



The Loreto Centre Crumlin

SEPTEMBER 2022 –
AUGUST 2023



Who we are



The Loreto Centre

- The Loreto Centre is a fully compliant and registered charity
- Established in Crumlin since 1998, we provide **professional, low-cost counselling/ psychotherapy services and adult community education** within our catchment area (Dublin 12 and surrounding areas).
- Our ethos stems from the Loreto educational tradition which recognizes the **value of every person** and, through a liberating education, allows them achieve their full potential
- Today we provide **opportunities for growth and community development** in a safe, supportive and non-judgmental environment

Our Vision, Mission & Aims



Vision

- Our Vision is the achievement of full human potential. It is grounded in the Loreto education philosophy – that with respect, support and encouragement people can develop and be empowered to achieve their potential



Mission

- Our mission is to enable and empower people to develop their own resources for more creative and effective living within the context of their personal lives and within their families and to participate in building a supportive personal and community network



Aims

- To provide adult community education and counselling services
- To empower people to develop their own resources for more creative and effective living, and build a supportive community network
- To respond to local community needs
- To provide an atmosphere of welcome and hospitality
- To establish co-operative links with agencies and networks in statutory and voluntary sectors

Our Service Offering

- ✓ Professional
- ✓ Low Cost/donation based
- ✓ Client-driven
- ✓ Addressing Community needs
- ✓ Integrated Approach



ADULT COMMUNITY
EDUCATION



COUNSELLING /
PSYCHOTHERAPY
SERVICES



UCD CERTIFICATE
WOMEN, GENDER &
SOCIAL JUSTICE

Board of Directors
(Voluntary)
(6)

Management & Administration (6)
(1 full time employee, 5 staff provided
through CE, JI & TUS schemes)

Adult
Community
Education

Tutors (8)
(CDET
B
Crumlin)

Counselling
Service

Clinical
Directors (2)
(voluntary)

Therapists
(24)
(voluntary)

UCD Course

Managed via
UCD
Outreach
(funding &
donation
based)

Our Team

- Our staffing model is and will remain low cost
- Aim to provide local employment through statutory agencies - our operational team is sourced and funded through the Community Employment Schemes
- Our Board of Directors is voluntary
- Our tutors are provided and funded through CDET B Crumlin
- Our Clinical Directors are volunteers at present
- Our Therapists are both fully qualified and part-qualified and volunteer their time
- The UCD Course is administered by the Centre and taught through UCD



Loreto Centre Team

Celebrating with the board, the staff, the therapists & the volunteers



Our Community Services

Community Adult Education Programme

Our Approach:



Inclusivity: especially for those with challenging learning experiences in the past or who could not access education



Participative learning: to encourage those who may be daunted by more formal educational approaches



Participant led: we encourage feedback and solicit input in curriculum design



Community-responsive: we value and reflect on learners' lived experiences and respond to their needs

Our Programme has 3 key elements:



CREATIVE SKILLS

which support learners in developing their creativity through practical demonstration and application



PSYCHOSOCIAL EDUCATION

which focuses on developing self-awareness and knowledge, self-esteem and other topics which support resilience and good mental health in the home and work environments



HOLISTIC EDUCATION

which supports learners in finding life meaning and purpose through developing their creativity, spirituality, and mind/body practice



UCD Women, Gender & Social Justice Studies

- Academic education is offered in conjunction with the Gender Studies Outreach Programme at UCD, through the Certificate in Women, Gender and Social Justice (Level 7 – NFQ).
- 20 students per programme
- Suspended during Covid but resumed in September 2022 (introduction module)
- New, blended, 1 year programme in partnership with Ronanstown Women’s Centre, Clondalkin, started in January 2023
- Support from CDET B Crumlin to run the introduction and to provide a tutor to support the women on their academic journey
- Very good feedback and attendance from the start



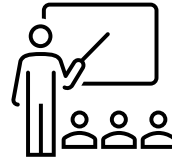
Women, Gender & Social Justice Certificate

Loreto Centre, Women's Collective Ronanstown, UCD & CDETBCrumlin

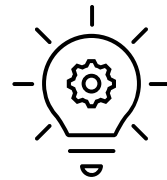
Community Adult Education

Key Data

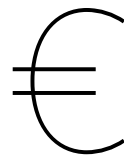
2022-2023



- 210 sessions
- 10 tutors
- 194 learners
- Majority learners female (25 males, 169 females)



- Psychosocial education topics
- Self-care: tai-chi, yoga, meditation
- Creative subjects: visual art, crochet
- UCD Certificate in Women's studies (Jan – Dec 2023)



- Donation-based funding
- Sources: CDETB tutor supports, Loreto Order, €5 voluntary course donation

Loreto Centre Crumlin Spring Programme 2023

- Jan 16th **GARDENING & RECYCLING (9 Weeks)**
 Mar 27th Gain basic skills in gardening and recycling. This course will increase your knowledge on plant care and identification plus much more. **Day: Monday, Time: 10.00am–12.00pm**
- Jan 16th **TAI-CHI FOR HEALTH AND RELAXATION (9 Weeks)**
 Mar 27th Tai-Chi is becoming ever more popular in the West, with its slow and gentle movements, it is an excellent way of promoting physical and mental wellbeing. Suitable for people of all ages and abilities. **Day: Monday, Time: 10.00am–11.30am**
- Jan 17th **CROCHET (10 Weeks)**
 Mar 28th We would like to welcome you to the Well-Being Programme with the craft of Crocheting. Crocheting has been found to be therapeutic and to calm the nerves from anxiety and stress; a great craft for everyone to learn. **Day: Tuesday, Time: 10.00am–12.00pm**
- Jan 10th **CERTIFICATE IN WOMEN, GENDER & SOCIAL JUSTICE UCD OUTREACH (12 months)**
 Dec The Women, Gender & Social Justice certificate takes in a dynamic and engaging learning environment where learners are encouraged to engage in discussion and debate on social justice over 4 modules from Jan to Dec. The format is online combined with face to face tutorials and campus training. *Prior registration with the centre is required. **Day: Tuesday, Time: 10.00am–12.30pm**
- Jan 18th **MINDFULNESS/MEDITATION (10 Weeks)**
 Mar 29th Whether you are a beginner or familiar with mindfulness practice, this course is for you. Mindfulness helps us come into the present moment which slows us down in a busy world. You may just want a quiet meditation hour or to build regular practice into your daily life. It's up to you, all welcome. **Day: Wednesday, Time: 10.00am-12.00pm**
- Jan 18th **VISUAL ARTS AND CRAFTS (10 Weeks)**
 Mar 29th In this course we will be exploring a range of arts and crafts, no experience is needed. The aim of the classes is to help you explore your creative potential and develop your artistic skills in a supportive environment. We will be looking at different methods and techniques, with the emphasis on enjoyment. **Day: Wednesday, Time: 9.30am-11.30am**
- Jan 20th **YOGA (9 weeks)**
 Mar 31st This class will include stretching, balancing and relaxation for total well-being. All welcome. **Day: Friday, Time: 11.00am–12.00pm**

COUNSELLING/THERAPY

Low cost counselling is available on request. Concessions are available on a sliding scale. Booking for courses or further information, contact Karen at 01-4541078.

For a full description of our courses visit our website: www.loretocentrecrumlin.ie

Loreto Centre classes are supported by the CDETB (AES) Crumlin and DSCP.



Loreto Centre Crumlin Summer Programme 2023

- Apr 17th **SUSTAINABLE GARDENING (8 Weeks)**
 Jun 19th Sustainable Gardening will include design tips, composting, organic approach, native plants, a look at climate change and its impact on the garden. **Day: Monday, Time: 10.00am–12.00pm**
- Apr 17th **TAI-CHI FOR HEALTH AND RELAXATION (8 Weeks)**
 June 19th Tai-Chi is becoming ever more popular in the West, with its slow and gentle movements, it is an excellent way of promoting physical and mental wellbeing. Suitable for people of all ages and abilities. **Day: Monday, Time: 10.00am–11.30am**
- Apr 18th **AMIGURUMI (10 Weeks)**
 Jun 20th Amigurumi is a popular type of crochet work. The word is combination of two Japanese terms: ami, which means crocheted or knitted; and nuigurumi, a stuffed doll. Here we will learn how to crochet anything and everything imaginable as a team using Amigurumi. **Day: Tuesday, Time: 10.00am–12.00pm**
- Apr 18th **CERTIFICATE IN WOMEN, GENDER & SOCIAL JUSTICE UCD OUTREACH (12 months)**
 Dec (Fully Booked)
- Apr 18th **STITCH & SKETCH (6 Weeks Evening Course)**
 May 23rd In this textile art course, we will make small fabric collages using recycled fabrics and simple embroidery stitches. All welcome **Day: Tuesday, Time: 7pm-9pm**
- Apr 25th **INTRODUCTION TO CLEAR AND COMPASSIONATE COMMUNICATION (8 Weeks Evening Course)**
 Jun 20th The course will consist of exercises and practical work to help you understand your own communication patterns and help you to learn to adopt a more connected way of communication. No experience or prior knowledge is required. **Day: Tuesday, Time: 6.30pm-8.30pm**
- Apr 19th **MINDFULNESS/MEDITATION (10 Weeks)**
 Jun 21st Whether you are a beginner or familiar with mindfulness practice, this course is for you. Mindfulness helps us come into the present moment which slows us down in a busy world. You may just want a quiet meditation hour or to build regular practice into your daily life. It's up to you, all welcome. **Day: Wednesday, Time: 10.00am-12.00pm**
- Apr 21st **YOGA (9 Weeks)**
 Jun 16th This class will include stretching, balancing and relaxation for total well-being. All welcome. **Day: Friday, Time: 11.00am–12.00pm**
- May 5th **HEAL YOURSELF THROUGH CREATIVITY (4 Weeks)**
 Jun 1st Explore your inner resources in a supportive and creative group environment facilitated by one of our psychotherapists. No experience needed. All art materials will be provided. **Day: Friday Time: 11am-12.30pm**

COUNSELLING/THERAPY

Low cost counselling is available on request. Concessions are available on a sliding scale. Booking for courses or further information, contact Karen at 01-4541078.

For a full description of our courses visit our website: www.loretocentrecrumlin.ie

Loreto Centre classes are supported by the CDETB (AES) Crumlin and TUSLA





Adult education classes

September 2022 – June 2023



International Women's Day in Loreto Centre

Creative workshop & lunch with learners, board, therapists & guests

8th of March 2023

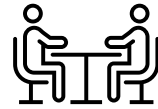
Counselling / Psychotherapy Services 2022-2023

- Our counselling service grew from needs emerging from the adult community education classes – e.g. **the need for supportive and person-centred counselling and psychotherapy**
- Through our links with third level institutions providing courses for counselling and psychology professionals, we had **24+ strong team of qualified and part-qualified professionals led by two Clinical Directors**. All are members of either the IACP or IAHIP
- **Counselling takes place Monday-Friday** during daytime, mainly face-to-face at the Centre and virtually with a very low no of clients
- **Our chosen practice of psychotherapy is humanistic and integrative.** Humanistic, or ‘human-centred’ psychotherapy places emphasis on the person themselves; helping them to use their own inner resources and abilities to heal, grow or develop. It is a positive approach, recognising a person’s dignity and self-worth, and is a means to the human empowerment that springs from our vision and mission

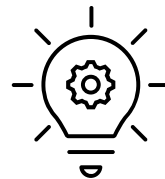
Counselling/ Psychotherapy Service

Key Data

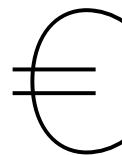
2022-2023



- Pre-COVID 300 clients p.a. / during COVID 200 clients p.a. / 148 clients last year:
- 94 new clients, 53 carried over
- 39 therapists pre-Covid/ 20-24 during Covid, 24 therapists in 22/23, 39 therapists in Dec 2023
- 2,054 therapy sessions FY22/23
- Age demographic 18-70+; majority female



- Referral through GPs, family & friends, local agencies
- Core presenting issues: anxiety/depression & stress; bereavement; relationships; addiction
- Clients present with more than 1 issue



- No client refused; long waiting list
- Donation-based funding
- Other donations: Loreto Order; TUSLA funding for supervision & training; ad hoc small grant aid/donations

Counselling Service - new initiatives 2022 - 2023

Group sessions for clients on the waiting list:

- Clear and compassionate communication
- Art therapy

Support for therapists:

- Check-in meetings with therapists (online)
- Training workshops: GDPR, Child Protection, Note-taking & self-care sessions

Evening opening

- Open 1 evening per week (started in Sep 2022)



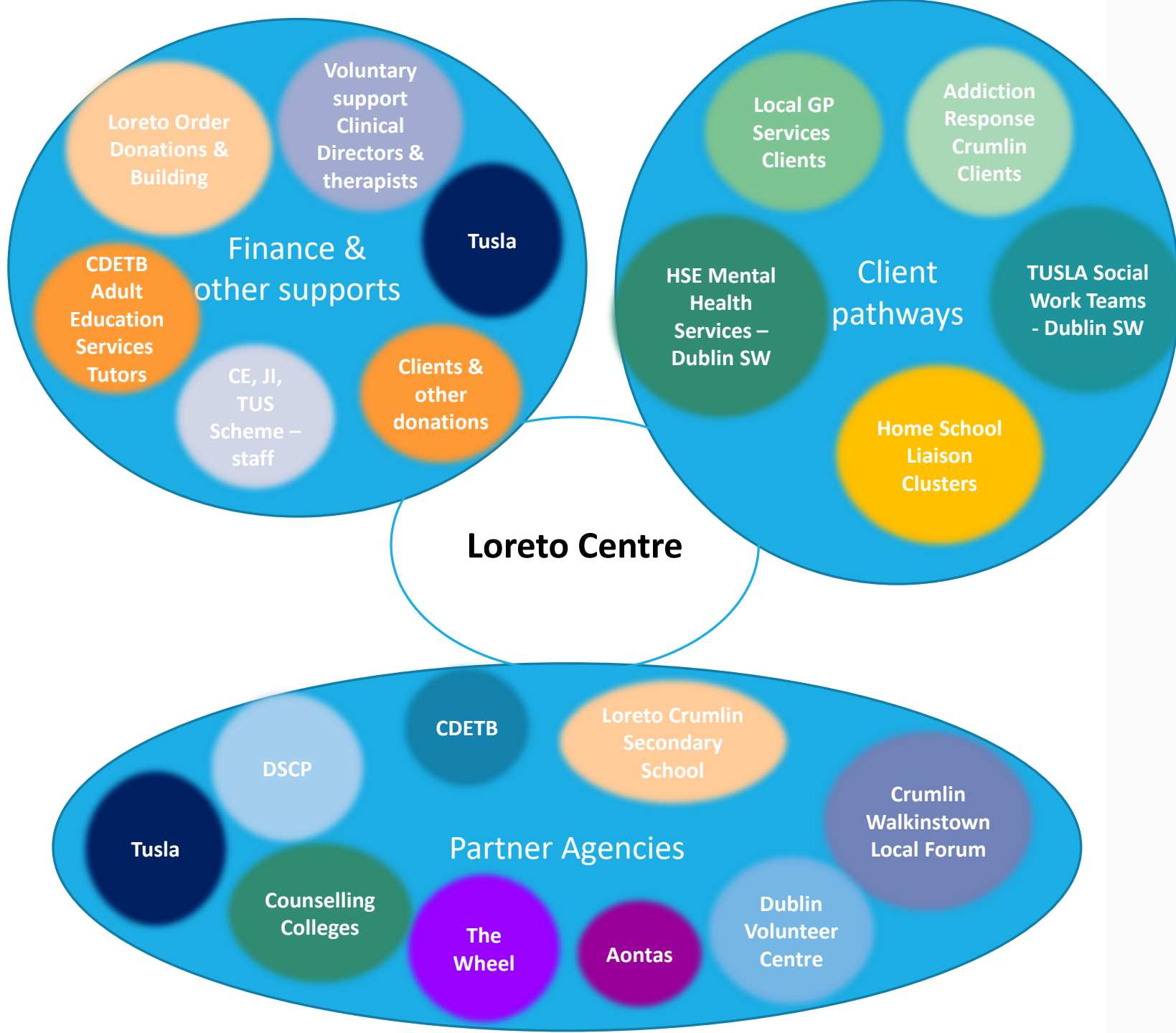
Meetings & trainings

SELF CARE WORKSHOPS
TRAININGS
CHECK-INS

Our Community Network & Existing funding partners

■ The Centre has strong and long-established links to key local community services, as well as statutory agencies in the following areas:

- Community Mental Health
- Local community partnerships & supports
- Education services



Loreto Centre Crumlin

- *Thank you for all your support, energy & trust throughout the years!*