Residential Services

Avalon House
37 Orlagh Park,
Knocklyon,
Dublin 16

Durney House
76 Tyrconnell Road,
Inchicore,
Dublin 12

Hook Haven
40B Dargle Wood,
Knocklyon,
Dublin 16

Oaklodge House
27a Walnut Close,
Kingswood,
Dublin 24

Day Centre & Recreation Centre

1 Longmile Road
Walkinstown
Dublin 12
Tel: 01-4650388
Fax: 01-4607899
E-mail: info@walk.ie
Website: www.walk.ie

Training Centre

Inchicore
Dublin 8
MISSION STATEMENT

The mission of Walkinstown Association is to support people with a learning disability to lead self determined lives within socially inclusive communities.
WALKINSTOWN ASSOCIATION - ANNUAL REPORT 2006

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Walkinstown Association was founded in 1967 by a group of parents and friends in response to a need for community based services for people with learning disabilities.

The first service opened was a social club originally known as the Sacred Heart Club. This service operated from a number of local halls such as Walkinstown Youth Club and the Sisters of Charity school hall.

In 1979 the Association received a donation of a pre fabricated building from St. Mary’s hospital in the Phoenix Park. This was moved to a site at 1 Long Mile Road provided on a long term lease by the Sisters of Charity.

Many of the people who attended the social club had no other service and in response to that need in 1981 the Association opened its first day service. This service provided eight places and was staffed by a full time manager and a team of local volunteers. The service was funded by local fundraising which included an annual wheelchair push from Dublin to Tralee.

In 1990 due to financial difficulties St John of God Hospitaller Services took over the Day Service. However the Social Club remained under the control of Walkinstown Association. In 1992 due to rationalisation St John of Gods closed the service.

Due to the Associations continued commitment to community based services the Day service reopened in 1993 with a grant of £25,000 from the National Lottery. This grant enabled the provision of eleven places and the employment of a full time manager with further staff provided by FAS under their Community Employment scheme.

In 1994 the Association received recognition as a service provider under Section 65 of the 1953 Health Act. This recognition enabled the Association secure regular grants and saw its income rise from £10,773 in 1993 to £64,308 in 1994. This regular funding allowed the expansion of the Day Service to fourteen places and for the first time put the Association on a firm financial footing.

In 1995 the Association opened its first community residential house at 76 Tyrconnell Road, Inchicore in partner-ship with the Eastern Health Board. Over the following five years the Association expanded its Day Service to twenty two places and opened a Home Support Service. In 2001 a Home Support service tailored to the needs of young adults who were out of service was opened with funding from the Northern Area Health Board.

In 2001 after a decade of political lobbying the Association received funding to build a new Centre at 1 Long Mile Road on the site kindly donated by the Sisters of Charity. During construction the Associations Day Service moved to the Scout Den on Bunting Road. In June 2002 the new Centre opened and between then and 2006 the Day Service expanded to provide forty six places. The Association also continued to expand its residential services with the purchase of 40b Dargle Wood, Knocklyon in 2002, 37 Orlagh Park, Knocklyon in 2004 and 27a Walnut Close, Kingswood Heights in 2005.
It gives me great pleasure to introduce our Annual Report 2006 which is the first annual report produced by Walkinstown Association. It will provide you with an overview of the services we provide, our activity and developments during 2006 and our plans for the future.

2006 was a year to be proud of with our invitation to take part in the “Delivering Outcomes to People” project, the opening of our new residential home in Kingswood and the purchase of a new community home in Templeogue, due to open in April 2007. The Day Service saw many new developments incorporating a broad activity base, these included the introduction of the new “Gateway” rehabilitative Training project, an exciting program of alternative and complimentary therapies and partnership with many other community based organisation to support the fuller integration of service users into their communities and many of our service users achieved FETAC awards.

Next year will set new challenges for the Association including striving for Basic Assurances Certification in Outcome Measures, the renovation of a new community home, Orwell Park, and continuing to make a difference in people’s lives while adapting to their changing needs.

The senior management team are actively working on a strategic plan for Walkinstown Association. This will detail priority actions which will enable us to achieve the plan’s objectives. Implementing this plan will be demanding and challenging but it will bring many opportunities to enhance the quality of service offered.

In the future we look forward to developing our services to respond to the needs of our service users with the continued support from the Health Service Executive, my Board colleagues, directors, management & staff. I would like to thank you all for your hard work and dedication and I look forward to working with you in the future.

Finally and most importantly I would like to thank our service users and their families for availing of our services and supporting Walkinstown Association in 2006.

Joe Connolly
Chairman
Welcome to the first published annual report of Walkinstown Association.

2006 has been a very important year for the Association as it has been a year of growth but also consolidation.

The introduction of the Disability Act was a very important step in the history of disability services in Ireland. The Act speaks about people with disabilities having the RIGHT to an assessment of needs however falls short by not supporting that right with the financial inputs required. There is little doubt that there has been an increase in the funding allocated to disability services, unfortunately this comes on the back of gross under funding for decades.

Unless government can be persuaded to allocate the resources based on assessment of need, the assessment of need is just a statement of need which does little to support people with disabilities move forward with their lives.

The other difficulty is that the assessment of need is on a roll out programme and is being piloted in different parts of the country. The roll out has started, but in the pre school age group, and based on past performances it could be quite some time before it reaches the age group of the people we support.

The standards of care in the disability sector are operating in a similar situation. The cost implication for their introduction has led to slow down in their introduction however we are led to believe that they should be pushed through in the near future. While at government level things in the disability sector leave a lot to be desired we cannot focus solely on the national picture.

You change your environment one day at a time and one piece at a time. Our soon to be published strategic plan talks about our changing environment and one thing is for sure it most definitely has changed.

2006 was a very active year for the Association, our staff intake was higher than normal, we purchased new properties and developed new and exciting services.

In 2006 the Association clearly stood up and said this is what we do, this is how we do it, and this is what we do best. The type of service now being offered by the Association is completely different from the service we offered in the past.
It is very clear that our main funder, the Health Service Executive, see that we have developed a very positive and proactive approach to dealing with complex services and service user issues.

One of the most significant things to happen in 2006 was our invitation to partake in the Personal Outcomes network programme for smaller agencies. This invitation led to greater things; from being invited to be part of a cluster we moved to being the leader in a new cluster of agencies. Some of the greatest thinkers in Ireland around Personal Outcomes Measures then gave a very large show of support by inviting us to be one of two agencies to be put forward for base line accreditation in June 2007.

“You change your environment one day at a time and one piece at a time.”

I accept the invitation as a very large endorsement of our Association and the work we do and also of the people we employ to provide the support to the service users. Our staff are charged with delivering our goal, that’s why the work started in 2006 will have a very positive impact on the lives of our service users in 2007.

I look back with immense pride on the achievements of 2006. I can only say I am honoured to be charged with the responsibility of leading the Association and all people connected with it as we move forward on our continued journey through 2007. All that’s left for me to say is congratulations on the achievements of 2006 and I wish you all the very best of luck supporting people to live self determined lives.

Joe Mason
Chief Executive Officer
Director of Services Report

Our Service Aims:

- The integration and inclusion of service users into their local community by ensuring that their physical, social and emotional needs are met on an individualised basis.

- To ensure that the principles of ordinary living for adults with an intellectual disability are encouraged and practiced and provided through a warm supportive extended family environment in a caring professional atmosphere.

"Once again in 2006 we responded to the challenge of seeking new innovative ways to extend our services."

Developments in 2006

The number of service users availing of our residential services within 2006 increased by 38% on the previous year and resulted in our full time respite bed being blocked for the duration of this period.

In January of 2006 we saw further expansion of our residential services with the opening of Oaklodge House in Kingswood, Dublin 24. The development of this property began in 2005 when we converted the existing property on this site into two houses. This was done to provide individualised homes for two of our service users who presented with very complex needs and required high levels of support and guidance to function as independently as possible within their local communities. The aim of this development was to increase the quality of life of both service users by realising their goals of increased independence within a community inclusive setting and sharing this space with the person of their choice. This change process included careful planning underpinned by explicit strategies.

Once again in 2006 we responded to the challenge of seeking new innovative ways to extend our services to meet the constant needs of our service users who required residential places while at the same time ensuring the quality of the service we provided continued to be of the highest standard. This innovation was realised by developing existing resources in Avalon House, Knockylon and Orlagh Park which resulted in four more people being provided with full time residential care. A number of these service users present with complex needs and behaviours and required planned and responsive deinstitutionalisation supports to facilitate their successful move into an integrated community home.
Plans for 2007

- The purchase and renovation of a new community home in Orwell Park, Templeogue.
- The development of Orwell Park into an integrated community home for a number of service users who present with complex needs.
- To continue to be innovative in how we provide our residential services
- To continue to adapt services to meet the ever changing needs of service users

Catherine Devine
Director of Services
We cannot "fix" others. They must reach and obtain the solutions to their own problems. The most we can do is offer them assistance in finding that solution.

Walkinstown Association’s services are built on a foundation of respect for the individuality and dignity of each person. We have adopted a low arousal non aversive model of care in all of our services.

Low arousal means:
- A non-confrontational way of managing challenging behaviour
- A philosophy of care which is based on valuing people
- An approach that specifically attempts to avoid aversive interventions
- An approach that requires staff to focus on their own responses and behaviour and not just locate the problem in the person with the label
- A collection of strategies that are designed to rapidly reduce complex behaviours

The Philosophy of low arousal
*Humane Environment* - It is the responsibility of the Organisation to provide a healthy, therapeutic, and non-judgmental environment within which change may take place. The uniqueness of each individual is recognised and valued.

*Least Restrictive Environment* - The least restrictive environment should be provided to all individuals. In cases where it is necessary in the best
interests of service user to provide a restrictive environment this is evaluated on an ongoing basis by appropriately qualified personnel.

Systems Approach - We believe in a systematic, consistent approach to supporting people with complex needs. In this view, individual behaviours are given meaning in consideration of the context in which they occur. That context includes the individual personality system, the family of origin, the community, and the greater culture of which a person is a member.

Neutrality - All intervention should proceed from a stance that respects the inherent value and potential of every person. A position of therapeutic neutrality is consistent with the systemic approach and provides the basis to maintain positive regard for people recognising that they are more than just their behaviours. Such a stance also recognises that human processes are reciprocal and needs seeking and disallows bias, side taking, and blaming.

Family Perspective – Where appropriate all services are coordinated with and cognisant of the family role and importance.

Individual Support Plans – These are designed with the involvement of both the needs, determination of core issues, and strategies designed to support and guide each service user in leading self determined lives.

Diversity - All programs, services, and personnel must honour and respect the diversity of the service user and families served. Emphasis on diversity awareness and education is encouraged as an ongoing process.

I like having my cat Elvis. He hides from me underneath the TV and won’t come out. I like playing basketball; I like cooking and I like having my own apartment. I love working with staff that are a lot of fun. I like to sit on the couch, put my feet up and watch Chuck Norris. I take care of the garden; I planted peas, flowers and lettuce. I pick these, wash them and use them in salads. I have my own PC and I love sending e-mails to my new friends that I have met through Walkinstown Association

Deirdre Kerslake
Beliefs

At Walkinstown Association we recognise that:

- Each person is special and unique
- Safety and structure are the foundations for success. Service users need to know that staff within Walkinstown Association care enough about them to expect them to succeed. This is demonstrated by staff’s ability to provide safety and structure and by expecting the best from the person they are supporting.
- It is difficult to change. People tend to be naturally resistant and fearful of change. Service users must be guided to try new behaviours, succeed, and be allowed to possibly fail before actual change occurs. Much practice and support must occur before internalisation of new behaviours is accomplished.
- People desire to do well and succeed. Every person hungers for approval and acceptance.
- People have needs. Everyone has fears, insecurities, and basic needs including safety, attention, and belonging. Our job is to attend to these needs and assist service users in learning to fulfil these needs in positive and productive ways. Emotions are not to be judged - Feelings are not right or wrong. Service users may often have limited communication skills and are unable to distinguish between their thoughts and emotions. They often feel very little control over their behaviour and perceive feelings as controlling factors in their lives.
- All behaviour has a purpose. Behaviour is often a symptom of unmet needs. Services within Walkinstown Association are designed to help address these needs, to help the service user investigate and understand their behaviour and its effects, and to explore more healthy alternatives.
- People do the best they can with the resources available to them. The family has an important role to play. All members of the family system affect each other. Services provided by Walkinstown Association take into account the values and behaviours established within the family system. Family input and cooperation is an essential factor in service users lives.
Behaviour as a symptom. Problem behaviour presented by service users can be symptomatic of other and more deep-seated problems. While it is necessary for the problem behaviour to stop, long-term change requires contextual issues and concerns to be identified and addressed.

My name is Anne Touhy; I am 46 and I have a daughter. I had a party on my last birthday and had a great time. I was an in patient in St James hospital for 4 years. On 20th June 2006 I moved into a house in Orlagh Park, Knocklyon. This house is run by Walkinstown Association. I love living here and the staff are very nice and spend lots of time chatting to me. I feel I have so much more freedom here; I can come and go as I please with the support of the staff. The move was the best thing that ever happened to me. I get on well with the other tenants. I also go to the day centre and I have a job there doing small cleaning jobs. Recently I went on a weekend away to the Clarion Hotel; my daughter spent one night there with me. We had good fun and nice meals out. My favourite food is fish and chips or steak and chips. In the 10 months I have been here my life has changed for the better. I am happier and more content. I wouldn’t change anything for the world.
One of the most significant developments which will affect the way that Walkinstown Association delivers services into the future has been our adoption of the Council for Quality and Leadership’s ‘Quality Measures 2005’. The Council is an international ‘not for profit organisation’ dedicated to providing world-wide leadership for greater accountability, responsiveness and quality of performance in human and social service organisations and systems.

The main elements of the system will include; an analysis of our values and how they shape our culture; an examination of our practices around health, safety and security; the work that we are doing in the community to make it a better place for all people; and our accountability to the people that we serve and their families. However the most significant element of the system and the one that will have the most direct impact on service users is ‘Personal Outcome Measures’ (POMS). POMS is a set of 23 outcomes which people can expect to have in their lives and staff are being trained to use these as a template to learn about the status of our service users lives.

This process will identify the enhancements each person would like in their lives and how we can support those enhancements to take place.

The 23 Outcomes are:

- People are connected to natural support networks.
- People have intimate relationships.
- People are safe.
- People have the best possible health.
People exercise rights.
People are treated fairly.
People are free from abuse and neglect.
People experience continuity and security.
People decide when to share personal information.
People choose where and with whom they live.
People choose where they work.
People choose their daily routine.
People have time, space and opportunity for privacy.
People use their environments.
People live in integrated environments.
People interact with other members of the community.
People perform different social roles.
People participate in the life of the community.
People choose services.
People choose personal goals.
People realise personal goals.
People have friends.
People are respected.

Walkinstown Association will be using the Quality Measures 2005 to prepare ourselves for full CQL accreditation in July 2008. The first step of this is to invite CQL, as the accrediting body, to visit us in June 2007 and certify that we operate successful procedures and practices in the areas of health, safety, rights and human security. If we are successful in our efforts we will be one of the first disability service organisations in the country to have achieved this level of accreditation which acknowledges the quality of the services that we provide.
Walkinstown Association has recently introduced reflexology as a complementary therapy for our service users with the hope that it will lead to an improved quality of life by reducing stress and anxiety and helping to promote well-being and improve sleep patterns.

Walkinstown Association has recently introduced reflexology as a complementary therapy for our service users with the hope that it will lead to an improved quality of life by reducing stress and anxiety and helping to promote well-being and improve sleep patterns. To date these reflexology interventions are perceived by social care staff to impact positively upon service users’ levels of stress and challenging behaviour, which may have positive implications for their general health. The service users themselves have reported to “feeling better” “helps me sleep” and “it takes my mind off things”.

Walkinstown Association believes the outcomes of such therapies are worth investigation. As previously stated we have introduced reflexology as complementary therapy. We intend to develop the programme to introduce multi-sensory therapies based on a Snoezelen model which will include aromatherapy, massage and yoga and possibly Reiki as additional therapies into this programme. We aim to evaluate the impact of these therapies on the overall ‘quality of life’ of the service users and challenging behaviour levels. We intend to measure the efficacy of these therapies through a series of measures i.e. the checklist of challenging behaviours (Harris, 1994) i.e. measure the frequency and severity of the challenging behaviour. We will also use quality of life scales and anecdotal reports from both service users and staff. The findings of our research will be written up and hopefully this report will guide the introduction and use of these therapies within other organisations that provide similar services to the same population.
The data collection will provide direction for our CAMs Programme and will help us to tailor the programme so that each individual’s needs are met by the appropriate effective therapy. In other words this CAMs programme will be an action based project guided by empirical evidence from studies conducted within the general population, and tailored to meet our own specific needs.

Providing services to adults with severe challenging behaviour normally requires high staffing levels and thus high associated costs. On average 90% of the costs of providing services to this population are associated with staffing levels. If the provision of CAMs to service users with challenging behaviour has similar effects and trends as those found in the general population, then it is hypothesised that levels of challenging behaviour may decrease as CAMs are introduced as a regular therapy. Based on this result, it would mean the possibility of reducing staffing levels and diverting these costs into the CAMs programme, in other words it is hoped that ultimately this would become a self-sustaining cost effective project.

References


2006 has been another year of change for Walkinstown Association’s Day Services. A number of new service users began availing of what we have to offer and what we have to offer has become significantly broader in range.

As well as continuing with many of the ‘old faithful’ activities such as bowling, swimming, horse riding, football and table tennis, there were many new activities introduced like; an arts and crafts programme which incorporates yoga for relaxation; a horticultural programme; a reflexology programme and a re-invigorated alternative drama programme. Service users also had the opportunity to sample other activities such as flower arranging, jewellery making and tapestry.

Our Community Gardening Project, which we operate in conjunction with Dublin City Council, also grew from strength to strength covering an increased number of Gardens in 2006 over 2005 and winning awards for Best Business Environmental Initiative for the Dublin South Central and Dublin City areas.

We introduced our new ‘Gateway’ rehabilitative training program, from which 10 service users are benefiting by training in modules such as Daily Living Skills, Literacy, Sports and Recreation and Food and Cookery.
We also have a number of service users who had an interest in going to college and commenced on a special programme in Greenhill’s College which has as its core subjects, Computers, Office Skills and Languages. We also entered into a very fruitful partnership with the OBAIR Local Employment Service Network and they have trained many of our service users in the skills they require for job hunting, CV development and much more.

Walkinstown Association’s introduction of Outcome Measures 2005 will have a further effect on the way Day Services will be delivered to service users in 2007. The gradual but steady implementation of Personal Outcomes Planning, will focus efforts on supporting people towards the achievement of their individually defined outcomes thus improving quality.

John Farrelly
Day Services Manager
My name is Jacinta Moran and I am 56 years young. I live in Daysprings, Donnybrook, where I moved last October and I am very happy there. Daysprings is a residential centre that specialises in independent living. I have many friends there and I would count Margaret Dowling as a good friend.

I have three sisters who I get on very well with. We keep in constant touch on the telephone and we see each other as often as we can. I am a big music lover, Neil Diamond being one of my personal favourites. I have seen Neil Diamond in concert on numerous occasions and he is always a fantastic performer. I would recommend his shows to anyone who loves music.

I am not a huge fan of television but every now and again I will watch a documentary or news programme that catches my attention.

I like to go out socially and I enjoy eating out. I like to go to McDonalds the odd time and a meal in a restaurant is always nice.

I attend the Walkinstown Association Day Centre five days a week, and through the centre I have applied for a Skills Encore Course in Greenhills College which I hope to begin in September. This is a further education course which covers Personal Development, Personal Effectiveness, Office Procedures, IT Skills and French for Fun. I am looking forward to this.

My keyworker, Mark, and I have made a start on my Person Centred Plan, the main point of which was further education, so the course in Greenhills College is putting me on the right road for achieving my wishes.

This image emerged from a conversation during one of the Monday art sessions in Walkinstown Association Day Centre when Sandra had asked us to think of images that reflected what the Centre meant to the service users. I was asking each person about this, and, while each one named their favourite activity, each person talked with special engagement of the friendships and relationships that they had formed in the centre. They felt that seeing each other and the staff members regularly was a very important and valuable part of their lives. When we started working on the hands idea, each artist developed their own drawing, but soon it became clear that joining all the pieces together would be much better than picking the "best" drawing. So we ended up with a collective image which also included very individual drawings ... and we were all pretty chuffed!
My name is Gerard Keane and I am 23 years old. I live in a residential unit in Sheaf House, beside the hospital in Tallaght. I share the house with four other adults and I have my own room. This is the first time I have lived away from home and it has been a big change for me but so far all is going well.

I am a big fan of music, my favourite music is pop music from the 1970’s, 80’s and 90’s. I have an i-pod that I bring everywhere and listen to constantly.

I like sports and I play badminton and basketball, both of which I am quite good at.

I love Miami, the TV show on Sky One and I also enjoy Beverly Hills and Star Trek.

I like to go out socially and I really enjoy eating out. My favourite restaurant is Eddie Rockets; I love their cheese fries and burgers.

I like to read and I have read some of Stephen King’s books; I like his books and I have seen some of his films which are also very enjoyable.

I attend the Walkinstown Association Day Centre five days a week where I have begun rehab training. I also have reflexology on Wednesday afternoon which I really enjoy and I am looking forward to meeting the new therapist who is starting with us in a few weeks.

I feel I really benefit from massages and other alternative therapies.
Respite Services

“Walkinstown Association’s Respite Service remains known as one of the most innovative ways to offer this type of service.”

In 2006 Walkinstown Association provided a total of 480 hours respite to each of 16 service users, their families and carers.

There were 10 Respite weekends during the year each with a full house of 16 service users accompanied by a minimum of four staff. Some old favourite destinations like Brittas Bay in Wicklow and Kilmuckridge were of course included in the schedule, however some new destinations were also added such as The Tain Activity Centre, Co. Louth where people were able to participate in activities like rock climbing, canoeing, Banana Boat riding and more; The Knocksink Wood and Glencree Centre in Co. Wicklow where people were able to become one with nature and participate in a host of outdoor and indoor activities and games amidst the splendour of one of Leinster’s premier forest parks.; and Leitrim where boats were hired and ‘Captained’ by service users on trips down the Shannon.

The service is very popular among our service users, so much so that there are always waiting lists to participate. The schedule for 2007 is about to get underway and everyone is very excited at the prospect.

My name is Eddie Eagers - that’s me on the right. I always go on the respite weekends with the centre. We go to places like Brittas Bay, Tipperary & Leitrim; I call it “my holidays”. I love going away. I go to the pub and sometimes have lunch and coffee; we always have fun. Sometimes when there is music in the pub I dance and clap my hands; sometimes I sing. I always bring playing cards with me and keep them close to me. We often go shopping and on outings. I love going to the beach and going for a walk. I loved going on the boat on The Shannon. Everything is great fun for me especially a big double bed in the houses we stay in.
Walkinstown Association’s Home Support service continued apace in 2006 albeit under a different name and with a slightly different emphasis. The founding purpose of Home Support Services was to establish connections with individuals with an intellectual disability at their homes, providing them, and their families, with assistance and additional needed supports. The level of support required was variable depending on individual circumstances; the level of care provided was flexible and adaptable and tailored to meet individual needs.

The new name for the service provides in itself a self-explanation of the changing focus of the service. Walkinstown Association’s introduction of Personal Outcome Measures has provided, to those people to whom we are providing services,

Many of our service users are placing an emphasis on becoming more engaged in the life of the community in which they live. They are telling us of their desire to access more social, educational, employment and leisure opportunities that are not placed within the boundaries of disability services but are the same as those accessed by any member of the community.

Community Inclusion Services, with its emphasis on flexibility, adaptability and provision of staff to reach out to people in their communities offers the ideal type of support to assist people to access and be included in these opportunities. There is no doubt that demand for this type of service will continue to grow and develop, keeping pace with the demand that people with intellectual disabilities be seen as people with abilities which are valuable in and to community.

My name is Graham Morgan. I live in Crumlin with my Family. I get a service from Walkinstown Association called home support and I get this five days a week, Tuesday, Wednesday, Thursday, Friday and Saturday. What home support means is that a staff member meets me at my home and supports me to get out and about to do the things that I enjoy. I like getting home support because I have great fun and Christine and Aidan who are the staff who work with me are really nice people and fun to be with. I do loads of different activities when I am out like; Cinema, Snooker, Visiting family members, Going for dinner, going for drives to the Dublin/Wicklow Mountains and the Airport to plane spot and Bingo.

I like home support because it gives me a chance to go out most nights and have a lot of fun.
Recreation Service

Target Group
The service is targeted towards adults with a mild or moderate Learning Disability. Most live either with members of their families or in Community Homes provided by various agencies, including Walkinstown Association. Most service users live within Walkinstown or its neighbouring areas and either walk or use public transport to travel to the service.

Aim of Service
The Service aims to offer a friendly and stimulating environment in which service users can enjoy themselves.

It aims to encourage service users to participate to the best of their ability in the running of the service and the development of activities and events that are interactive, stimulating and most importantly that are fun.

It offers a number of service users a social outlet in which they can meet and form friendships in a supportive and relaxed environment.

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<th>Service Hours</th>
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In total, 85 people with a disability used the service during 2006.

Staffing
The Service is provided using a team of part-time staff and volunteers.

No. of volunteers during 2006 : 24
Total no. of times volunteers attended : 325
Recreation Service

In addition, two staff from the Walkinstown Association worked on a one-to-one basis with 2 clients on 25 Service events. The service had 1 paid staff until 1 July 2006, when a second was appointed. The service had a team of 8 voluntary drivers who provide travel assistance to a number of service users.

Special Activities
The service organised a number of special activities during the year. Among them were events for Valentine’s Day, Easter, Halloween and Christmas. It also celebrated many birthdays during the year.

Week-end breaks were organised for 26 of our service users during the summer, each accompanied by 2 staff & 2 volunteers. We visited tourist hostels in Rathdrum, Co. Wicklow, Ballycolla, Co. Laois and Dungarvan, Co. Waterford.

Future Developments
- Establishment of effective recreation programs to meet individuals and group needs
- Review needs of service users in line with ‘Personal Outcome Measures’ to access recreational options with a view to development
- Review community mainstreaming of activities and where appropriate increase recreational program choices
- Organise and coordinate recreational & social programmed services at multiple locations

My name is Damien Gibney and I live with my Mother & Brother in Crumlin. I work in a local pub, and also attend St. John of God Day Services. I am collected from my house every Sunday & Monday by a voluntary driver and my brother leaves me to the disco on Thursday. I love professional wrestling. I always bring my wrestling magazines to the club to show to my friends. I enjoy dancing at the disco, and singing Boyzone songs during the karaoke. I always take part in the after-tea activities, and love to win a prize.

My Mam says “Damien doesn’t go to other Clubs, and really loves the company. He really looks forward to his weekend away. It’s his favourite!”
Administration

Legal Status
Walkinstown Association for People with an Intellectual Disability Ltd (trading as Walkinstown Association) is a company limited by guarantee not having a share capital. The organisation and its activities have been granted charitable status by the Revenue Commissioners. All activity and income is applied solely towards the provision of services and supports to people with an intellectual disability.

Co. Registration Number: 244300 - Charity Registration Number: CHY 10777

Over the years the catchments area has expanded to encompass the greater Dublin area with service users coming from as far north as Swords to as far south as Blackrock

Corporate Governance
The Association was founded in 1967 by a group of parents and friends with the aim of providing community based services to people with an intellectual disability in the Dublin 12 and surrounding areas. Parents and Friends continue to play an integral part in the running of the Association. The Board of Directors is made up of people who have made long standing commitments to the work of the Association. The Board meet six times per year or where necessary

Funding
Walkinstown Association is funded by the Health Services Executive under section 39 of the 2004 Health Act.

Internal Controls
Key elements of internal financial control systems include:

- Management reports are provided to the Senior Management Team on a monthly basis
- Financial reports are presented bi-monthly by Management to the Board of Directors
- Detailed budgets are prepared annually and are reviewed by the Senior Management Team. Actual results are compared against these budgets on a monthly basis and appropriate action is taken where required.
- Organisational structures are in place with clear operating and reporting procedures, lines of responsibility, authorisation limits, segregation of duties and delegated authority
- Major capital projects require approval of the Board of Directors
- A copy of the annual report is sent to all families, funding authorities and staff and is available on the Association's website.

External Controls
The Association’s books of account and financial statements are audited annually by Kevin Daly, Chartered Accountants, Registered Auditors, 83 Waterloo Lane, Ballsbridge, Dublin 4.

Austin O’ Sullivan - Director of Finance & Human Resources
# Financial Reports

## Consolidated Income and Expenditure Account for the Year ended 31st December 2006

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>€3,414</td>
<td>€2,501</td>
</tr>
<tr>
<td>Expenditure</td>
<td>€(3,250)</td>
<td>€(2,365)</td>
</tr>
<tr>
<td>Surplus on Ordinary Activities</td>
<td>€456</td>
<td>€136</td>
</tr>
<tr>
<td>Less:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transfer to Capital Reserves</td>
<td>€(164)</td>
<td>€(136)</td>
</tr>
<tr>
<td>Surplus/Deficit for year</td>
<td>Nil</td>
<td>Nil</td>
</tr>
</tbody>
</table>

## Consolidated Balance Sheet as at 31st December 2006

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fixed Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Property, Equipment &amp; Motor Vehicles</td>
<td>€4,901</td>
<td>€4,297</td>
</tr>
<tr>
<td>Current Assets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash at Bank</td>
<td>€255</td>
<td>€349</td>
</tr>
<tr>
<td>Investment Account</td>
<td>€393</td>
<td>€38</td>
</tr>
<tr>
<td>Debtors &amp; Prepayments</td>
<td>€1</td>
<td>€96</td>
</tr>
<tr>
<td>Grant Receivable</td>
<td>€361</td>
<td>€0</td>
</tr>
<tr>
<td>Current Liabilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creditors &amp; Accruals</td>
<td>€200</td>
<td>€44</td>
</tr>
<tr>
<td>Net Current Assets</td>
<td>€810</td>
<td>€439</td>
</tr>
<tr>
<td>Total Net Assets</td>
<td>€5,711</td>
<td>€4,736</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Creditors (Due greater than one year)</th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deferred Liability</td>
<td>€143</td>
<td>€0</td>
</tr>
<tr>
<td>Mortgage - Triodos Bank</td>
<td>€295</td>
<td>€307</td>
</tr>
<tr>
<td>- Ulster Bank</td>
<td>€981</td>
<td>€1,092</td>
</tr>
<tr>
<td>Total</td>
<td>€1,419</td>
<td>€1,399</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Net Assets</th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>€4,292</td>
<td>€3,337</td>
</tr>
</tbody>
</table>

Financed by:

<table>
<thead>
<tr>
<th></th>
<th>2006</th>
<th>2005</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenue Reserves as at 01/01/2006</td>
<td>€3,338</td>
<td>€3,201</td>
</tr>
<tr>
<td>Excess Income of Expenditure</td>
<td>€164</td>
<td>€136</td>
</tr>
<tr>
<td>Revaluation Reserve</td>
<td>€790</td>
<td>€0</td>
</tr>
<tr>
<td>Total</td>
<td>€3,502</td>
<td>€3,337</td>
</tr>
<tr>
<td>Revaluation Reserve</td>
<td>€790</td>
<td>€0</td>
</tr>
<tr>
<td>Total</td>
<td>€4,292</td>
<td>€3,337</td>
</tr>
</tbody>
</table>
Staff Complement for 2006

Staff of Walkinstown Association

Senior Management Team

Joe Mason  
Chief Executive Officer

Catherine Devine  
Director of Services

Austin O’ Sullivan  
Director of Finance & Human Resources

Board Members

Joe Connolly  
Chairperson

Lena Durney  
Vice Chairperson

John Bourke

Sr. Pauline Campbell

Michael Hussey

(Maria McNally is absent)
Management Team

Simon Wade
Social Care Leader Avalon

Gavin Burke
Social Care Leader Kingswood

Brian Mason
Team Leader of Gardening Project & Horticulture

John Farrelly
Manager of Day Services

Frank Kelly
Clinical Co-ordinator

Sandra Whelan
Team Leader Day Services

Gwen Smith
Social Care Leader Dargle Wood

Clare Geraghty
Social Care Leader Durney House

Mary Wardick
Social Care Leader Orwell
Residential Services

Avalon House
37 Orlagh Park,
Knocklyon,
Dublin 16

Durney House
76 Tyrconnell Road,
Inchicore,
Dublin 12

Hook Haven
40B Dargle Wood,
Knocklyon,
Dublin 16

Oaklodge House
27a Walnut Close,
Kingswood,
Dublin 24

Day Centre & Recreation Centre

1 Longmile Road
Walkinstown
Dublin 12
Tel: 01-4650388
Fax: 01-4607899
E-mail: info@walk.ie
Website: www.walk.ie

Training Centre

Inchicore
Dublin 8
MISSION STATEMENT

The mission of Walkinstown Association is to support people with a learning disability to lead self determined lives within socially inclusive communities.