



ANNUAL REPORT 2024

My Project... Minding You

**WORKING IN PARTNERSHIP WITH CHILDREN,
YOUNG PEOPLE & THEIR FAMILIES**

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Message from our Project Manager

In 2024, My Project continued to provide vital supports to children, young people, and families in our community. We saw high demand for services as families faced challenges including social isolation, housing instability, parenting pressures, mental health difficulties, family conflict, substance misuse and hidden harm. Despite this, our team worked with dedication and compassion, delivering one-to-one interventions and group programmes that foster resilience, wellbeing, and stronger family connections.

This year also brought opportunities for innovation and collaboration. We expanded our group programmes, strengthened partnerships with community and statutory agencies, and introduced new evidence-based approaches to better meet the needs of those we serve. The commitment of the My Project team, alongside the guidance and support of our Board of Management, has been central to sustaining and growing our impact.

This year, MyP was recognised for the work we carry out with children and young people in the community by DLR County Council at their Community & Volunteer Awards. We are the proud recipients of not one, but two awards presented at a night of community celebrations that was attended by over 60 community groups and services from the DLR area. We are thankful and very proud of these awards and for this recognition from DLR County Council.

As we move into 2025, our focus remains on building capacity for families, empowering young people, and ensuring that every child and parent feels supported, valued, and connected. I am deeply proud of what we have achieved together and look forward to continuing this important work in the year ahead.



Nuala McKenna
Project Manager

Purpose, Vision, Mission & Values

Purpose: My Project... Minding You is a family support service in Monkstown / Mounttown, Dun Laoghaire. We focus on promoting strengths and coping, relational, emotional, and social skills for children, young people, and their parents / guardians.

Vision: A community where families realise their potential, overcome challenges, and contribute to an inclusive society.

Mission: To promote positive relationships, personal development, and emotional wellbeing through diverse programmes, delivered in a caring, safe, and supportive environment.

Values:

- **Respect** – dignity for all service users.
- **Integrity** – openness, confidentiality, and ethical standards.
- **Compassion** – empathy and non-judgemental support.
- **Collaboration** – partnership with families and agencies.
- **Advocacy** – supporting children and young people to find their voice.

OUR IMPACT 2024

1,200 +
one-to-one interventions

64 children & young people supported one-to-one: -
Almost half of those impacted by hidden harm

20 parents / guardians:
one-to-one interventions

10 parents completed
Non Violent Resistance
Parenting Programme

4 families engaged in the
Tusla Meitheal process

GROUP PROGRAMMES

Roots of Empathy
Programme

47

Peep+ Parenting Early
Education Programme

34

Decider Skills
Programme

6

Social Group
Programme

6

Cruinniu na nOg
Creative Arts Group
Programme

6

Summer Programme

23

DLR Community & Volunteer Awards 2024

Dún Laoghaire-Rathdown County Council hosted the DLR Community and Volunteer Awards event in April 2024 at The Talbot Hotel, Stillorgan. The Awards brought together DLR community groups and volunteers and provided an opportunity for the Council to recognise and celebrate the number of people and projects available to the community across our county.

The awards were presented by An Cathaoirleach of Dún Laoghaire-Rathdown County Council, Cllr Denis O'Callaghan and by Therese Langan, Director of Services, Community and Cultural Development in dlr.

This year's event saw 61 community groups formally acknowledged and celebrated for their positive contributions to community life across the County; together they promote a wealth of community development activities in different areas including child and youth development, age friendly, arts and culture, environment and climate action, inclusion and integration, health and wellbeing, disability and neurodiversity and civic pride.

MyP were recognised twice in the Child / Youth Development & Education Category. Our commitment to the DLR Peep+ Programme (Parents Early Education Programme) in collaboration with Southside Partnership resulted in the Group Winners award together with the Runner Up award in recognition of the supports MyP are providing overall for children, young people and their families in our community.

Therese Langan thanked the volunteers and community groups for their ongoing commitment and work, supporting and connecting through local activities and shared interests which is at the heart of what community development is all about.



Programme & Service Overview

Our work is rooted in the belief that children, young people, and families achieve the best outcomes when they are supported through evidence-based programmes and interventions alongside strong interagency collaboration when required. We are committed to deliver practical initiatives that build skills, confidence, and resilience, while also working closely with partner organisations to ensure support is coordinated, appropriate and effective.

This overview outlines our key approaches, our programmes and the collaborative approach that underpins all of our work.

Individual Support

One-to-one sessions designed around the unique needs of each child, young person, or parent. These personalised sessions create a safe space to talk, learn, and grow at an individual pace. Whether it's building coping strategies, developing resilience, or finding new ways to manage stress, the support is tailored to help each person feel more confident and capable.

By focusing on individual strengths and challenges, the sessions encourage positive mental health and emotional wellbeing. Over time, these skills also strengthen and sustain family relationships, creating healthier patterns of communication, trust, and support at home.

The aim is simple: to give every family member the tools they need to thrive. By empowering each person and strengthening the bonds between them, we create a foundation where everyone can flourish together.

MyP & Me: -

"I feel happy when I'm coming here because I can relax in the room and talk about anything. I know that if I ever feel down or have a problem, I can talk it out with [staff member] at MyP and won't be judged."

PEEP+ (Parenting Early Education Programme)

The **PEEP+ Programme** is an evidence-based early learning initiative that supports parents, carers, and practitioners to enhance children's development from birth through to two years.

The programme focuses on everyday interactions and routines—such as talking, singing, playing, and reading—that form the foundation of a child's learning. Delivered in small group settings, PEEP sessions create opportunities for children and families to engage together in structured activities, while also fostering peer support networks among parents and carers.

The programme promotes development across:

- Communication and language
- Early literacy and numeracy
- Personal and social skills
- Health and physical growth
- Creativity and exploration

For parents and carers attending our weekly sessions, PEEP+ offers practical strategies, reassurance, and greater confidence in their role as their child's first educator. By embedding learning into daily life, the programme supports areas of development and nurtures positive home environments.

MyP & Me

"the group is small enough, which allows you to speak more with each other and share experiences"

"love the group"

"made many friendships"

Decider Skills Programme

The **Decider Skills Programme** is a practical, cognitive behavioural therapy (CBT)-based intervention designed to equip children, young people, and parents with the tools to recognise and manage their thoughts, feelings, and behaviours.

The programme introduces skills in an accessible, interactive and fun way, using role play, group discussion, acronyms, rhymes, and visuals to support engagement and retention. The emphasis is on participation and real-life application, ensuring that strategies can be used effectively in home, school, and community contexts.

For children and young people, Decider Skills provides concrete coping strategies that help to reduce stress, anxiety, and emotional difficulties while strengthening confidence, problem-solving, and relationships. Those attending the Decider Skills Programme develop practical approaches to recognising emotional triggers and develop a set of tools to support informed responses to those emotions. Ultimately, these strategies reinforce positive coping.

By focusing on practical, transferable skills, the Decider Skills Programme promotes resilience and positive mental health, contributing to early intervention and lifelong wellbeing.



Meitheal Process

The Meitheal Process is a voluntary and strengths-based approach that brings families and practitioners together to support a child's needs. Led by Tusla, it is designed as an early intervention process, meaning help is offered before challenges become bigger, with a focus on working collaboratively rather than in isolation.

Core Principles

1. **Child-centred** – the child's voice and best interests are at the centre.
2. **Strengths-based** – focuses on the family's strengths, not just difficulties.
3. **Voluntary** – families choose to take part, it is not imposed.
4. **Collaborative** – agencies, schools, health services, and community groups work together.
5. **Holistic** – considers all aspects of the child's life: home, school, community, health, wellbeing.

At the heart of Meitheal is the idea that families know their children best. Parents, carers, and the child or young person are central to every step, identifying strengths, raising concerns, and setting goals. Practitioners, schools, health services, youth organisations, and community groups come together, alongside the family, to plan and coordinate appropriate supports.

This joined-up approach avoids duplication. It builds on what is already working well, and ensures that the right help is available at the right time. MyP promotes partnership and empowerment, helping children reach their potential while strengthening family and community supports around them.



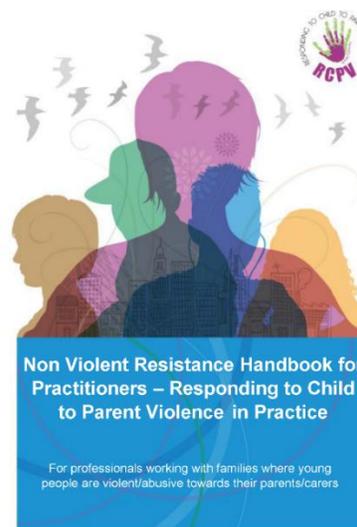
NVR Programme

Our Non Violent Resistance Programme is a practical and compassionate evidence based and short term programme that helps families break free from harmful cycles of conflict. When tension, aggression, or violence begin to take hold at home, relationships can feel strained and parents may feel powerless. NVR offers families a structured way to respond differently—reducing conflict while rebuilding connection and trust.

The programme provides a structured framework for understanding and implementing non-violent resistance techniques. It equips parents and carers with practical strategies to stay calm in difficult moments, set clear boundaries, and take positive action without using aggression. At the same time, it focuses on repairing and strengthening the bond between parent and child, ensuring that love, respect, and communication take centre stage.

By shifting the focus from control through conflict to support through connection, NVR empowers families to create safer, calmer, and more nurturing home environments where both children and parents can thrive.

In short: NVR offers practical strategies and exercises designed to reinforce positive, caring relationships. It strengthens parental presence, reduces conflict in families and fosters a more harmonious home environment.



Roots of Empathy Programme

Roots of Empathy is an evidence-based program designed to develop empathy in children, helping them build caring and inclusive communities. Originating in Toronto, Canada, RoE is delivered to children of primary school age, with a view to fostering empathy through guided observations of an infant's development and emotions. This programme helps children learn to understand and care about other people's feelings through recognising and naming the baby's feelings and reflecting on their own feelings. The RoE programme runs for 26 weeks and is built around regular visits from a parent and their baby, who becomes the "teacher" for the class.

With the help of the facilitator, children watch the baby grow, learn, and express emotions like happiness, sadness, or frustration. By noticing and talking about what the baby is feeling, children begin to see how others might feel in different situations. This helps them become kinder, more caring, and better at solving problems without fighting. Over time, children in the RoE programme show less bullying, more respect for each other, the ability to advocate for each other and to build stronger friendships.

Roots of Empathy gives children an important lesson: when we understand how others feel, we can create classrooms and communities where everyone feels safe and included.



Social Group

Our Tuesday Social Group provides a welcoming space where young people come together to connect, share experiences, and enjoy each other's company. The group provides opportunities to build lasting friendships, develop new skills and strengthen community ties in a relaxed, supportive environment.

By bringing peers together, the Social Group helps reduce feelings of loneliness and isolation. It encourages peer mentoring, where members can learn from each other's experiences, offer advice, and celebrate successes together. Through shared activities, discussions, and group projects, young people develop important social and emotional skills such as effective communication, teamwork and empathy.

The group aims to create a safe and inclusive space where everyone feels respected, heard and valued. This supportive setting allows young people to express themselves freely, build confidence and take part in positive activities and challenges that promote personal growth, coping skills and resilience.

Ultimately, the Social Group empowers young people to form meaningful connections, support one another, and become active, confident members of their wider community.



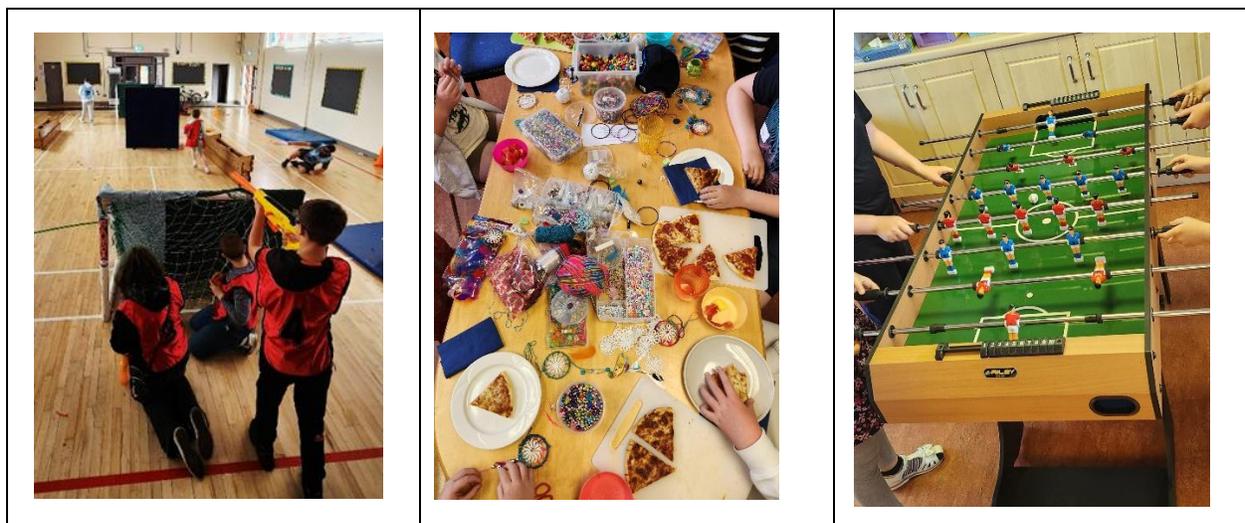
Summer Programme

Our Summer Programme is designed to provide children and young people with exciting and enriching opportunities for growth, connection, and fun during the school holidays. We understand that long breaks from school can sometimes increase isolation or reduce access to positive, structured activities, so we address this by offering a wide range of engaging sessions that combine recreation, creativity, social interaction, and skill-building.

Young people have the chance to strengthen teamwork, develop social skills, and build positive peer relationships in a supportive group environment. Activities are varied to suit different interests and abilities, ensuring that every participant can explore something new and gain confidence in their abilities.

The Summer Programme provides more than just entertainment — it is a safe, nurturing space where young people can take part in challenges, celebrate achievements, and build self-esteem. Participants are encouraged to try new things, express themselves creatively, and develop practical skills that support personal growth both inside and outside the programme.

Beyond individual development, the programme fosters a sense of community and belonging. It is about creating meaningful experiences that inspire, empower, and connect young people, leaving them with memories, skills, and relationships that last long after the summer ends.



Cruinniú na nÓg Creative Programme

Ireland is the first and only country in the world to dedicate an annual national day to celebrating the creative potential of its children and young people. Cruinniú na nÓg is a flagship initiative of the Creative Ireland Programme's Creative Youth Plan and is aimed at enabling and encouraging self-expression and artistic exploration.

Children and young people are endlessly creative, curious, full of imagination and brimming with unique ways of looking at life. Through creativity they can share who they are, explore new ideas, solve problems, have fun, and discover new ways of seeing the world.

This all-Ireland event creates pathways and opportunities for people and communities to unlock their creative potential. It encourages children to explore creativity without barriers and helps support discovery around hidden talents, build on confidence and strengthen community connections.

We are delighted to have the opportunity this year to partner with DLR Co Co Arts Office, Community and Cultural Development Department, together with Children and Young People's Services Committee (CYPSC) and Artist Jane Groves. This collaboration that will nurture creativity, grow curiosity and build confidence through the creative process and will ultimately lead to our group showcasing their ventures at Cruinniú na nÓg day of celebration on Saturday 7th June 2025.



Partnerships

We place a strong emphasis on multi / inter agency collaboration, recognising that effective child and family supports depend on services working together.

My Project... Minding You actively engages with:

- **Tusla** – Child and Family Agency
- **CYPSC** – Children and Young People’s Services Committees
- **DLR DATF** – Dún Laoghaire–Rathdown Drug and Alcohol Task Force
- **Primary and secondary schools**
- **Health services**
- **Local and community organisations**

Through committed participation in subgroups and interagency networks, we contribute to the sharing of knowledge, pooling of resources, and the development of coordinated approaches across the Dun Laoghaire Rathdown area. This ensures that families experience joined-up support where services work together to complement one another.

For children and young people, this collaborative model enables earlier identification of needs and tailored responses. For families, it offers reassurance that professionals and organisations are working together with shared priorities and a collective focus on positive outcomes for the individual and for the family as a collective.

Ultimately, our collaborative approach strengthens the safety net around the family and builds a more effective and connected system of support across the community.



Funders

- **Tusla Child & Family Agency (PPFS)** - core funding for community / family early intervention and prevention programmes and support.



- **HSE / DLR DATF** – support for young people substance misuse and hidden harm experience interventions and support.



- **DLR County Council** - Community & Volunteer Services / Supports Recognition together with financial award.



We are very grateful to our funders and supporters for their continuing trust and support, for being by our side and for believing in the work that we do in our community.

Our People

- **Project Workers:**

Marie Sheridan

Maeve Majewski

Jennie Casey

Jane O'Doherty

Eoin McNulty

Jess Kelly

- **Administrator:** Clare Shine

- **Project Manager:** Nuala McKenna



Our team brings together a rich and diverse range of expertise spanning social care, youth work, psychotherapy, early years, education, addiction support, somatic therapy, servant leadership, finance, governance and administration.

This unique blend of skills and backgrounds allows us to approach challenges holistically, drawing on multiple perspectives to better understand and meet the needs of the families we serve. Each member contributes not only professional knowledge but also a deep commitment to care, collaboration, and lasting impact, making our team stronger together.

Training & Development 2024

- Decider Skills (CBT-based coping strategies)
- NVR Parenting Programme
- Sexual Health promotion
- Circle of Security Parenting Programme
- Transformative leadership Programme
- Restorative practice

We place a strong emphasis on training and development to invest in our team's growth and wellbeing. By providing opportunities for continuous learning, cultivating ability and professional development, we are ensuring that our team are well-equipped to meet the evolving needs of the families and the community we support. Professional and personal growth brings with it an increase in confidence and the promotion of fresh ideas, thus strengthening both individual capacity and our overall collective impact.

Aims & Programme Planning for 2025

Aims:

- Support children through safe, nurturing homes and positive connections.
- Empower young people to build independence and resilience.
- Strengthen parents' capacity and family relationships.

Planned Programmes 2025:

- Peep+ Parenting
- Circle of Security Parenting Programme
- NVR (Non-Violent Resistance) Parenting
- Group Theraplay
- Roots of Empathy
- Decider Skills
- Social Programmes
- Cruinniú na nÓg Creative Programme

Governance & Directors' Report

My Project... Minding You is incorporated as a company limited by guarantee and holds charitable status. Governance is a core priority, underpinned by solid policies, active oversight, and full compliance with the Charities Governance Code. The organisation is committed to transparency, accountability, and the highest standards of ethical practice.

In 2024, our Board of Directors met formally on six occasions, as well as holding our Annual General Meeting. The Board provides leadership and guidance, helping to shape our strategy, oversee our work, and ensure we are making the best use of resources to achieve our mission.

All of our Directors give their time and expertise voluntarily - they do not receive any payment for their work. Their commitment reflects their passion for our cause and their belief in the difference we can make together.

We constantly review how we work to ensure every possible effort is made to maintain high standards, remain accountable, transparent, and focused on making the biggest difference for the people we serve.

We are grateful to our Directors for the energy, and commitment they bring together with a high level of expertise across management practice, governance, accountancy and resource management. Their leadership ensures that every resource is used wisely, so we can continue to support families and create lasting impact in our communities.

Board Members 2024

- Jacky Flavin Tehan – Chairperson
- Cathal O'Neill – Company Secretary
- Barry Quinn – Director
- Andre Almeida – Director
- Leslie O'Hora – Director
- Sinead O'Rourke – Board Observer

Accounts, Auditor & Risk Management

Accounts

We keep our financial records in line with the Companies Act 2014, and our accounts are independently audited and filed every year. This process helps us remain transparent and accountable and shows supporters and funders exactly how resources are used to achieve our purpose and objectives.

Going Concern

After reviewing our finances, the Board is confident that we have the resources we need to continue our work into the future. This stability allows us to plan ahead and keep delivering lasting impact in our communities.

Auditor

Our accounts are independently audited by Robert J Kidney & Co Accountancy, giving additional assurance that our financial reporting is accurate and reliable.

Risk Management

We actively monitor and review risks to protect the organisation and the people we serve. Safeguarding is a core priority. All of the team at MyP are Garda vetted and our comprehensive child protection policies meet the requirements of the Children First Act 2015.

We have strong systems in place to manage financial, operational, and reputational risks, ensuring we can continue to carry out our work within the community with care and confidence.

My Project has a vision to provide a safe, welcoming, nurturing environment, within which children, young people and their families can be supported to strengthen their wellbeing to reach their personal, social and academic potential.