



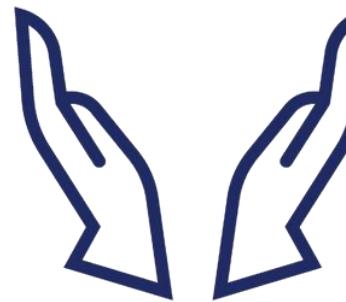
LORETO CENTRE CRUMLIN

25 years of service

www.loretocentrecrumlin.ie



New logo, same meaning:



- **HANDS:** Symbolizing the dedication and **support** provided by all of the Loreto Centre staff.



- **ROAD:** Reflecting the **guidance** we offer to all of our clients.



- **STAR:** Representing the **inner light** that our clients are supported to find on their journey with us.



Welcome to Loreto Centre's Annual Meeting

Summary Report on Activities 2023-2024



The Loreto Centre

- The Loreto Centre is a fully compliant and registered charity
- Established in Crumlin in 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 recognises 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 to promote 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 self-empowered to achieve their potential

Mission



- **Enable and empower people to develop their own resources for more creative and effective living within the context of their personal lives and 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

Loreto Centre continues to offer:

- ✓ Professional services
- ✓ Low Cost/donation based
- ✓ Client-driven
- ✓ Addressing community needs
- ✓ Integrated approach



ADULT COMMUNITY
EDUCATION

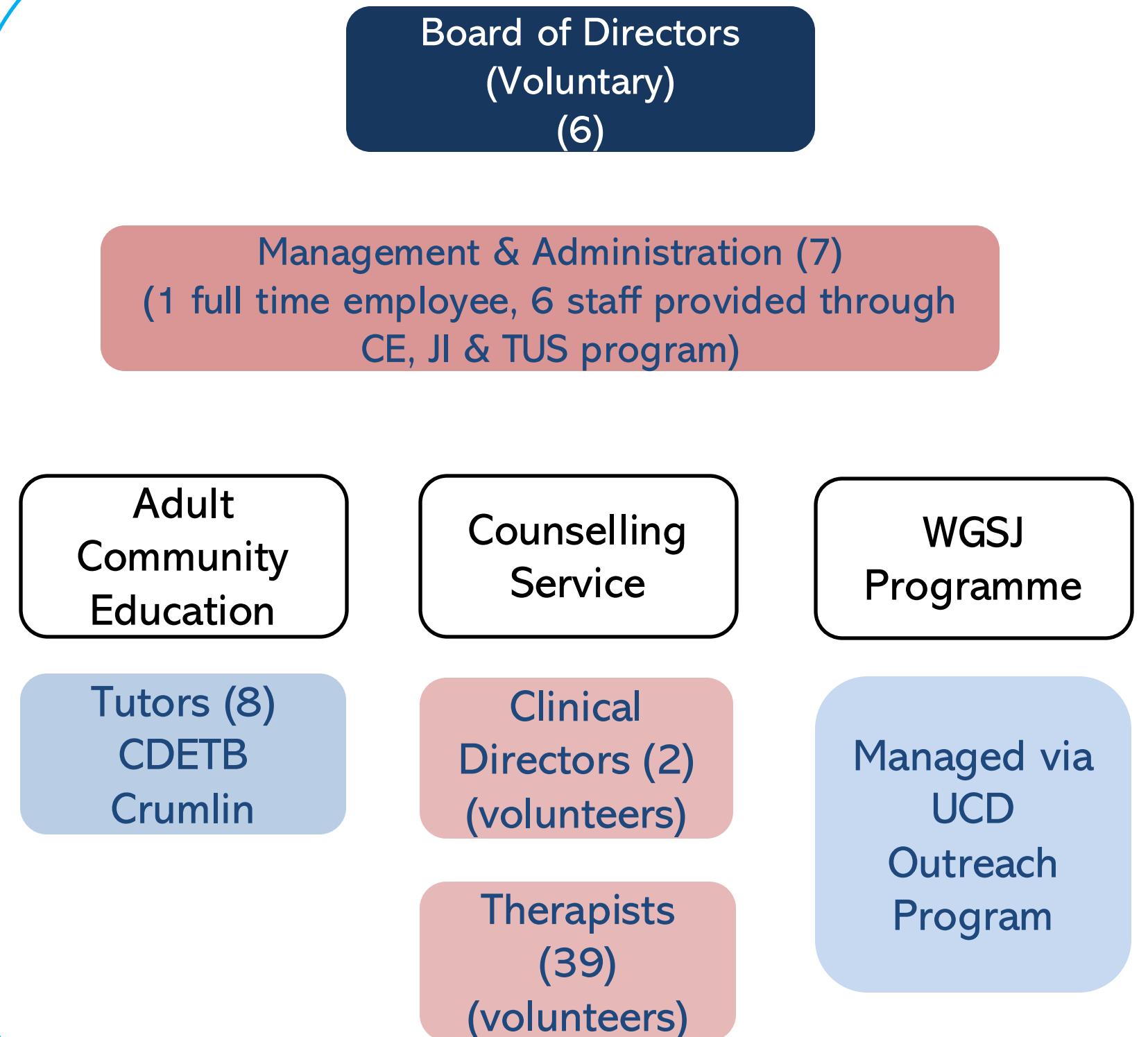


COUNSELLING /
PSYCHOTHERAPY SERVICES



UCD CERTIFICATE WOMEN,
GENDER & SOCIAL JUSTICE

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 and volunteers
- Our Board of Directors are volunteers
- Our tutors are provided and funded through CDETb Crumlin
- Our Clinical Directors are volunteers
- 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



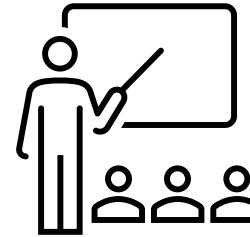
Loreto Centre Team & Board of Management

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

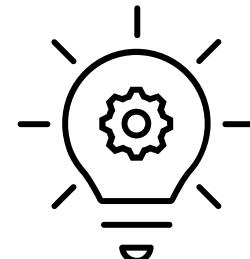


Community Adult Education

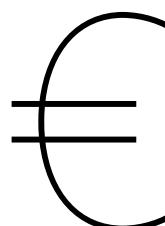
Key Data 2023-2024



- 200 sessions
- 8 tutors
- 176 learners
- Majority of learners are female (18 males, 158 females)



- Psychosocial education topics
- Self-care: tai-chi, yoga, meditation
- Creative subjects: Stitch & Sketch, knitting, gardening
- 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 Autumn Programme 2023

Sept 18th SUSTAINABLE GARDENING (10 Weeks)

Nov 27th 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**

Sept 18th TAI-CHI FOR HEALTH AND RELAXATION (10 Weeks)

Nov 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**

Sept 19th KNITTING & CROCHETING FOR BEGINNERS (10 Weeks)

Nov 28th Are you curious about learning how to knit or do you just want to hang out with likeminded people? We will be learning knit stitch, and purl stitch, we will be knitting things like headband, scarves etc in 10 weeks. Crocheting is also fun you can make blankets, skirts etc from granny squares or even make soft toys called Amigurumis. It is fun knitting and crocheting
Day: Tuesday, Time: 10.00am–12.00pm

Sept 20th CERTIFICATE IN WOMEN, GENDER & SOCIAL JUSTICE UCD OUTREACH (12 months)

Dec (Fully Booked)

Sept 19th DRAMA FOR FUN

Nov 8th **(10 Week Evening Course)**
Set free your inner creativity on this super fun drama course where you can learn and enjoy the basics of theatre and drama through games, image making, physical activity and other drama techniques. Talent and experience not necessary just your energy and sense of adventure!
Day: Tuesday, Time: 6.00pm–7.30pm

Sept 20th MINDFULNESS/MEDITATION (10 Weeks)

Nov 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

Sept 21st STITCH & SKETCH (10 Week Afternoon Course)

Nov 30th In this textile art course, we will make small fabric collages using recycled fabrics and simple embroidery stitches. All welcome **Day: Thursday, Time: 3pm–5pm**

Sept 22nd YOGA (10 Weeks)

Dec 1st 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 TUSLA



Loreto Centre Crumlin Summer Programme 2024

April 8th SUSTAINABLE GARDENING (10 Weeks)

Jun 24th 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**

April 8th TAI-CHI FOR HEALTH AND RELAXATION (10 Weeks)

Jun 24th 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**

April 9th KNITTING FOR BEGINNERS (10 Weeks)

Jun 11th Are you curious about learning how to knit or do you just want to hang out with likeminded people? We will be learning knit stitch and purl stitch, we will be knitting things like headband, scarves etc. in 10 weeks. It is fun knitting.
Day: Tuesday, Time: 10.00am–12.00pm

Apr 9th INTRODUCTION TO WOMEN, GENDER & SOCIAL JUSTICE (8 Weeks)

May 28th The Introduction to Women, Gender & Social Justice takes in a dynamic and engaging learning environment where learners are encouraged to engage in discussion and debate and all opinions and voices are welcome. We will draw on feminist theories to deepen our understanding of how gender inequality impacts on women's lives and how we can address it.
Day: Tuesday, Time: 10.00am–12.30pm

April 9th STITCH & SKETCH (10 Week Evening Course)

June 11th In this textile art course, we will make small fabric collages using recycled fabrics and simple embroidery stitches. All welcome.
Day: Tuesday, Time: 6.30pm–8.45pm

April 10th MINDFULNESS/MEDITATION (10 Weeks)

Jun 12th 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

April 11th YOGA (10 Weeks)

Jun 14th This class will include stretching, balancing and relaxation for total well-being. All welcome.
Day: Friday, Time: 11.00am–12.00pm

COUNSELLING/THERAPY

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Adult education classes September 2023 – June 2024





UCD Women, Gender & Social Justice Programme Graduation

- 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).
- 23 students registered in January 2023
- New, blended, 1 year programme in partnership with Ronanstown Women's Centre, Clondalkin, January to December 2023
- Supported by CDETB Crumlin to run the introduction and to provide a tutor to support the women on their academic journey
- 21 women graduated in May 2024



Women, Gender & Social Justice Outreach Programme 2023



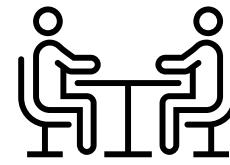


International Women's Day in Loreto Centre, 8th of March 2024

Counselling / Psychotherapy Services 2023-2024

- 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, our **team of over 35 qualified and part-qualified professionals led by two Clinical Directors deliver this service**. All are members of either the IACP or IAHIP
- **Counselling takes place Monday-Friday** during daytime, and on **Tuesday evening** - all sessions are face-to-face at the Centre
- **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

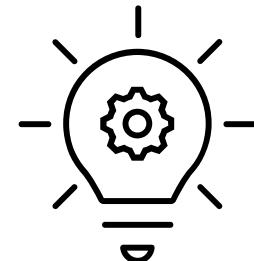
Counselling / Psychotherapy Service



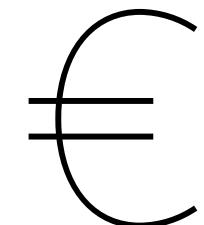
- 225 clients last year
- 172 new clients, 53 carried over
- 42 therapists in Dec 2024
- 2,800 therapy sessions FY23/24
- Age demographic 18-70+; majority female

Key Data

2023-2024



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



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

Counselling Service 2023 - 2024

- Increased no of therapists
- Check-in meetings with therapists
- Training workshops: GDPR, Child Protection, Note-taking & self-care sessions
- Stayed opened every Tuesday evening (started in Sep 2022)

Meetings & trainings

SELF CARE WORKSHOPS
TRAININGS
CHECK-INS



The Big Renovation

Room 18 not in use for 25 years
Board decided to renovate
Building works began in August 2023
and finished in August 2024
including
other parts of the building in the
basement and room 20 & 2 other
rooms on ground floor

4 rooms renovated on ground and 1st floor:
Reception, Room 14, Rainbows office,
Room 19
Room 18 completely repaired and restored
(walls, floor, ceiling, lights)
Arts room renovated in the basement:
Wall under the stairs in the basement –
partly restored

Room 18 - Phoenix Room



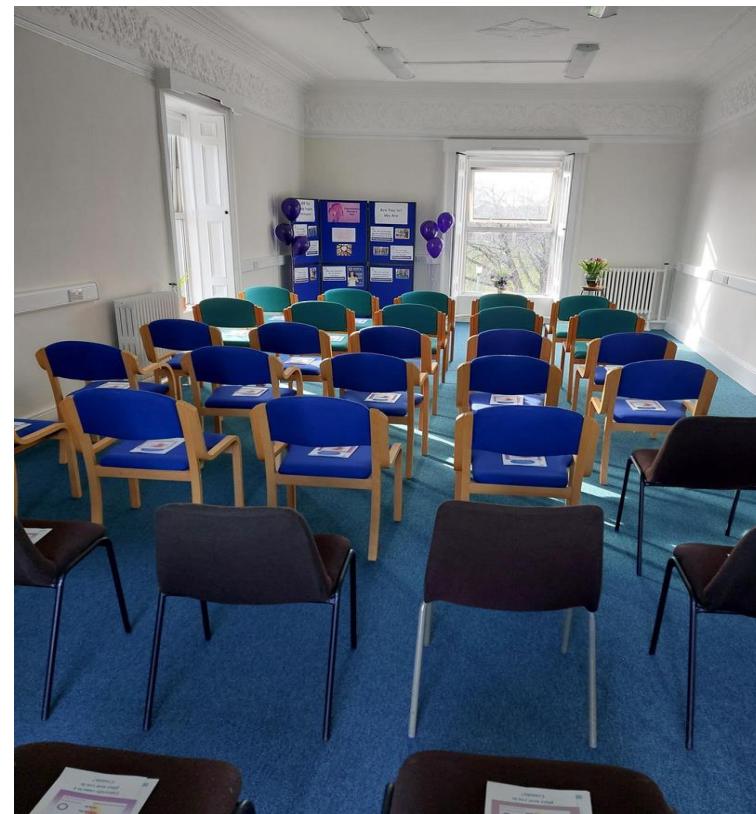
LORETO CENTRE
CRUMLIN

10 December 2024

BEFORE



AFTER



Phoenix Room



*Inaugurated on 10th of October 2024, World Mental Health Day,
by Sr. Anne O'Dwyer,
the founder and the first Centre manager (1998-2008) to mark
the 25th anniversary of Loreto Centre.*

*This room is open to local community as a resource for
trainings, meetings, individual and family therapy, self-care and healing events.*



Office of the Clinical Director

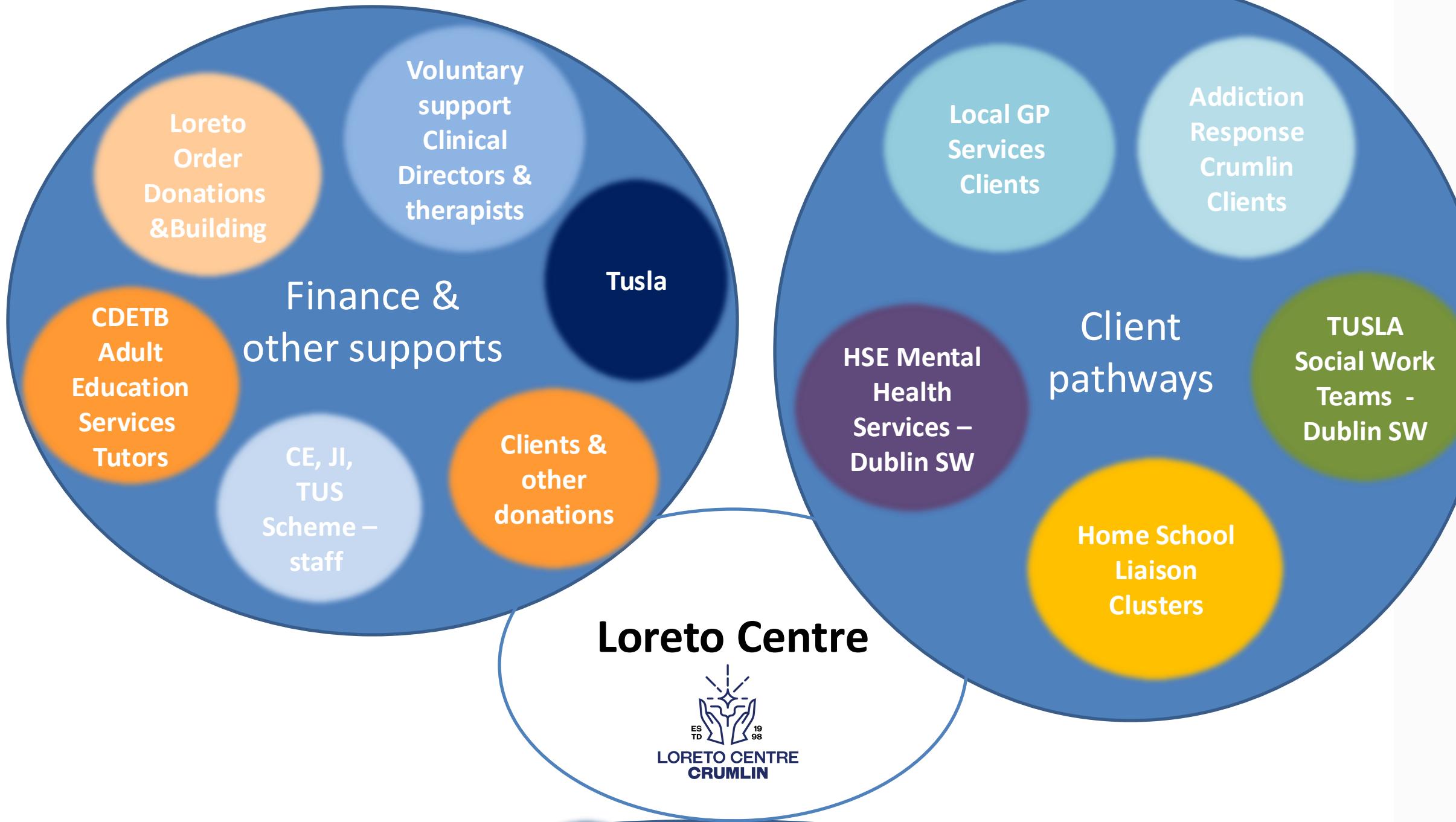
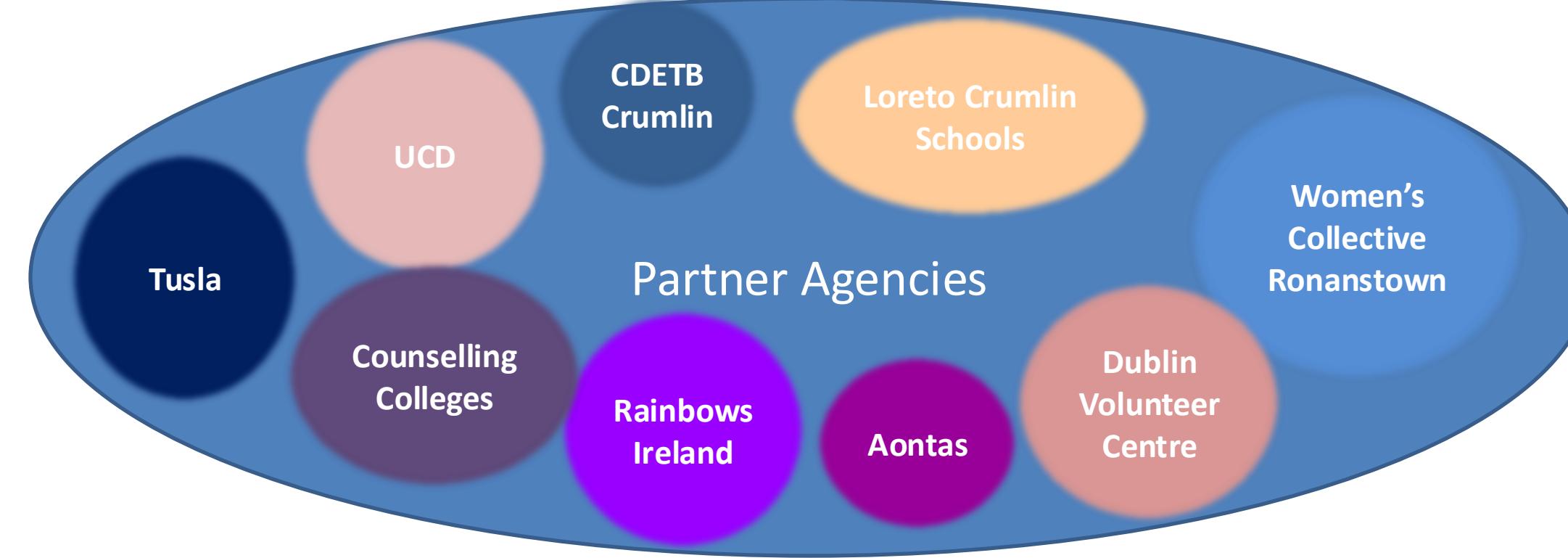


**In memory of Pat Colgan,
Loreto Centre's first
Counselling Director**



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

25 years of service



www.loretocentrecrumlin.ie



1. HOW CAN WE EXPAND OUR SERVICE RANGE?

The Loreto Centre is looking to broaden its service offering beyond individual therapy.

The goal is to introduce family therapy sessions, where families can seek help and support together as a unit, fostering a more comprehensive approach to healing.

2. CAN WE EXTEND OUR OPERATING HOURS?

Currently, evening sessions, particularly on Tuesdays, are highly popular due to clients' work and personal commitments. Extending operating hours into more evenings could increase access to our services for those who struggle to attend daytime sessions.

3. SHOULD WE CONTINUE WITH VOLUNTARY THERAPY SERVICES?

Most therapists at the Centre volunteer their time, with only a few services compensated. To expand and maintain service quality, we may need to transition to recruiting more therapists or offering compensation to sustain the current level of care.

4. HOW WILL WE ENSURE LEADERSHIP CONTINUITY?

As our current clinical directors approach retirement, we must prepare for a leadership transition. This may involve shifting from voluntary to paid positions for clinical directors to maintain professional oversight of our services.

5. HOW CAN WE SECURE THE NECESSARY FUNDING?

Funding is the most critical issue for the Centre.

Securing sustainable financial resources is essential to keep providing high-quality, professionally governed services to our clients and the community.



Message from our Chairperson

Thank you for being part of our journey to date. We continue to grow and meet the demands of our community. As we move into 2025 and prepare for the next 25 years, we have introduced a new logo, we are planning to extend our range of services, we will introduce new governance structures and (critically) increase our funding sources.

Eugene Banks



LORETO CENTRE CRUMLIN

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