

ANNUAL REPORT 2019

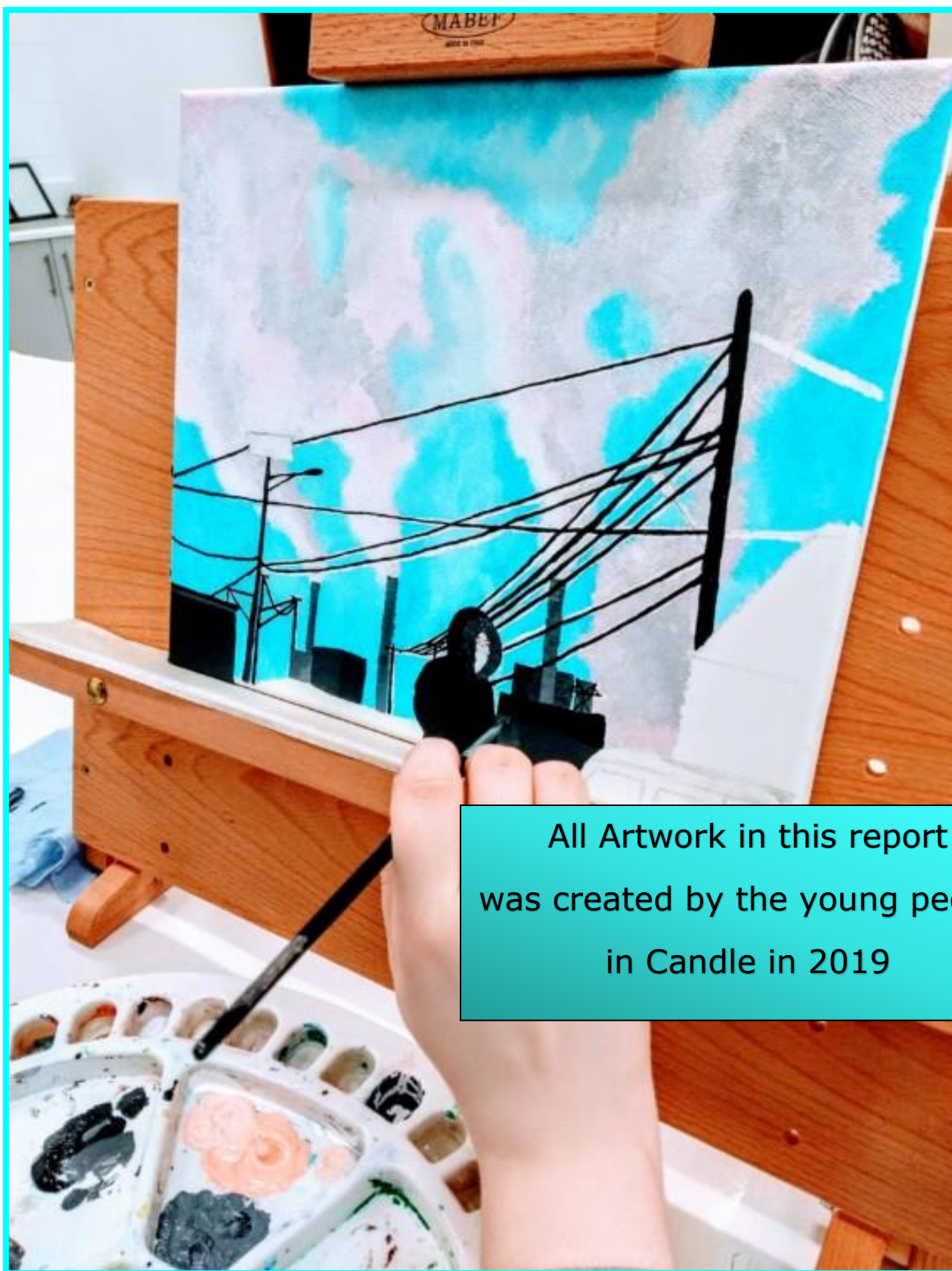


CANDLE COMMUNITY TRUST



ANNUAL REPORT 2019

Candle Community Trust



All Artwork in this report
was created by the young people
in Candle in 2019

CONTENTS

SECTION 1 ORGANISATIONAL PLANNING 5

SECTION 2 DEVELOPMENTAL PROCESSES 11

SECTION 3 SERVICES 17

TRAINING PROGRAMME 26

CONNECT PROJECT 31

YOUTH SERVICE 35

CANDLE HOME LIAISON 39

SECTION 4 THERAPEUTIC SPACE 41

SECTION 5 BOARD OF MANAGEMENT - FUNDING - STAFF 49

SECTION 6 EVENTS AND ACKNOWLEDGEMENTS 53

Voice of a Young Person in Candle

I HAVE A DREAM

I have a dream that the government will stop police corruption. That there will be an end to corruption on every level.

I have a dream that there is more encouragement for young people to go far in life

I have a dream that college is open to people on level 4 and without money.

I have a dream that money is put into communities that need it most.

I have a dream that more money is put into health and addiction services That addiction is seen as health related and not crime related.

I have a dream that young people in my area can walk peacefully and not be harassed and abused by police brutality.

I have a dream that we all have some sort of work instead of being looked down on by the workplace.

I have a dream that one day we can all be judged equally rather than on our clothes and appearances to others.

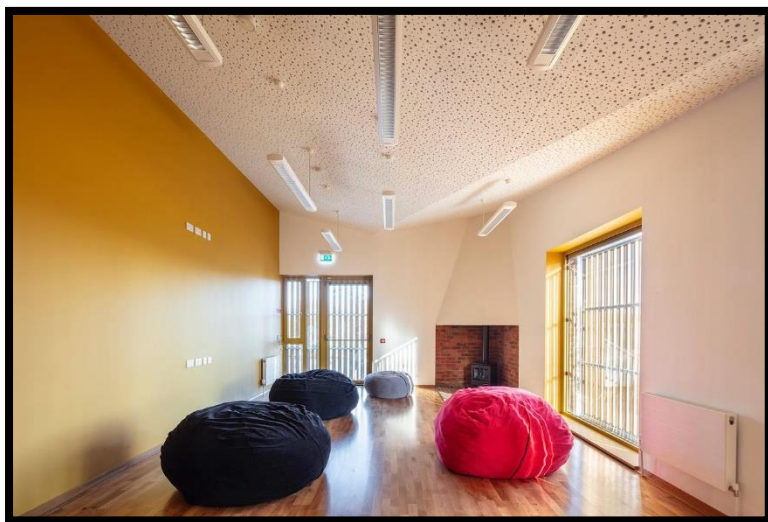
Section 1

Organisational Planning



IMPORTANT DEVELOPMENTS IN 2019

REDEVELOPMENT OF THE CANDLE CAMPUS The redevelopment of the Candle campus has been a focus throughout 2017/18 and in January 2019 we recommenced services in the new premises. The idea for a remodelling 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 service, along with the changing service provision, implied that the existing premises needed to be updated and expanded, and more additional space was required for the delivery of our newly established Therapeutic Space. The facility now provides an environment that is warm, bright, welcoming and is conducive to personal growth. While being aesthetically pleasing, the Centre greatly enhances our programme delivery and is already leading to better outcomes for participants in terms of educational attainment and personal/social development. There are now further plans to complete the redevelopment of the Campus with construction of a new entrance area, a sensory/therapeutic garden and general landscaping. It is hoped that this work will commence mid-2020.



STRATEGIC PLANNING In December 2019 we concluded the Candle Strategic Plan 2017-19. This 3-year plan has served the organization well and has provided direction and motivation during those years. We will commence the process of preparing the next plan for 2020 -2022 early in 2020. A 12-step process has been devised and it is hoped that the Plan will be ready by May 2020. A needs analysis will be conducted initially and then all stakeholders in Candle will then be invited to contribute to the plan, including young people, parents/families, board of trustees, staff, funding agencies and community organizations. However, the first step in this process has been to review the Strategic Plan 2017-19 and we present here a summary of the findings.

STRATEGIC PLAN 2017 – 2019: SUMMARY REVIEW

1.Education
<p>GOAL A: Deliver creative and imaginative educational programming thereby improving the person's learning experiences and potential for growth</p> <ul style="list-style-type: none"> • New educational structure introduced • Major Awards QQI Level 3,4,5 available to participants • Comprehensive trauma-informed educational assessment process introduced • Educational methodology/pedagogy developed to target individual needs • Educational, developmental and therapeutic programming working in an integrated way to provide a wrap-around model for participants
2. Developmental
<p>GOAL B: Lead out Trauma Recovery Model (TRM) as an innovative methodology for working with complexity in young people</p> <ul style="list-style-type: none"> • Extensive training in TRM for all staff, placing the reality of trauma central to the work • Development of an assessment process and care planning that incorporates the TRM • TRM approaches underpinning all programming • Developments in the Therapeutic Space reflect the centrality of TRM
3. Therapeutic
<p>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</p> <ul style="list-style-type: none"> • Significant increase in numbers accessing the Therapeutic Space • Offering a wide range of therapeutic services and interventions • Therapeutic Space central to the provision of a wrap-around model • Well-equipped Therapeutic Space hub established in the redeveloped Centre • Referral pathways developed with key stakeholders • Outreach to parents/families and the development of a Candle Home Liaison position
4. Organizational

Candle Community Trust Annual Report 2019

GOAL D: Effectively manage all aspects of the redevelopment process

- Redeveloped Centre completed on time and on budget
- Re-establishment and further development of services in the new facility

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

- Candle “on the journey” to full compliance with the Charity Regulator Code of Good Governance (95% complete)
- Annual Operational Plans/Review produced in the period
- New organizational structure developed

GOAL F: Focused commitment to Staff Training and Role Development

- Extensive training in TRM and Trauma Informed Approaches
- Regular reflective practice and management supervision for all staff
- Staff welfare and support a priority for the organization

5. Community Relations

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

- Development of the Candle Home Liaison Role
- Involvement of families/stakeholders during assessment, care-planning and service delivery
- Collaboration with local schools, youth agencies and community groups
- Representation from Candle on key committees/forums within the community

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

- Restorative practice is central to all interactions
- Youth forums, surveys and consultation with young people on a regular basis
- Advocacy within the organization for young people from ethnic minorities

CANDLE – TRAUMA INFORMED SERVICE Over recent years, Candle, as an organization, has made the reality of “trauma”, and its effects in the lives of the young people, central to its work. Research, and indeed our own professional experience, has shown that if an individual’s trauma is not given due attention, then educational and developmental progression is seriously impaired. We realize that to meet the needs of those who participate in our educational, developmental and therapeutic programming, it is critical that any underlying trauma is addressed and resolved. Towards this end, all staff has engaged in extensive training in Trauma, particularly in the Trauma Recovery Model, and careful assessment processes are now in place to identify the key developmental needs of a young person and then to set out clearly the interventions that are necessary. A vision that recognizes trauma and its impact has been carefully integrated into the work across the service.

Candle Community Trust Annual Report 2019

In 2019 we took further steps to build on this vision and are now endeavouring to make Candle a “trauma informed service”. We are on a journey to becoming a trauma informed organization, i.e. that the acknowledgement and response to trauma permeates all aspects of the organization including the building, ethos/culture, interventions, programming, policies/procedures, staff training and supervision etc.

“THE FOUR R’S”

*“A programme, organisation, or system that is trauma-informed **realises** the widespread impact of trauma, stress and adversity, and understands potential paths for healing and recovery. **Recognises** the signs and symptoms of trauma in staff, clients and all others involved in the system. Actively **resists** re-traumatisation (Committed to being trauma-reducing instead of trauma-inducing). **Responds** by fully and meaningfully integrating, embedding and infusing knowledge about trauma into policies, procedures, language, culture, practices and settings.”*

Dr Karen Treisman

In fact, the redevelopment of the Candle Centre has been at the heart of Candle becoming a trauma informed/trauma responsive organization. Our physical environment can impact greatly on our experience and overall wellbeing and it was with this awareness that we approached the redevelopment of the Campus in 2017. The design and structure of the new building at Candle aims to reduce stress and chaos, and to prevent triggering people into re-traumatization. The building conveys important messages to participants such as “we value you”, “we prioritise safety”, “we care for you”, “we hold you in mind”. The building itself holds participants in a cocoon of safety, warmth and containment, and supports the emergence of growth and development of the individual.

During 2020 Candle will continue to develop and grow as a trauma infused organization. But we do not want to take this journey in isolation, and consequently, having secured funding through the WhatWorks Scheme (DCYA), Candle will host an inter-agency learning forum. The forum will include Probation Officers, Social Workers, Psychotherapists, Psychologists, Project Workers, and Youth Workers and will be led over a six-month period by Dr Karen Treisman, an internationally acclaimed expert on Trauma and Trauma Informed Organizations. The aim will be to build a network for reflection/best practice in relation to working with trauma in the field of youth justice and to support organizations to understand, and move towards becoming, trauma informed organization.

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 modules at Level 2, 3 and 4. However in late 2018 we made application to CDETB to grant Candle



the accreditation status to deliver a QQI Level 5 Major Award in Community Development.



Accreditation was granted, following assessment, in early 2019. This particular QQI Level 5 Award is an access pathway to third level education. The application to deliver this award came as a result of the growing needs of an older cohort of young people presenting to Candle having completed a certain standard of 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 young people in 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. Securing funding for the additional teachers required has been a challenge but we have now launched this course and it will run through 2020.

NEW INITIATIVES Candle constantly seeks to respond creatively and imaginatively to the changing needs of the young people and the community/society within which we live. Services at Candle are constantly evolving and being reshaped in an effort to provide meaningful and appropriate interventions. Two new initiatives are worthy of particular mention in this year's report, namely the Candle Home Liaison Programme and our Detached Youthwork service.

The involvement and support of parents/families is crucial during a young persons' engagement in our service, leading to better outcomes for all. The Candle Home Liaison Programme aims to enhance the young person's wellbeing and participation in programming through providing additional support to the parents/families. A new role of Candle Home Liaison Person was established, with the aim of providing on the ground connection with parents, supporting parent's involvement and facilitating a supportive home environment for the young person's participation in Candle. Detached Youth Work aims to connect with those 'hard to reach' young people through engaging them on their own territory, i.e. often on the streets, parks, front gardens. Identified clearly as Candle Youth Service through specially labelled jackets, the workers routinely work in pairs, meet the young people and build relationships. In 2019 significant numbers of young people were reached through this service and greater engagement in Candle services was encouraged and facilitated. A physical health programme consisting of local off-site exercise events, onsite therapeutic interventions and pro-social recreational programming were delivered during the year through this detached youthwork.

CANDLE'S RESPONSE TO COVID-19 SITUATION *As we complete this review of 2019 the reality of Covid-19 is taking hold across the country. In this new context Candle has moved quickly to adapt, re-shape and re-image our services so that we can be relevant to young people and their needs at this time. Action Plans have been created with the aim of continuing learning forums, supporting mental health and maintaining contact/connection with vulnerable young people and families at a very worrying time. The use of social media and online forums have now become central to the work and staff has responded with creative ideas for delivering education, therapeutic interventions and staying connected. Funding Agencies have been very supportive of the work and there is a commitment to continue funding streams during the crisis. It is envisaged that Candle will emerge strongly from the crisis, ready to meet the issues and fall-out which will inevitably ensue for young people and families.*

Section 2

Developmental Processes



INTRODUCTION Candle has a history of working with the most 'at risk' and marginalised in the community. Trauma and neglect have hindered both their educational and personal development. We believe that through 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 positive mental health.

The Trauma Recovery Model (TRM) and Restorative Practice (RP) underpin our ethos and practice and the research in Adverse Childhood Experiences (ACE) validates the work we are doing in Candle. In June of 2019 the staff at Candle attended a 2-day conference with Dr Karen Treisman on understanding trauma and how to become a Trauma Informed Organisation (TIO). Candle is

committed to becoming a trauma aware and infused organisation with a purpose of being trauma reducing in all our service provision.

ASSESSMENT 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, best meet their needs and informs the therapeutic interventions that may be required.

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 and appropriate documents and information

attained. An educational assessment then takes place evaluating the young person's 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 accordance 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 Wellbeing.

A TRM Report is then compiled by the care team identifying the underlying needs of the young person and the interventions required. The programme and the educational level that best suits the young person is decided. All Candle 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.

Weekly care planning meetings and key workers presentations assures the focus on the young people's needs and progression.



INDUCTION After the initial assessment meeting and a young person is deemed suitable to attend the centre, 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 what Candle expects from the person. An agreement is signed based on these key issues. Eliciting personal and educational goals is also part of these meetings. The informal induction process happens through 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 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 particularly important as they are often the main person who initially identifies the needs of the individual. They are also equipped with the knowledge so as to provide appropriate interventions to support each individual and provide emotional and practical support as required and to enable and empower young people 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 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 to individual needs, particularly when addressing complexity, are created.

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 based on the person's educational history and aptitude is drawn up. For the developmental aspect of an individual's care plan, the key worker uses 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 implemented and regularly reviewed with all the relevant people and agencies so as to monitor changes. Revised plans are made on 3-6 monthly basis so as 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.

The key worker's presentations focus on the young person's progression in both the educational and developmental aspects of their programme as well as any presenting therapeutic needs or interventions. The Trauma Recovery Model guiding principles are ever present at these meeting.

RESTORATIVE PRACTICE APPROACHES In Candle, we seek to empower the young person to have a voice, and to listen and be listened to. Fostering relationships which are nurturing, affirming and respectfully challenging are central to our philosophy. In this context, the principles 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 and leads to more positive outcomes.

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 wellbeing
- 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 clients
- Building of healthy social networks/relationships
- Reduced levels of stress and anxiety and more care for individual mental health



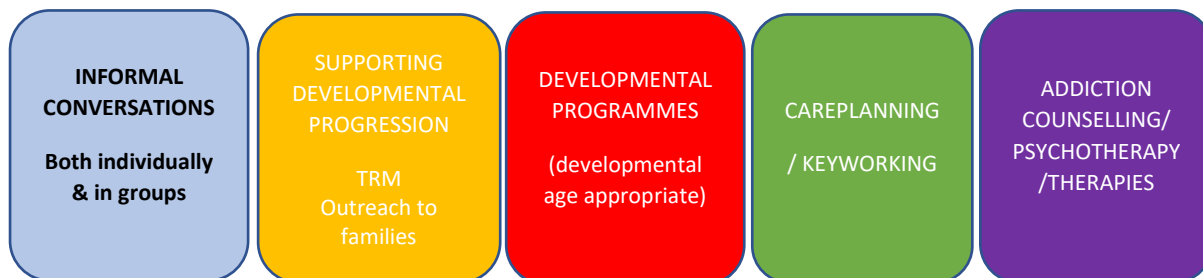
The following modules/programmes are offered, although staff are continuously reviewing topics and current issues that arise and need to be addressed.

- Crime Awareness: looking at crime and our response
- Drug and Alcohol Awareness: understanding the effects of drugs and alcohol
- Relationships and Sexuality: exploring important issues
- Positive Mental Health: promoting self-care and wellbeing
- Anger Management: looking at anger in my life
- Physical and Social Recreation: relaxation and keeping healthy
- Outings and Day Trips: To build relationships and have fun

These programmes, together with weekly access to the Therapeutic Space, are an important and integral part of all our services and have greatly enhanced the personal growth and wellbeing of the young people.

WORKING WITH TRAUMA AND UNDERLYING ISSUES

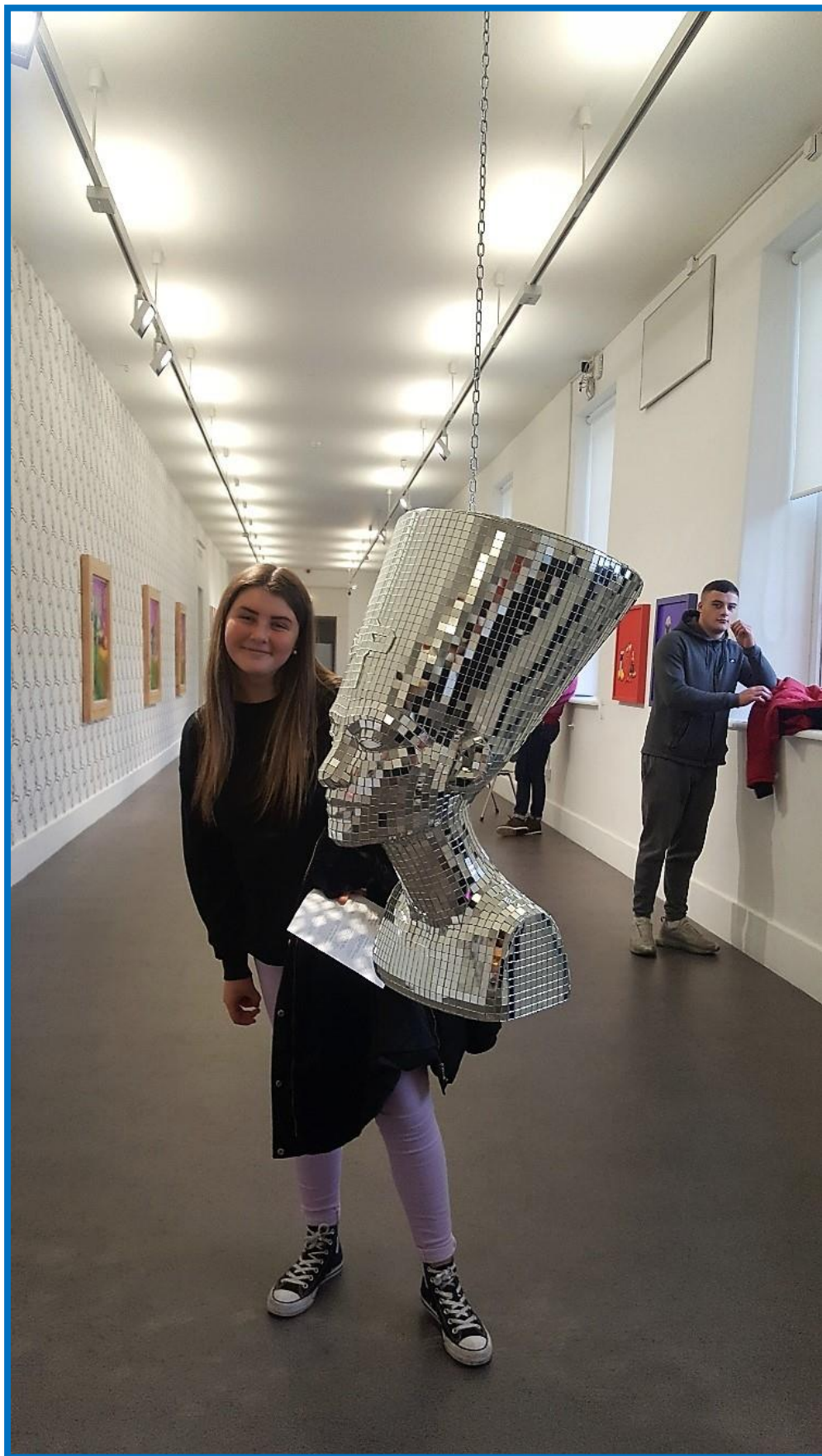
INFORMAL ← → FORMAL



PROGRESSION The progression planning programme at Candle supports and encourages the positive transition of young people from full-time training programme to further educational or employment opportunities. In response to the needs of young people, we provide an individual trainee progression plan that is developed from the time a young person joins the training programme. 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 proactive and creative in relation to progression opportunity and to encourage hope and ambition for the future amongst trainees.

TRACKING When a person leaves the Candle education programme, we ensure that they know they can return for regular support and help, particularly during the initial six months. The young people can avail of our services according to their needs. We strive to stay in touch and track their progression and development after Candle and continue to provide a strong base to support the transition.





Section 3

Services

- 
- **Training Programme**
 - **Connect Project**
 - **Youth Programme**
 - **Home Liaison**
 - **Therapeutic Space**

Training Programme



- Full time Educational Programme for 16-21 yr olds
- QQI level 3, 4 and 5 awards
- Referred by self referral, The Probation Service, TUSLA, JLO and others
- Supports- Targeted Programme, Literacy Programme and Developmental Programmes
- Social Outings
- Access to Therapeutic Space

Connect Project



- Developmental and Educational Programme for 15-21 yr olds
- QQI level 3 and preparation for level 4 awards
- Referred by The Probation Service, TUSLA and others
- Supports- Literacy Programme and Developmental Programmes
- Social Outings
- Access to Therapeutic Space

Youth Service



- Youth Service - clubs and targeted groups for 10-25 yr olds
- After School Clubs, weekly session -referred through schools, age 11-13
- Evening Drop in Clubs - Referral -self, family, Probation Service, age 14-18
- Clubs for targeted groups include Traveller Groups, Direct Provision, Young Adult Shed
- Detached Youth Work Programme in the community
- Developmental programmes, creative and recreational activities, educational support
- Access to Therapeutic Space

Home Liaison



- Home Liaison Person working intensively on the ground with parents and families of young people at Candle
- Supporting motivation, participation and wellbeing of young people by increasing parental involvement and building positive relationships

Therapeutic Space



- Provision of therapies on site at Candle
- Counselling, Acupuncture, Reflexology
- Yoga, Drama Therapy, Mindfulness, Nutrition
- Available to young people on all programmes and external referrals



Activity Report Jan-Dec 2019 Training Programme

LEARNER PROFILE – Workshop Training Programme	
Numbers aged 16/17 (at commencement)	15
Numbers aged 18-20 (at commencement)	13
LEARNER OUTCOMES – Workshop Training Programme	
Numbers in training during period	28
Numbers commenced during period	9
Numbers finished during period	13
Number who completed programme (without employment or further education)	5
Number dropped out due to personal circumstances	3
Number dropped out due to inability to complete	1
LEARNER DEVELOPMENT – Workshop Training Programme	
Induction Programmes completed	28
Care Plans developed and reviewed	28
Literacy input	28

ACCREDITATION ACHIEVED – Workshop Training Programme			
Number of Major Awards in Employability Skills Level 4			5
Number of Minor Awards Level 3	11	Number of Minor Awards Level 4	59
Communications L3	1	Painting L4	6
Application of Numbers L3	1	Graphic Design L4	6
Career Preparation L3	1	Personal Effectiveness L4	9
Computer Literacy L3	1	Work Experience L 4	4
Woodwork L3	1	Communications L 4	7
Wood craft L3	5	IT L 4	10
Art and Design L3	1	Woodcraft L 4	7
		Health Related Fitness L4	5
		Functional Maths L4	5

SOCIAL AND PERSONAL DEVELOPMENT Workshop Training Programme	
Positive Mental Health	28
Social Media	28
Sexual Health and Relationships	28
Crime Awareness	28
Socialisation Programme	28

REFERRALS Workshop Training Programme	
The Probation Service	11
Candle Youth Programme	3
TUSLA	5
Youth Agencies/other	3
Self-referral	6

TRACKING AND SUPPORT – Workshop Training Programme	
Number of ex trainees who received support	12
PROGRESSION PROGRAMME – Workshop Training Programme	
Numbers progressed to further training/education	3
Numbers progressed to employment	5

Activity Report Jan-Dec 2019 Connect Programme

LEARNER PROFILE – Connect Programme

Numbers aged 16/17 (at commencement)	14
Numbers aged 18-21 (at commencement)	7

LEARNER OUTCOMES – Connect Programme

Numbers attending during period	21
Numbers commenced during period	14
Numbers finished during period	9
Numbers progressed to Candle Training programme	7
Numbers progressed to other Training Centre/education	1
Number dropped out due to personal circumstances	5
Number dropped out due to inability to complete (detention)	2
Number dropped out due to non-attendance	5

LEARNER DEVELOPMENT – Connect Programme

Induction Programmes completed	21
Care Plans developed and reviewed	21
Literacy input	21
One to one specialised programme	2
Progression plans developed	21
Socialisation Programme	21

SOCIAL AND PERSONAL DEVELOPMENT – Connect Programme

Crime Awareness	21
Drug and Alcohol Awareness	21
Sexual Health Awareness	21
Positive Mental Health	21

REFERRALS – Connect Programme

The Probation Service/IYJS	14
JLO/ Garda Diversion Projects	2
Self-referral	1
Other	6

Activity Report Jan-Dec 2019 Youth Programme

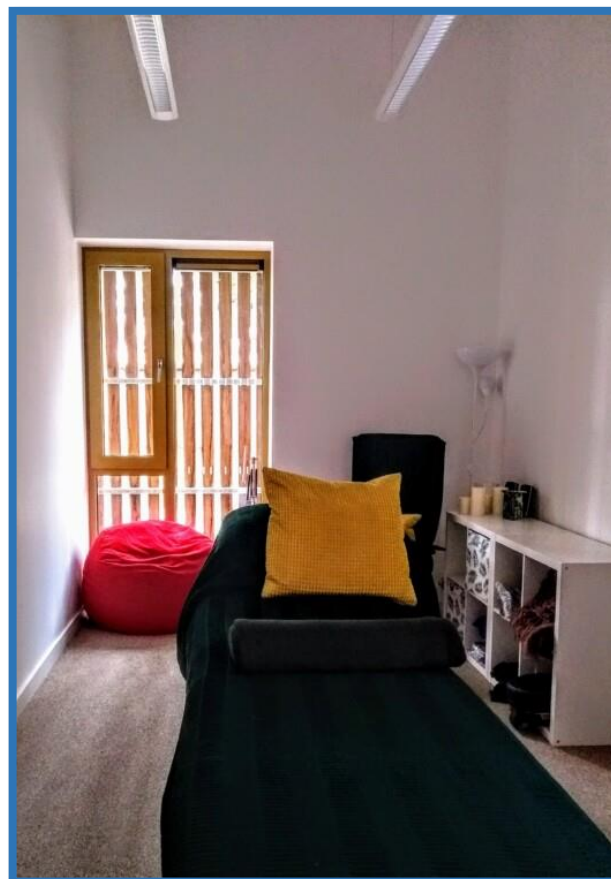
YOUNG PEOPLES OUTCOMES – Youth Programme	
Numbers attending during period (individual young people)	
Number of overall formal contacts	8472
Attendance figures	
Tuesday and Thursday Drop In (27 individual yp) x twice week	2508
Wednesday Drop in (20 individual yp)	1002
Dominic's Girls (8 individual yp)	380
Boy's Group (31 individual yp)	1612
Monday primary (10 individual yp)	480
Tuesday Afternoon Youth group (11 individual yp)	540
Wednesday primary (12 individual yp)	560
First Year Group (12 individual yp)	580
Trainee Summer Programme (14 individual yp)	60
Caritas group (12 yp)	550
Halloween event (200 yp)	200

YOUNG PEOPLES PROFILE – Youth Programme	
Numbers aged 10-12 years	33
Numbers aged 13-14	62
Numbers aged 15-18	50
Numbers aged 18 +	10
Number of females attending programme	90
Number of males attending programme	67

SOCIAL AND PERSONAL DEVELOPMENT – Youth Programme	
Title	No. of Y/P
Anti- bullying/Friendship programme	60
Social Media Awareness Programme	155
Youth Committee Meetings	40
Resilience Programme	60
Mindfulness Programme	40
Health & Fitness programme	60
Driving Theory Programme	20

Activity Report Jan-Dec 2019 Therapeutic Space

YOUNG PEOPLES OUTCOMES – Therapeutic Space	
Numbers accessing service during period	165
Attendance figures	
Counselling (21 clients)	187
Drama therapy (14 individual yp)	252
Acupuncture (28 individual yp)	559
Reflexology (20 individual yp)	323
Yoga (13 individual yp)	157
Parent Support Group (6 parents)	114
Youth Service:	
Caritas School Groups (32 individuals- 3 groups)	320
Young Traveller group (4 young people)	24
Evening Drop In (6 young people)	180
Young girl's afternoon group (5 young people)	100
Young women Traveller group (5 young people)	30
Youth Café group (6 young people)	180
Wednesday Evening group (5 young people)	120



Candle Community Trust Annual Report 2019

Educational Modules

QQI MAJOR AWARD 5M3050

Community Development

CORE MODULES	ADDITIONAL MODULES
Understanding Community Development - 5N1901	Communications - 5N0690
Working with Groups - 5N2707	Work Experience - 5N1356
Community Development Practice - 5N0777	Social Studies - 5N1370
	Community Arts Context and Practice - 5N3026
	Personal Effectiveness - 5N1390

QQI MAJOR AWARD 4M2010

Pathways to Employment - General Learning

CORE MODULES	ADDITIONAL MODULES
Communications - 4N0689	Woodcraft - 4N3185
Functional Mathematics - 4N2138	Painting - 4N1871
Work Experience - 4N1168	Graphic Design - 4N1117
Information Technology Skills 4N1125	Health Related Fitness - 4N2666
Personal Effectiveness 4N1132	

QQI MAJOR AWARD 3M0935

Employability Skills

CORE MODULES	ADDITIONAL MODULES
Communications - 3N0880	Woodcraft - 3N0589
Application of Numbers - 3N0851	Art & Design - 3N0608
Career Preparation - 3N0896	Graphic Design - 3N0584
Computer Literacy - 3N0881	Health & Fitness - 3N0531

Candle Community Trust Annual Report 2019

Educational Support Modules

Literacy and Numeracy - Targeted sessions to increase literacy and numeracy skills

Resource - Focused supplementary teaching in the classroom

Social Development Modules

Safe Driving

Positive Mental Health

Crime Awareness

Sexual Health Awareness

Drug and Alcohol Awareness

Social Media

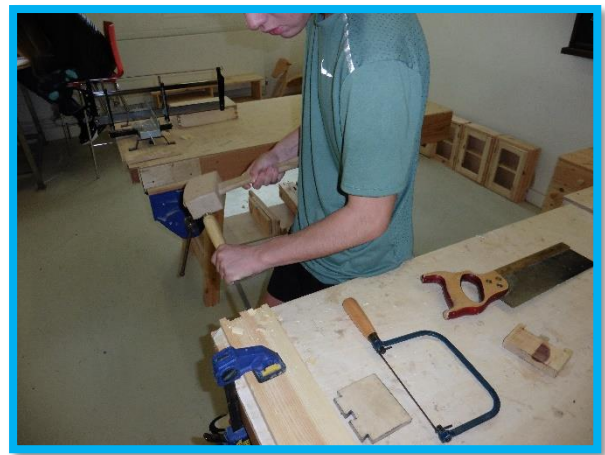
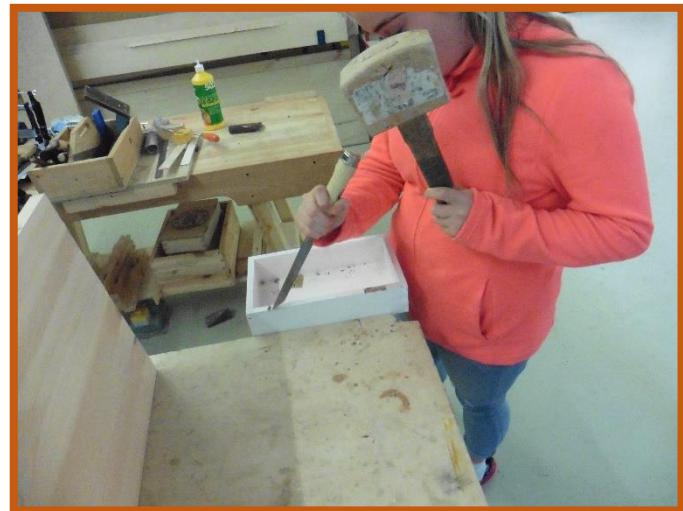
SAFETY TRAINING MODULES -

External Facilitation

Safe Pass

Manual Handling

First Aid



The Training Programme

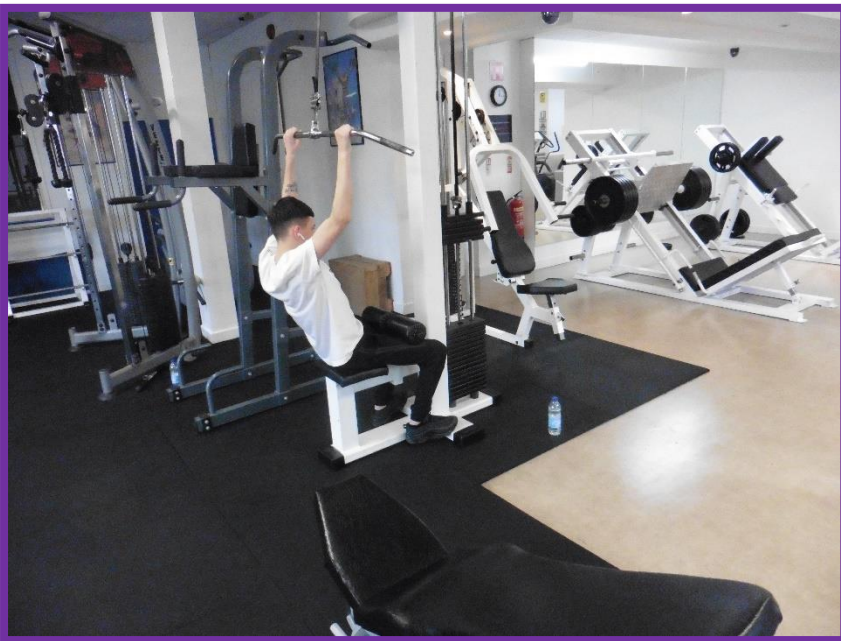
2019 commenced with great excitement and energy on **The Training Programme** as we moved into our newly renovated classrooms and workshops. Fitted out with the latest technology; interactive white boards in the classrooms, IT room, bright art room with easels and art equipment and fully fitted out woodwork room, young people and staff were delighted to start to settle into the new space.

The delivery of the Training Programme in this purpose-built campus in Ballyfermot has hugely enhanced the calm, supportive and progressive learning environment that Candle is known for. We offer an interesting and practical range of modules leading to QQI accreditation at level 3 and 4, and in an exciting new development, in 2019 we began to offer a Level 5 major award in Community Development. We are very proud of this attainment and how it raises the profile of the Training Programme at Candle.

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. The age range of our students is 16 -21 years, and all of our major awards and modules are focused on employment and progression. Our referrals come from Probation/IYJS, JLO's, HSE, local agencies and family and self-referrals. Often, the educational experience of our young people has been negative for a variety of reasons ranging from adverse personal experiences to economic disadvantage. At Candle we offer a second chance in education. We respond to the needs of those young people who are marginalised and disadvantaged while delivering an educational programme of exceptional standard. The quality of our educational programme continues to grow every year because we continuously improve and implement progressive change into the programme. Our programme prepares and equips young people to take on opportunities and challenges in their future.

ACCREDITATION 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, 4 or 5 on the National Framework of Qualifications (NFQ). A major award is the principal accreditation goal for learners. The level 4 major award remains the heart of the educational programme. The majority of learners at Candle complete modules at this level. Level 3 modules are taken by students as needed and Level 5 modules commenced in 2019 with the first of our awards at level 5 expected in 2021. We offer a balance of practical subjects and classroom subjects. The overall aim of the awards is to focus on learning skills for further education or employment.

Trainees also have the opportunity to obtain a Safe Pass and Manual Handling certification from external facilitators and are encouraged and supported in doing so.



SUPPORT The Educational Programme is underpinned by the Trauma Recovery Model and strives to offer appropriate interventions and build resilience in young people. Before commencing on the programme young people meet with the programme coordinator informally and take part in a short educational assessment. The assessment means that the educational and developmental needs of the young person can be established to ensure early stage interventions. A range of developmental modules are

incorporated into the programme to ensure that all the young people who commence education at Candle can achieve their potential. Additional support is given in literacy, numeracy and resource teaching. Targeted Programmes are available for specific needs. All young people who attend our training programme can access our Therapeutic Space.

We believe that it is very beneficial to take a supportive, restorative approach towards education and include developmental and therapeutic programmes. We aim to develop positive relationships by working in small groups, setting clear boundaries and encouraging responsibility.

RESOURCE AND LITERACY The Literacy and Numeracy Programme at Candle is a very important element and is available to all young people on the Training Programme. Learning needs are identified initially at assessment and ongoing classroom observation. The programme is tailored to each young person and so individual literacy, numeracy and confidence issues can be addressed. The programme is reviewed regularly to adapt to the present learners and targeted to their specific needs. A strong focus on improving critical literacy and numeracy skills is crucial to allow young people to succeed in reaching their full potential and offer them equality in education.

RECORD OF ACHIEVEMENT 2019

2019 was another very successful year for the Education Programme in Candle Community Trust. We proudly launched our QQI level 5 major award in Community Development. QQI awards are an internationally recognised framework of awards. Achieving accreditation status for our Centre at this level is recognition of the quality of

our educational programme and carves a pathway for future expansion of this programme. Most significantly, the level 5 award is an access course for third level education. Young people have benefitted hugely from the delivery of this programme within the therapeutic supported environment of Candle. It offers them an improved progression route to third level education and employment. We are very proud of this newly acquired status and the launch of our QQI Level 5 modules in Community Development to our learners in 2019.

In 2019 our learners achieved 5 major awards at QQI level 4, 59 minor awards at QQI level 4 and 11 minor awards at QQI level 3. We offer a huge congratulations to each young person who achieved awards in 2019.

The classroom-based modules at level 4 are varied and are delivered by experienced and skilled teachers. Young people learn life skills through the activities on the Communications module. They gain confidence in their community and workplace on their Work Experience placements and through the Personal Effectiveness module. The Functional Maths module offers young people an opportunity to improve their practical maths skills.

Woodwork skills have been taught at Candle since its founding and Woodwork is now delivered as a level 4 module in our newly fitted out workshop. The practical woodwork pieces produced by the students are of exceptional standard and this module is always enjoyed by students. 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 our bright, calm art room are illustrated throughout this report. We also place a particular emphasis on digital literacy. ICT remains popular with modules in Computer Applications and Information Technology delivered again at level 4 this year. A module in



Health-Related Fitness at level 4 is integrated into our weekly timetable. Activities include gym, squash, swimming and football. We have a successful partnership with Ballyfermot Leisure Centre and The Base in Ballyfermot.

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 goal for 2019 was to continue to raise standards and set goals of quality and excellence in education in our fantastic redeveloped campus. The new campus, which we moved into at the start of 2019, offers a state-of-the-art learning facility for the Educational Programme to deliver quality education in a purpose-built environment. The improved learning environment has greatly enhanced the atmosphere for young people and staff.

SOCIAL DEVELOPMENT PROGRAMMES The Social Development Programme aims to create a safe and confidential space to learn about and discuss important and relevant topics. Social and developmental programmes delivered in 2019 include, Positive Mental Health, Crime Awareness, Sexual Health Awareness, Drug and Alcohol Awareness and Social Media. The Trauma Recovery Model informs all our Developmental Programme planning and indeed all of our interactions with the young people. Appropriate support around issues raised is incorporated into each young person's developmental plan.

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. In 2019 the programme included sports and activities such as ice skating, go-karting and bowling. A highlight of last summer was an overnight camping trip to Blessington Lakes for the Gaisce Award. Young people and staff took part in cycling, hill walking and kayaking covering a distance of 25 km. It was hugely challenging and a great accomplishment. Another highlight was a trip to Bloom on a beautiful sunny day in June. All of the outings were really enjoyed by young people and staff. In the autumn term, a schedule of outings took place every Friday to locations such as Kilmainham Gaol, Dublin Zoo, IMMA, Collins Barracks, The War Memorial Gardens and Glasnevin Cemetery. These trips were hugely enjoyable and a great way to finish each week.



TARGETED

PROGRAMME 2019

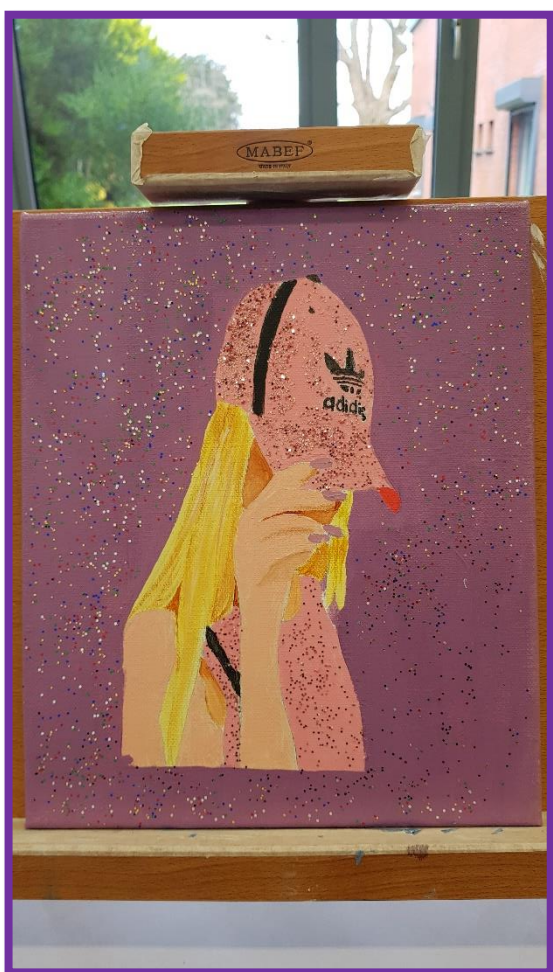
The Targeted Programme is aimed at those learners who, for varying reasons, need additional support plans to complete their educational programme.

Relationship building is considered key to progress on the Targeted Programme and young people work in small groups or one to one in a safe structured routine.

The Targeted Programme is informed by the Trauma Recovery Model (TRM). TRM underpins all programme development at Candle. This model 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.

When a young person starts on the Targeted Programme, they are fully involved in the process. They meet with the programme coordinator and are given a personalised timetable. The issues involved are discussed and clear expectations are stated. A dedicated programme leader checks in regularly with the young people and regular reviews take place. Each young person on this programme has a timetable tailored to their needs. This programme has proven to be highly effective and has become a cornerstone of our commitment to principles of the Trauma Recovery Model in education.

Three young people attended the Targeted Programme during 2019, forming a strongly bonded social group. All of these young people felt that they achieved more academically and developmentally by being on the programme and educational results support this. Two young people on this programme progressed successfully to the next QQI level award having successfully completed a major award. One young person on this programme progressed to employment upon completion of level 4 major award. Developmental and social needs were successfully met as indicated by increased social confidence.



GAISCE AWARD

Gaisce, the President's Award, is a challenge to young people in Ireland aged 15-25 to dream big and realise their potential. Gaisce is focused on, and driven by the following core values; Empowerment, Inclusion & Equality, Respect and Excellence.

In essence, Gaisce or 'great achievement' is a self-development programme for young people. By taking part in Gaisce, young people take on exciting personal, physical and community challenges and develop new skills and friendships. Young people set and pursue personal goals in four different areas of activity. In Candle in 2019, we had 5 young people working towards their bronze award ranging in age from 16 to 21. The award challenges were completed in August 2019 by 3 young people and 2 others took up the challenge during summer 2019 and will complete in 2020. A further 2 continue to work independently towards the gold award.

The highlight of the programme was the 2019 Adventure Challenge. In May 2019, 5 young people and 3 staff took part in a 2-day adventure journey at Blessington Lakes in Wicklow. The journey consisted of a 15km cycle, including off road mountain biking, a 4hr hike across mountain trails, an overnight camp and culminated early the next morning with a 6 km journey back across the lakes by kayak. It was a wonderful and memorable experience for all involved.

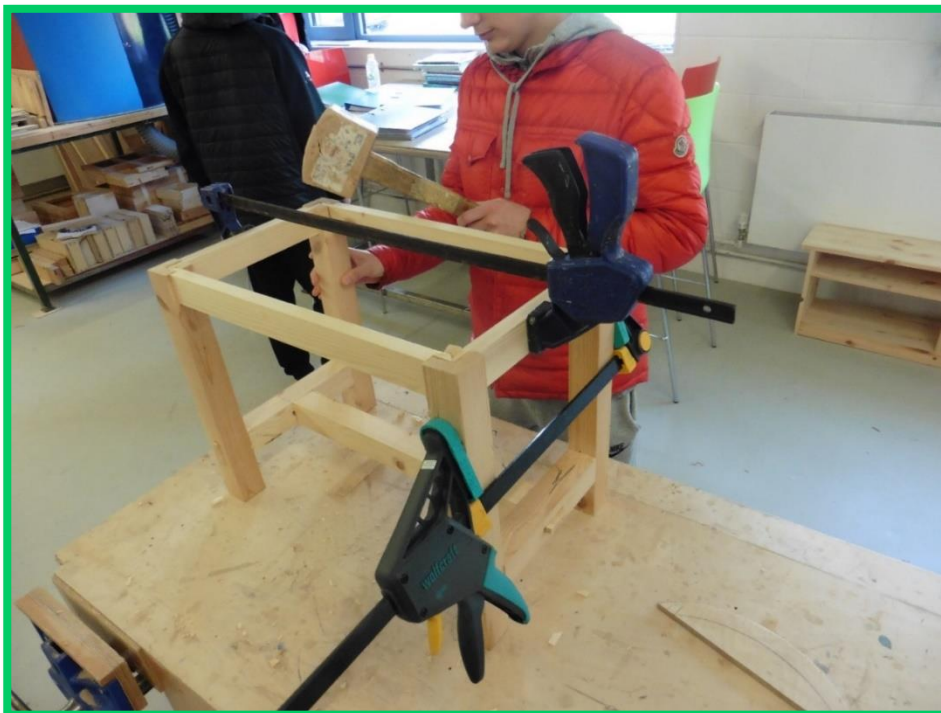


The Connect Project

The Connect Project is a programme with a specific focus on providing interventions and support which actively encourages young people to make healthier life choices and engage in positive pro-social behaviour. The Connect Project provides a service which is underpinned by theoretical practice, namely Trauma Recovery Model, that meets the holistic needs of each young person through the development of tailor-made programmes that include developmental, educational and therapeutic aspects. The main priority of the Connect project is to fully understand the young person and their life experiences in order to create a sense of belonging and build relationships. The programme is sensitive to the complex needs of participants and aims to support and motivate young people to positively participate in an educational setting.

The Connect Project works with young people, male and female, aged 15-21 years. Many of the young people are early school leavers and face the challenge of reintegration into education. Many of them also have chaotic lifestyles and may be engaged in criminality. Connect provides a safe space for young people to develop their self-confidence and re-engage with education at a pace that is in line with their needs. The programme re-introduces structure and routine in order to stabilise and prepare young people to engage with a wide range of programming which not only develops their educational attainment but also their emotional, social and physical well-being. The support we provide to young people helps them to manage the complexities of their everyday lives and strives to empower them to become more self-aware and reach their full potential.

The Connect Project works closely with the Young Person's Probation, The Probation Service, TUSLA, local agencies and families, all of which can refer to the service. The programme is facilitated in small group sessions on a daily basis which focuses on relationship building, education, developmental, socialisation skills and therapeutic interventions. Individualised one to one programmes can also be facilitated where specific referrals are made.



CONNECT PROGRAMME RECORD OF ACHIEVEMENT 2019

TIMETABLE & PROGRAMMES The programme is offered to all young people 5 days each week, unless attending on a specialised one to one programme. The specialised programmes are tailored to suit individual needs and requirements. 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)
- Developmental Programmes
- Civic and Social Engagement Programme
- Literacy Skills
- Safe Driving Programme
- Art & Design
- Woodwork
- Team Building Programme
- Socialisation Programme
- Therapeutic Space (communal acupuncture and reflexology)
- Keyworking
- Forums



INTERAGENCY Throughout 2019, the Connect Project continued building meaningful professional relationships with The Probation Service, IYJS, TUSLA and community agencies. Effective communication and detailed individual assessments were completed and care plans for the young people were devised with all stakeholders. Joint meetings between young people, Candle and relevant professionals were also facilitated to promote partnership working. This aided engagement and attendance within the project and ensured that appropriate plans and interventions were devised to fully meet the young people's 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, tailor-made and specialised programmes were devised to work with young people with specific needs in a different way outside of the main Connect timetable.

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

THERAPEUTIC SPACE The Therapeutic Space was fully integrated into the Connect project timetable and all the young people on the programme had weekly access to communal acupuncture, individual reflexology, counselling and nutrition talks and consultations. The young people greatly enjoyed engaging in the therapies on offer and this enabled them to relax and develop positive self-regulation.

The normalisation of the therapeutic space has assisted young people to engage fully in therapies and the benefits of this can be observed during class time.

PRISON VISITS A number of prison visits were held with young people during the year in Oberstown and this enabled young people to successfully transition back to Candle with ease following their time in juvenile justice. Prison visits support young people whilst in Candle and build and maintain relationships and are an important aspect of the Connect Project.



PERSONAL & SOCIAL DEVELOPMENTAL PROGRAMMES As part of the Connect Programme all participants engage in our personal & social developmental programmes. The programmes are delivered throughout the year formally and informally. During each quarter, the participants engage in sessions of various developmental programming. Programmes include Crime Awareness, Positive Mental Health, Sexual Health Awareness and Drug & Alcohol Awareness. This year, developmental programming has been often prompted by the young people and discussion-led at times. Issues are often brought to the young people's attention via the media or in the community. Young people have discussed issues or brought up concerns they have during sessions and we have utilised elements of relevant programmes to facilitate learning. The young people have developed their skills of discussion and debate.

SOCIALISATION PROGRAMMES / TEAM BUILDING PROGRAMME As part of the Connect Programme, young people have the opportunity to visit cultural and educational sites in Dublin as part of the Socialisation Programme. This programme helps to create a sense of community while introducing new experience to young people in their local area.

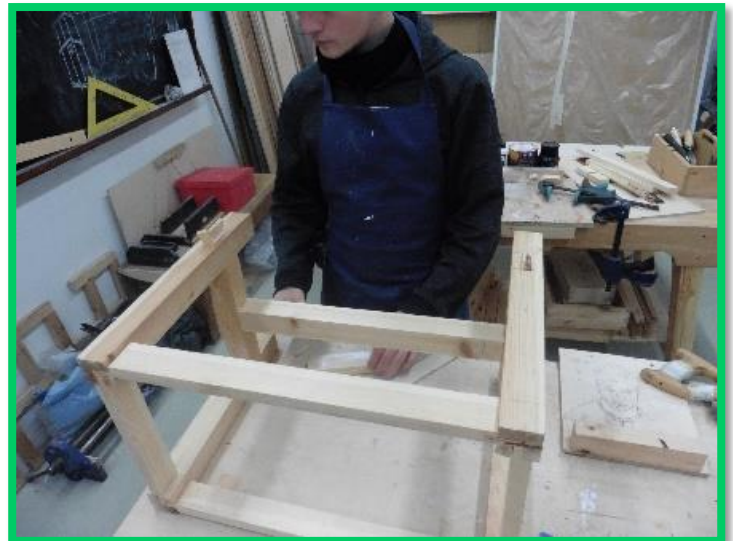
This programme provided opportunities for young people to develop and enhance their social and interpersonal skills and self-esteem and confidence within their community. This year the young people have had the opportunity to go on joint trips with the Training Programme participants. Some of the trips that took place throughout 2019 included Botanical gardens, National History Museum, Collins Barracks and the Science Museum. Trips across programmes enable Connect participants to meet with those on the Training Programme and also provides a better understanding of the full-time programme. Cross programming is viewed as important and positive to enable the young people on Connect to consider progression and future options within Candle. 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, pitch & putt, cinema, card playing, board games, cooking and pool competitions. This programme helps the young people to get to know each other and hang out together in an informal way. This programme supports the development of team building skills, social interaction and confidence within small groups in the community. These benefits are seen through improved attendance and positive spirits by the young people.

OUTINGS The Connect Programme runs continually throughout the year and young people are offered the opportunity to attend various outings throughout the school holidays including Easter, Summer, Halloween and Winter. Young people are part of the consultation process when planning these outdoor and adventurous activities.

This year, the outings were very successful with good attendance and behaviour and included activities such as go-karting, paintballing, indoor climbing and cinema.



THE YOUTH PROGRAMME

Candle delivers a high-quality Youth Service to young people aged 10-25 years, offering a wide range of out-of-school supports. Young people participate on a voluntary basis and the Youth Service provides fun and engaging programmes by working in partnership with young people based on their needs and interests. Candle Youth Service is a targeted service that aims to engage young people who are experiencing disadvantage.

Activities include art, music, sport and cooking as well as more focused programmes on topics such as Mental Wellbeing and Drug & Alcohol Awareness. These programmes aim to develop personal and social skills to support young people to overcome adversity and reach their full potential.

Candle ensures engagement by working in partnership with young people to deliver informal and formal educational interventions that develop their interests and are fun and interactive. Engagement is also enhanced by maintaining the centrality of the relationship between the youth worker and the young person within our youth work practice.

Candle Youth Service works in a collaborative manner with the other services provided in the broader organization of Candle Community Trust. This involves a close working relationship with the therapeutic services in Candle Community Trust where young people can avail of services such as counselling, yoga, acupuncture and mindfulness. We have also built excellent working relationships with local schools and developed a strong referral pathway for young people at risk of dropping out of school. We also work in partnership with TUSLA Educational Support Services to ensure young people can be supported to reach their full potential educationally.

We engage with the families of young people and work in partnership with the families to address the needs of the young people. Candle Youth Service also works with the community through engaging in weekly detached youth work.



Key Highlights Of 2019

STABLE MANAGEMENT AND HORSE-RIDING PROGRAMME A group of eight girls from St Dominic's School received a certificate in Stable Management after completing a 12-week course in 2019. This group will complete another 12 weeks of horse-riding in 2020. The participants are part of the Traveller Community which is a key target group for the Youth Service. The programme was devised in consultation with young people and has supported the development of their social and communication skills. The programme has also supported young people to develop transferable skills such as organisation, teamwork, responsibility and leadership that have supported their continued participation in mainstream education and will support their access into stable employment. We hope that the attainment of a professional



qualification can provide enhanced opportunities for employment or training. Through discussion and debate with the young people involved, we observed that this programme has enhanced their view of the value of education and qualifications. This attitudinal shift, we feel, will support young people continuing in their education and gaining employment in areas they are interested in pursuing and will support the inclusion of the traveller community in Ballyfermot and mainstream society.

CAVAN CENTRE TRIPS We went on two residential trips to Cavan Adventure Centre with 30 young people in 2019. The young people took part in several outdoor activities including high ropes,

archery and forest walks as well as team building activities. This was a great opportunity to build relationships with the young people and to develop teamwork, communication and leadership skills. It was also an opportunity to use activities such as the forest walk to have reflective conversations with young people and to check in with them.

HALLOWEEN Candle Community Trust hosted the Candle Spooktacular event for the Halloween celebrations this year in partnership with FamiliBase, Ballyfermot and Dublin City Council. The staff had great fun in preparation for the event turning our centre into a Spooktacular centre with Halloween decorations and dressing up as ghouls and ghosts. Candle saw a good crowd attend the event with over 400 young people and parents enjoying the activities provided. Candle Community Trust realise the importance of providing safe and positive activities for young people and families at this time of year. We provided an array of fun activities, hot food and Halloween treats for the young people and families including face painting, arts & crafts and the slimy gunge activities. We also had more traditional Halloween activities such as apple bobbing and pumpkin carving with over 200 young people designing their own pumpkins to take home. This year we had a top illusionist that stunned the crowds through the art of deception and a magician that entertained both parents and young people. We hope everyone involved really enjoyed the day and we hope to continue this event into the future.

MENTAL HEALTH PROGRAMME CARITAS The Youth Service worked with young people in transition year from Caritas College, Ballyfermot. We worked on the topic of mental health and we delivered workshops on the influence of social media, body image, mindfulness, stress and peer pressure. The young people also received acupuncture during these sessions.

CLIMATE CHANGE PROTEST The young people took part in the National Climate Change Protest in 2019. They learned about the influence of climate change and experienced active citizenship and the power of collective action.

TRAVELLER PRIDE WEEK As part of Traveller Pride Week, in June 2019, the young people carried out a number of workshops that explored themes such as identity, culture, pride and gender. We recorded the young people singing songs, reading poetry and telling stories. We also interviewed and recorded their parents talking about traveller culture. A multi-sensory installation was created in Candle that displayed artwork, photographs and voice recordings of both the young people and parents. We invited members of the public into Candle to experience the installation as part of the Ballyfermot Festival.

OUTDOOR/ADVENTURE ACTIVITIES Candle Youth Service availed of a range of outdoor activities throughout 2019. These activities were used as a process to enhance personal development. The natural environment tends to calm the mind, supporting people to become more present. A calm setting can support young people to be more reflective and facilitate honest conversations between the young person and the youth worker around their plans, ambitions and challenges that they face in their lives. These activities are also useful for engaging young people and developing skills such as communication, leadership and teamwork skills. We have taken part in a number of outdoor activities throughout 2019 such as rowing, kayaking, rock climbing as well as an Adventure Journey as part of the Gaisce awards that involved mountaineering and camping overnight.

PARENTS NIGHT In 2019 Candle Youth Service hosted a parents' night, where parents could experience the therapies available in Candle Community Trust and attend a workshop on how food can affect stress levels. This provided parents with an understanding of the therapies available to their children in the Youth Service.



SUMMER PROGRAMME - YOUTH SERVICE COLLABORATION WITH TRAINING PROGRAMME The Youth Service collaborated with the Training Programme to provide a summer programme for the trainees. We provided day trips to Explorium, Air Soft and Go Quest. We also provided fun activities in the centre such as a team building activities and a sports day. We designated every Friday to be part of the summer programme. The summer programme was very successful with positive engagement and good attendance.



THE CANDLE HOME LIAISON PROGRAMME

The Candle Home Liaison Programme engages with the most hard-to-reach young people and supports their motivation and involvement. The programme enhances the young peoples' well-being and participation in Candle Programmes. 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, The Candle Home Liaison Person establishes a positive foundation for successful cooperation to support the young person's development.





Section 4

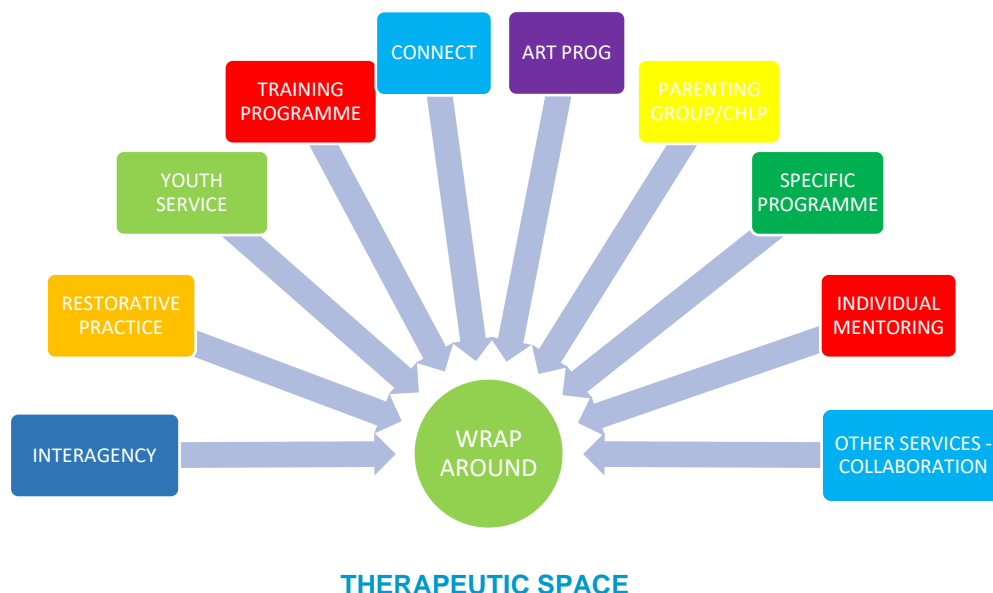
Therapeutic Space



The Therapeutic Space

In January 2019 Candle services returned to our beautiful and modern redeveloped campus. The original building was renovated and a newly built premises has created our therapeutic hub. The vision and philosophy for the Therapeutic Space is now realised in the physical environment. Being trauma responsive and informed has been key in the design process, construction and décor of the building. Research shows that a trauma informed environment not only creates a calm effect on those who enter but also contributes significantly to the healing process. Every aspect of our building has been designed to create an environment that is trauma reducing and conducive to our work with young people. With a designated space for therapies, the demand for, and expansion of, the service has continued, and the calm environment created in the therapeutic space permeates the whole building.

Therapeutic services are open to all young people who attend Candle and this service is unique in its approach, creating 'care within a circle of care' or a 'wrap around' service which delivers significantly positive outcomes for very vulnerable children, young people and their families. All the staff in Candle work collaboratively to support the young people in accessing their therapeutic care plan. Through this vital support young people rarely miss their appointment, engage fully, and remarkable positive outcomes are achieved.



THERAPIES OFFERED The Therapeutic Space provides weekly individual psychotherapy and counselling alongside drama therapy, acupuncture, reflexology, yoga and mindfulness practice as part of the overall programming for young people accessing Candle's services. We were delighted to introduce drama therapy as a new option for young people in February of 2019. The interest and uptake have been phenomenal, and this therapy fully embraces the vision for the Therapeutic Space.

Young people who present with complex needs are supported through therapeutic interventions to work through their personal struggles to fully partake in educational/developmental programmes and to ultimately grow and develop as healthy human beings.

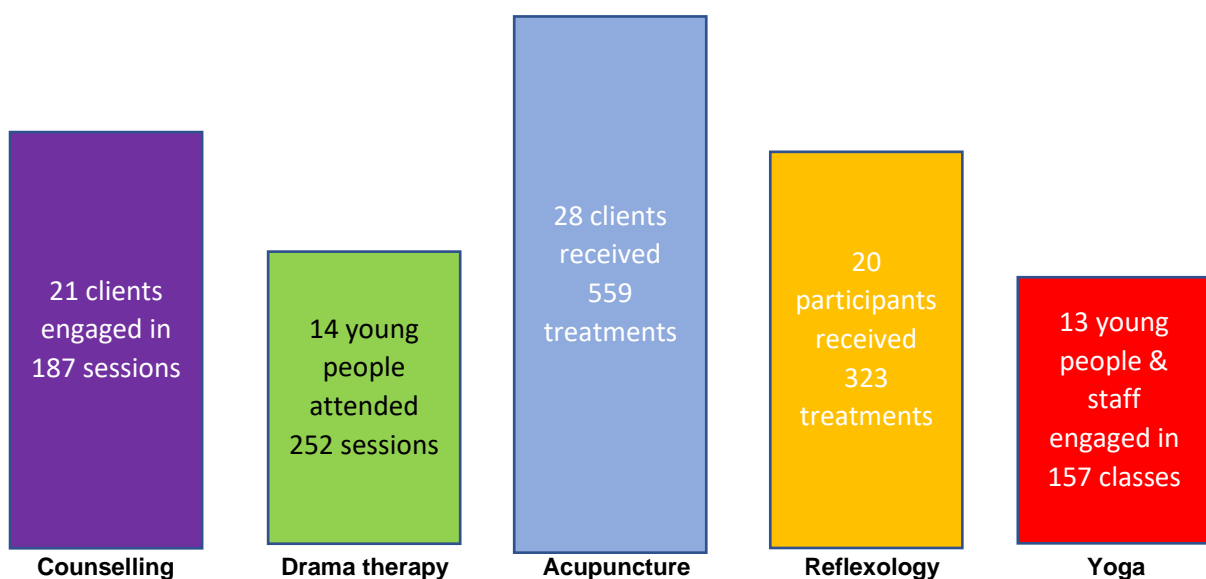
In addition, counselling services are also available to parents of young people attending Candle, specified young people attending the local schools, youth agencies or young people in the care of social services.

Our referral process is promoted through our engagement with local youth agencies and schools but more so with the Social Services and Probation working with vulnerable children and young people. Many of the young people attending Candle often present with significant complex issues, most are affected by trauma or neglect leading to an increase in substance and alcohol misuse, poor self-esteem, anxiety, depression and at times suicidal ideation and self-harm.

Candle's main priority has been working with young people who present with a wide range of personal struggles and difficulties and great efforts have been made over the years to support young people towards healthy integration. Working with trauma regularly brings us into contact with the issue of substance and alcohol misuse. The relationship between trauma and addiction is often acknowledged and supported by significant research. In seeking to address trauma it is crucial that addiction, where it is present, is dealt with in the first instance.

It is now our conviction that without attention to the underlying issues of substance misuse and trauma, young people's woundedness deepens and the associated behaviours of offending, addiction etc. remain unresolved.

NUMBERS ACCESSING THERAPIES 2019



Since the inception of Candle's Therapeutic Space, the concept of seeking help and support has been 'normalised', which ultimately takes away the stigma that is all too often associated with therapeutic interventions.

The acceptance and willingness to engage in psychotherapy and drama therapy among the young people has been significant. Weekly therapies are made available during the day as well as evening sessions. While young people are engaging in the Therapeutic Space they are supported by their keyworker, tutor and/or youth workers which has proved to ensure the best possible outcomes.

In 2019, the Therapeutic Space's focused collaboration with the Youth Service has led to larger numbers of young people accessing much needed therapeutic support and involvement. Adapting our 'wrap around' model proved significant in meeting the needs of the most vulnerable accessing the youth service. Youth Workers effectively support the individual children and young people with a greater awareness of their specific needs in the group setting.

NUMBERS ENGAGING IN PSYCHOTHERAPY

- 11 young people engaged in weekly individual counselling in 2019
- A group of 4 from the youth service participated in drama therapy from February - June

NUMBERS FROM YOUTH SERVICE ENGAGING IN COMMUNAL ACUPUNCTURE & MINDFULNESS

Caritas College	3 groups (32 young people) received 320 treatments
Young Traveller	4 attended for 6 weeks
Evening Drop-In	6 engaged in 180 sessions
After School	5 received 100 sessions
Young Traveller Girls	5 young people for 6 weeks
Youth Café	6 received 180 treatments
Evening Drop-In (2)	5 attended 120 sessions



Based on international research, Candle recognized 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 methodologies of the Trauma Recovery Model and Restorative Practice, seeks to enable recovery from trauma and facilitate healthy growth and development of the young person. Several positive outcomes have been evidenced through evaluation and an ongoing measurement process in Candle. The services are continuously evaluated by the participants, keyworkers 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
- Decrease in levels of anger or aggressive outbursts in the Centre and at home
- Normalizing of the idea of “accessing support” among young people
- Building of self-confidence, self-efficacy and resilience amongst young people
- Development of important life skills and supports which help to reduce anxiety and address depression
- Decreased levels of offending and anti-social behaviour
- Healthier attitude to relationships, sexual activity and consent
- Greater ability to focus and participate in educational and developmental programmes resulting in higher levels of accreditation being achieved
- Building of healthy social networks/relationships

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.

PARENT PROGRAMME The involvement of parents and guardians is crucial, we believe, 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 are more involved in their child's placement and wellbeing. The newly established Candle Home Liaison Programme (CHLP) works closely with the Therapeutic Space to further support the families of specific young people identified as having greater needs.

The weekly parent support programme offers the parents/guardians support through access to the therapeutic services that run 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. As a result, the programme has developed into an evening of cooking and sharing of recipes, followed by communal acupuncture and meditation.

This year in collaboration with the Youth Service and CHLP, workshops were held for parents with a focus on positive mental health, 'Coping with stress and anxiety' and healthy eating, 'Good Mood Food'. The response was very positive, and we hope to continue and further develop these workshops in 2020.

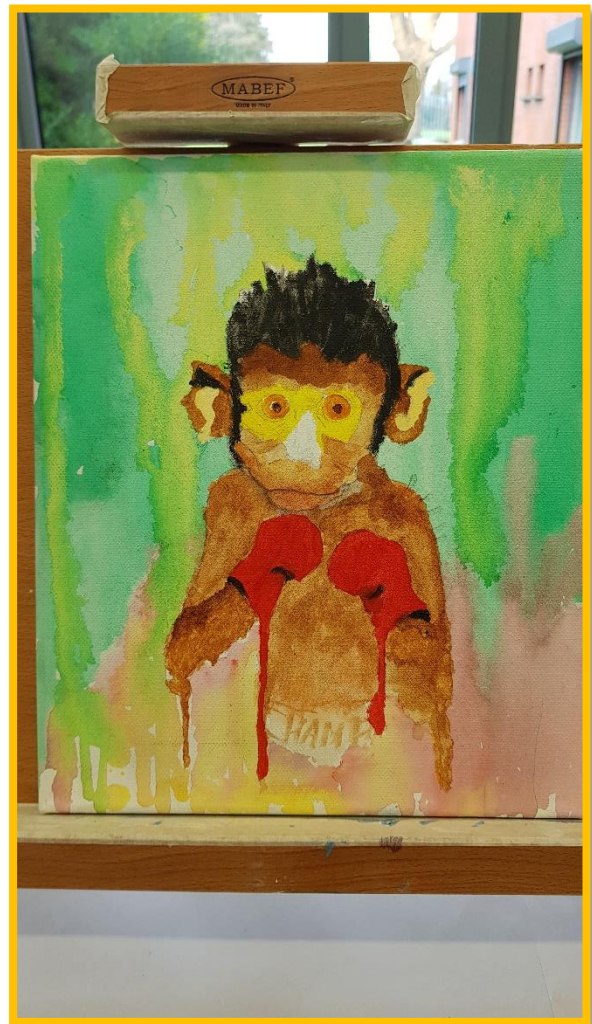
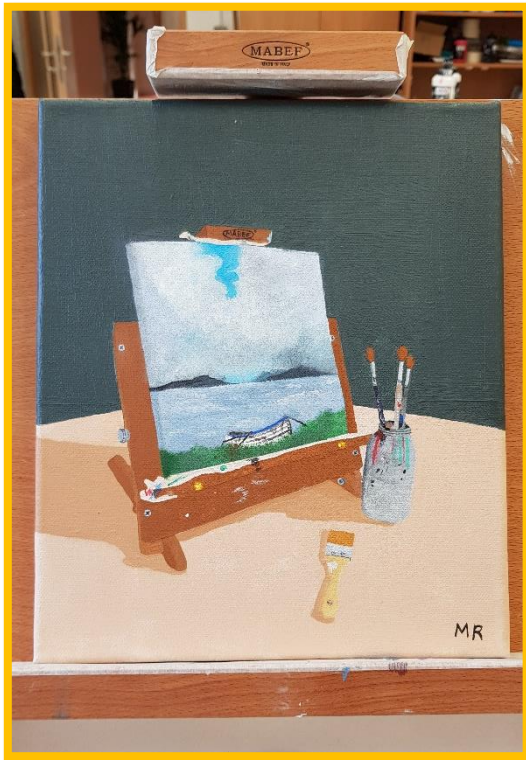
INTER-AGENCY DIMENSION Candle has been building on existing links with other agencies in the Ballyfermot/ Clondalkin area to continue to contribute towards providing a more integrated and inclusive response to suicide, drug and alcohol misuse and youth mental health. Candle representatives are on the Ballyfermot/Chapelizod Partnership Committee-D10BeWell, a Youth Mental Health initiative and 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. As the numbers continue to grow, we unceasingly strive to create a 'wrap around' service through individual care plans for those young people referred by external agencies such as Probation, 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.

In June of 2019 the staff of Candle attended a 2-day conference with Karen Treisman on 'Understanding Trauma' followed by an additional day for managers on how to become a 'Trauma Infused Organisation'. This important training has contributed to our professional development as a team and in turn is preparing us for the journey of Candle becoming a trauma infused organisation.

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. The vision for Candle to be a trauma infused organisation is reflected in the vision of the Therapeutic Space. In fact, every service and aspect of Candle will be embracing this crucial yet exciting journey for the organisation, the children, young people and their families who entrust us with their care.





Section 5

- Board of Management
 - Funding
 - Staff



TRUSTEES 2019

Candle Community Trust currently has 7 company trustees.

Seamus Taaffe Chairperson

John O’Gorman Vice Chairperson

Ross McQueirns Treasurer

John Duffy Company Secretary

Caitriona Geraghty Company Trustee

Colm Gorman Company Trustee

Patrick Lavelle Company Trustee

Representatives who currently attend Candle Board of Management Meetings:

Ciara O’Connor Senior Probation Officer – The Probation Service

Garreth Tierney Liaison Officer - CDYSB

FUNDING AGENCIES



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



STAFF 2019

Alison Trimble (Project Worker)

Amanda Brothers (Housekeeping)

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 (Maintenance)

Honor Carroll (Drama Therapist)

John O’Gorman (Volunteer)

Kathleen Moore (Psychotherapist)

Kevin Callan (Acupuncturist)

Kristina Trbuk (Project Worker)

Linda Hayes (Financial Administrator)

Lisa Quigley (Housekeeping)

Loveth Omorogbe (Housekeeping)

Martina Galvin (Teacher & QQI Co-ordinator)

Michael Ruddy (Youth Worker, Youth Service)

Nancy Roe (Project Worker)

Noel Dempsey (Maintenance)

Rachel Lawlor (Youth Worker)

Samantha Yap (Psychotherapist)

Stephen D’Arcy (Maintenance)

Tom Cluskey (Project Leader, Youth Service)

Una Cashin (Reflexologist)

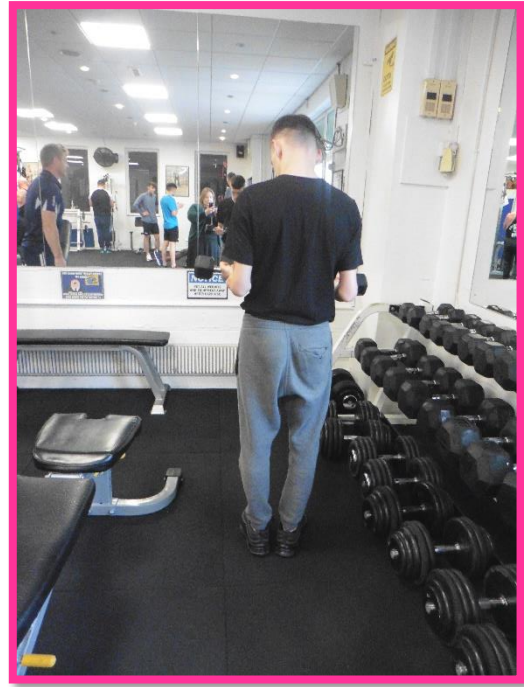
Violet Wilkin (Teacher)

Veronica Bowden (JI Participant – Administration)

Veronica Woods (Household Co-Ordinator)

William Greene (CE Participant – Maintenance)





Section 6

- Events
- Acknowledgements



Events 2019

Moving in! – Jan

Great excitement as we finally moved back to our newly redeveloped campus!



Cavan Centre Trip – April

Fun activities on youth programme trip to the Cavan Adventure Centre



Gaisce Trip - May Young people and staff took part in a 2-day adventure journey in Blessington, Co. Wicklow in May.



Events 2019

Halloween Spooktacular Event

Scary fun and games at our popular family event. →

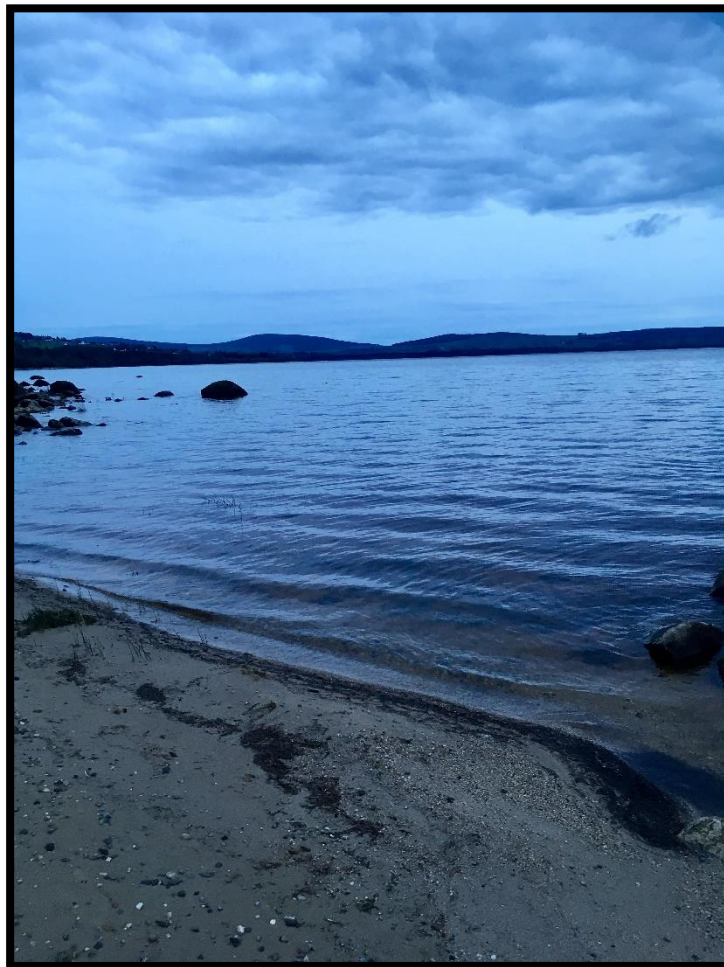


Cavan Centre Trip November



Christmas 2019 – Decorating the Centre for Christmas festivities!





Acknowledgements

I wish to record my thanks and gratitude to all those people who contributed so richly and generously to Candle during 2019.

My first thanks are to the young people. Young people are the heartbeat of our organization. While some come to our doors initially as strangers, in a short time they enter fully into the engaging and dynamic energy that is the Candle Community. I acknowledge each young person's openness, generosity and willingness to engage in their evolving process of education and personal/social development.

Thank you to Seamus Taaffe, Chairperson of the Board, for his leadership and vision in leading a talented and committed Board of Trustees who work voluntarily and give generously of their time and skills in the interest of furthering the mission of Candle.

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 wholeheartedly and generously every day to Candle and its participants. I thank each staff member for their efforts and dedication.

At Candle we are fortunate to have a number of volunteers who give freely of their time and effort to Candle and its participants. We are so grateful to each volunteer for their commitment.

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 and Ciara O'Connor, 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); Sarah Green, St Dominic's Secondary School; Deirdre Roche and Maria Hayes, TUSLA and the 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. Co-ordinators, and Henry Harding and Dave Fleming, C.E. Supervisors.

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.

Brian Johnston

Candle Community Trust

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