



KPFA

Kerry Parents & Friends Association

Supporting adults with intellectual disability/autism
and their families throughout Co. Kerry



Picture by Catherine Fleming

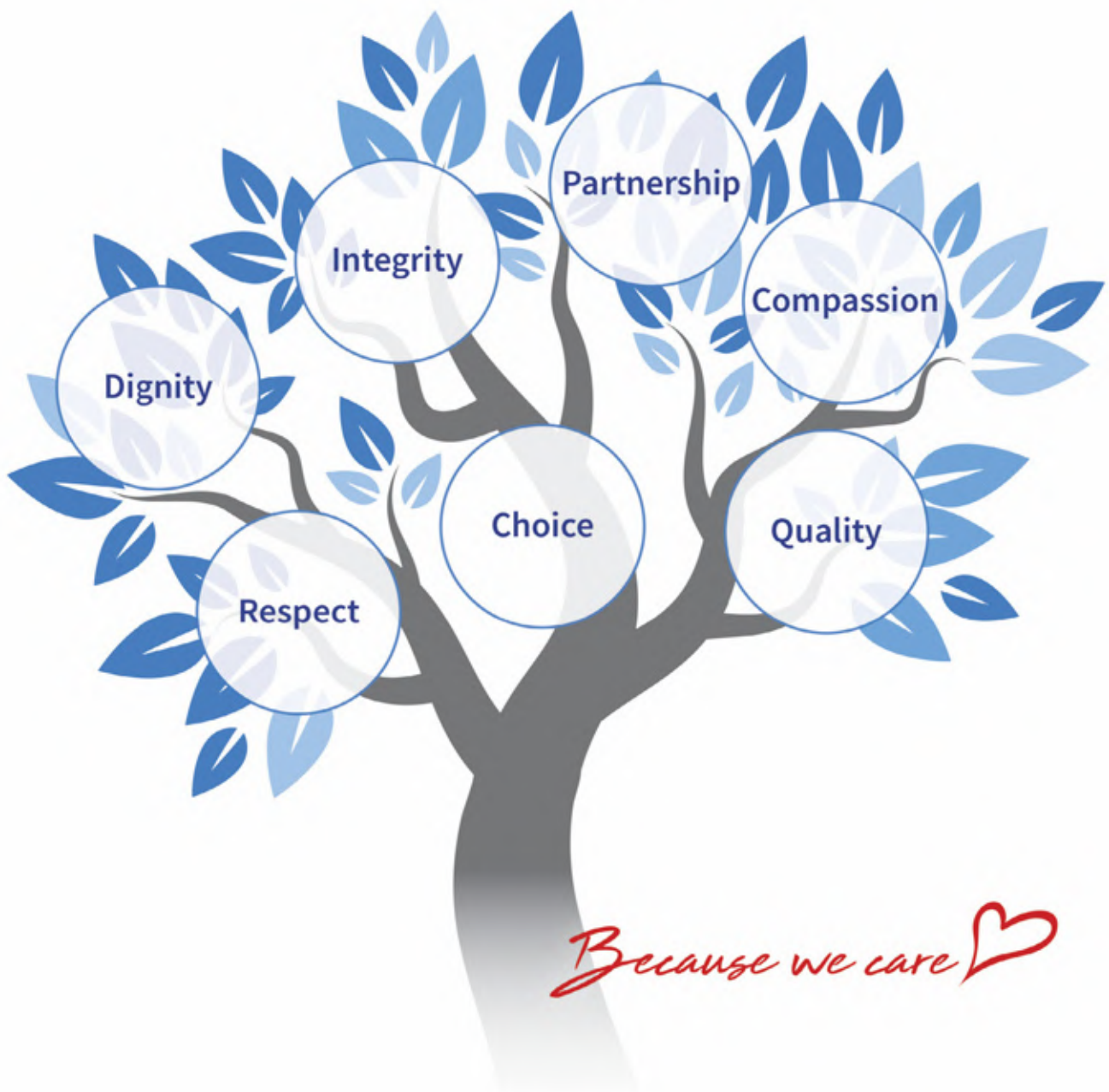
Our Story

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*“To deliver life enhancing services and supports,
responding to the needs, wishes and choices of
people with intellectual disability,
connected to support networks
in their community”*

Our Values



Because we care 

I would like to welcome you to this year's Annual Report.

2020 has had a huge impact on the lives of everyone connected to Kerry Parents & Friends Association (KPFA). Charles Dickens' quote is appropriate "It was the best of times, it was the worst of times". The year began with great expectations. By early March the dark clouds of Covid19 appeared on the horizon.

The worst was yet to come. KPFA was one of the first care organisations to suspend day services. Senior management made the decision, prior to government directives, in the interests of the health and safety of people supported, staff, volunteers, carers and their families. Our community residences were placed in lockdown. Respite was put on hold. All our active programmes and activities in our day care centres ceased.



The best that KPFA staff and volunteers could offer filled the void. Management and front-line workers provided community support and outreach services all over the county, in whatever way they could, to those at home, those in crisis and those locked down in residential services.

The response of KPFA was exceptional and on behalf of the Board of Directors (BOD) I wish to compliment and congratulate everyone on this tremendous achievement. The fact that KPFA had insignificant positive contact with Covid19 is a testament to their amazing work. Well done!

The Board of Directors of KPFA is responsible for overseeing the proper management of the organisation and to ensure that we operate in compliance with our service arrangement with the Health Service Executive (HSE) and with all regulatory accountability. To the best of my knowledge and belief the Board fulfilled its role in 2020. Zoom meetings replaced our traditional face to face Board and sub committee meetings and conference calls with the HSE.

Funding is always a major challenge. Along with issues related to pay restoration and pensions there were extra costs relating to the pandemic. The HSE increased the level of financial support achieving a modest surplus at the end of the year.

KPFA has only 10 respite beds available in the whole county. Further engagement took place with the Housing Agency Regulation Office and progress was made in our efforts to retain our Approved Housing Body (AHB). Grants and funding would then be accessible in future to develop social housing for our needs.

HIQA continue to acknowledge the quality of care and commitment of the staff in our residential homes. All our residential houses have been inspected and registered by HIQA. KPFA complies with all new directives from HIQA. There is no capital funding available for day services. KPFA will continue to expand the Home Support and Outreach Services throughout the county.

Fundraising has always been a welcome and an essential source of income for KPFA. During difficult times it has helped to retain services. The monies collected have been used to benefit our service users by helping to lessen the impact of cutbacks and ensure full programmes are implemented.

In January, Rathmore Panto raised over €20,000. However, Covid19 restricted other sources of fundraising for the rest of the year. The Board wish to acknowledge the success of the Buy a Bus Campaign for KPFA, the benefits of which continued throughout 2020. Their contributions to our fleet replacement relieved the pressure significantly.

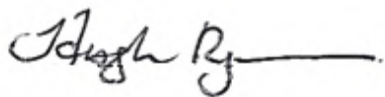
The Directors of KPFA, past and present, have made a huge voluntary commitment to the organisation. They receive no pay and do not claim expenses. The majority have family and work pressures but are generous with their precious time and skill set. KPFA would welcome nominations for Directorships to increase board numbers. Mile buíochas to my fellow Directors, our CEO and Management Team, Centre Managers, our staff and volunteers, your support this year was much appreciated!

Chairman's Address

Thanks to Denis Murphy, Moriarty and Murphy Accountants, for all his financial advice and assistance to the Association during the year.

Finally, on behalf of the Board, I would like to extend sympathy to the families, friends and relatives of all those connected to KPFA who passed away in 2020.

Best wishes to you all and stay safe.



Hugh Ryan
Chairperson

Staff Long Service Awards 2020



Congratulations to Sheila Doyle and Catherine O'Sullivan on 25 years of dedicated service to Kerry Parents & Friends Association, by going above and beyond the call of duty on a regular basis to ensure that the people we support and staff around the County, receive and offer the best standards of care and support. Well done Ladies

Welcome all to our 2020 Annual Report!

2020 has been an extremely challenging year for the people we support and their families and for our staff, but, despite everything that has happened in that 12 months, we recall our entire organisation coming together to safeguard and protect, to support and comfort, to test and prepare for vaccination, and, as we review the Year 2020, there is much to be proud of and to celebrate.

It was an unprecedented year for the world and no country escaped the effects of the Covid19 pandemic. KPFA was no different to any organisation in that regard. Our Day Services were closed on Friday 13th March 2020 and staff who could work remotely were supported to do so. The larger day service buildings remained open as essential hubs to support front line services.

Staff continued to show up every day for KPFA, gave their personal best and did whatever the organisation asked them to do. Our management teams worked tirelessly to develop contingency plans. Amidst the re-organisation, staff took on other roles also as decorators, cleaners, gardeners to have bright, clean, inviting Centres ready to welcome people back.

The support and commitment of staff to the organisation was humbling and every day was a reminder of the vulnerabilities of us all and the extraordinary dedication to ensuring that our core essential services were maintained. The organisation remained Covid19 free until October 2020, which was a remarkable achievement and again a testament to the sheer hard work and sacrifices made by all staff, whether working in frontline roles or in many of the departments within KPFA.

Technology assisted us more than ever before and was embraced in new and innovative ways across the organisation, ensuring that all essential services and processes were maintained. Of equal importance was the use of technology to support connections and inclusivity between all those we support, which was their lifeline to some semblance of normality in an ever changing environment. I would like to acknowledge the grants received from

The Community Foundation of Ireland towards the linking of our organisation to its users in developing our online strategies that will continue to serve us into the future.



This year's report is unprecedented and contains many achievements and, while there is certainly that need to acknowledge this, we must remember that 2020 was hardest on those who had to remain at home for their safety. They lost their daily interactions with peers, staff and visitors to their Centres, they missed seeing other family members, their Carers at home had no respite from the activities of daily living as respite services were closed, but, through it all, everyone kept going. Our staff stayed in touch daily, weekly or as often as people wished. Online programmes such as "KPFA At Home" and online "Newsletters" were developed by talented staff to keep people connected and over time, this service spread through communication and training. We have experienced the impact that the lack of a full service has had on those we support and their families and, there is no doubt, it has been a difficult journey.

In the summer of 2020, there was a slow reintroduction of services and phased relaxation of restrictions. Services and capacity changed and were subject to environments and risk assessments to maintain physical distancing requirements, and to continue to keep everyone safe. The situation continued to change, national guidance was updated regularly and KPFA responded and adapted and learned, and we continue to do so.

I would like to take this opportunity to offer special thanks to Hugh Ryan (Chair) and the Board of Directors, who give of their time so willingly and without whose support our work would be much more difficult. Your commitment to KPFA during the most challenging of times has highlighted how fortunate we are to have you on our team.



Thank you to the HSE Cork Kerry Community Healthcare Team, for their ongoing co-operation and assistance throughout 2020. We deeply appreciate their support and especially the support of the Disability Services – Kerry Team who ensured a countywide approach for all Agencies, ongoing learning and dissemination of information as it emerged.

I would also like to pay a heartfelt thanks to all the KPFA staff, volunteers and scheme workers. I include colleagues who retired from the organisation and newer team members in my thanks. It is an absolute pleasure to work with you all, each and every day. Thank you for your unwavering support and dedication, and especially for your hard work in keeping people safe during 2020.

This year's extended report includes some wonderful examples of how people lived their lives during Covid19, and the response from the people we support in the preparation of this year's report was unprecedented as everyone wished to share their stories with you all. Their personal accounts are a reminder that life continued and the necessity in supporting people to live their best lives became more pronounced than ever. My thanks to all who shared their stories and sent their photographs for inclusion here.

And finally, thank you to all those we support and your families, you have shown great resilience and have supported KPFA in what was proven to be a very tough year. I would like to recognise the work of all carers and acknowledge their ongoing tremendous work and dedication, especially during this pandemic. I know there are times that we need to do better by you, and on behalf of KPFA, it is my intention that we do. Adequate and flexible funding remains a significant challenge to our work and we still face finite resources and demands for service delivery, but in 2020 safety was our priority for everyone.

Regrettably, we suffered bereavements among those we support and those who supported us in 2020: James O'Callaghan on 9/2/20, Nora O'Donoghue on 21/2/20, Joanne Davies (staff) 19/07/20, Mary Casey 23/8/20, Caroline Cremins 25/8/20, Oliver O'Neill (ex-chair KPFA 10/9/20), Dermot Coffey (ex-Director KPFA 18/9/20), Jack Lynch 4/10/20, Johnny Sheehan (17/10/20) and Sheila O'Leary (ex-staff 31/10/20). We remember each of them for their love and dedication to KPFA. May they Rest in Peace.

It was an incredibly sad year, saying goodbye to so many old and dear friends. We think of their families also at this sad time, who have a void in their lives that can never be filled. Sadly, many of the staff, people we support and their families, branch members, board members and volunteers also experienced bereavements and we extend our deepest condolences and sympathies.

2020 was the year everything changed, when the handshake was banished and hugs were lost at the very time that we needed them most, but we reconnected with our immediate families and cherished what was really important - each other! Thank you all. Enjoy this special report which tells the story of our 2020.

Best Regards



Marie Linehan
Chief Executive



Dermot Coffey, Kilgarvan,
ex-Director KPFA RIP



Oliver O'Neill, Listowel,
ex-Chairman KPFA RIP



Sheila O'Leary,
ex-Staff KPFA RIP

The Old Monastery

2020 was a different year for us all here in the Old Monastery.

In February we enjoyed Joseph and the Amazing Technicolour Dreamcoat in the INEC. It was a wonderful day out, we laughed and sang all the way through. We thoroughly enjoyed the refreshments put on for us also.

We also visited local churches in February, novena prayer to our Lady of Lourdes. We had a mass in the Old Monastery where the choir performed, to remember the late choir member John Francis Moynihan. The choir gave a heartfelt performance which honoured the memory of a dear friend.

In March, Covid19 Pandemic arrived to Ireland. It changed everything. We had to learn how to use technology to keep in touch with our friends and family. We are now great at Zoom and have participated in lots of sessions online with our friends, doing Art Attack, drop in group, Friday Feeling, singing group, Faith friends, Advocacy and New Directions and Get Active.



Catherine Fleming, won the Toes of Tralee competition, lots of fun and laughs were had along the way.

We participated in the Credit Union Art Competition, amazing work, everyone is very talented and congratulations to Catherine Fleming, James O'Shea, Josephine Ryan, Michelle O'Leary, Jimmy O'Shea, Mary Beasley and Kathleen Shanahan.

At Christmas we enjoyed a socially distanced Christmas Lunch take out from The Golden Nugget, it was delicious. Santa also came to visit, socially distanced of course. We acquired an Elf on the Shelf who was *elf isolating* for 14 days after travelling from the North Pole!!!!





James O'Shea after finishing painting the annual Christmas Tree, on the window in The Old Monastery

We have lost some friends during 2020, all of whom were cherished and loved, Jack Lynch, Caroline Cremins, Mary Casey and Joanne Davies (staff), Sheila O'Leary (former staff).

Caroline Cremins, passed away on 25th August 2020. Caroline attended the Old Monastery for many years. She enjoyed the company of others and loved to be involved in group activities (especially the fun kind). Caroline was a fashionista, loved her style, her manicures and jewellery. Family was very important to Caroline; her excitement was palpable when her mom



came to collect her. She had many friends who were saddened by her passing and have very fond memories of her to cherish.

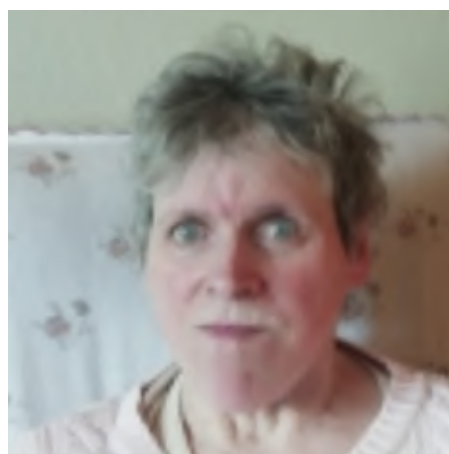
These are some photos of our friend Jack Lynch who passed away peacefully on the 4th October 2020. We will always remember Jack's love of cars and his desire to learn to drive.

Jack admired this car and was delighted with this particular photo. He loved woodwork, art, and day trips. The staff in Killarney Court Hotel, good friends of Jack, always remembered to bring along a newspaper for his tea during his weekly social training outings. He was a good friend to everyone and his warm smile and twinkling eyes brightened our days. He will be sadly missed by all in the Old Monastery.

We were very saddened to learn of the passing of Joanne Downey (Davies) in July 2020. Joanne was a valued member of the Community Employment scheme in the Old Monastery. She was energetic, enthusiastic, and motivated in everything she did. She had a wonderful rapport with the people we support and we all benefitted from her positivity and her outlook on life. Joanne had a great interest in sport and loved to bake. We miss Joanne very much.

Congratulations to Eileen and Pat Tuohy on the birth of their daughter Cara.

Covid19 curtailed a lot of our activities but we look forward to a time in the future when we will be together again, singing and dancing in the centre court of the Old Monastery.



Community Programme

It was a year of adjusting for everybody, adapting to social distancing, hand sanitising and wearing masks. Families have been very supportive of new necessary travel arrangements. Some of our staff have been involved in home support and community support and working in KPFA residential homes. Despite the obstacles, staff and the people we support have had a busy year.

Community Programme members have embraced new technologies, some meeting their friends on Zoom sessions rather than meeting up at their centre. "KPFA At Home" in Killarney and Listowel have been putting together fantastic programmes for everyone to participate in and enjoy online. Drama has been a big hit with our members. Some scary costumes were taken out of the closet for the Halloween session.

We can all remember people making banana bread during lockdown and members of the group have been putting their baking skills to good use by joining 'Baking with Bernie' They really enjoyed making buns and strawberry mousse among other tasty treats.

CONGRATULATIONS

- John Paul Doyle received a presentation from KC Print for 10 years' employment with the company.
- Brendan Sullivan, Elaine Horgan, Anthony Jones and John Mangan compiled a short video on Killarney's Highlights and Attractions. Thanks to Alan Dukes for putting all the individual clips of Killarney's scenic spots together.
- Congratulations to John Mangan who came 3rd in the Killarney Credit Union Art competition.
- We had "40" lockdown birthday parties during the year. A big Happy Birthday to Elaine Horgan and John Paul Doyle who both turned 40.
- Our good friend Daniel Cronin had a busy early part of the year supported by KPFA staff. In August, Daniel moved to a residential house with Rehab Care. We wish Daniel Good Luck in his new home.

Our Christmas party was one like no other. While we couldn't have our usual party at a Hotel we still enjoyed a lovely take away meal and treats at the centre.



Hayley Ferguson dressing up for Halloween Drama on Zoom



Tracey McCarthy perfecting her banana buns



John Paul Doyle 10 years service with KC print



Brendan Sullivan filming a clip for their "Killarney's Attractions" video

Kerry ETB staff Elaine Clifford and Mary Concanon have been very supportive of the Community Programme members that participate in Adult Literacy/Numeracy classes by posting out resources and facilitating classes via Zoom.

The beginning of the year saw Claire Vinten, our Job Coach, retire. We wish Claire well in her Retirement.

Welcome to new staff member Eileen O'Leary who has joined the community programme and best of luck to Eileen O'Connell who has taken up a new role as Job Coach with KPFA.

We are looking forward to seeing everyone very, very soon... getting back to normal... Going to the Gym, Going swimming, Returning to Work Placements and visiting our favourite cafes !! And a lot more!!



John Mangan with his winning picture



Elaine Horgan's 40th Birthday



Daniel Cronin moved in August



Denise Kearns enjoying our Christmas party



Anthony Jones studying for his Adult Ed class with Kerry ETB



Claire Vinten and Grace Murray February 2020

Because we care 

Martina Healy

Martina Healy featured in the Killarney Outlook. The following is Martina's 'Gogglevox' interview with Marie Carroll-O'Sullivan, which they have kindly given us permission to print:

"I had the pleasure of meeting the beautiful Martina Healy this week. Martina leads a very busy life outside of 'The 19'. "I miss lots of things because of 'The 19' Marie. I miss Kerry Parents & Friends (especially Jim the bus driver who picks me up everyday from my home at Mastergeeha), I miss going to Sean Taaffe's Hairdresser to do my work experience twice weekly and my work outs at Believe Fit with Josie". Martina loves living in Killarney "My favourite things are walking my dog Sally in the National Park, shopping at New Look and Dunnes and visiting my Auntie, Sr Pious, at the Convent (but I keep up with Sr Pious on FaceTime every Sunday so that's good)".

"Christina my PA is hopeless Marie. I love when she takes me for drives to town though. We turn on Daniel O'Donnell 'I wanna dance with you' and play it really loud. Other than that she's hopeless Marie". We both laughed so hard as Christina was present at that moment. Martina says she is "grateful to have 5 other 'lovely ladies' who call to help her weekly-Ramona, Elaine, Kathleen, Catriona and Una".



Martina Healy is a Kerry Stars Olympic Champion and has won medals in the National Games finals receiving Gold in the 800 metre walk and a National Silver in the javelin in 2018. Equally as impressive is her new found talent in baking Cheesecake and apple pie.

To conclude I asked Martina "If you could have one wish in the world Martina what would it be"? She paused for a minute and said "For 'The 19' to be gone Marie and every one to be healthy and happy again". I smiled and agreed, what a selfless wish!

Martina quickly added "And for my soaps, Fair City and Coronation Street to return to normal. Steve McDonald needs more air time. He is very funny".

After our chat myself and Martina had a most enjoyable photo session in her front garden. It was so difficult to select one photo but I think we got the look Martina was going for in this one.

Martina promised to send me a slice of her freshly baked apple pie in the coming days. She's the kind of girl I'd look very much forward to meeting again.

Thank you for having me Martina."



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In her new column with the Killarney Outlook - Marie takes to the highways and byways meeting locals and telling their story

MARTINA LOOKS FORWARD TO THE END OF "THE 19"

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PICTURE: MARIE CARROLL-O'SULLIVAN FOR GOGGLEVOX WITH THE KILLARNEY OUTLOOK

Slí Nua

In late August 2020, Kerry Parents and Friends Association opened the doors of Slí Nua for the first time. The name 'Slí Nua' was chosen as it means 'New Beginnings'.

We are delighted to be able to offer the people we support on-site amenities such as the sensory pod and interactive whiteboard. The physical, emotional and social well-being of those we support is at the heart of everything we do at Slí Nua, where the modern technologies and bright spacious facilities enable us to facilitate this.



Cois Dara

Cois Dara has been in use as a day centre hub for most of this past year of 2020. The people we support who have availed of this service have benefitted greatly from it.

We have used many programmes here, some of which are: Art, Woodwork, Spiritual Programme, Cooking and Exercise Programmes.

While we were based in Cois Dara, we were out and about in the community at every opportunity. Roger McCarthy and I discovered every single inch of the National Park during the good weather in lockdown and enjoyed many a healthy picnic outdoors.

Mike, Timmy Dan and Philip have all thoroughly enjoyed the numerous walks around the National Park also.



Mike, Timmy Dan and Philip exploring the National Park.



Thankfully we were still able to have our Christmas party!! Thank you, Cois Dara team

Cherry Lodge and Woodlawn

Our Year...

1. Lots of walks, discussing the changes and how we feel and of course supporting one another and working as team.
2. Day service programme at home was a big change.
3. Success – extra outdoor games, fun days, Easter Egg Hunt and fundraisers
4. A lot of training regarding Covid19, giving further knowledge of the virus, risks and supporting/ protecting ourselves.
5. We followed the guidelines and protocols, sanitised our house twice a day and helped each other to stay safe.
6. It's hard for everyone that some of our friends lose their loves ones, but we comfort one another and include them in the intercessions and prayers.
7. Birthdays were reasons to celebrate at home, we made the most of the day with cake, sweets, presents, laughs and photos etc.
8. We felt worried at times for family, the loss of social interaction, the big change we all had to face.
9. We believe in ourselves, work together and support one another to stand and face the big challenge in our everyday lives.
10. Year 2020 was a challenging year...our first time ever to wear mask inside/outside the building... unending practice of social distancing in and out...limited places to go and less contact/ social interactions with the family. But we did it!

Overall we worked together to keep everyone safe.



Our Jumper Day Celebration in the house



Our Christmas Pyjamas tea party



Our mini garden in Cherry Lodge



Walk in Muckcross



Activities inside



Hannah moved to Woodlawn from Hillview just before Christmas. She loved doing up her new room with lots of Manchester United stuff who are her favourite football team. Hannah has enjoyed going for walks and engaging in zoom sessions with her friends from the Old Monastery



Mary keeping busy during lockdown 2020 setting her flowers and enjoying the sunshine. Mary enjoyed watering her flowers on a daily basis and watching them grow. Mary also loves relaxing on the weekend with a beer



In November 2020 Katie moved out of Woodlawn and into her new home in Glebe Lodge. Katie lived in Woodlawn for many years and keeps regular contact with her friends there.



Fionnuala enjoyed seeing all her friends from the Old Monastery through zoom during lockdown. Fionnuala loves engaging in her faith friends' sessions and singing along



Cherry Lodge Crafts: Mini succulents in decorative soda bottles

Killarney Credit Union Competition



James O'Shea's entry for the Killarney Credit Union competition. It looks fantastic James!



Catherine Fleming's entry for Killarney Credit Union competition. Amazing work Catherine!

Lohan Lodge

A year with a difference in Lohan Lodge.

"KPFA At Home" brought delight to James with all the Zoom classes to choose from. He missed his friends in the Old Monastery but could now talk to them online. Patrick missed going to mass each Sunday but learned to look forward to mass on his new tablet. A new excitement being able to watch mass from throughout Ireland.

Donal enjoyed the slower pace of life, yet he couldn't understand on a video call how his brother was talking to him inside the phone! A regular discussion topic!

Anthony missed being able to buy CDs in town and didn't get to start his new job in the 321 bookshop and café in Tralee but Anthony always kept the fun going. Lots of at home activities were tried and tested.

Gardening flourished in the summer and we can now continue to look at our beautiful lavender at the front of the house while we wait for our sunflowers to smile at us again this year.

James won The Rose of Tralee competition for best escort on Zoom. Getting a takeaway instead of eating out became a new norm in the house. Drives and walks

became the new social activities. Everyone in Lohan's built up a new resilience and found fun where they could. Two karaoke machines kept the party alive and everyone, including staff, enjoyed dancing to the classic 'I Feel Like A Woman'! Anthony wasn't going to let the year pass though unless he got to see his two favourite people - the Gardaí and Santa! What a surprise for us all when the Gardaí showed up on Anthony's birthday with sirens blaring. And even Santa made it on Christmas Day.



Anthony and James with the Gardaí



Patrick on the bike



Learning new skills



James as escort of the year



Donal on a walk at Muckross



Making our own Jenga



Santa with Donal, Anthony and James

Hawthorn

2020 was a year we will all remember for both the positives and negatives. When Covid19 hit Ireland there were day centre closures. The day staff from the Old Monastery were redeployed to the residential houses like army troops and troops they are! They have become part of the teams in Hawthorn and Lohan Lodge. It was a challenge for all staff and we came together learning each day of the new guidelines while also supporting the residents.

Staff carried out training online which was a challenge as we were used to face to face training. Team meetings were held over Zoom which was a new concept for all of us but we got used to the idea quickly and we held person centred plans over Zoom. Technology has been fundamental in keeping everyone connected.

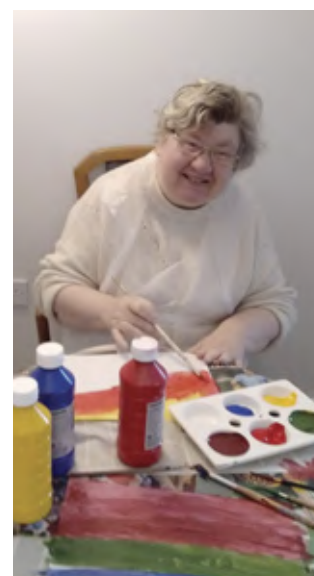
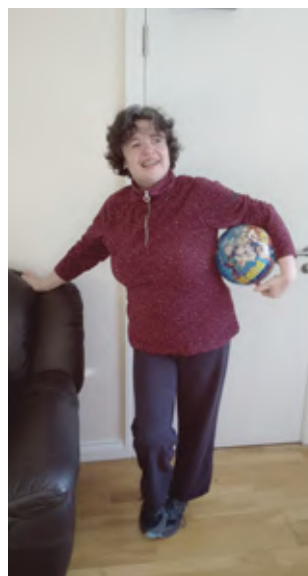
The people we support are availing of their day service within their houses taking part in cooking, baking, gardening, feeding birds, growing herbs, knitting, enjoying picnics within their town and county when the restrictions allowed and many more activities. Their lives have been turned upside down and the challenge of not seeing their families and friends is huge.

Staff supported them by teaching them to learn how to use technology to connect with people from other residential houses. Some of the people we support are part of their families WhatsApp groups and are sharing funny videos, music and regular updates from life in Lockdown. Some people choose not to attend the Zoom activities from the Old Monastery but love to see photos and see their friends on the weekly newsletter. It has become the 'KPFA eye'!

Lisa Geaney has loved having her day service come to Hawthorn and has been very busy learning new recipes, gardening and walking. She bought two new fish and loves to feed them every day.

Denise Ridout moved to Hawthorn at Christmas 2019. Denise loves to raise money for charity and held a very successful fundraiser on the 12th March in the Old Monastery for the Irish Community Rapid Response. Since March, Denise has availed of her day service within Hawthorn and has enjoyed developing it. Lisa and Denise love to have their families visit them and connect with them on WhatsApp.

Margaret O'Sullivan retired from Hawthorn in January 2020. We would like to wish Margaret the best of health and happiness in her retirement. She has been a wonderful staff member over the years and is greatly missed by everyone.



The Haven

2020 has been a difficult year for everyone at Kerry Parents and Friends due to the Covid19 pandemic. In the Haven, we have had to think of novel and creative ways to stay safe and achieve our goals while looking after our mental health and wellness. All the residents have purchased their own mobile phones and some people have bought their own tablets. We have been staying in touch with family via Video Call and window visits when house visits were not allowed under the restrictions.

Our day service has been provided at home in the Haven and we have been participating in a range of activities which have included drives, walks, table top activities, scrap-booking, life story work, foot spas, gardening, singing and dancing as well as participating in some of the activities facilitated via Zoom by the "KPFA At Home" Initiative. Last summer, we had a lot of picnics and plan to have more going into 2021 when the weather improves.

We got a new car at the Haven which has been fantastic as it is accessible to all of our residents.

We celebrated Deborah Barry's 60th Birthday Zoom party on the 24th September. Deborah was able to see all her friends from Hillview and the Day Centre. There was a drive by celebration by her friends from the Centre and she had a lovely party at the Haven with all her friends. Deborah also had visits from family on the day.

Mike McCarthy and Patricia Thornton also celebrated their birthdays during lockdown and thoroughly enjoyed them.

Also, the residents, together with staff sent out letters to the neighbours to say hello and introduce themselves in an effort to build community rapport, communications and support during this difficult time. The response was fantastic. A large number of replies were received, accompanied with gifts and good wishes for all involved. Everybody was delighted.

Overall, the residents of the Haven have coped very well during the pandemic and are all looking forward to getting their vaccination in 2021 and resuming normal life!



Deborah Barry and Family, Window Visit



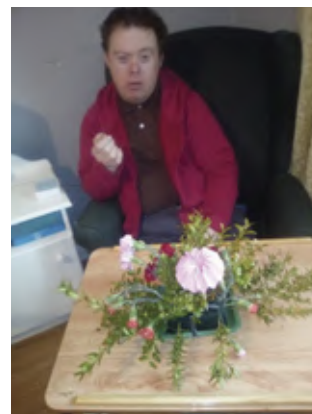
Patricia Thornton back to the Haven after a walk on the Beach



Deborah Barry 60th Birthday Party with friends Elizabeth O'Connor and staff Margaret Lawson



Mike McCarthy's Birthday Party



Mike McCarthy doing Zoom Gardening!

Hillview

The residents of Hillview have found the pandemic difficult to cope with and have, in particular, missed their families and the routine of attending the day centre. Staff have been thinking of novel ways to support them. Families have been very supportive and have adapted very well to the changes to visiting. Lots of calls have been facilitated via video link and lots of window visits.

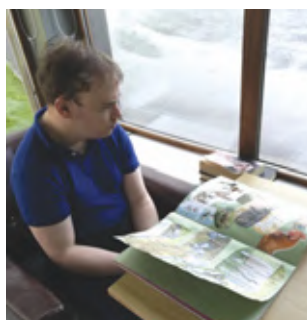
Some of the day centre staff have been re-deployed to Hillview to facilitate day activities and this has been a great success. Residents have enjoyed a sports day, Halloween party and a number of other activities which have included; bingo, arts and crafts, drama, Zumba, walking, drives, cooking/baking and a day trip to Clare for each resident during the summer months when Covid19 restrictions were eased.

Edward Twomey's niece, **Caoilinn Harte**, did a fund-raiser for Kerry Parents and Friends and managed to raise €3,000 for a shed for Hillview which everybody has been delighted with, but its more than a shed because we built a patio area around it and a little pathway through the lawn. It is now an outdoor amenity.



Caoilinn Harte

Joe Mannix has been missing his work as a waiter at the Flying Saucer in Listowel and so, to keep his waiting skills up to scratch, he set a goal of doing an Italian night once a month where he would open up "Joe's Kitchen" at Hillview. Together with his Keyworker, Eimear O'Donoghue, they decorated Hillview with an Italian theme and served up Italian food to all the residents. A brilliant idea by Signor Joe. We also had the pleasure of welcoming Hannah Counihan to stay with us at Hillview from April to December 2020. She has now moved on to her forever home in Killarney and we wish her all the best for the future. Overall 2020, has been a rollercoaster year for everyone in Hillview, but we have worked together as a team and supported one another through the pandemic and we are looking forward to 2021 with optimism.



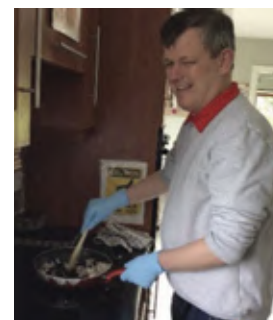
Michael Styles doing Scrap-book work



Tom Lane dressed up for Halloween



Face-painting for Halloween



Edward Twomey Cooking



The new shed.



Edward Twomey Window Visit



Pasta Carbonara – Bon Appetit!



Back when the hairdressers were allowed open!

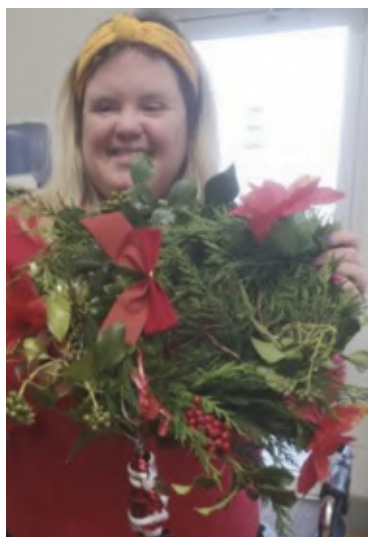
“IN THE MIDST OF CHAOS, THERE IS ALSO OPPORTUNITY” SUN TSU

2020 brought a once in a century occurrence, a pandemic caused by a novel virus, Covid19, experienced all over the world. It was a crisis of unprecedented scale and scope. Tony Holohan and Luke O'Neill became household names. Words and phrases such as lockdown, social distancing, staying connected, flattening the curve, contact tracing, the r number or reproductive rate became part of our everyday vocabulary.

In Listowel, our immediate response when the country went into lockdown, was acquiring PPE, educating staff and complying with HSE guidelines. Staff were upskilled in Infection Prevention and Control procedures, the use of PPE, attended webinars and staff meetings on Zoom. Some staff were redeployed to work in the residential and respite services. Staff maintained contact with people cocooning at home and provided support to those struggling with their circumstances. Activity Packs were prepared and sent home to help provide some structure and stimulation during the prolonged stay at home.

Staying Connected became a mantra which led to the rolling out of the virtual supports of **“KPFA At Home”**. Firstly, the team had to upskill rapidly in IT skills and social media platforms. We had to simplify procedures for accessing Zoom and we provided an Easy Read Newsletter to communicate the daily programme with the people we support. The “KPFA At Home” programme provided interactive opportunities and varied activities from drama, gardening, cooking, singing, bingo, art and exercise etc. Zoom classes gave some people opportunities that they would have never had before. Some people adapted really well to the new online classes, and for others it was not for them. Videos were recorded and shared on Vimeo so people at home could watch wherever and whenever they wished, including stories, dance challenges, recipes, gardening tips and lots more. Social calls were facilitated so that contact could be maintained between friends. Initially, it was designed to connect with people at home, but now it is a service model that is here to stay offering choice and opportunity. Thanks to The Community Foundation of Ireland for grants towards our online programmes across the County in KPFA Services. These grants helped us get connected and provide the equipment to run our online programme.

Resumption of Services is presenting many challenges that the service had to respond to. The buildings and units were re-purposed in preparation for a return to service, hygiene stations were installed, pods were created to minimise contacts and ensure social distancing and transport schedules were re-configured.



Laura Kelly (left) and Catherine Shine (right) with Christmas wreaths they made in Lucy's Zoom class



Laura made Christmas decorations with salt dough and we made a video and put it on Vimeo for everyone to see

Towards the end of 2020 we are progressing with setting up a new hub, at 21 Convent St., Listowel, which will add to the capacity of the Listowel Day Services. We are working at re-purposing our outdoor area. We were also successful in obtaining funding from Kerry Group to purchase wind chimes which will be installed to establish a sensory garden and create a restful space.

2020 was another successful year for those who took part in the Listowel Credit Union Competition.

Congratulations to Edward Twomey 1st, Niamh Neligan 2nd, Pa Dunne 3rd.

Merit Awards were also bestowed on Richard Ahern-Lynch, Sarah Casey, Siobhan O'Riordan, Jenny O'Brien.



Pa Dunne, showing us his poster and 3rd Prize Award



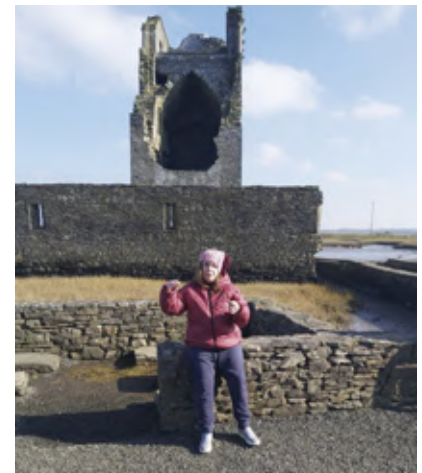
Richard Ahern-Lynch shows us his brilliant poster and Merit Award



Photo taken prior to Covid19, David Shanahan and Robert Cashman



Stacey Blackham



Stacey taking the opportunity to explore our local beauty spots



Connecting with Tom Scanlon

What is your favourite thing to talk about? I like politics. My favourite person is Tánaiste, Leo Varadkar. He does a good job.

How do you connect with him? On the television, in the newspaper, I emailed him, I Google him. I love Leinster House. I would like to go there.

Have the Government and Tony Holohan done a good job keeping us safe during Covid19? Yes, they have made plans. This is Level 5. I think the rules are OK. I sometimes find it hard. I will keep my chin up.

You like doing business online? I like online. I would love to Zoom Tánaiste Leo Varadkar. I like having WhatsApp meetings on the phone. Online shopping is good. I love to Google politics and sports. I made a Vimeo once about the lockdown and how to stay safe.

What about the future Tom? Everything is OK (with a smile!)

Cois na Féile and Brook Lodge

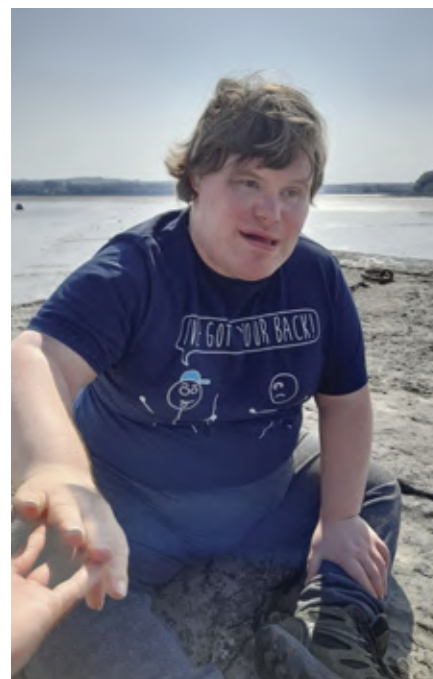
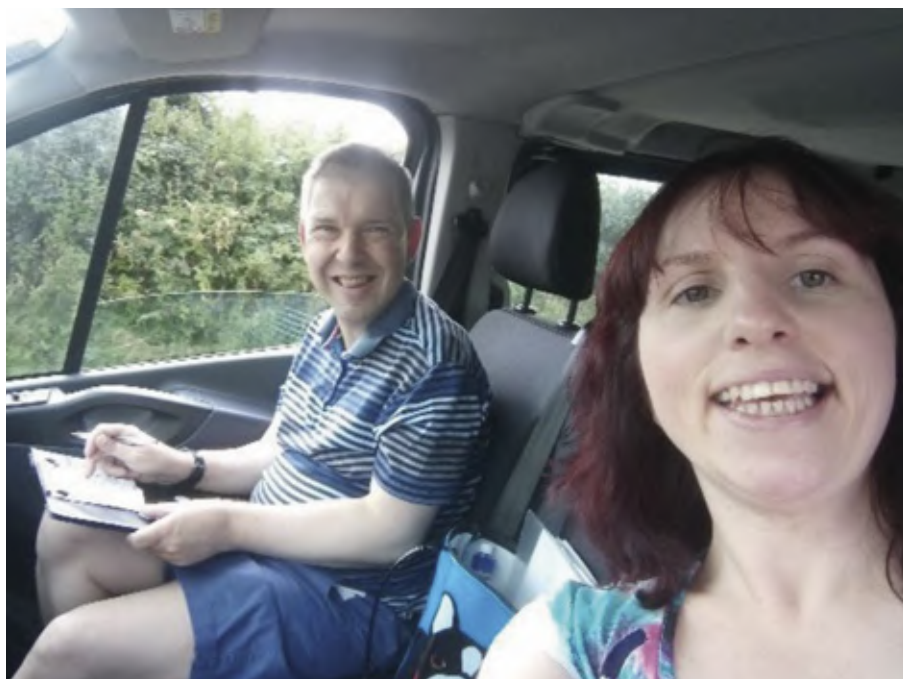
In response to the evolving pandemic, Listowel Respite Services had to make immediate changes to protect all staff and people we support. These changes have impacted on the amount of respite we were able to provide and unfortunately saw the closure of Cois na Féile from March 2020 until June 2020. On reopening, we had to take into account all the risks that come along with Covid19.

We reduced the amount of people using the service due to social distancing and infection control and prevention. 2020 has been a steep learning curve and we have all embraced the challenges and obstacles that it has thrown our way. We had to prepare Cois na Féile to become the isolation house for the service, meaning that at any time respite could cease and the house switched its function to treating people we support with Covid19 or on restricted movements.

We would like to welcome two new members to the team in Listowel Respite, Chloe Neenan and Aisling O'Shea, both ladies bring their unique skills, knowledge and caring values to the team.

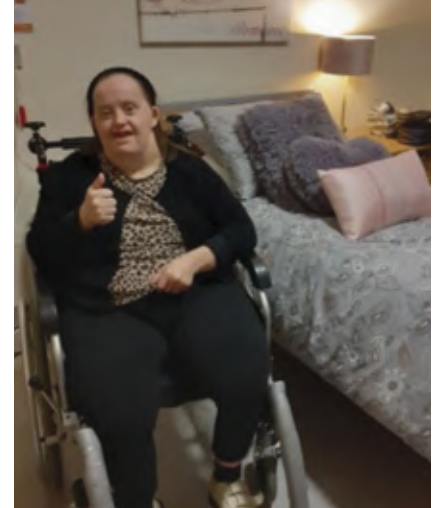
It has not been all doom and gloom in Listowel Respite as we have embraced changing our fun to Zoom and bingo from a bus. We have enjoyed trips in the summer to see trains and ferries and enjoyed Zumba and bingo over Zoom too. Even though we have missed the personal touch and visiting family members we adapted with WhatsApp calls and text messages.

We also welcomed a HIQA inspection in 2020 and were glad to receive full compliance. This was one of the positive things which 2020 brought for us and has set the bar for us to maintain this high standard. Well done everyone!



Glebe Lodge

Glebe Lodge welcomed three new residents in 2020, Geraldine Sheehan, Mairead Casey and Katie O'Shea. All three ladies have settled well into Glebe Lodge and have become part of the furniture already.



Glebe Lodge sadly lost the great Johnny Sheehan, R.I.P in October 2020. Johnny was a long-time resident in Glebe Lodge. He was much loved by all who knew him. Described by many as a 'lovable rogue', Johnny loved music and he played the accordion and mouth organ in his younger years. He loved writing and spent many happy hours at the kitchen table with his copy book and black biro. He loved visits from his family and always gave a daily hug. If we were good, Johnny would give a few tunes on the accordion.

Many of our residents would have enjoyed attending concerts throughout the year, however due to Covid19 restrictions we had to bring the concert to them. Two of the C.E scheme staff, Con and Ellen kindly put on a sing song every Monday and Thursday which the residents really look forward to.

All the residents In Glebe Lodge adapted really well to the restrictions and guidelines that they had to follow. They all missed family contact and chose to buy mobile phones so they could communicate with their families through WhatsApp and video calls, which helped in difficult circumstances.

Our staff came to work every single day with a smile on their faces despite many challenges. The staff went above and beyond to help out when needed and did their best to keep all residents safe in Glebe Lodge. We are delighted that everyone got their vaccinations and we will continue to stay safe always.



Mount Eagle Lodge

Although it has been a difficult year for everyone, we have managed to enjoy the time we have had together. The highlight being our Christmas Party and a visit from Champion jockey Oisin Murphy.

Residents are now getting their day service in their homes and learning new skills like using Zoom and Vimeo to stay in touch with people.

We are looking forward to the re-opening of Mount Eagle Lodge Day Service.



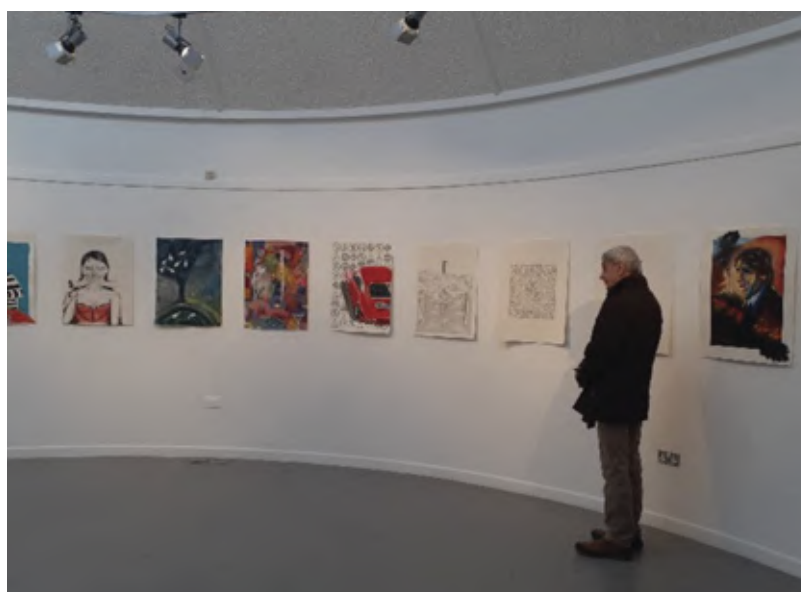
Lawrence Kelly demonstrating his candle making skills to our student nurse



Summer Afternoon Tea in Mount Eagle Lodge. John and Fergus



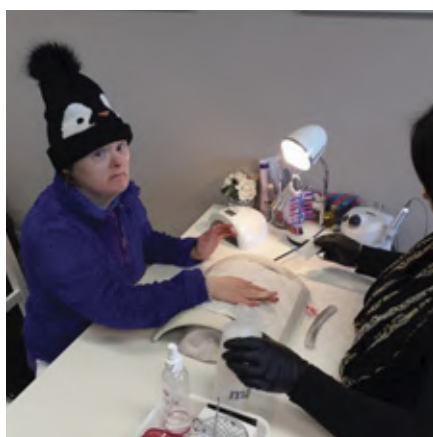
JJ enjoys treats galore at Afternoon Tea



Eugene enjoys an exhibition at Siamsa Tire in January



Champion jockey Oisin Murphy pays a surprise visit to Eagle Lodge to the delight of everyone



Maura Carmody visits the nail technician at Image Beauty Salon



Happy Revellers at the Christmas Party held this year at Mount Eagle Lodge



Dolores Counihan in a festive mood at Christmas time



Michelle with Santa



Nora with Santa



Santa entertaining all at the Christmas Party in Mount Eagle Lodge

Mount Eagle Lodge

2020 was certainly a very different year for everyone. We did not let the lockdown, dampen our spirits here in Tralee.

We learned how to participate in new activities and talk and see our families using Zoom; WhatsApp and Vimeo. We were able to still see our friends online every week and keep in touch with everyone.

We welcomed Marian Joy a new resident to Mount Eagle Lodge in March 2020. She is from Listowel originally.

We have made the most of our time together and have had some great parties and celebrations in Mount Eagle Lodge this year, keeping everyone's spirits up.

Daniel O'Donnell himself even called in...virtually...to talk to John Savage. Organised by his sisters, it was such a great surprise.

We had a fantastic Halloween Party and enjoyed dressing up and popping out to frighten staff at every opportunity.



Welcome Marian Joy to Mount Eagle Lodge



Halloween Party

What we missed...

Stay at home to stay safe,
Missed smiles behind blue masks,
Missed touch and hugs and kisses,
Please can you stay 2 meters back,
Empty seats at my centre,
Now it's quiet all day,
Missed fights over the front seat on the bus
and dvd rota,
Now I'm logging on to catch up,
Furiously waving at my friends,
To say hello and gesture to them, how are you?

I watch and wonder, do they miss me too?

Missed birthday lunches, slices of chocolate cake
and sung happy birthdays,
Missed trips to town, games of pool and dancing to
songs on the radio together,
Missed sunny days, spent on a blanket in the park,
a picnic and ice-cream while wearing my shorts
Missed trips to the cinema, discos in Christies,
BBQ's at the centre
Missed rainy lazy days
making up posters and
doing arts and crafts
This new "normal" sucks,
I miss the old normal



Tamhnach Lodge

2020 has been a challenging year for everyone in Tamhnach Lodge. There have been a lot of changes due to Covid19 and the restrictions that came with it. But we have all adapted very well to our new way of living. We now do our day programme in Tamhnach Lodge with David and Joy and we are really enjoying it. We especially enjoy doing our classes using zoom for baking, cooking, Zumba and Friday feeling. We all participated and baked a Christmas Cake which we were all very proud of.

We all celebrated Christmas together in Tamhnach Lodge for the first time. We made the most of it and had a great day together and even enjoyed a window visit from Santa! We've used technology to the fullest and used FaceTime, WhatsApp video calls and Zoom to keep in contact with family and friends.

During the summer we enjoyed the sunshine in the back garden and our new garden furniture allowed us to have socially distanced visits with family and friends.

We were very sad to say goodbye to Abbi but welcomed Noel, Cliona and Laura to the Tamhnach Lodge staff team.



Our first Christmas together in Tamhnach Lodge

Our Christmas Cake



Outside visit from Santa on Christmas Day!



Happy Birthday Eugene!



Micheal proud of his decorating skills



Lawrence showing off his scones



Eugene flipping a pancake on Pancake Tuesday



Gemma showing her baking skills



Gemma's Birthday



Micheal enjoying tea outside on our new garden furniture



Lawrence waiting for the barbers to reopen!

Community Programme

In March 2020, we were faced with the serious reality of Covid19 when our day service was closed. Staff from the Cahersiveen Community Programme were redeployed to Valentia and to provide home support to those who wished to avail of it. Staff continued to support people at home with activities they chose to do, such as baking, cooking, cleaning, gardening and beauty. Some of the people being supported said that they loved being at home.

When we returned to our Day Service in June 2020, we returned in a reduced capacity. With the reduced capacity in the centre, staff noted positive changes to behaviour, more 1:1 time where we were able to carry out various activities specific to people providing a more person centred service. Positive changes to mental health were also observed. The following are some quotes from the people we support, 'I like less people in my space', 'I like small pods', 'Two days is enough'.

Some people have expressed that they are happy to be back to their full day service, while others have said that they are finding the changes difficult. The following are some quotes from the people we support, 'When is level 5 over?', 'I miss my job', 'I am happy to see my friends', 'I will be back soon'.

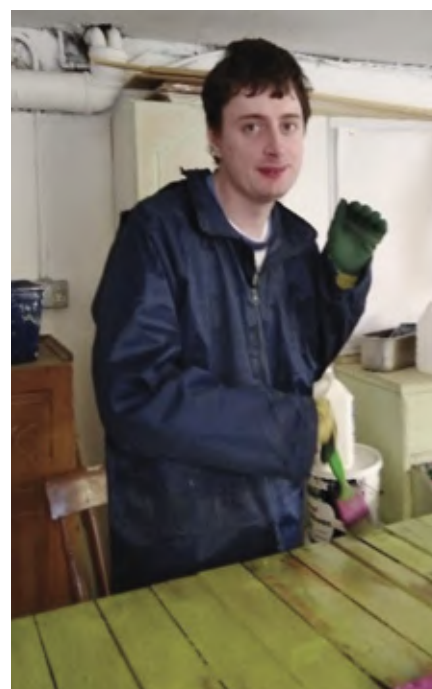
Level 5 restrictions made accessing the community difficult, but we have been kept busy with a lot of activities here in the centre. We recently received funding from the South Kerry Development Partnership for the construction of a polytunnel, which will enable us to commence a social inclusion project in the community. We have become very involved in Cahersiveen Tidy Towns litter picking in our local park and helped to tidy our town for the Bank of Ireland Begin Together Awards.

In 2019 we received a donation from a local fundraiser to create a sensory room, this has been a great addition to our centre. While the people we support have said that they miss their work experience, courses in the community and instructors who provide yoga, music, aromatherapy, some people have gained new skills, and found a new love for cooking, baking and gardening.

Here are some of the things we have been getting up to since Covid19 set foot in our lives.



Ryan O'Sullivan and David Cronin taking a well-deserved rest after putting our garden furniture together



John Cahill Painting for our garden project



Ellen O'Donoghue cooking in the kitchen



Louise Lynch and Cindy Brown have been kept busy baking



Fiona O'Neill cooking up a storm in the kitchen



Elizabeth Lynch (left) and Aoife Murphy (right) participating in Tidy Town in the local park



Crafty Corner

Cherry Lodge Crafts: Stone aloe-vera plants



Tearmann Lodge, Fr. Corridan Centre and Marian House

In **Tearmann Lodge** there have been many positives throughout the year including fantastic fundraising Daffodil Day and a collection for the homeless. When the planned Nathan Carter concert was cancelled last summer due to Covid19 it was a huge disappointment. So, a Nathan Carter garden party was organised instead. It became the highlight of the summer - even making it onto the Kerryman newspaper.

We celebrated a number of big birthdays throughout the year, Josephine Ryan turned 70, Michelle O'Leary, 50 and Niamh Lyons Breslin, 30. Lots of fun Covid19 style celebrations were had with family and friends and everyone enjoyed some cake. We also welcomed Tracey Neville into our home in Tearmann Lodge this year and everyone is delighted that Tracey lives with us now. A fabulous fashion show was organised for later in the year with residents modelling beautiful clothes and even had the opportunity for a bit of shopping on the day.

During one of the many art sessions with Adele a beautiful piece of art highlighting the important roles of dignity and respect in the house was created with each resident contributing an individual piece of art. This is displayed with pride in the sitting room - see back cover.

Fr Corridan Centre has also been embracing the year. All enjoyed a BBQ in the summer. Gerard has been working hard on a garden patch and is very proud of how it has turned out. A beautiful selection of Christmas cakes were made by residents before Christmas through a Zoom class. Margaret continues to work very hard on her contract work every day and enjoys reaping the rewards €€€'s

In **Marian House**, Richard is keeping up with his horticulture skills and is maintaining his garden patch. In the spring Richard planted some lettuce and cabbage. He is continuing his exercising and enjoys going for short walks within his 5km in Rathmore Village.

Richard received a tablet for his birthday in July which he was really thrilled with. He quickly picked up on how to use it and enjoys watching YouTube videos of the soaps, music videos of Daniel O'Donnell and other country artists. Richard has a bi-weekly Zoom call with Eileen Dukes which he enjoys. He loves to play bingo with staff using his tablet and also listen to music. He used to visit the library weekly but due to Covid19 restrictions it is temporarily closed but Richard can access eBooks on his tablet from the library.

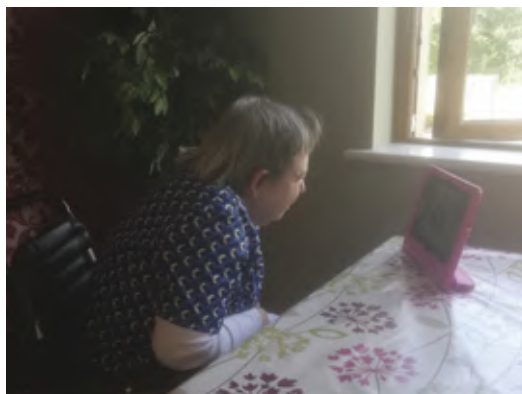
As day services remain closed we keep in close contact with our friends Eilish and Virginia who are staying at home with their families.



Josephine Ryan 70, Michelle O'Leary 50 and Niamh Lyons Breslin 30

Keeping Up Friendships...

Residents and staff in Tearmann Lodge, Rathmore having a visit during the summer (when lockdown measures were temporarily relaxed) from their friend Virginia.



Michelle O'Leary, Tearmann Lodge, enjoying a Zoom session on her tablet



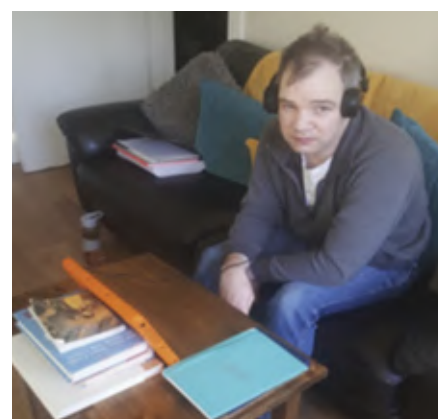
L-R: Josephine Ryan, Ann-Marie Dwyer, Gillian Kenny (Tearmann Lodge Manager) Kathleen Shanahan and Virginia seated in the car



Fr Corridan Centre Summer BBQ



In Marian House, Richard is keeping up with his horticulture skills



Richard received a tablet for his birthday

Online Day Service supported by the Community Enhancement Programme



In response to the Covid19 pandemic in 2020, we as an organization had to adapt our model of delivery in order to maintain maximum contact with the people we support.

As an immediate response to the lockdown on March 18th 2020, an activity pack was collated and sent out to all residential houses where day staff were redeployed and also to people at home. Of those who utilized these, more packs were requested as the weeks went on, assisting people at home also. More creative ways of communicating surfaced internationally, i.e. Zoom, Microsoft Teams, Google Classroom, Moodle etc. After research on various communication platforms, "Zoom" surfaced as the most accessible and user friendly platform, from which we began our online supports programme "KPFAatHome".

"Vimeo" was identified as a quality video sharing platform, upon which contains many pre-recorded videos made with/by/for the people we support. This has since proven to enable further contact, everyone can access these videos at any time of the day and as many times as they wish. Information on Zoom sessions and Vimeo recordings was then disseminated to the people we support via a weekly newsletter – like The Kerryman newspaper; one for the north of the county and the other personalised for South Kerry. The newsletter is in an "Easy Read" format and contains news in the area, birthdays, the weekly timetable

including links, resource sheets for some of the upcoming online sessions and various printable activities for people to use at home.

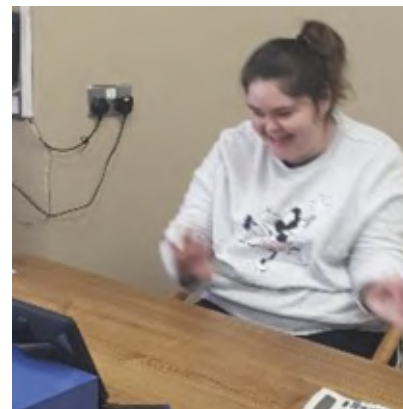
To date, the sessions we have run include: Art/Craft, Advocacy, Compassion Focused Therapy run by Psychology students under the supervision of Eileen Dukes, Virtual Coffee Shop, Sing-a-long sessions, Lámh, Christmas Choir Practice, Wellness Choir, Friendship Groups, Baking/Cookery, Drama, Gardening, Bingo, Exercises, Live Music Sessions, Storytelling/Writing, Mindfulness, Faith/Spirituality and Mass Online via Zoom. Seasonal themed sessions (e.g. Puck Fair, Rose of Tralee, Halloween, Christmas (including our Live Christmas Party with DJ), Valentine's Day, and Pancake Tuesday/Lent have all played a big part in maintaining some routine to the year and something to look forward to.

We have also assisted residential houses in hosting an online Garden Party, Person Centred Plan (PCP), meetings and private Zoom meetings. The opportunity for people we support to maintain relationships, meet new people, have fun, maintain current skills and incorporate new ways of learning is very successful for those able to access this technology to date.

Through recent evaluation and reflection, the only negative feedback was in relation to internet connection and also the time it takes to become familiar with using these platforms. Positive feedback included the opportunity to meet people and maintain relationships, keep a routine and have fun.



Brendan Marau joining his compassion focused therapy Zoom session



Tara O'Sullivan enjoying the Music Therapy session on Zoom

At Halloween, we recorded a fun video with the People we support on Zoom, to the tune of **"Monster Mash."** Everyone who joined the sing-a-long Zoom session was invited to wear some sort of fancy-dress-spooky or funny to suit the theme. We had great fun <https://vimeo.com/481186579>



Here is a photograph of the Killarney Credit Union group entry that Helen O'Sullivan, Hayley Ferguson, Hannah Counihan, Timmy Dan O'Sullivan, Tara O'Sullivan and Angela Kelliher put together during the **Art Attack Zoom Sessions** in October.

Individuals made their own artworks that contributed to the final piece. People either posted or emailed in their work that was then put together under the direct supervision of the people we support over Zoom - collaboration at its best!

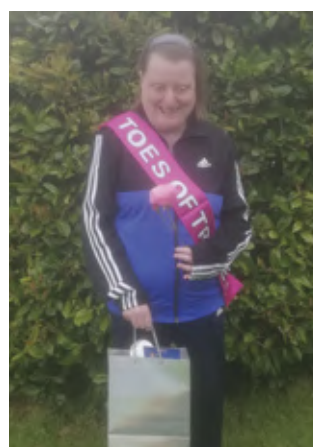
It is a collage of everyone having a huge party with their friends and family from all over the world when the pandemic is all over...Well done guys!

In August we held a **Pet Show on Zoom**. Anyone who didn't own a pet was encouraged to enter a piece of artwork of their favourite animal. We had many entrants and rosettes for every pet that was entered. Rosettes and Certificates were posted out to all who entered and photographs of the winners were published.

Judge Michael Healy-Rae announce the awards on: <https://vimeo.com/459349685>

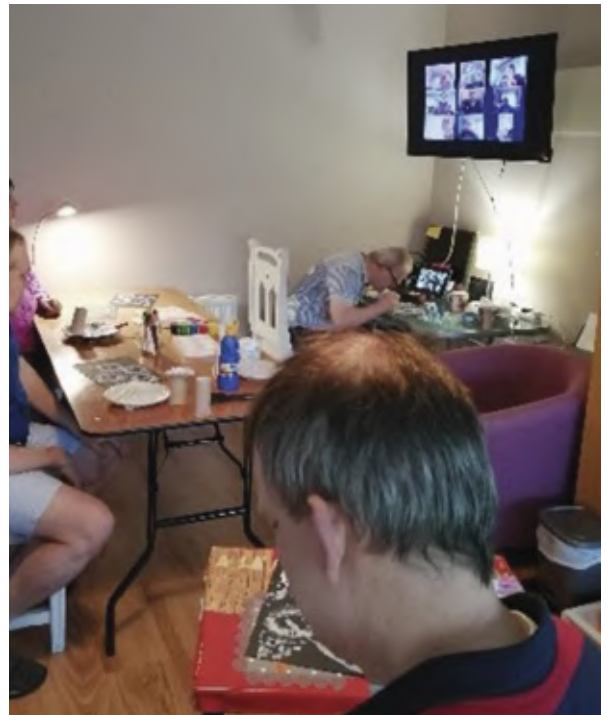
Best cattle dog	Breda Healy's dog Roger
Strongest guard dog	Angela Kelliher's collie dog
Longest whiskers	Josephine Ryan's cat
Best groomed dog	Timmy Dan O'Sullivan's dog Dasie
Best black dog	Kathleen Shanahan's Rottweiler dog
Happiest smile	Ciara Stoa's dog Tia
Quackiest duck	Jimmy O'Shea's duck
Fluffiest rabbit	Michelle Ferris's rabbit Mr.T
Hide and seek champion	Mike Gallagher's dog Rosie
Happiest family pet	Catherine Fleming's family
Cutest eyes	Joanne Stoa's donkey
Longest hair	Jessica Carol's horse
Happiest bear	Michelle O'Leary's pink bear

A 'Toes of Tralee' and Best Dressed Rose Escort Competition was held in August in the weekly newsletter. The ladies were asked to send in photographs of the fanciest painted toes with nail polish, and the gentlemen to send photos of themselves dressed up in Rose Escort-esque suit. Catherine Fleming won the "Toes" competition and James O'Brien won the Escort competition.





Angela Kelliher learned etching on Zoom Art Attack sessions



Hannah, Joe, Edward and Tom in Hillview joining the Art Attack Zoom session



Christina O'Brien with her Halloween decorations she made on Zoom Art Attack



Timmy Dan O'Sullivan's dog won the prize for Best Groomed Dog



Josephine Ryan (left) whose cat drawing won the prize for The Longest Whiskers. Michelle O'Leary whose artwork won the prize for The Happiest Bear



Angela Kelliher whose dog won the prize for The Strongest Guard Dog



Breda Healy whose dog won the prize for Best Cattle Dog



Jimmy O'Shea's artwork won the prize for The Quackiest Duck. Kathleen Shanahan whose artwork won the prize for The Best Black Dog

Outreach and Home Support

2020 was a very difficult year for everyone and set us all back in the Outreach Service especially in the progress we had made developing and delivering programmes for the people we support. Before lockdown we had daily schedules of activities in place for each person, assisting them to live a life of their choosing and be active members of their local communities and at the same time help them to reach their goals and aspirations. When the Government announced the first nationwide lockdown, programmes immediately stopped and people remained at home. People were left confused, bewildered and fearful for their safety from Covid19. Everyone was affected both mentally and emotionally.

Following the Government Lockdown, thanks to teamwork, support of our managers and health guidelines, we kept in touch with our colleagues, people supported and their families and tried to work out new avenues of support. We continued to work closely with Kerry Social Farming to try and maintain some sense of normality. Everyone was adhering to government guidelines and keeping people supported and staff safe from Covid19. Following completion of risk assessments, training and acquiring the necessary PPE we continued to support people where we safely could by getting out for a drive or a walk at least. It was a positive step forward and we resumed outreach support in July for other people affected by the closure.

The HSE developed webinars, online training and information and guidance literature in response to the pandemic. Senior management and the clinical nurse

specialist guided us through very challenging times with their continuous support and knowledge.

Technology had to become an integral part of our work to maintain contact with colleagues and people supported. The Outreach Service although is lone working and one to one support led, suddenly overnight became very isolating because of restrictions and the uncertainty. People had developed friendships and outlets across the county. Suddenly this was no more and the links they had formed disappeared. Through the use of technology – Zoom, WhatsApp, FaceTime, “KPFA At Home” we were able to connect to people and their support staff.

For people supported following the resumption of the service, technology was integral but not suitable for all. People joined a local online Chair Pilates group, participated in the “KPFA At Home” Programme, participated in online arts and crafts sessions and became more creative with what we could achieve and do. For people unable to access or use technology we supported them in other ways, exercise, mindfulness, baking, etc. We continued to celebrate Birthdays and special occasions remotely, when everything shut down in March and we were able to review later.

For all the Outreach Team, it has been a challenging year. Everyone had personal worries to contend with, all the while trying to protect the person they supported. Some team members were redeployed to support the residential services and undertook duties unfamiliar to them.



Rebecca O'Brien, and Gerald O'Sullivan Cahersiveen Outreach Hub making pancakes

Support staff were mindful of their own mental and physical health and the need to strengthen and protect this. People started exercising and being more conscious of their own strengths and weaknesses. The team pulled together and tried to support each other throughout the year. Team members never lost sight of their passion and drive throughout 2020 and were willing to help wherever they could.



Denise Moriarty completing exercises at home with support staff



Denise Moriarty completing art and crafts



James Kenny celebrating his special birthday during the year

Feedback from Mike Kenny, Killarney - Carer for his son

Mike said he found the first lockdown all right as the weather was fine outside and reduced supports continued for his son outside of the family home. The second lockdown he felt, 'disaster struck'. As a result of steps to protect both him and his son, they were supported outside of the family home and his work greatly increased inside the home.

Staff did their best but he felt it had made a huge difference and put a lot of pressure on him. At times he felt depressed and could not get out or go anywhere for a break. 2020 was a very difficult year.



Rest in Peace

During 2020, Outreach unfortunately lost two people, James O' Callaghan, Kilmorna and Nora O' Donoghue, Kenmare.

Both very determined people with a strong sense of purpose who left an impression on anyone they met.

May they Rest In Peace.



James O'Callaghan



Nora O'Donoghue

Tigh An Oileáin

Over the past year, Covid19 brought a lot of obstacles to our day services. We were not able to attend any of our usual classes nor has anyone entered our building to facilitate classes and activities. So, we got our thinking caps on and came up with some amazing ideas. These included:

Doing up our garden and surrounding area:

- We made a bench from upcycled pallets
- We planted potatoes, carrots, onions, beetroot, peas and tomatoes.
- We made a new garden path where we dug out the path ourselves and filled it in with stones.
- We planted flowers, cut hedges and tended to the maintenance of the lawns.
- We built a new area for the hens, we also built a wooden hen house and built a pizza oven.

Earl's favourite was building the pizza oven with Julia, "it was hard work digging out the circle for it". We all worked very hard to make all the new changes in our garden. Patrick liked building the bench and cutting the grass, "painting the bench was fun".

We tried out some sound healing classes with Christine. Earl said 'it's great fun'.

We made up new individual timetables that worked around our goals and personalities. We started doing exercise classes and meditation mornings as part of our day to day timetables. This was introduced to us to support our mental health. Earl said "I love the exercise classes and I go for walks and do jobs outside in Tigh an Oileáin". Alan is seen here taking part in morning meditation. Alan said "My favourite is relaxing, I like it".

We all celebrated birthdays. Some of us were able to go out for a meal and some of us were not due to lockdown regulations so we turned our sun room into our own fancy Afternoon Tea room. Diarmuid enjoyed the Afternoon Tea, "Just like 'At Your Service', Francis Brennan".

We began our own literacy classes with staff, had board games days and played bingo, art and photo projects. We have plenty of great ideas for 2021.







Old Monastery, Killarney



KPFA

Kerry Parents & Friends Association



30 Centres 297 People Supported



INCOME
€14,089,451.00



94%
State Funded



up to **6%** has
to be raised by
fundraising

COVERING: Day, Residential, Respite, Home Support, Outreach
Services County wide up to 7 Days per week
/ 24 hours per day.

304

Staff



2

Respite Homes



24/7

Because we care 

Kerry Parents & Friends Association DIRECTORS' REPORT

for the financial year ended 31 December 2020

The directors present their report and the audited financial statements for the financial year ended 31 December 2020.

Principal Activity and Review of the Business

The principal activity of the company is providing services and support to persons with an intellectual disability and their families throughout Kerry. Revenue funding is primarily sourced from the Health Service Executive - Southern Region (previously Southern Health Board). Other revenue includes the collection of statutory charges. Capital funding is primarily sourced from fund raising, government capital grants and donations.

The Company is limited by guarantee not having a share capital.

In the financial year under review income increased from €13,574,402 in 2019 to €13,703,481 due mainly to funding from HSE for existing commitments, as well as emergency care needs and respite care services.

During 2020, the Covid-19 virus impacted the company by temporarily suspending day care services while maintaining residential and respite care. The day care services resumed in line with government guidelines, albeit, at reduced capacity. The organisation faced many challenges but continued to operate during the pandemic, ensuring the care of all service users are met and that appropriate safety procedures were met.

Principal Risks and Uncertainties

The effect of Covid-19 presents many risks for the company, the effects of which cannot be fully quantified at the time of approving the financial statements. As a result, the directors consider the implications of the Covid-19 pandemic to be a significant uncertainty at the time of approving the financial statements.

Although the effects cannot be fully determined, the directors believe that the main risks associated with Covid-19 are as follows:

- An initial slowdown in activity levels given the temporary closure of all day care centres combined with an increase in home supports to ensure ongoing support for all in need of such support.
- An increased level of staff support for all residential houses to ensure appropriate support for residents.
- The securing of additional rented properties to ensure adequate facilities in the event of a person supported contracting the virus. Rented properties will also be required to operate as Day Services Hubs in the community, thus limiting numbers in larger Centres.
- A prolonged period of government recommendations and restrictions on the movement of people to contain the virus
- A reduction in asset values

Kerry Parents & Friends Association operates as a distinct legal entity and is obliged to run its business in conformity with best practice within its regulatory environment. On an operational basis, it needs to attract and retain the right level, mix and calibre of staff in order to render a quality service to its clients up to the expected standards in its service provision sector.

The Association provides services under contract to the HSE and is dependent on State Agencies and voluntary contributions for funds and any curtailment in either source of funding could have a significant impact on its services.

As an employer and owner/occupier of properties, Kerry Parents & Friends Association needs to comply with the onerous standards set down in the Safety, Health and Welfare Act 2005, with the national Standards for Residential Services (monitored by HIQA) and with all associated employer liability and public liability requirements.

Financial Results

The surplus/(deficit) for the financial year after providing for depreciation amounted to €244,209 (2019 - €(296,234)).

At the end of the financial year, the company has assets of €10,337,737 (2019 - €9,455,994) and liabilities of €4,874,158 (2019 - €4,236,624). The net assets of the company have increased by €244,209.



Kerry Parents & Friends Association

DIRECTORS' REPORT

for the financial year ended 31 December 2020

Directors and Secretary

The directors who served throughout the financial year, except as noted, were as follows:

Mr. Hugh Ryan

Mr. Jim Sheehy (Resigned 6 July 2020)

Ms. Lisa Murphy (Resigned 5 October 2020)

Ms. Aoife Thornton

Ms Maria Tobin

Ms Yvonne Brosnan

Josephine Spring (Appointed 2 November 2020)

Ronan Doyle (Appointed 5 October 2020)

The secretary who served throughout the financial year was Ms. Marie Linehan.

In accordance with the Articles of Association, the directors retire by rotation and, being eligible, offer themselves for re-election.

Future Developments

The company plans to continue its present activities and intends on restoring its day care client numbers when government advise that it is safe to do so. Additional costs have been incurred through the purchase of PPE requirements and additional equipment to support people remotely. The company is making every effort to reduce its cost base to the best of its ability while ensuring all safety procedures are put in place. Employees are kept as fully informed as practicable about developments within the business.

Post Statement of Financial Position Events

Following restrictions placed on the business as a result of the outbreak of the Covid-19 pandemic, the company continued to serve its reduced number of day care clients, respite and residential services, providing essential care to all residents. The company intends on restoring full-service offerings when restrictions are eased further in line with the government recommendations. Therefore, the directors are confident that the activity levels will resume to pre Covid levels.

Auditors

The auditors, Moriarty & Murphy Limited, (Chartered Certified Accountants) have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

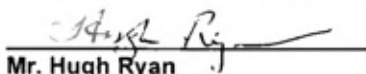
Statement on Relevant Audit Information

In accordance with section 330 of the Companies Act 2014, so far as each of the persons who are directors at the time this report is approved are aware, there is no relevant audit information of which the statutory auditors are unaware. The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of that information.

Accounting Records

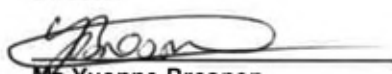
To ensure that adequate accounting records are kept in accordance with sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at Old Monastery, Port Road, Killarney, Co. Kerry.

Signed on behalf of the board



Mr. Hugh Ryan

Director



Ms Yvonne Brosnan

Director

12 April 2021

INDEPENDENT AUDITOR'S REPORT to the Members of Kerry Parents & Friends Association

Report on the audit of the financial statements

Opinion

We have audited the financial statements of Kerry Parents & Friends Association ('the company') for the financial year ended 31 December 2020 which comprise the Income Statement, the Statement of Financial Position, the Reconciliation of Members' Funds, the Statement of Cash Flows and notes to the financial statements, including the summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued in the United Kingdom by the Financial Reporting Council.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2020 and of its surplus for the financial year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described below in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Emphasis of Matter-Going Concern

In forming our opinion, which is not qualified in this respect, we have considered the adequacy of the disclosures made in notes to the financial statements concerning the company's ability to continue as a going concern. As set out in note 5 there are material uncertainties which include the impact of Covid-19 and ongoing funding shortfalls. While the ultimate outcome of these matters cannot be assessed with certainty at this time, the directors are of the opinion that it is appropriate to prepare the financial statements on the going concern basis. The financial statements do not include the adjustments that would result if a company was unable to continue as a going concern.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT to the Members of Kerry Parents & Friends Association

Opinions on other matters prescribed by the Companies Act 2014

In our opinion, based solely on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited. In our opinion the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions are not complied with by the company. We have nothing to report in this regard.

Respective responsibilities

Responsibilities of directors for the financial statements

As explained more fully in the Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, if applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operation, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

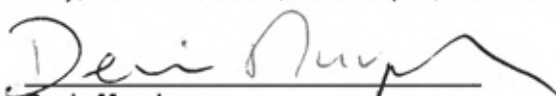
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

INDEPENDENT AUDITOR'S REPORT to the Members of Kerry Parents & Friends Association

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The purpose of our audit work and to whom we owe our responsibilities

Our report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume any responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.



Denis Murphy

for and on behalf of

MORIARTY & MURPHY LIMITED

Chartered Certified Accountants and Statutory Auditors

Flemings Lane

Killarney

Co. Kerry

Ireland

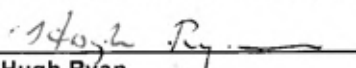
12 April 2021


**Kerry Parents & Friends Association****INCOME STATEMENT**

for the financial year ended 31 December 2020

	Notes	2020 €	2019 €
Income	6	14,089,451	13,757,642
Expenditure		(13,810,907)	(14,019,075)
Surplus/(deficit) before interest		278,544	(261,433)
Finance costs	8	(34,335)	(34,801)
Surplus/(deficit) for the financial year		244,209	(296,234)
Total comprehensive income		244,209	(296,234)

Approved by the board on 12 April 2021 and signed on its behalf by:

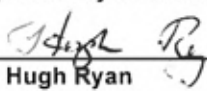

 Mr. Hugh Ryan
 Director


 Ms Yvonne Brosnan
 Director

Kerry Parents & Friends Association
STATEMENT OF FINANCIAL POSITION
as at 31 December 2020

	Notes	2020 €	2019 €
Non-Current Assets			
Property, plant and equipment	10	8,789,824	9,040,872
Current Assets			
Receivables	11	440,513	168,201
Cash and cash equivalents		1,107,400	246,921
		1,547,913	415,122
Payables: Amounts falling due within one year	12	(2,880,963)	(1,998,643)
Net Current Liabilities		(1,333,050)	(1,583,521)
Total Assets less Current Liabilities		7,456,774	7,457,351
Payables			
Amounts falling due after more than one year	13	(691,068)	(746,294)
Government grants	15	(1,302,127)	(1,491,687)
Net Assets		5,463,579	5,219,370
Reserves			
Income statement		5,463,579	5,219,370
Equity attributable to owners of the company		5,463,579	5,219,370

Approved by the board on 12 April 2021 and signed on its behalf by:


Mr. Hugh Ryan
Director


Ms Yvonne Brosnan
Director

**Kerry Parents & Friends Association****STATEMENT OF CASH FLOWS**

for the financial year ended 31 December 2020

	Notes	2020 €	2019 €
Cash flows from operating activities			
Surplus/(deficit) for the financial year		244,209	(296,234)
Adjustments for:			
Finance costs		34,335	34,801
Depreciation		273,200	279,742
Surplus/deficit on disposal of property, plant and equipment		2,148	1,199
Amortisation of government grants		(189,560)	(183,240)
		<u>364,332</u>	<u>(163,732)</u>
Movements in working capital:			
Movement in receivables		(272,312)	(6,275)
Movement in payables		875,771	336,023
		<u>967,791</u>	<u>166,016</u>
Cash generated from operations		<u>967,791</u>	<u>166,016</u>
Interest paid		(34,335)	(34,801)
		<u>933,456</u>	<u>131,215</u>
Cash flows from investing activities			
Payments to acquire property, plant and equipment		(32,033)	(104,685)
Receipts from sales of property, plant and equipment		-	2,100
		<u>(32,033)</u>	<u>(102,585)</u>
Cash flows from financing activities			
New short term loan		206,404	227,049
Repayment of short term loan		(244,184)	(332,258)
Capital element of finance lease contracts		(3,164)	(2,671)
		<u>(40,944)</u>	<u>(107,880)</u>
Net cash generated from operating activities		<u>933,456</u>	<u>131,215</u>
Net cash used in investment activities		<u>(32,033)</u>	<u>(102,585)</u>
Net cash used in financing activities		<u>(40,944)</u>	<u>(107,880)</u>
Net increase/(decrease) in cash and cash equivalents		<u>860,479</u>	<u>(79,250)</u>
Cash and cash equivalents at beginning of financial year		<u>246,921</u>	<u>326,171</u>
Cash and cash equivalents at end of financial year	20	<u><u>1,107,400</u></u>	<u><u>246,921</u></u>

COMMUNITY RESIDENCES

Tralee

Mount Eagle Lodge, Oakpark **t:** 066 7126964

Leeside, No. 4 Leeside, Oakpark **t:** 066 7126129

Tamhnach Lodge,
Tamhnach Lí, Monavalley **t:** 066 7118633

Killarney

Cherry Lodge, Mill Road **t:** 064 6633735

Woodlawn, 1 Woodlawn Drive **t:** 064 6635595

Hawthorn, Inchicullane,
Kilcummin **t:** 064 6633620

Lohan Lodge, Dunrine,
Lawlor's Cross **t:** 064 6633543

Rathmore

Fr. Corridan Centre, Church Place **t:** 064 7758260

Tearmann Lodge, Presbytery View **t:** 064 7761727

Marian House, Shinnagh **t:** 064 7758552

Valentia Island

Tigh an Oileáin, Farranreagh **t:** 066 9476868

Listowel

The Haven, Cahirdown **t:** 068 23183

Hillview,
No. 4 Inchymagillagher West **t:** 068 23740

HIGH SUPPORT

Glebe Lodge, Kilbannivane,
Castleisland **t:** 066 7143851

RESPIRE

Cois na Féile, Kilmeany,
Kilmorna **t:** 068 24009

Brook Lodge,
1 Dromclough, Six Crosses **t:** 068 40902

SUPPORT SERVICES

Key Staff Supporting the
Provision of Services **t:** 064 6632742

TRAINING FOR LIFE/ COMMUNITY PROGRAMMES

Park Court, Beech Rd., Killarney **t:** 064 6635808

Áras Phádraig,
Lewis Road, Killarney **t:** 064 6635504

Cunamh House, Canon Lane,
Cahersiveen **t:** 066 9481065

Family Resource Centre, Listowel **t:** 068 57448

Baile O'Dubhda, Listowel **t:** 068 23643

The Hub, No. 21, Convent St., Listowel **t:** 068 21917

The Hub, Fabrik Building,
Tralee **t:** 066 7121482

Day Training and Activation

Mount Eagle Lodge, Oakpark, Tralee **t:** 066 7126964

Old Monastery Port Rd., Killarney **t:** 064 6632742

Listowel Day Centre,
Clieveragh, Listowel **t:** 068 22977

Slí Nua, Ballydribeen, Killarney **t:** 087 4050646

COMMUNITY SUPPORT SERVICES

Clinical Nurse Specialist **t:** 066 7126964

Psychology **t:** 066 7126964

Outreach Manager **t:** 064 6632742

CENTRAL ADMINISTRATION

Old Monastery, Port Road, Killarney **t:** 064 6632742
f: 064 6633370
e: info@kpfa.ie

CEO

Director of Services and
Assistant Directors of Services

HR Manager

Finance Manager

Finance Administration Manager

Clerical Staff

Operations Officer



Painted by our talented artists at Kerry Parents & Friends Association's Rathmore Services



KPFA

Kerry Parents & Friends Association

Because we care ♥

Email: info@kpfa.ie

Tel: 064 6632742

[Facebook.com/KerryParentsAndFriends/](https://www.facebook.com/KerryParentsAndFriends/)



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