this to incorporate therapeutic interventions with a number of the target group expressing a willingness to engage in both reflexology and acupuncture sessions.

THERAPEUTIC SPACE

The Therapeutic Space is a vital element of Candle's integrated services to young people especially when interventions are required. During 2018 the programme expanded to make therapies available to greater numbers across all services; our acupuncturist and reflexologist have both been employed for one day each week to support this. Yoga commenced in October this year, the teacher having a specific background in trauma awareness approach to the practice.

We continue to extend therapies to the families of service users, offering counselling when requested. The parent support programme also ran through the summer months for the first time since its inception. During 2019, depending on funding and resources, we



intend to expand the therapeutic services to young people in the neighbouring schools and youth agencies, promoting our vision and philosophy of a ‘wraparound’ service, access to therapies and creating support in the wider community.

CANDLE HOME LIAISON PERSON

The involvement and support of parents and the family is crucial during the young persons’ engagement with our services. It is our experience that better outcomes are realised when parents and families are involved in their child’s placement.

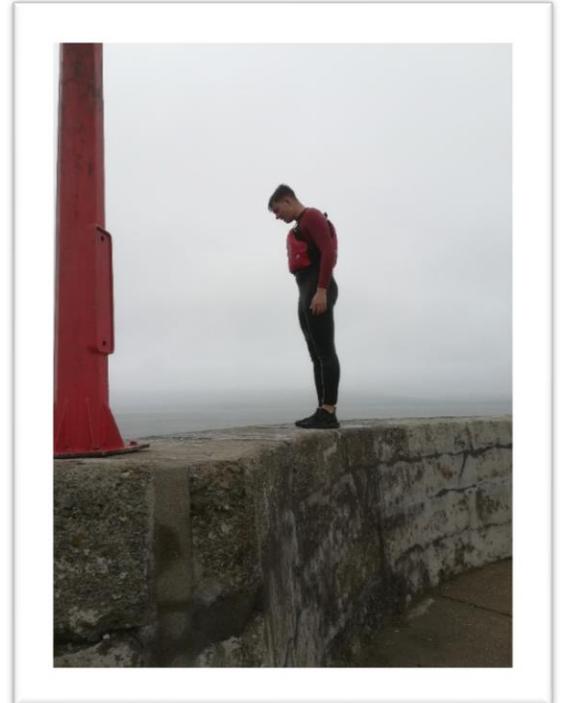
This work was already happening with existing Candle staff with good results. However, to sustain this important innovation there was a need for a specific role to better support the families and ultimately the young people we are working with. Hence the development of the Candle Home Liaison Programme.

The “Candle Home Liaison programme” aims to enhance the young people’s well-being and participation in Candle Programmes through providing additional support to their families. By building a positive relationship with the parents from the beginning and a frequent contact through family meetings, house visits and phone calls Candle establishes a positive foundation for a successful cooperation to support the young person’s development.

The function of the Home Liaison Person’s role is to work on the ground, increase parent’s involvement and help to facilitate a supportive home environment. The implementation of frequent family contacts offers the opportunity of parenting support with the purpose to strengthen parenting skills and communication but also to identify needs. Topics like social media, drug/ alcohol, mental health or diet are going to be addressed via talks offered to the parents. In addition, therapies, which are provided through the Therapeutic Space, will now also be offered to parents.

Ultimately creating a positive relationship with the parents and increasing parental involvement supports a positive basis to reduce, prevent and address young people’s crisis, issues or dropouts. The goal is to build a positive relationship with the parents before the crisis happens.

Already the impact of this new outreach to parents/families is showing significant positive outcomes. However, we believe that this service must continue in 2019 and we are now exploring avenues to gain support so as to continue this programme.



STRATEGIC PLAN 2017-19

Candle Community Trust's objectives and activities are guided by the Strategic Plan 2017-19. The Strategic Plan is then reflected in the annual Operational Plan which details the inputs, outputs and outcomes for each programme during the year. Business Plans are also prepared annually for each funding Agency with previous year achievements and performance being an integral part of these plans.

In 2018 the Candle organization continued to implement and roll out this Strategic Plan. The Strategic Plan 2017 – 2019 was originally completed in early 2017 and adopted by the Board of Trustees. This Plan is the guiding principle for the organization over these years and represents a very ambitious and focused agenda. We believe that this Plan is innovative and creative, and articulates the key advancements required in the Candle organization in order to meet the needs of current and future participants.

The Strategic Plan has emerged from a detailed process of reflection and consultation. Over a period of 5 months in late 2016 /early 2017 key stakeholders were involved in a series of workshops aimed at reviewing our previous 3-year plan and identifying the vision, focus and direction for the years ahead. These stakeholders included the young people who access the services, representatives of our funding agencies, the staff and management team, and the Board of Management. The final product has grown organically over the period and represents the combined wisdom and endeavour of these relevant and important parties.

The Plan is informed and guided by a number of governmental policy documents and other important publications, including "Better Outcomes, Brighter Futures", "Connecting for Life – Ireland's National Strategy 2015-2020"; "Growing up in Ireland – National Longitudinal Study of Children – ERSI". And, of course, the ethos, aims and objectives of Candle, with its developments to date, are central to, and underpin, each strategic goal and objective. The strategic goals for 2017-19 have emerged from a reflection on the vision for the Candle organization under the 5 pillars of education, developmental, therapeutic, community relations and organizational.



VOICE OF THE YOUNG PERSON

"I like Candle the way it is." Aaron, Age 12

"I enjoy Candle and I love the staff. They are always a great help." Michaela, Age 23

"I really like Candle because we get to go on trips for free and I really appreciate that." Alanna, Age 12



VOICE OF THE YOUNG PERSON

"I come to Candle because it's a chance to meet new people and learn new things. I also come here because it is something to look forward to."

Holly, Age 16

"I came here for the trips and other things. I like coming here for art as well and I like how people talk to me." Alannah, Age 12

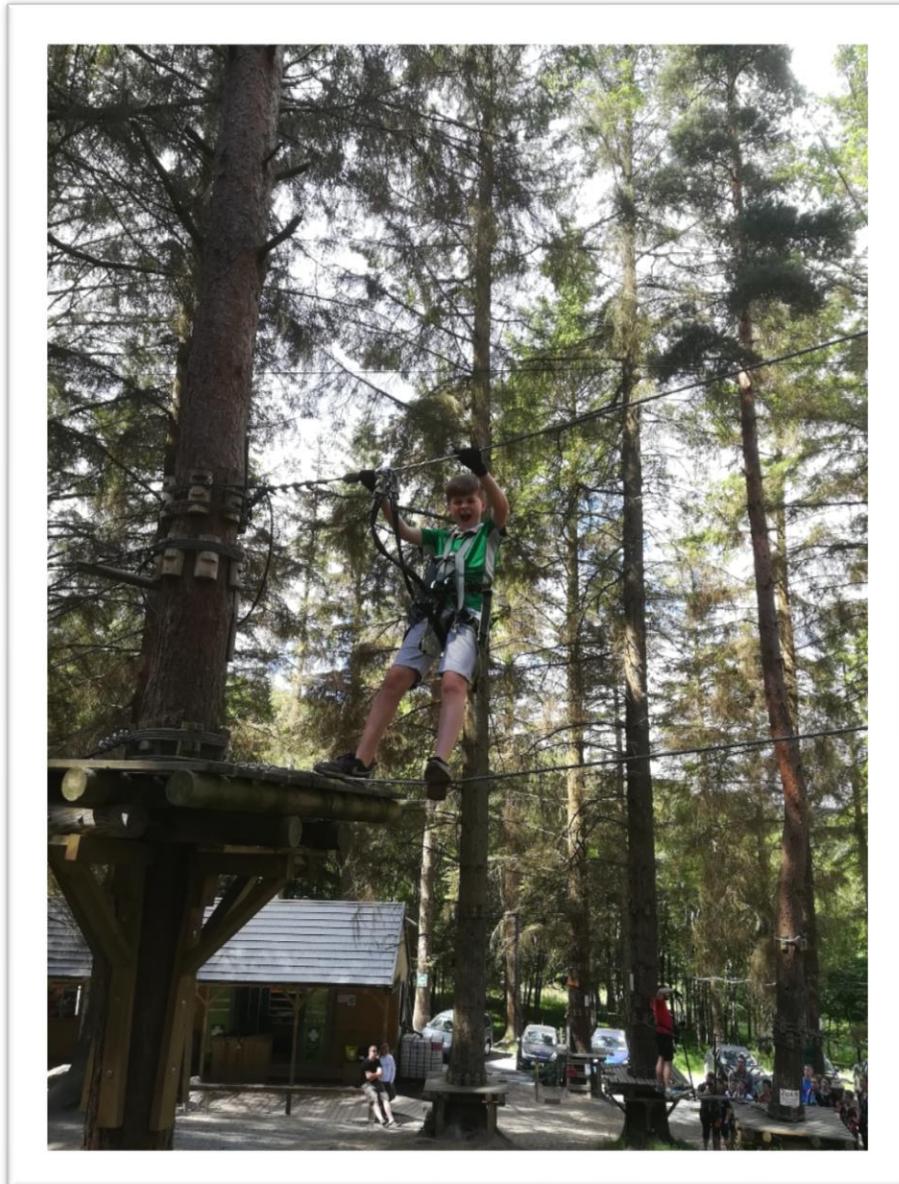


VOICE OF THE YOUNG PERSON

"The leaders are very helpful and thoughtful."

Craig, Age 16

"I ❤️ Candle." Carley, Age 12



VOICE OF THE YOUNG PERSON

"I've been coming to Candle since 5th Class, and over the years, been part of all the groups. I'm now part of the training programme and Young Adult Shed. Candle has always been a big part of my life for all that it does for me over the years. The staff go above and beyond and make a huge impact in your life after you leave." Adrienne, Age 21

"It's good because they do really fun activities with you."

Leah, Age 11



SECTION 3

DEVELOPMENTAL PROCESSES



Developmental

INTRODUCTION

Candle has always worked with the most 'at risk' and marginalised in our community. Often the educational and personal development of the young people we work with has been hindered by trauma and neglect. We believe that through building strong relationships and working through underlying trauma a young person can progress to meet both their educational and developmental needs, move away from offending behaviour and enhance their positive mental health.

The Trauma Recovery Model (TRM) and Restorative Practice (RP) underpin our ethos and practice and research in Adverse Childhood Experiences (ACES) validates the work we are doing in Candle.

As well as gaining insight and an understanding of the TRM we have integrated the model fully into all aspects of the service.

We developed an assessment that, through observation of the young person from first contact with the organisation and throughout their placement, informs how we work with the individual and best meet their needs. The assessment is ongoing for a number of weeks; an initial focused assessment takes place over a 2-week period. Contact is made with relevant stakeholders. Relevant documents and information relating to the young person are attained. An educational assessment then takes place evaluating educational history, needs and ability. The whole process is inclusive and aims to identify the educational, personal, social and developmental needs of the young person before commencement, and then to create a response/programme in accord with those needs.

Over the following 6-week period all staff, working with the young person, contribute to the report for the statement of needs under the headings of Induction, Key working, Education and Well-being. A TRM Report is then compiled identifying the underlying needs of the young person and the interventions required. A programme best suited to the young person is identified and the educational level to which they will work best. This report is fed back to the care team at weekly meetings and staff take on the responsibility to fully integrate the findings into practice and programmes. The Therapeutic Space plays a vital role in this response, especially in addressing their underlying trauma and developmental needs.

Regular keyworker reviews and presentations assures that the focus is placed on the young people's needs and progression.



INDUCTION When a young person takes up a placement at Candle, they commence the induction programme which takes place both formally and informally. The formal aspect involves a number of meetings which include providing information about Candle, its key policies, the daily routine, what a young person can expect to receive and Candle's expectations from the person. An agreement is signed based on these key issues. Eliciting and discussing personal and educational goals is also part of these meetings.

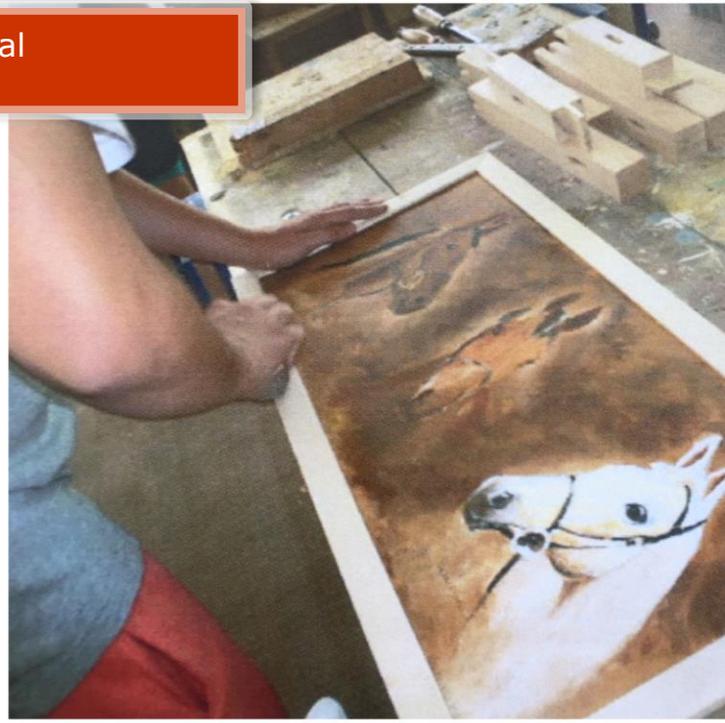
Developmental

The informal induction process happens through gently introducing the young person to other participants and ensuring that they feel welcome. Much attention is given to building healthy relationships within the centre where all participants can feel safe and free enough to be themselves. During the induction programme, each participant is assigned an individual keyworker.

KEY WORKING

The key working process is an integral part of the service we provide to our young people. It is through this process that we engage with and build professional trusting relationships with the young people, effectively identify the complexities that exist within each young person and work with them using holistic approaches. The role of the keyworker is very important as they are often the main person who initially identifies the complexities of the individual young people. The keyworker is also equipped with the knowledge to provide appropriate interventions to support the individual. The key worker provides emotional and practical support as required and enables and empowers them to make informed pro social decisions. During the key working sessions an individual care plan is compiled with the young person and is tailor made to meet their needs.

The keyworker works closely with the Candle Home Liaison Officer (CHLP), especially when dealing with a target family. The keyworker and the CHLP are also instrumental in supporting young people to access the Therapeutic Space. The keyworker also links in regularly with the parents/guardians of the young people along with relevant agencies that may be involved in the young person's life. It is through the key working process and regular contact with the appropriate people/agencies that creative responses are formed to meet individual needs, particularly when addressing complexity.



Developmental



CAREPLANNING

The care planning process includes the involvement of the participant, Candle staff, the referring agencies, the participant's family and any other relevant person/agency. An educational plan is drawn up based on the person's educational history and aptitude. For the developmental aspect of an individual's care plan we use a tool called the "Outcome Star". Candle has adapted the Outcome Star as a tool for assessing where a young person sees himself/herself in relation to different aspects of his/her life.

An action plan is devised and regularly reviewed with all the relevant people and agencies to monitor changes. Revised plans are made on 3-6 monthly bases to foster ongoing personal growth and development. A set of performance indicators have been agreed by which progression or regression can be clearly

identified and measured. Motivational interviewing is at the heart of the process used with participants.

Weekly care planning meetings are held to focus on the immediate needs of the young people engaging in our services and any interventions required or in need of review.

Key worker presentations also occur with management and staff involved with the participants' education and key working. The young person's progression in both the educational and developmental aspects of their programme is reviewed as well as any presenting therapeutic needs or interventions. The Trauma Recovery Model guiding principles are ever present with these meetings.

RESTORATIVE PRACTICE APPROACHES

In Candle, we seek to empower the young person to have a voice, to listen and be listened to. Fostering relationships which are nurturing, affirming and respectfully challenging are central to our philosophy. In this context the principals and approaches of Restorative Practice fit well into the culture of the organisation. Gathering regularly in circles to share and discuss, especially when there is conflict, has helped us all to be a more listening and reflective community. Choosing to be more restorative in our language and attitudes has modelled a healthy way of being and interacting for those who attend Candle leading to more positive outcomes.

Developmental

DEVELOPMENTAL PROGRAMMES

Our developmental programmes are continuously revised with a determined approach to meeting the personal and social needs of our client group. Through the introduction of weekly, more focused developmental and therapeutic approaches we have witnessed many positive outcomes.

These include:

- Decrease in the levels of offending behaviour
- Improved self-care and living skills
- Evidence of improved physical and mental well being
- Normalisation and willingness among young people to seek support and help
- Decrease in levels of anger or aggressive outbursts in the Centre and at home
- Signs of greater motivation and taking responsibility
- Diminishment of the sense of 'inner and outer chaos' among young people
- Building of healthy social networks/relationships
- Reduced levels of stress and anxiety and more care for individual mental health

The following modules/programmes were offered:

- Crime Awareness: looking at crime and our response
- Social Media: online safety
- Sexual Health / Relationships and Consent: exploring important issues
- Positive Mental Health: promoting self-care and well-being
- Physical and Social Recreation: relaxation and keeping healthy
- Outings and Day Trips: to build relationships and have fun

These programmes are an important and integral part of all our services and have proved to greatly enhance the personal growth and wellbeing of the young people. Developmental programmes are now also being delivered to young people through our



Developmental

interagency collaborative work. A number of sessions delivering a stress management programme were run in Candle for a group of students from a local secondary school, Caritas College in Ballyfermot. The participants of that programme also engaged in mindfulness sessions as part of the Therapeutic Space 'wrap around' model of practice.

PROGRESSION

The progression programme at Candle was extended to enable and encourage the positive transition of young people from the educational programme to further educational or employment opportunities. In response to the needs of young people we now provide an individual progression plan. Each young person has their progression needs assessed and a structured plan is implemented. We help to source opportunities for future education, training and employment. We impart basic job seeking skills and provide guidance with applications and deadlines. The aim is to create a culture amongst staff and young people that is pro-active and creative in relation to progression opportunity and to encourage hope for the future amongst participants.

TRACKING

When a person leaves the Candle Programme, we ensure that they know they can return for regular support and help, particularly during the initial six months. The young people can continue to avail of our services according to their needs. We strive to stay in touch and track their progression and development after Candle and also to place importance on the provision of a supportive base to support the transition. The Jobs Hub was also developed to support existing trainees and past trainees in job seeking or further education options.



Trauma Recovery Model

‘Trauma Recovery Model - a Framework for Working with Vulnerable Families and Young People - a methodology for early intervention and preventative work in Candle Community Trust’.

The client group in Candle have presented with ever increasing complex needs due to the level of trauma experienced by some young people and families in disadvantaged areas. Research indicates that those who suffer trauma are greatly impaired in their educational, developmental and social progression (CDC-Kaiser Permanente ACE Study, America, 1995-1997). It therefore became critical that this underlying trauma was attended to if the aims of the Candle programming were to be successful for participants.

Candle has adopted a key methodology that underpins all our practice and most importantly address the issue of trauma recovery. This model is called the Trauma Recovery Model (TRM). The TRM presents a series of layers of intervention that are sequenced according to developmental and mental health need. It indicates that the focus should be on relational therapy to mediate the impact of trauma before cognitive interventions can be fully effective. The model highlights the underlying developmental need and the type of intervention best suited to address the need. All interventions in the service become trauma informed interventions.

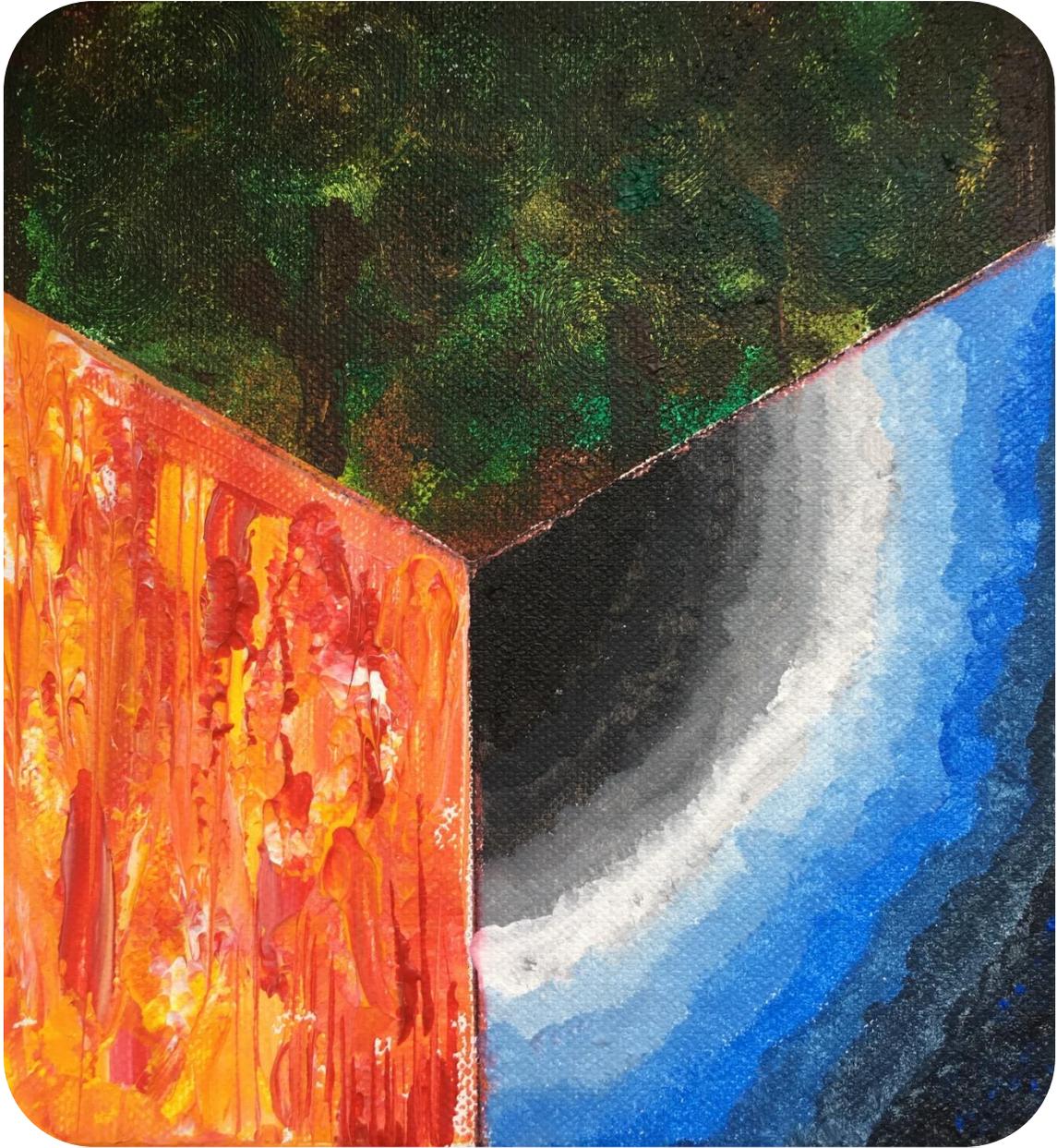
Many of the families and young people engaging with Candle services present with huge complexity including poverty, substance misuse, criminality, mental health concerns, behavioural issues among others. Most of the referrals are through interagency work and while we do receive some self-referrals, we work closely with Irish Youth Justice Service, JLO's, TUSLA (Social Work, Educational Welfare Officers), School Completion Programme, Schools, other community agencies.

Through this collaborate interagency working approach and with our in-depth assessment and induction programme using the TRM model, Candle provides appropriate interventions and effective care plans.

The Adverse Childhood Experience Study, carried out in US in the 1990s found that children exposed to serious neglect, abuse or trauma were at significantly greater risk of a litany of poor health and social outcomes, including physical illness and mental health impairment. This study, and other international research shows the impact of toxic stress on the developing brain resulting in a stifling of developmental processes. Through Candle's deliberate and intentional focus on supporting recovery following trauma, clients are enabled to build the required resilience for reaching their full potential. In Candle we aim to build the resilience of children and families by fostering a restorative, healing connection within a supportive and loving community.

Our approach is designed to mirror the holistic care that, in an ideal world, everyone would receive in childhood. When young people and families come to the centre, we provide them with nutritious food which they share in a warm social environment. They have access to accredited educational modules, individual and group developmental processes and one to one psychotherapy. They can engage in reflexology, mindfulness, counselling, yoga and acupuncture and attend workshops on the importance of physical health and nutrition. Meaningful progression including employment is a key focus. Over time people develop the resilience they need to withstand life's challenges.

Candle put huge emphasis on our assessment processes of children and young people. These assessments are underpinned by the Trauma Recovery Model and prevail throughout all the Candle services. The explorative nature of these assessments gives careful and necessary time to consider where exactly the individual young person is at, in terms of their personal, educational and social needs and look to identify the appropriate and relevant interventions to fully support the child and young person bring about positive change in their lives. The assessments take place within the first 6 weeks of any young person joining the Full-Time or Connect Programmes; and as the need arises and following close observation of children and young people in the Youth Service. Individual Intervention plans, which can regularly involve therapeutic actions are then consistently acted upon to ensure that preventative measures are in place to maximize support to service users.



SECTION 4

SERVICES



Training Programme 2018

Full time Training Programme

Referred through Probation Service, JLO, Tusla, self-referrals, other agencies

Aged 15-21 Male and Female

Attend 5 days each week

Educational- QQI Level 3 & 4
Classroom based modules
and practical modules
Literacy support

Developmental - Crime Awareness, Social
media, Sexual Health, Positive Mental
Health

Social - Activities, field trips,
summer/winter trips

one to one keyworking and access to
therapies within centre

Targeted Programme

Referred through Probation Service, JLO, Tusla, self-referrals, other agencies

Aged 15-21 Male and Female

Attend tailor made programme to meet
individual needs
- attend 5 days each week

Educational- QQI Level 3 & 4
Classroom based modules
and practical modules
Literacy support

Developmental - Crime Awareness, Social
Media, Sexual Health, Positive Mental
Health

Social - Activities, field trips,
summer/winter trips

one to one keyworking and access to
therapies within centre

Connect Programme 2018

Connect Programme	Specialised one to one	Community Service	Community Return	Day Centre Order	Outreach
Referred through Probation Service, other agencies	Referred through the Probation Service, TUSLA, other agencies	Referred through Probation Service	Referred through Probation Service	Referred through Probation Service	Referred through the Probation Service, TUSLA, other agencies
Aged 15-21 Male and Female	Aged 15-21 Male and Female	Aged 16-21 Male and Female	Aged 16-21 Male and Female	Aged 16-21 Male and Female	Aged 15-21 Male and Female
Attend 5 days each week	Attend specialised tailor made programmes	Attend sessions as required	Attend 5 sessions per week	Attend sessions as required	Attend sessions as required
Educational QQI Level 3 Literacy support	Educational QQI Level 3 Literacy support	3 key elements- restortion, reparation, developmental	3 key elements- restortion, reparation, developmental	3 key elements- restortion, reparation, developmental	Educational support offsite
Developmental - Crime Awareness, Drug & Alcohol Awareness, Sexual Health, Positive Mental Health	Developmental - Crime Awareness, Drug & Alcohol Awareness, Sexual Health, Positive Mental Health	Crime awareness programme	Crime awareness programme	Crime awareness programme	Social and Developmental Programme offsite
Social - Activities, field trips, summer/winter trips	one to one keyworking and access to therapies within centre	Repair & Maintenance work, volunteer centres, cooking, project, art and design, educational support	Educational support / Career Preparation	Educational support / Career Preparation	
one to one keyworking and access to therapies within centre			Repair & Maintenance work, volunteer centres, cooking, project, art and design, educational support	Repair & Maintenance work, volunteer centres, cooking, project, art and design, educational support	

Youth Service 2018

After School Clubs		Drop-In Clubs		Clubs - Targeted Groups				
After School Boys Group	After School Girls Group	Evening Drop-In	Youth Cafe	Young Adult Shed	Traveller group	Ten for Ten-Direct Provision	Identity & Diversity Group	Caritas College Group
Referred through schools, schools completion officer	Referred through schools, schools completion officer	Referred through self referrals, family, probation service	Referred through self referrals, family	Referred through self referrals, family, probation service	Referred through schools	Outreach to Direct provision Group	Referred through Youth cafe	Referred through school
Aged 11-13 males only	Aged 11-13 females only	Aged 16-18 male and female	Aged 14-15 male and female	Aged 18-25 male and female	Aged 11-13 male and female	Aged 13-17 male and female	Aged 14-16 male and female	Aged 14-16 female
1 session per week - rotates over a number of months between schools	1 session per week - rotates over a number of months between schools	2 sessions per week	1 session per week	1 session per week	1 Session per week	1 Session per week	1 Session per week	1 Session per week
Challenge anti social behaviour / bullying	Increase self esteem and self awareness	Divert from anti social behaviour and activities	Divert from anti social behaviour and activities	Divert from anti social behaviour and activities	Creative and recreational activities	Creative and recreational activities	Creative and recreational activities	Creative and recreational activities
Creative and recreational activities, homework support	Creative and recreational activities, homework support	Forming and building positive peer relationships	Forming and building positive peer relationships	Forming and building positive peer relationships	Developmental Programmes	Developmental Programmes	Discussion & Developmental Programmes	Developmental Programmes
Encourage pro-social activities	Challenge negative behaviour	Developmental programmes incl social media awareness, crime awareness, sexual health, drug and alcohol awareness	Group developmental programmes health&fitness, cooking, acceptable behaviour	Developmental personal /professional needs support	Activity Trips and Outings	Activity Trips and Outings	Access to therapies within Centre	Access to therapies within Centre
Field trips / summer winter trips / positive attitude to sport	Field trips / summer winter trips / positive attitude to sport	Junior cert / Leaving Cert support	Educational Support	Access to therapies within centre	Access to therapies within Centre	Access to therapies within Centre		
Access to therapies within centre	Access to therapies within centre	Access to therapies within centre	Access to therapies within centre					

Therapeutic Space 2018

Counselling	Accupuncture	Reflexology	Nutrition	Mindfulness	Yoga
Referred through Candle staff in collaboration with agencies/persons involved with an individual's care plan	Referred through Candle staff in collaboration with agencies/persons involved with an individual's care plan	Referred through Candle staff in collaboration with agencies/persons involved with an individual's care plan	Referred through Candle staff in collaboration with agencies/persons involved with an individual's care plan	Introduced to all young people during their placement	Introduced to all young people during their placement
Available to all participants in the centre	Regular sessions as required	Weekly sessions			
Weekly/fortnightly as required	Weekly sessions as required	Weekly sessions as required	Group talks and individual consults	Off site mindfulness practice for those interested	Create a calmer space within oneself
Support with substance misuse / bereavement / addiction	Create a calmer space within oneself	Create a calmer space within oneself	Initial consult and follow up consult as required	Create a calmer space within oneself	Improved physical health
	Relaxation	Relaxation	Positive relationship with food and diet	Relaxation	Relaxation
	Help with addiction / anxiety		Improved nutrition and healthy lifestyle	Incorporation into everyday life and activities	

ACTIVITY REPORT- TRAINING PROGRAMME

JAN - DEC 2018

LEARNER PROFILE – Workshop Training Programme

Numbers aged 16/17 (at commencement)	13
Numbers aged 18-20 (at commencement)	23

LEARNER OUTCOMES – Workshop Training Programme

Numbers in training during period	36
Numbers commenced during period	18
Numbers finished during period	21
Number who completed programme (without employment or further education)	1
Number dropped out due to personal circumstances	5
Number dropped out due to inability to complete	4

LEARNER DEVELOPMENT – Workshop Training Programme

Induction Programmes completed	36
Care Plans developed and reviewed	34
Literacy input	36
Targeted Programme Participants 2018	8

ACCREDITATION ACHIEVED – Workshop Training Programme

Number of Major Awards in Employability Skills Level 4	5
Number of Minor Awards Level 4	46
Number of Minor Awards Level 3	8
Work Experience L 4	5
Communications L 4	7
Functional Maths L4	5
Personal Effectiveness L4	6
Painting L4	4
Graphic Design L4	5
IT L 4	7
Woodcraft L 4	6
Childhood Development and Play L4	1
Wood craft L3	8

SOCIAL AND PERSONAL DEVELOPMENT – Workshop Training Programme

Positive Mental Health	18
Social Media	18
Sexual Health and Relationships	36
Crime Awareness	36
Socialisation Programme	36

REFERRALS – Workshop Training Programme

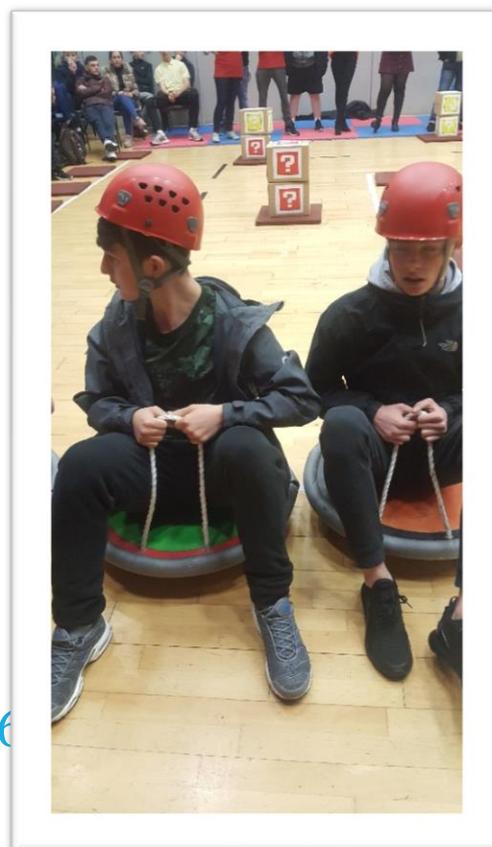
The Probation Service	20
Candle Youth Programme	4
TUSLA	2
Youth Agencies/other	1
Self-referral	9

TRACKING AND SUPPORT – Workshop Training Programme

Number of ex trainees who received support	15
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PROGRESSION PROGRAMME – Workshop Training Programme

Numbers progressed to further training/education	3
Numbers progressed to employment	7



ACTIVITY REPORT-CONNECT PROJECT JAN – DEC 2018

LEARNER PROFILE – Connect Project

Numbers aged 16/17 (at commencement)	20
Numbers aged 18-21 (at commencement)	1

LEARNER OUTCOMES – Connect Project

Numbers attending during period	22
Numbers commenced during period	15
Numbers finished during period	19
Numbers progressed to Candle Training programme	8
Numbers progressed to other Training Centre/education	3
Numbers who completed Probation Order	1
Numbers who completed Community Service/Community Return	1
Numbers who engaged in Restorative Programme	0
Number dropped out due to personal circumstances	5
Number dropped out due to inability to complete (detention)	3
Number dropped out due to non-attendance	2

LEARNER DEVELOPMENT – Connect Project

Induction Programmes completed	22
Care Plans developed and reviewed	22
Literacy input	22
One to one specialised programme	4
Two to one specialised programme	4
Outreach	1
Progression plans developed	22
Socialisation Programme	22
Induction Programmes completed	22

SOCIAL AND PERSONAL DEVELOPMENT – Connect Project

Crime Awareness	22
Drug and Alcohol Awareness	22
Sexual Health Awareness	22
Positive Mental Health	22

REFERRALS – Connect Project

The Probation Service/IYJS	25
JLO/ Garda Diversion Projects	1
Self-referral	2
Other	3

ACTIVITY REPORT-YOUTH SERVICE JAN – DEC 2018

YOUNG PEOPLES OUTCOMES – Youth Service

Numbers attending during period (individual young people)	367
Number of overall formal contacts	2,722

Attendance figures – Youth Service

Evening Drop In - (40 individual y/p)	329
Youth Café - (59 individual y/p)	413
Girl's Group (41 individual y/p)	517
Boy's Group (31 individual y/p)	351
Ten-4-Ten (19 individual y/p)	139
Ballyfermot Afternoon Youth Café (11 individual y/p)	173
Connecting Youth (16 individual y/p)	69
Young Women's Empowerment Group (10 individual y/p)	71
Y/A Shed (11 individual y/p)	42
Identity & Diversity Group (6 individual y/p)	96
Trainee Summer Programme (14 individual y/p)	42
Brain Breaks (36 individual y/p)	122
Integrated Summer Group (29 individual y/p)	156
Saturday Event Groups (18 individual y/p)	27

YOUNG PEOPLES PROFILE – Youth Service

Numbers aged 10-12 years	108
Numbers aged 13-14	133
Numbers aged 15-18	95
Numbers aged 18 +	31
Number of females attending programme	198
Number of males attending programme	169

SOCIAL AND PERSONAL DEVELOPMENT – Youth Service

Anti-bullying/Friendship programme	16
Social Media Awareness Programme	8
Youth Committee Meetings	8
Resilience Programme	7
Mindfulness Programme	62
Health & Fitness programme	11
Driving Theory Programme	8
Anti-bullying/Friendship programme	16
Social Media Awareness Programme	8
Youth Committee Meetings	8

EDUCATIONAL MODULES

MAJOR AWARD QQI Level 4

Pathways to Employment - General Learning

CORE MODULES

Communications - 4N0689	<ul style="list-style-type: none"> • Effective verbal and non-verbal communication skills for everyday tasks and work related tasks
Functional Mathematics - 4N213	<ul style="list-style-type: none"> • Recognise situations where maths can be used meaningfully in daily life and apply appropriate maths processes and concepts
Information Technology Skills - 4N1125	<ul style="list-style-type: none"> • To use applications in information technology. Designed to develop skills in data entry, word processing, and using the internet
Work Experience - 4N1168	<ul style="list-style-type: none"> • Equip the learner to experience a work environment and participate effectively
Personal Effectiveness - 4N1132	<ul style="list-style-type: none"> • Use a range of personal and learning skills in a variety of personal, civic and vocational contexts

ADDITIONAL MODULES

Woodcraft - 4N3185	<ul style="list-style-type: none"> • Using power and hand tools to complete a range of woodwork projects in a supervised workshop environment
Painting 4N1871	<ul style="list-style-type: none"> • To communicate ideas using a range of painting techniques and media
Graphic Design - 4N1117	<ul style="list-style-type: none"> • To appreciate the design and pre-production print processes. It is designed to introduce the learner to graphic design, typography, and image as a method of communication
Health Related Fitness 4N2666	<ul style="list-style-type: none"> • To appreciate how lifestyle habits, exercise and physical activity, can affect and influence a person's quality of life and to enable the learner to develop basic fitness skills

MAJOR AWARD QQI Level 3

Employability Skills

CORE MODULES

Communications - 3N0880	<ul style="list-style-type: none"> • Effective communication skills for social, work and public contexts
Application of Numbers - 3N0851	<ul style="list-style-type: none"> • Practical maths skills in areas applicable to daily life
Career Preparation - 3N0896	<ul style="list-style-type: none"> • Personal career preparation and planning
Computer Literacy - 3N0881	<ul style="list-style-type: none"> • Computer Literacy Skills

ADDITIONAL MODULES

Woodcraft - 3N0589	<ul style="list-style-type: none"> • Explore aspects of craft and develop sensitivity to materials and craft skills under supervision
Art & Design - 3N0608	<ul style="list-style-type: none"> • Explore aspects of the visual arts and communicate using a range of media and materials
Graphic Design - 3N0584	<ul style="list-style-type: none"> • Graphic Design Skills
Health & Fitness - 3N0531	<ul style="list-style-type: none"> • Introducing a range of skills in health and fitness

EDUCATIONAL SUPPORT MODULES

Literacy

- Targeted literacy sessions to help learners engage more effectively with their educational modules and in their day to day life

Numeracy

- Targeted numeracy sessions to help learners engage more effectively with their educational modules and in their day to day life

Resource

- Provision of focused supplementary teaching in the classroom

SOCIAL DEVELOPMENT MODULES

Safe Driving

- To allow participants to gain greater awareness of road safety and driving theory

Crime Awareness

- This programme aims to explore attitudes to crime and our responses

Drug & Alcohol Awareness

- Learning about the health and social effects of drug and alcohol misuse

Positive Mental Health

- Learning practical ways to identify and manage stress and promote positive mental health

Sexual Health Awareness

- Learning about sexual health and healthy relationships in a safe, confidential environment

Social Media

- Learning about safe, positive social media use

SAFETY TRAINING MODULES

Safe Pass

- Safe Pass is a one day safety awareness training programme for construction workers. External instructors deliver this module

Manual Handling

- The Manual Handling course delivered by an external instructor is designed to instruct learners in the theory and practice of safe manual handling

First Aid

- Cardiac First Response (CFR) Community Level Course delivered by an external instructor



Training Programme

The full-time training programme at Candle is an educational programme for 15-21 year olds, delivering modules at QQI Level 3 and level 4. The training programme at Candle is delivered in a dynamic learning environment in our purpose built, newly developed campus in Ballyfermot. We offer an interesting and practical range of modules leading to QQI accreditation at level 3 and 4. The awards and modules are employment and progression focused. The programme is delivered in our vibrant centre by experienced and dedicated teachers who work to review the delivery of the programme to ensure it is always relevant and progressive.

We believe our educational programme to be unique in terms of the range of supports offered. A range of developmental modules are incorporated into the programme to ensure that all the young people who commence their education at Candle can achieve their full potential. Additional support is delivered in literacy, numeracy and resource teaching. All young people who attend our training programme can access our therapeutic space.

This educational programme at Candle Community Trust is aimed at early school leavers, those who have disengaged with the educational system and also those who have completed second level education. We aim to support young people with diverse and complex needs. Young people take part in an educational assessment process as part of their induction. They meet with the programme coordinator informally before starting on the programme. The assessment means that the educational and developmental needs of the young person can be established to ensure early stage interventions. We are very proud of the hard work of young people and the dedication of staff to this process and that the quality of our educational programme continues to grow. We believe our programme prepares our young people very well for opportunities and challenges in their future and our academic success is testament to this.



Our referrals come from Probation/IYJS, JLO's, HSE, local agencies, family and self-referrals. Often, the educational experience of our young people has been affected by many factors, ranging from social disadvantage to learning difficulties and often affected by adverse personal experiences. At Candle we offer a second chance in education. We believe that we respond to the needs of those young people who are marginalised and disadvantaged while delivering an educational programme of exceptional standard.

The principal accreditation goal of each young person that attends the training programme is a major award at QQI Level 4. Minor modules are offered level 4 and level 3. We offer a balance of practical subjects and classroom subjects. The overall aim of the award is to focus on learning skills for further education or employment. We believe that it is very beneficial to take a supportive, restorative approach towards educational achievement supported by developmental and therapeutic programmes. We provide literacy and numeracy support to all young people. We aim to develop positive relationships by working in small groups, setting clear boundaries and encouraging responsibility. In 2018 we expanded our programme and we now offer 9 QQI Level 4 modules weekly. The modules are listed in the table on pg. 36. Trainees also have the opportunity to obtain Safe Pass and Manual Handling certification from external facilitators and are encouraged and supported in doing so.



RESOURCE AND LITERACY

The Literacy and Numeracy Programme at Candle is a one to one learning support programme. It is available to all young people on the training programme. Learning needs are identified through initial assessment and during classroom observation. The programme is tailored to each young person and so individual literacy, numeracy and confidence issues are addressed. The programme is flexible and is adapted regularly to meet the needs of the present learners. The focus is on improving critical literacy and numeracy skills to allow young people to reach their potential and offer them equality in education.

Certification is a very important goal for the learners at the centre. The programmes provided on the training programme at Candle are accredited by QQI (Quality and Qualifications Ireland). The awards are assessed at level 3 or level 4 on the National Framework of Qualifications (NFQ).



RECORD OF ACHIEVEMENT 2018

2018 was another very successful and significant year for accreditation in Candle Community Trust. It marked the establishment of our full Level 4 major award offered to all new trainees. In all, 5 major awards at QQI level 4, 46 minor awards at QQI level 4 and 8 minor awards at QQI level 3 were achieved by our learners. We offer our congratulations to each young person who achieved awards in 2018.

The classroom-based modules at Level 4 are varied and are delivered in an innovative manner with young people really enjoying working towards awards in an interesting and challenging Communications module and learning life skills on their Work Experience placements. Young people benefit hugely from the Personal Effectiveness module in terms of gaining confidence in their community and workplace. In 2018 we introduced Functional Maths and delivered this module successfully at Level 4. The workshop tutors continue to deliver an excellent programme of practical subjects. Woodwork skills have always been taught at Candle and Woodwork is now delivered as a Level 4 module. It is very popular and there is a focus on a high standard of workmanship. The practical woodwork pieces produced by the students are of exceptional standard. Painting and Graphic Design continue to be very popular and the creativity and talent that emerges is outstanding. Some of the artwork produced by students in the Painting module can be seen illustrating this report.

ICT remains popular with modules in Computer Applications and Information Technology delivered again at level 4 this year. The Health and Fitness programme continues to be very successful and in 2018 we offered a module in Health-Related Fitness to complement our fitness programme. Activities include gym, squash and football. We have a successful partnership with Ballyfermot Leisure Centre and have built up great relationships with staff there including our gym trainer Daithí and professional squash coach Jenny Dillon.

All young people on the training programme take part in Social Developmental and Socialisation programmes and the Therapeutic Programme is available to all young people attending the Training Programme. Our challenge in 2018 was



to continue to deliver a high-quality programme in our temporary premises, while our exciting redevelopment was underway. We believe we maintained our excellent standards and actually expanded our educational programme in 2018. Our goal for 2019 is to continue this level of quality and excellence in our fantastic new redeveloped campus. The new campus completed at the very end of 2018 offers a state-of-the-art learning facility for the Educational Programme to deliver quality education in a purpose-built environment, with bright airy rooms fitted out with latest learning technologies and well-designed new workshop and art room.

In Dec 2018, just as our new premises was complete, we received the exciting news that Candle Community Trust has been approved to deliver QQI awards at Level 5. QQI awards are an internationally recognised framework of awards. This is a Post Leaving Cert qualification and advances the status of the educational programme at Candle considerably. Young people will benefit hugely from the delivery of this programme within the therapeutic supported environment of Candle. It will offer them an improved progression route to further education and employment. We are very proud of this newly acquired status and look forward to planning the delivery of QQI Level 5 modules in Community Development to our learners in 2019.

SOCIAL DEVELOPMENT PROGRAMMES

Social and developmental programmes are integrated into the timetable. The subjects covered in 2018 included Sexual Health Awareness, Positive Mental Health, Crime Awareness, Drug and Alcohol Awareness and Social Media. New courses are developed and introduced in response to the needs of the client group. The Trauma Recovery Model informs all our Developmental Programme planning and all of our interactions with the young people. Appropriate interventions and support are incorporated into each young person's developmental plan. The social development programme aims to raise self-awareness around relevant issues among trainees and create a safe and confidential space to explore attitudes and voice opinions while learning about these subject areas.

SOCIALISATION PROGRAMMES

Young People on the full-time training programme at Candle Community Trust attend a range of socialisation programmes and outings throughout the year. These trips are an integral part of the training programme and serve to strengthen relationships and to broaden the social and cultural experience of the young people. As well as regular outings we also have a tailored summer and winter programme of trips. In 2018 the programme included sports and activities such as ice skating, go-karting and bowling. We enjoyed an activity day at Avon Ri, Blessington where the young people took part in archery, wall climbing, kayaking, zipline and cycling. A highlight of last summer was the sports day held on a beautiful sunny day in July where all the young people and staff had a great day of fun sports activities. The outings are always great fun and enjoyed by young people and staff.



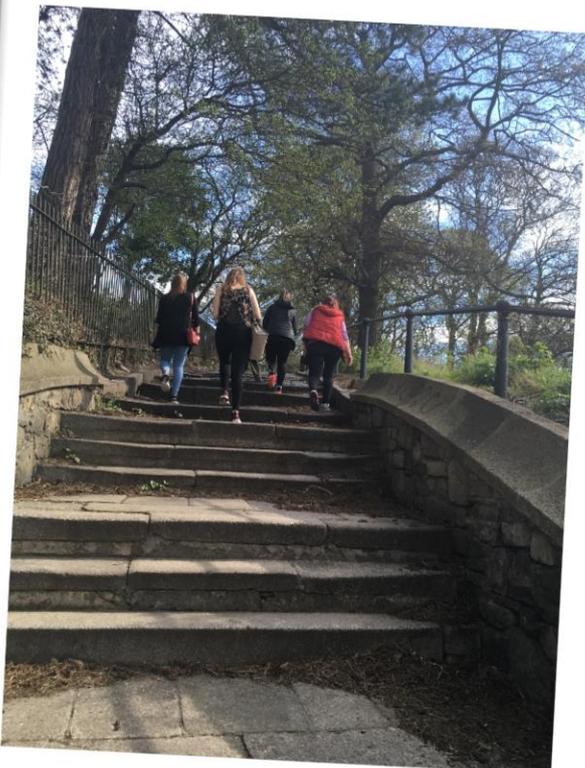
GAISCE

Gaisce or 'great achievement' is a self-development programme for young people between the ages of 15-25. By taking part in Gaisce, young people take on exciting personal, physical and community challenges and develop new skills and new friendships. Gaisce is focused on the following core values: Empowerment, Inclusion & Equality, Respect and Excellence.

Young people to set and pursue personal goals in four different areas of activity. 3 young people took up the challenge in 2018 and achieved their Bronze Gaisce Award in Nov 2018. They were presented with their awards at a ceremony at Gaisce headquarters in Ratra House, Phoenix Park. We are very proud of their achievement.

Some of the activities included painting, cooking, learning to drive and a fundraising campaign to raise money for a specific local need. The young people planned a successful bake sale and invited local primary school children to attend and support. It was a great way to forge links in the local community. The physical challenge involved weekly gym visits to Ballyfermot leisure centre with a personal trainer, and weekly squash sessions with international squash coach, Jenny Dillon.

In June 2018 the young people took part in their adventure challenge, hiking for 25km over 2 days. The focus was on local walks and they worked hard to plan, organise and walk together helped and mentored by 2 of the previous recipients of the Bronze Award. These 2 young people are working towards their Gold Gaisce Award and taking part in many exciting activities such as a 5-day environmental leadership course in Castle Saunderson in Cavan in June 2018. 4 young people signed up to work towards their bronze Gaisce award in Nov 2018 and we hope to complete these awards during 2019!





Voice of the Young People



"I have only been part of Candle's training programme for a few months but in these few months Candle has helped me so much. It is an open, welcoming and accepting place to learn. There are many interesting classes like woodwork, graphic design and work experience that have given me the insight into different career options. The staff are very friendly and understanding and greet you every morning with a

smile. The therapeutic spaces are phenomenal and really make a difference. I would highly recommend Candle to anyone looking to progress in education or career." Megan

"I like Candle because it gives me something to do in the day and Candle provides food, shelter and activities for us to do."

Aaron

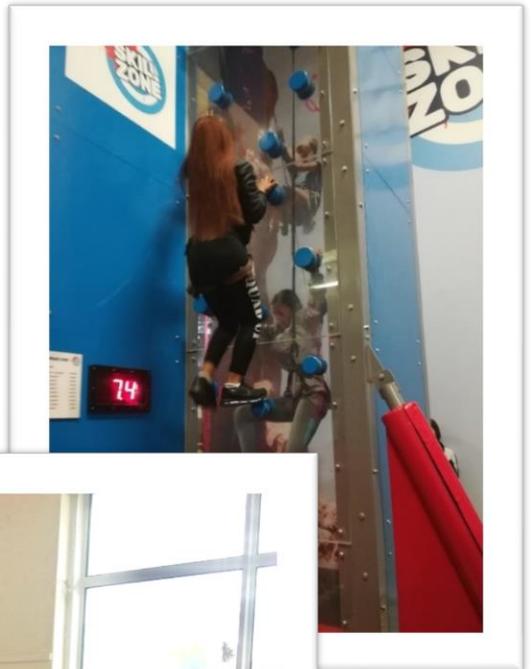
"I like the Candle because it gives you somewhere to go and they also provide for us. They give us food, warmth and shelter and they are also there for us and help us if we're struggling." Reece

"It's good, the people here are helpful and the staff. There is a

lot of help with

the QQI's"

Gordon



Targeted Programme

The Targeted Programme at Candle targets individual needs within the structures of the existing training programme. The programme offers an alternative educational route to young people, providing equality of access to educational targets. In 2018, the targeted programme continued to be an integral and successful part of our educational programme and highlights our commitment to TRM.

The programme aims to meet the needs of the young people according to their cognitive and emotional abilities and is primarily aimed at young people whose assessment indicates that they will learn and thrive more effectively by attending an alternative programme within smaller groups. It may be beneficial for a young person to spend an extended period of time on the targeted programme or just a short-term placement. The placements are reviewed regularly to ensure best practice. There are many diverse and complex behaviours or needs that may mean that we offer a young person a place on the Targeted Programme. When a young person starts on the Programme, they meet with the programme coordinator and are given a personalised timetable. The issues involved are discussed and clear expectations are stated. 8 young people attended the targeted programme in 2018. The time spent on the programme ranged from 6 weeks to 12 months. A continual review of the programme takes place to ensure it remains relevant and it evolves accordingly. All the young people had individual tailored timetables and all access or have accessed the therapeutic space. The Targeted Programme is informed by the Trauma Recovery Model (TRM), which states that teaching methods and therapeutic interventions should be sequenced to account for the personal history and development of the young person using layers of intervention. Relationship building is considered a vital process on the Targeted Programme and young people work in small groups or one to one in a safe structured routine.

INITIATIVES 2018

In 2018 we designed a number of targeted schedules for young people who were coming to the end of their educational programmes at Candle, facilitating them to finish modules outside of the regular timetable. We also trialled an integrated programme whereby young people on the main training programme could join the targeted group occasionally if numbers allowed and if appropriate. This was in order to promote development of peer relationships and it worked very well. Another new initiative in 2018 is that new trainees now usually start their programme at Candle with the targeted group for a 2-week trial before moving to a larger group placement. 2018 was very successful in terms of meeting needs of those on the programme. 5 young people who attended in 2018 engaged only briefly with

the programme but it proved successful in relationship building and engagement in therapeutic and developmental interventions. 1 young person spent their 21-month placement on the Targeted Programme and completed at the end of 2018 having succeeded in achieving their academic targets. Another young person finished on the targeted programme having achieved a major award and the programme is working very well for the present targeted group. We look forward to further success in 2019.



Connect Project

The Connect Programme is a programme with a specific focus on providing interventions and supports to help young people make healthier life choices and encourage pro-social behaviour within their community. The first priority on this programme is to create a sense of belonging and build relationships. The programme is sensitive to the complex needs of the participants and consequently aims to support them in every way possible.

The project works with males and females from the locality and surrounding areas between 15 and 21 years of age. Many of the young people attending the Connect Programme are early school leavers and often face the challenge of reintegration into education and the community which can be daunting. The Programme reintroduces structure, routine and sense of achievement. The support we provide to the young people helps with the complexities of their young lives and strives to empower them to grow, stabilise and develop within themselves and within the community.

The Connect Programme works closely with the Irish Youth Justice Service, Probation Service, TUSLA, local agencies and families accepting referrals from all of the above. Small group sessions take place on a daily basis focusing on relationship building, education, developmental work and developing socialisation skills. Because we believe that each person is unique, we also offer specialised one to one programmes / tailor made programmes to support individual needs.

RECORDS OF ACHIEVEMENT 2018

TIMETABLE & PROGRAMMES

All participants are required to attend 5 days each week, unless attending on tailor made/ specialised one to one/ two to one programmes. The specialised programmes are designed to meet the specific needs of the participant during a short or medium timeframe. The Connect Programme offers a wide variety of modules and activities on a weekly / as required basis. Participants engage in the following programmes:

- Communications (QQI level 3 and support work QQI level 4)
- Health & Fitness (QQI level 3)
- Computer Literacy (QQI level 3)
- Application of Numbers (QQI level 3)
- Career Preparation (QQI level 3)
- Writeon.ie (QQI level 2 and 3)
- Developmental Programmes
- Civic and Social Engagement Programme
- Literacy skills



- Safe Driving Programme
- Culinary Skills
- Art & Design
- Team Building Programme
- Socialisation Programme
- Therapeutic space (communal acupuncture and reflexology)
- Keyworking
- Forums
- One off courses e.g. Manual Handling

INTERAGENCY

Throughout 2018 the Connect Programme continued building meaningful professional relationships with the Probation Service, IYJS, TUSLA and community agencies. Candle worked collaboratively with Oberstown detention campus to facilitate an educational linkage programme with participants due for release. This allowed for the participants to engage with a centre prior to their release which helped their reintegration into society. This was highly supervised by both parties. Candle also worked collaboratively with Famlibase providing a wraparound service for young participants attending both services. Effective communication and detailed individual care plans for the young people were devised with all stakeholders. This ensured that the appropriate plans and interventions were devised to fully meet the young peoples' needs. Connect staff attended a number of case conferences and meetings throughout the year.

TAILOR MADE/SPECIALISED PROGRAMMES

Throughout the year a number of young people referred to the centre were unable to participate in the main Connect Programme for a number of reasons including personal struggles, behavioural concerns and specific needs/requirements of the referral agencies (namely the Probation Service) or the young person/family.

In response to this, Candle offered alternative timetables to participants to meet their specific needs. This included one to one programmes, two to one programmes, outreach (work facilitated offsite) and collaborative programmes (working with other agencies). This way of working ensured that we could continue to work in a creative way with the young people.

Overall the specialised programmes were successful as they helped to build confidence and a sense of belonging to those engaging in the programme. For some young people they moved from one to one support to the main group or progressed to the full-time training programme within the centre and for others they progressed to centres outside of Candle.

THERAPEUTIC SPACE – The therapeutic space was fully integrated into the Connect Programme this year and all the young people on the programme had weekly access to communal acupuncture, individual reflexology, counselling and group mindfulness sessions.

PRISON VISITS – a number of prison visits were held with young people during the year in Oberstown and Wheatfield Prison.



COMMUNITY RETURN/ DAY CENTRE ORDER

The foundation of our Community Return/Day Centre Programme includes three elements that we consider fundamental to its success. These include restoration, reparation and developmental/educational work.

Reparation is the process that involves the participant giving back to the community where they have committed the crime. They partake in work that they would not normally do, such as, charity work, art & design, cooking programmes and repair & maintenance work. Restoration is the process that involves the participant readdressing the harm caused to the victim while holding themselves accountable for their actions. Our aim is to facilitate regular restorative meetings when deemed necessary to address their offending behaviour in a reflective way. And finally, through developmental/educational work the participant learns key life skills used in their everyday lives. These skills also aim to prevent them from engaging in offending behaviour and help them gain valuable work experience. Throughout the year 2 young people were referred through the Probation Service to engage with our Community Return and Day Centre Order programmes. They proved a great success with participants successfully completing them and progressing to our full-time programme in the centre.

PERSONAL & SOCIAL DEVELOPMENTAL PROGRAMMES

A key element of the Connect Programme is our personal & social developmental programmes. These programmes are delivered throughout the year and include Crime Awareness Programme, Positive Mental Health, Sexual Health Awareness and Drug & Alcohol Awareness. Prior to Halloween we also deliver a 2-week programme on 'Halloween Safety' which encourages positive choices and behaviours during this challenging time of the year.

SOCIALISATION PROGRAMMES / TEAM BUILDING PROGRAMME

As part of the Connect programme, the participants have the opportunity to visit cultural and educational sites across Dublin. The programme was devised to help create a sense of community while introducing new experiences to young people in their local area. Some of the trips that took place throughout 2018 included Collins Barracks and local attractions. Similarly, the team building programme creates an opportunity for young people to get to know each other, work together and create group cohesion.

The team building programme takes place weekly and includes on-site and off-site activities such as gym, pool hall, cinema, card playing, board games and pool competitions. This programme helps the young people to get to know each other and hang out together in an informal way. As most of the young people referred to the Connect Programme do not know each other or wouldn't regularly 'hang out' together outside of Candle this is vital for group cohesion.

This programme supports the development of team building skills, social interaction and confidence within small groups within the community. These benefits are seen through the improved attendance and positive spirits of the young people.



OUTINGS

The Connect Programme joined up with the Training Programme during the summer months to participate in various activities. This joint endeavour proved very successful. Some of the activities included attending various centres in the Dublin area such as 'The Clockwork Door', 'Skillzone', 'Airsoft' and 'Go Quest'. Activities were also held within the centre including quizzes, team building games and Sports Day. The Connect participants also attended winter outing to Kart City (Go Karting).

The collaborative approach helped to build new friendships and develop a greater level of cohesion among the young people in the centre.



Voice of the young people

"I enjoy Candle because it's great!"

"The staff are spot on."

"Good things about the Candle are pool, food, staff and learning!"



Youth Service

Candle delivers a high-quality youth service to young people aged 10-25 years, offering a number of daytime, afternoon and evening groups and drop in clubs. Young people participate on a voluntary basis. The Youth Programme provides a range of recreational, developmental and learning opportunities and services to young people in the Ballyfermot and surrounding areas.

The clubs provide the young people with a safe space where they can relax, be themselves and feel supported by staff and peers.

Young people participate in a number of activities and programmes which focus on personal and social development. These programmes are responsive to their changing needs; *(please see Activity section of this report for a detailed breakdown of programming)*.

Some of the stand out initiatives and developments this year were:

CONNECTING YOUTH

The youth service had set a goal in the Operational Plan 2018 to ensure regular youth work was carried out with the most marginalised young people who were at risk of repeated offending behaviour; and who spent most of their evening time out on the Ballyfermot streets. This group/club was to be called Connecting Youth. Due to a number of factors the service had a huge challenge to tie down this group and had to generate more creative responses to engage this target group. The target group expressed the desire to be transported away from the difficulties and pressures of life on the streets. Through ongoing consultation, triggers to anti-social behaviour were identified by the group, and a desire to be transported or given reprieve from the pressures and expectations of their lives on the street were universally expressed. What followed was a process to meaningfully engage with this client group to meet their voiced need, as well as promote positive change and personal development. This took the form of flexible detached youth work, as well as onsite structured work. The programme developed to such a point that near the end of the year, it facilitated a physical health programme consisting of local offsite exercise programme and onsite healthy eating & pro-social recreational programming. Attendees to the group also availed of therapeutic services with a number of young men regularly engaging in acupuncture and reflexology sessions.



WEEKEND EVENTS

Another goal within the Candle Operational Plan 2018 was the commencement of opening at weekends to young people. This took the form of three Saturday, day long events, over the course of 2018 with young people engaged in both onsite and offsite activities which promoted group cohesion, social development and the utilisation of communication and teamwork skills. The running theme for each event was that of outdoor exercise and/or physical movement. The groups involved took part in a walk up Bray Head, abseiling & caving, onsite champion challenge and an outing to Skillzone which involved a number of physical sports challenges. The groups also had some relaxed and informal meals together during these events with breakfast, lunch and dinner being provided; with all present (young people and Candle staff) sitting down to dine together. These events were a huge success and has fuelled plans to increase weekend events through 2019.

INTEGRATED SUMMER PROGRAMME

One of the major and positive outcomes from the running of the weekend events this year was the coming together of the Ten-4-Ten (Direct Provision) and the Evening Youth Café groups. A long-term goal for the direct provision group was the meaningful integration of its young people into the wider Candle youth service community. The one-off event in which both groups were merged, paved the way for an integrated summer programme to be run with grant monies awarded by the Nexus Fund through the BC Partnership. The programme combined a mix of recreational centre based activities in the Candle centre and group outings. The aim of this programme was to ensure and promote equality and inclusiveness and celebrate diversity. The Programme was a huge success with both groups merging well together and participating in a variety of different activities such as:

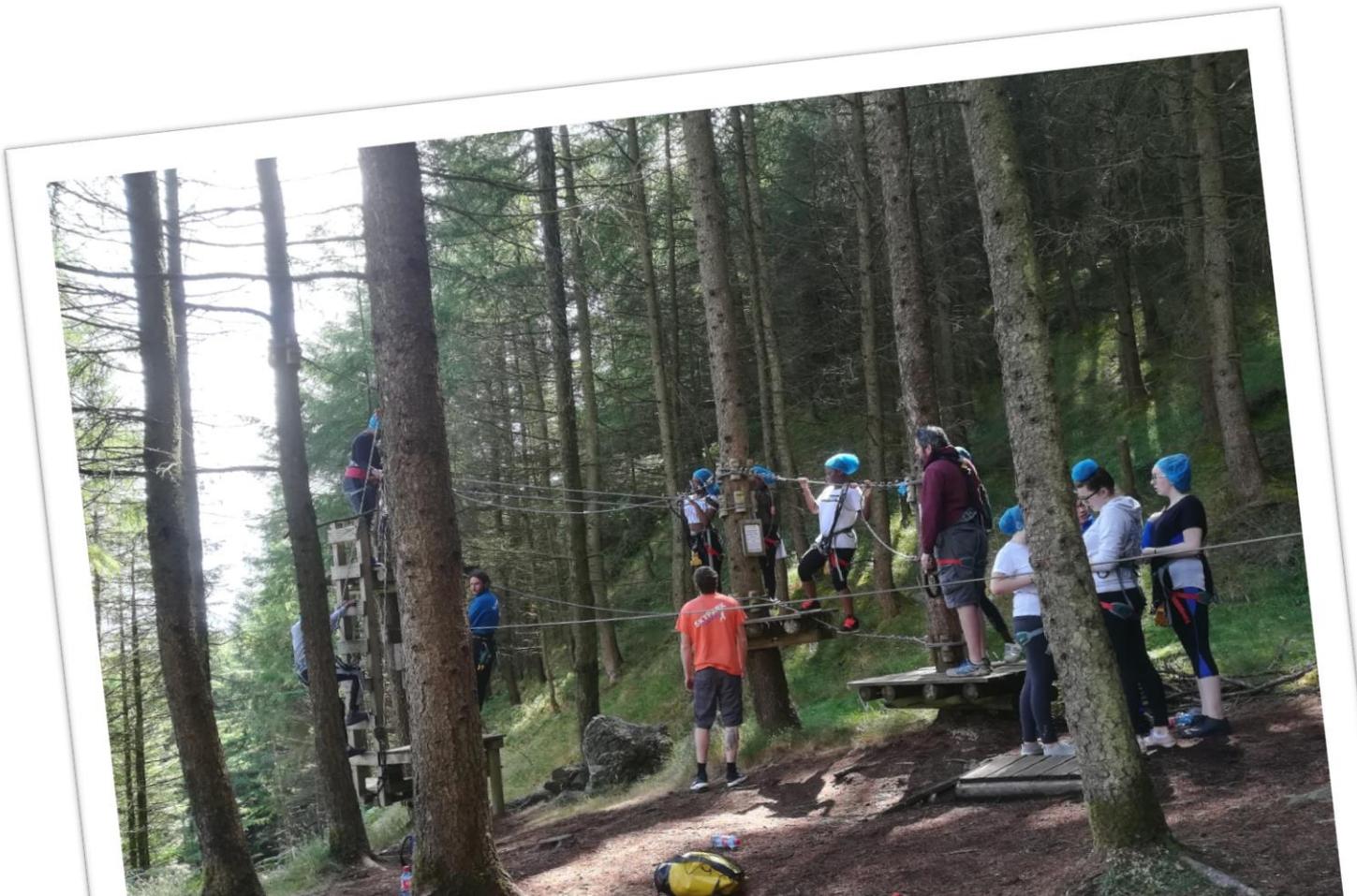
- Well Being Evening – presentation on dangers of sugar by qualified dietician, mindfulness exercises and acupuncture taster sessions.
- Debate – “Community defining you as a young person”.
- Murder Mystery Dinner Party Evening.
- Outing to Carlingford Adventure Centre – Zip lining and kayaking.
- Outing to Go Quest – Engagement in physical, mental and skills team challenges.



CANDLE SUMMER AND WINTER PROGRAMMES

Both summer and winter programmes were run in 2018 with all of the youth groups participating. The focus of the programmes was the provision of day and evening outings that Young People could access as a social and recreational resource, the provision of alternative environments for Y/P to visit, in contrast to what is happening on the 'streets' and to increase confidence amongst the young people in different social settings and environments. Examples of outings were:

- Celbridge Driving Range
- Skillzone Sandyford
- Zip-It
- Carlingford Adventure Centre
- The Base (Laser Tag & Bowling)
- GO Quest
- Walking Group
- Bubble Football
- Meals in Captain Americas
- Clockwork Door
- Airsoft
- Sports Days with Barbecues
- Onsite Champion Challenges
- Trampoline Activities in Jumpzone
- Exit Rooms (team puzzle challenges)

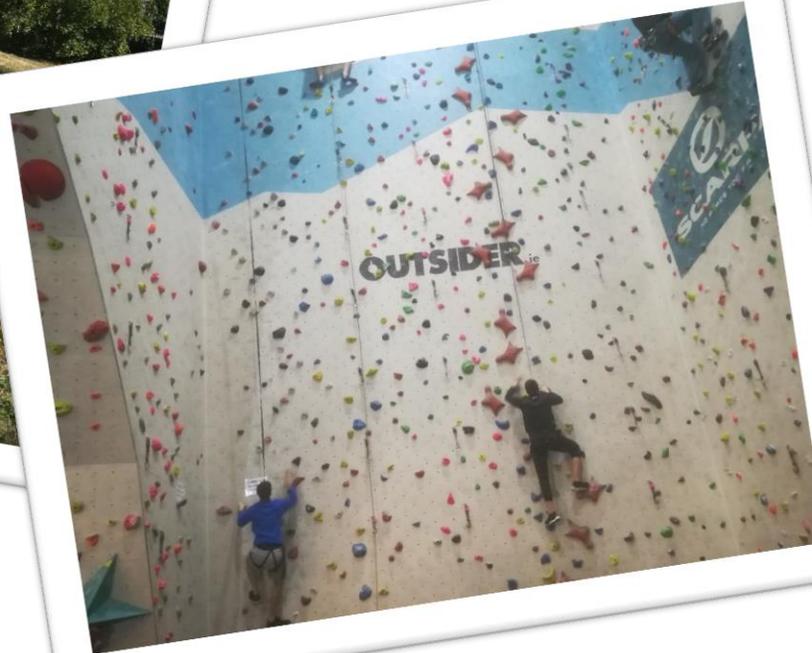


TRAINEE SUMMER PROGRAMME

A huge and progressive initiative for the Youth Team this summer was the planning and running of a Candle Trainee Summer programme. The service collaborated with the Candle Connect programme to plan with the young people a summer programme that was a whole centre approach and that was inclusive of all participants (regardless of age, gender or interests). The planned programmes allowed for not only more participation but facilitated very positive interactions amongst both young people and staff throughout the events/activities run.

OUTREACH & DETACHED YOUTH WORK

Extensive outreach work was undertaken this year with the youth service engaged in promoting the service out on the streets, in schools, other youth organisations and the local Gardaí. The extensive outreach out on the local streets provided the service with an added outlet to meet with young people at risk and encouraged the youth team to embrace the practice of detached youth work, which focuses directly at where young people are at and gives the youth work team a freedom of engagement that is not constricted to onsite activity. The service and its youth workers garnered huge confidence in these experiences which has led to a more structured, sustainable and regular outreach/detached youth work programme devised for 2019 and onwards to both ensure young people's needs are being met both inside and outside of the Candle centre.



DEVELOPMENTAL PROGRAMMING

Recreational activities and safe and comfortable space provision are vital elements in engaging with marginalised young people. With certain youth groups this may indeed be sufficient in itself. However, for the majority of youth groups it is incumbent on the Candle youth service to foster positive links with young people and identify what each group and/or individual may need. Throughout 2018, the Youth Service identified the needs of each group through listening to the voice of the young people, staff observation and collaboration with young people through a relationship model. Once a need was highlighted the youth team devised and implemented various developmental programmes to strive towards meeting the ever complex needs of the young people using the service. Examples of these programmes can be seen in the table below:

IDENTIFIED NEED	SERVICE RESPONSE	METHODOLOGY
SOCIAL ANXIETY	<i>Stress Awareness Programme</i>	Discussion and group work programme consisting of peer learning and sharing of life experiences
JOB SEEKING SUPPORT	<i>Employability Programme</i>	Practical Knowledge and Skill based programme (e.g. C.V. design, interview skills, teamwork & communication workshops) work exercises, group and individual, knowledge based
CONTRAST TO CULTURAL NORMS OF UNLAWFUL AND RECKLESS MOTORING	<i>Safe Driving Theory Programme</i>	Group and individual worksheets, driving theory research and group learning
QUESTIONING IDENTITY & SPACE TO PROCESS HOMOPHOBIC RIDICULE	<i>Identity & Diversity (Resilience Programme)</i>	Discussion based programme that promoted expression of feelings, highlighting personal strengths & uniqueness, peer support and identification of new coping mechanisms
DECREASE INCIDENTS OF BULLYING BEHAVIOUR	<i>Friendship Programme</i>	Age appropriate games and drama workshops to elicit group discussion around expectations of friendship and self-worth





Candle Home Liaison

CANDLE HOME LIAISON PROGRAMME

On the basis of a successful application for the QCBI Innovation Fund, Candle Community Trust got the opportunity, in July 2018, to develop a new programme; 'The Candle Home Liaison Programme'. This programme was established in order to react to a new and urgent need; to work more and intensively with the individual's family.

The Candle Home Liaison Programme aims to engage the most hard-to-reach young people and to support their motivation and involvement, as well as to enhance the young peoples' well-being and participation in Candle Programme and to facilitate a supportive home environment. The involvement and support of parents and the family is crucial during the young persons' engagement with our services. It is our experience that better outcomes are realised when parents and families are involved in their child's placement.

The function of the Home Liaison role is to work on the ground, increase parental involvement and help to facilitate a supportive home environment. The implementation of frequent family contacts offers the opportunity of parenting support with the purpose of strengthening parenting skills and communication but also to identify needs. By building a positive relationship with the parents from the beginning and frequent contact through family meetings, home visits and phone calls, Candle aims to establish a positive foundation for successful cooperation to support the young person's development.

Ultimately, creating a positive relationship with the parents and increasing parental involvement and interest in the educational and developmental well-being of the young person creates a positive basis to reduce, prevent but also cope communally with young people's crisis, issues or dropouts. The goal is building a positive relationship with the parents before the crisis happens. We believe that this link into the therapies develops stronger relations with parents as well as a much needed therapeutic support for them.

DEVELOPMENT

With the aim to enhance the young people's well-being and participation in Candle Programme we developed the vision for the Candle Home Liaison Program. We believe that a supportive home environment with better communication and an increased interest from home in the educational and developmental well-being of Y.P would have a great impact on the young people's well-being and participation in Candle. By building a variety of avenues into families (for example: initial meeting, home visits, meeting for a coffee) The CHLP aims to build a positive, ongoing and collaborative support for parents to ultimately prevent and reduce drop outs / poor attendance before the crisis happens.

For the success of the programme it was important to promote and integrate the CHL-role into all programmes, to all parents of the young people attending Candle's Training and Connect programme, to other organisations and agencies in the area who work with the client group and to all staff in Candle Community Trust. All staff members are aware of the new role and refer it to parents.

Another part of this process is the promotion of the CHL-role to all parents and young people in Candle as well as the promotion to other organisations and agencies in the area and who work with the client group.

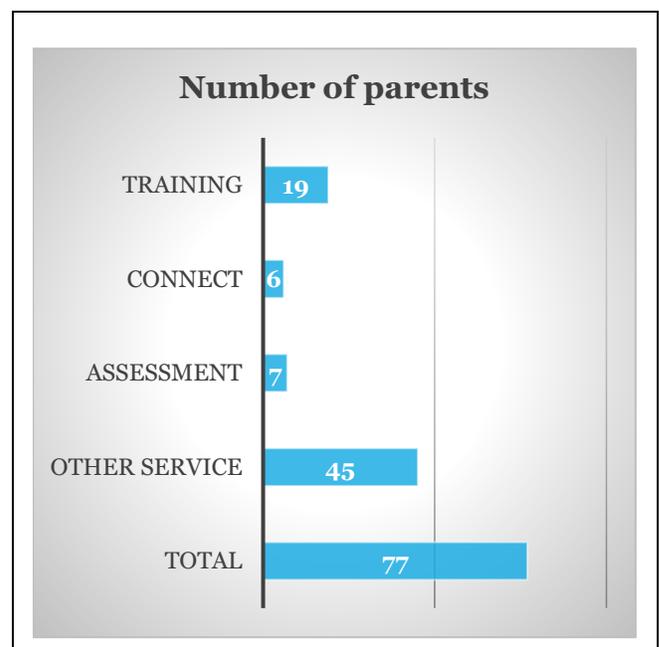
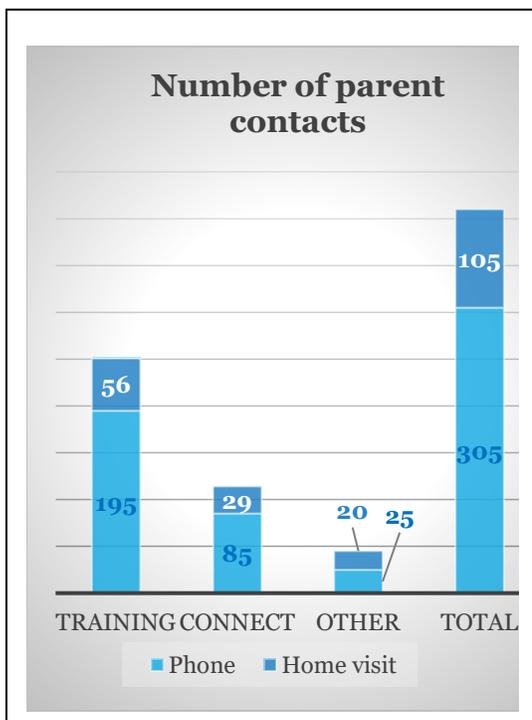
OUTCOMES

Assessment: Development of a parent meeting with Candle Home Liaison Person after young person’s initial meeting to building a positive, ongoing and collaborative support for parents in all programme areas. Further possibility to clarify questions, introduce CHL - Service and Therapeutic Space to the parents and build relationships. Followed up by further contact and support.

Parent Liaison: Building a positive, ongoing and collaborative support for parents in all programme areas by introducing CHLP to all parents of current young people attending Candle’s training and connect programme. Followed up by further frequent contact and support.

Target families: Following the assessment, we identify young people who are at risk of not reaching their potential in Candle because they and their families are experiencing significant trauma and complexity including health, social, emotional and behavioural difficulties and/ or risk of social exclusion. Through weekly phone contacts, home visits or supporting and accompanying parents at appointments these families benefit from a more effective service and a relationship with Candle.

Parent engagement in Candle Services: Further development of parent engagement with Candle’s services by promoting the Therapeutic space in parent contacts and meetings. Indication of parents’ interest in therapies with growth potential. One parent with grandparent has engaged in Acupuncture.





SECTION 5

Therapeutic Space

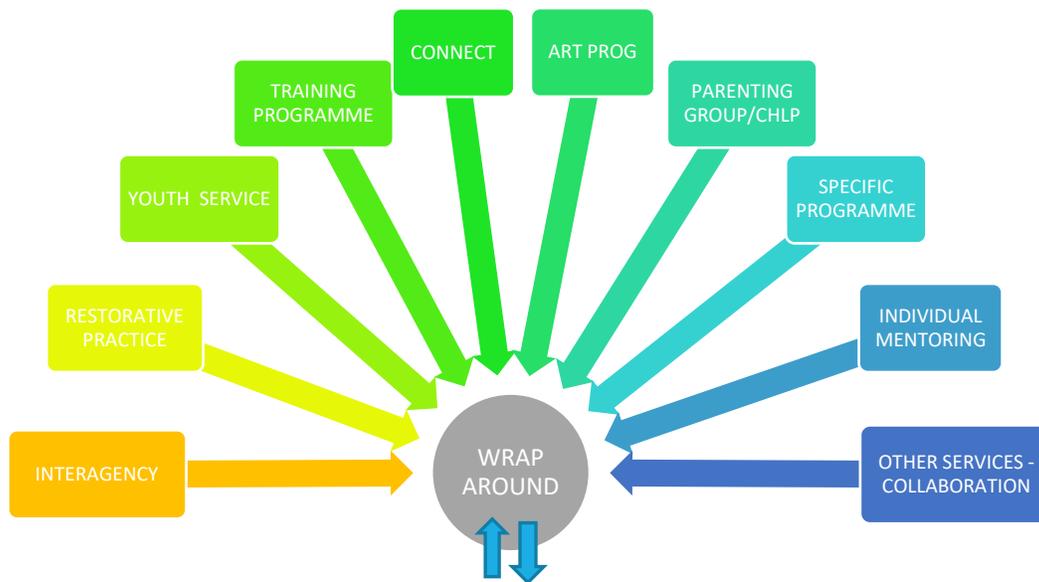
A painting of a lighthouse on a rocky island. The lighthouse is white with two red horizontal bands and a white top section. It stands on a dark, rocky outcrop. The surrounding sea is a vibrant blue, and the foreground and background show rolling green hills. The overall style is that of a textured oil or acrylic painting.

Therapeutic Space

Since 2014 the Therapeutic Space service has been responding to significant emotional stresses and trauma affecting our client group; some of whom are presenting with poor self-esteem, anxiety, depression and grief. Most of the young people who attend Candle have experienced marginalisation and disadvantage in a number of aspects of their lives. For many, Candle is a second-chance in both their education and personal development. Therefore, we constantly seek to create an environment which is conducive to personal growth and integration for all.

Based on international research, Candle recognised the significant impact of trauma and toxic stress on the young person and how physical and psychological wellbeing and development are hugely affected. It became evident that if young people are to achieve the educational and developmental goals of our programming, the issue of trauma and its effects had to be addressed as a matter of urgency.

The Therapeutic Space, working in an integrated way with all our service provision, and underpinned by the key methodology of the Trauma Recovery Model, seeks to enable recovery from trauma and facilitate healthy growth and development of the young person. The Therapeutic Space provides therapies on site at Candle; namely, counselling, acupuncture, reflexology, yoga, relaxation and mindfulness sessions as part of the overall programming which young people engage in. The service is unique in its approach, creating ‘care within a circle of care’ or a ‘wrap around’ service which delivers significantly positive outcomes for children and young people.



THERAPEUTIC SPACE

The ‘Wrap Around’ support is offered through engagement in therapies while connecting to other Candle programmes

Staff and especially keyworkers play a significant role in promoting the therapies while also supporting the young person into accessing the therapeutic services they crucially need. The young people attending Candle daily have built a rapport with the organisation, have confidence in attending, feeling a sense of safety and belonging and in turn are more open to therapeutic interventions. With the establishment and continuous development of the Therapeutic Space we have successfully created a calmer environment and culture of seeking help.

The services are continuously evaluated by the participants, key-workers and service providers.

Outcomes identified in the evaluations:

- The significant mental health needs of very vulnerable young people are being addressed
- A reduction in suicidal feeling and ideation among client group
- A reduction in existing high levels of anxiety and stress
- Normalising of the idea of “accessing support” among young people
- Building of self-confidence and self-efficacy
- Development of important life skills and supports which help to reduce anxiety and address depression
- Greater ability to focus and participate in educational and developmental programmes

It is our firm belief that engagement in the Therapeutic Space is making a considerable difference in the lives of the young people, from their education attainment to reducing offending behaviours and towards greater healthy personal and social integration.



THERAPIES OFFERED

The Therapeutic Space is open to all young people who attend Candle; the Training programme, Connect Project and Youth Programme. Eight sessions in counselling and psychotherapy are available weekly. Engagement has been constant and demand is increasing as young people become more open to accessing support in times of need. Young people are also offered weekly sessions in acupuncture and reflexology, two therapies credited for addressing both the physical and emotional ailments related to stress, anxiety and grief.

In October of this year we employed a yoga teacher to work with small groups. Through movements and stretches and with awareness of the breath, the young person builds up strength and flexibility while becoming more aware and connected to their feelings and being in the present. In a very short period, the young people have responded positively to yoga and look forward to their weekly practice.

Counselling, acupuncture and reflexology have also been made available to parents of young people attending Candle, young people attending the local schools and youth agencies on a needs basis.



PARENT PROGRAMME

We believe that the involvement of parents and guardians is crucial during the young persons' engagement with our services. Over recent years Candle has been working more effectively with parents and family and as a result, parents are engaged and more involved in their child's placement and well-being.

This year, the parent support programme that offers the parents/guardian support through access to the therapeutic services ran throughout the year. The response has been very positive and invaluable in developing stronger relations with parents as well as a much needed therapeutic support for them. The Youth Service began working with young people living in the Direct Provision centre in Clondalkin and to better support them, the parent programme engaged with these parents. As a result, the programme has developed into an evening of cooking and sharing of recipes, followed by communal acupuncture and meditation.



INTER-AGENCY DIMENSION

Candle has been building on existing links with other agencies in the Ballyfermot / Clondalkin area to continue to contribute towards providing a more integrated and inclusive response to suicide and youth mental health. Candle representatives are on the Ballyfermot/Chapelizod Partnership committee- D10BeWell, a Youth Mental Health initiative and also on the steering committee for Restorative Practice.

We are working in collaboration with local schools and agencies to identify those most at risk and then providing personal development groups, psychotherapy and counselling for those identified. It is of utmost importance that the philosophy and ethos of the Therapeutic Space underpin interagency involvement i.e. that young people need to establish a particular sense of security and belonging with the agency and Candle which will enable them to take up the therapeutic services. We continuously strive to create a 'wrap around' service through individual care plans in particular for those young people referred by external agencies such as TUSLA or the HSE having no prior connection to Candle.

Having direct access to therapeutic interventions has also informed our work with young people and our care planning processes. We have become better at identifying trauma in a young person and responding to their personal and developmental needs. Having aligned ourselves with the principles and practice of the Trauma Recovery Model and Restorative Practice, we are gaining increasing confidence in our approaches to working with more chaotic and challenging behaviour and in turn seeing positive outcomes. Young people engaging in the therapies are better able to participate in their educational and personal development programmes in Candle or have made discernible improvements in school.

The development of the Therapeutic Space is a priority and research of new therapies appropriate to our client group is ongoing. It is our intention to continue and further develop these services to meet the complex needs and struggles of our client group. We hope to increase the numbers that access the Therapeutic Space in 2019 particularly the young people attending the youth service to meet the growing needs and continue to include participation and support of parents.

The ongoing success and validation of the Therapeutic Space and Candle's methodologies culminated in funding being secured for the redevelopment of the Candle campus. The redevelopment of the Candle campus and building of a designated hub for the Therapeutic Space commenced in October 2017 and was completed at the end of 2018.

We believe that the new redeveloped site will provide a unique space to deliver our existing and new services for young people, thereby greatly enhancing children's and young peoples' outcomes. Our vision of a trauma informed space that in itself creates an environment of calm for those who enter has emerged from the initial design to its full realisation!



SECTION 6

- **Board of Management**
- **Funding Agencies**

Board of Management 2018

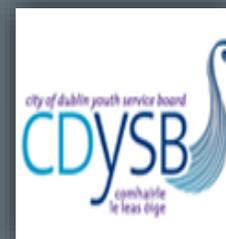
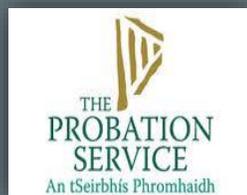
TRUSTEES Candle Community Trust currently has 7 trustees.

<i>Name</i>	<i>Position</i>
Seamus Taaffe	Chairperson
John O’Gorman	Vice Chairperson
Ross McQueirns	Treasurer
John Duffy	Company Secretary
Caitriona Geraghty	Trustee
Colm Gorman	Trustee
Patrick Lavelle	Trustee
Marie McManamon	Trustee
Emma Barnes	Trustee

Representatives who currently attend Candle Board of Management Meetings:

Ciara O’Connor	Senior Probation Officer – Probation Service
Garreth Tierney	Liaison Officer - CDYSB

Funding Agencies 2018



Staff & Volunteers 2018

Andy Doyle (Teacher)
Breeda Slevin (Teacher)
Brian Johnston (Director)
Carmel Buckley (JI Participant- Youth Service)
Carol Leonard (Project Leader, Training & Connect Project)
Caroline McCabe (Teacher)
Dervella McNee (Associate Director)
Elena Moreo (Yoga teacher)
Harry Shannon (Teacher/Health & Safety Officer)
Helen Clarke (CE participant – Woodwork Assistant)
John O’Gorman (Volunteer)
Kathleen Moore (Psychotherapist/Project Worker)
Kevin Callan (Acupuncturist)
Kristina Trbuk (Project Worker)
Linda Hayes (Financial Administrator)
Lorraine Howe (JI Participant- Youth Service)
Martina Galvin (Teacher & QQI Co-ordinator)
Michael Ruddy (Youth Worker, Youth Service)
Monica Butsch (Project Worker)
Nancy Roe (Project Worker)
Nikita Brady (Volunteer)
Noel Dempsey (CE participant – Classroom Assistant)
Samantha Yap (Psychotherapist)
Sinead Carolan (Project Leader, Youth Service)
Tara Kennedy (CE Participant – Household)
Tom Cluskey (Project Leader, Youth Service)
Una Cashin (Reflexologist)
Veronica Bowden (JI Participant – Administration)
Veronica Woods (CE Participant – Household)
William Greene (CE Participant – Maintenance)





SECTION 7

Events and Acknowledgements



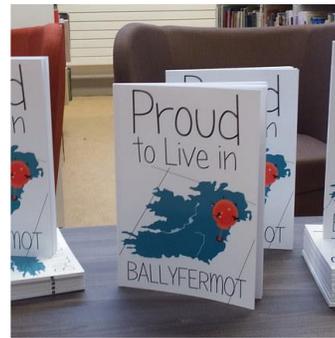


Bake Sale May 2018

As part of their Gaisce award, young people organised a cake sale to raise money for the Candle redevelopment and for local causes. They sourced donations from local businesses for raffle spot prizes. We had a wonderful array of cakes and buns on display for sale. Baking was done by the young people and staff at Candle and children from the local primary schools attended on the day. It was a very enjoyable morning and a great way to get involved in the community.

Book Launch

Proud to live in Ballyfermot Book was published and launched on the 25th of June 2018. It was a culmination of over 2 year's work through the D.10 Education Task force and included school officials, the Ballyfermot Partnership and Candle Youth Service.



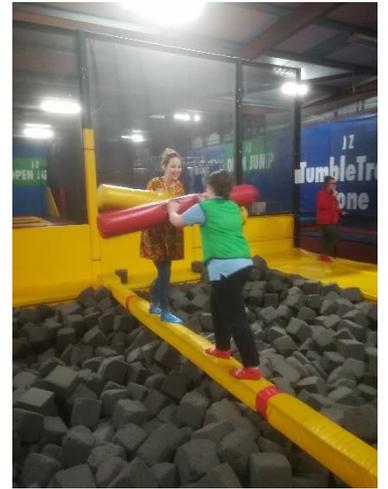
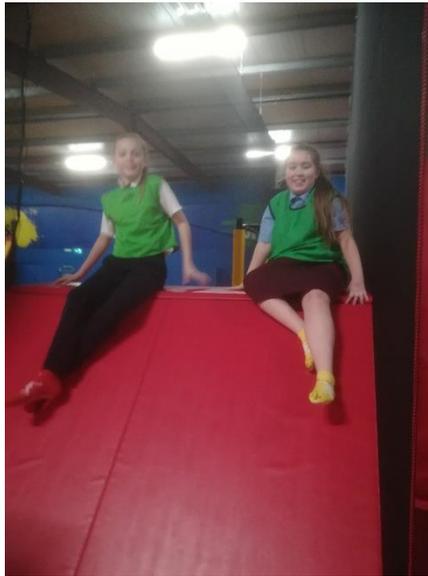
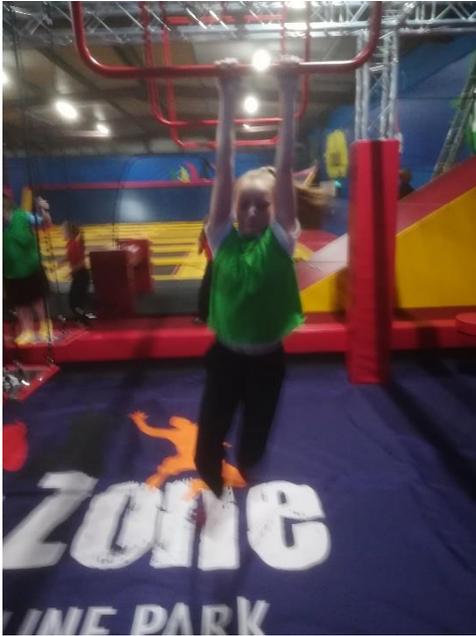
Sports Day July 2018

Our first sports day was held on a beautiful sunny day in July with the educational programme collaborating with the youth service for a great day of fun races and events.

Halloween Party

Our Halloween party at Candle has become one of the highlights of the year for the young people in the youth service at Candle. A night of fun, Halloween games, scary outfits and delicious party food enjoyed by all.





REDEVELOPMENT



2018 was a year of transition. Services ran from a temporary campus throughout the year as our campus was updated and redeveloped. We were delighted to get the keys to our fantastic new building in Dec. 2018. We have a modernised educational centre, bright comfortable communal areas and a beautiful purpose-built innovative therapeutic space that will serve our young people and the local community for many years into the future.



REDEVELOPMENT



Candle Community Trust - New Campus - Completed December 2018

REDEVELOPMENT



REDEVELOPMENT



Acknowledgements

I wish to record my thanks and gratitude to all those people who contributed so richly and generously to Candle during 2018.

Firstly, I want to thank the many young people who participate so willingly and enthusiastically in the various Programmes and Activities. They are at the heart of what the Project is all about and it is their energy and openness that makes Candle such a special place.

Thank you to Seamus Taaffe, Chairperson of the Board, for leading the organization with great vision and commitment, in collaboration with all Candle Trustees. I thank each trustee for the many and varied ways that they have been involved with the Project over the past year.

The staff at Candle are our greatest resource. I am privileged to work with a staff team who have a real passion for youth work and who contribute whole heartedly and generously every day to Candle and its participants. I thank each staff member for their efforts and dedication in 2018.

At Candle we are fortunate to have a number of volunteers who give freely of their time to working in Candle services. We are grateful to each volunteer for their commitment and time.

I acknowledge our Funding Agencies who provide not just finance but ongoing support to the organization. I thank the Probation Service, IYJS, CDYSB, CDETB, TUSLA and HSE for their continuing support of Candle's work. I wish to record my thanks to: Joe Keaney, Ciara O'Connor and Simon Cornish, The Probation Service; Probation Officers whom we work with on a daily basis; Tony Browne and Damien Kenny CDETB; Mary Mooney, Gerry Seery, Garreth Tierney and Brian Healy, CDYSB; Deirdre Nolan, Kylemore College (CDETB); Deirdre Roche, TUSLA and Emma Freeman, National Office for Suicide Prevention.

The Jobs Initiative and Community Employment Schemes are extremely important to Candle and enabling Candle to provide its current level of Service. Thank you to Cecilia Shortt and Michelle McEvoy, J.I. Coordinators, and Henry Harding and Dave Fleming, C.E. Supervisors.

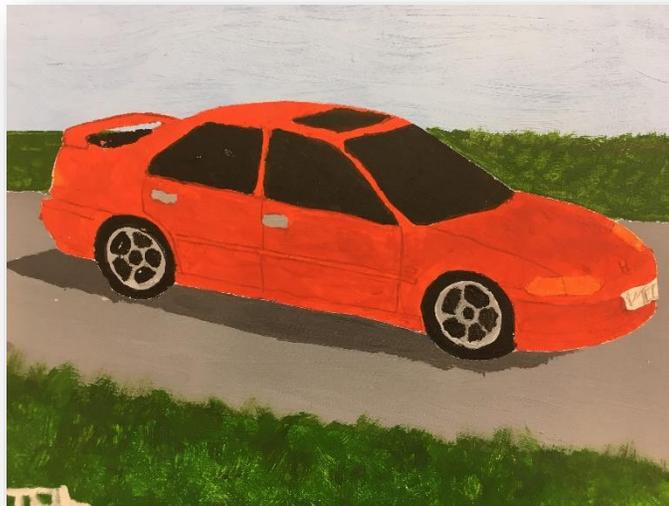
Throughout 2018 we have had to deliver services away from the Candle Campus due to the redevelopment of the Centre. However, we have been in a position to provide a full service due to the generosity of the De La Salle Primary School who provided us with premises during the building phase. I want to record our sincere thanks to Naomi Plant, Principal, the management and staff of De La Salle School and Brother Damien for their immense help and support over the past 12 months.

A significant number of organizations have contributed financially to the redevelopment of the Candle Campus. We are deeply indebted to each for their generosity, and for the trust which they place in the Candle organization. Without this financial support the redevelopment of the campus would not come to fruition.

Finally, there is a wide network of people and Agencies who have contributed significantly to the life and work of Candle over the past year. I acknowledge these mutually fruitful relationships and particularly wish to mention the following:

- *Irish Youth Justice Service*
- *Ballyfermot Partnership*
- *Ballyfermot Youth Service*
- *Obair, Ballyfermot*
- *Ballyfermot Drugs Task Force*
- *Kylemore Training Centre*
- *Dominican Campus School Completion Programme*
- *Local Secondary and Primary Schools*
- *Local Gardaí*
- *Anne Brady McQuillan – Accountants*
- *Judge John O'Connor*
- *Yvonne Tougher and TUSLA*
- *Ballyfermot Partnership*
- *Local Youth Agencies*
- *Ballyfermot Star*
- *Volunteer Ireland*
- *Social Workers*
- *Department of Children and Youth Affairs*

Brian Johnston





Designed
by
Candle Community Trust
2018

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