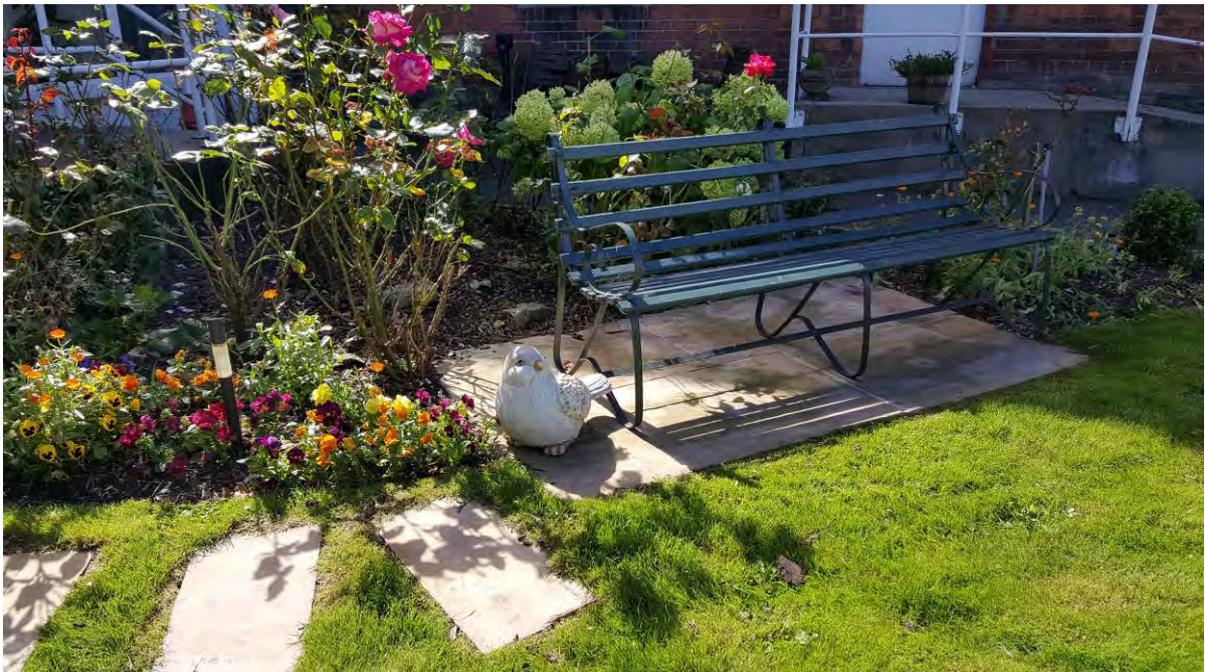




Annual Report 2016



**We aim to foster an environment that is person centred
and creates an atmosphere of trust, respect,
encouragement and integration.**

(From The Oasis Centre Mission Statement)

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Report of the Board Chairperson

Mary Benton RSC

The Board of Directors of any organisation is a crucial lynchpin of its structure and governance. It has vital duty of care. It works closely with the staff to oversee and guarantee the honest transparent and efficient running of the organisation. We, as a Board, have to do everything in our power to see that the Executive Director, Management, Staff and Volunteers are supported and enabled to deliver quality service to all who cross the threshold of The Oasis Centre. People deserve the very best and we must at all times ensure that they get it. It is the job of the Board of Directors to lead the Centre as it evolves in its Mission to the people of the North Inner City and beyond.

The Board of Directors has several functions:

- We ensure that the Centre is run effectively and efficiently.
- We set the strategic direction of the Centre – inspired always by our Mission Statement and by the ethos imagined by our founders, The Religious Sisters of Charity.
- It is the job of the Board of Directors to lead the Centre as it evolves in its Mission and to approve, monitor and review how the Centre is performing.

We appreciate the support of the Board of Directors and their commitment to the Centre and to their Board duties.

As a counselling organisation, working in difficult economic times, all our clients remind us that we cannot compromise services. More than ever people are relying on our services. All around us when budgets are cut, services are under pressure and quality of care is compromised, the Board, the Staff in the Centre and the Voluntary Counsellors rise to the challenge to maintain our services. They are to be complimented for their efforts and great credit to them for their time and commitment to the Centre over and above the call of duty. No effort is spared to provide a quality service to the people who cross our threshold.

Last year we applied for charitable status and were granted it. This means that into the future we can benefit from being a member whilst at the same time being accountable for the privilege of belonging to the charity and abiding by its law. Even though we have been granted Charitable Status the process is still ongoing because of changes in the law re charitable status and the company's act.

We move on in hope always trying to meet the daily challenges and opportunities that present themselves to us. They are many and varied and change from time to time depending on the needs of the people. We do believe that working together at The Oasis Centre that we do make a difference.

*‘What we do, we ought to do well’
(Saying from Mary Aikenhead)*

Executive Director's Report

In recent years counselling has been acknowledged as a prominent service for people with a wide range of complications in their lives. People are now more motivated to pursue assistance with their problems, which can have an alarming effect on their lives, and on the lives of their families and friends. The amount of people coming for Counselling has soared every year.

Once again, in 2016, The Oasis Centre laid strong foundations for new or improved services, broadening its reach to provide services to a wider group of people who are in need of support. Many of our clients overcome significant barriers to achieve their goals and our staff work exceptionally hard to support them, and gain tremendous satisfaction from helping people to overcome their difficulties. We are very proud to have been able to add value to so many people's lives and we will continue to strive to increase the number of beneficiaries of our services.

I would like to thank the members of the Board of Directors of The Oasis Centre for their considerable, voluntary support to the Centre's work. Their commitment to overseeing the governance of The Oasis Centre significantly contributes to the establishment.

I would like to thank the Chairperson, Mary Benton who has continued to provide strong leadership to the Board in 2016.

The Centre's greatest asset is its people. Every day, our staff provide innovative support to the local community in the North Inner City and beyond. Their attitude means that even seemingly unlikely objectives are possible and by taking small steps every day they are transforming people's lives. By working together towards shared goals, by investing time, energy and ensuring an efficient use of all our resources, we can ensure that the Centre continues to be in a position to change perspectives in which it operates.

We express our gratitude to **North Inner City Drugs Task Force** for their on-going support to Deora Counselling. We express our gratitude to **Tulsa Family Support Agency** for their support of our Voluntary Counsellors. Also thanks to **The National office of Suicide Prevention** for support of our ASIST and safeTALK training. To all our funders and donors we express our sincere thanks. The Centre could not function as it does without your help so a sincere thanks to all of you. We would also like to affirm the splendid efforts made on a daily basis by all who work in the Centre. The care and welcome that greets all who visit it is a testament to the dedication of all the staff.

GERALDINE BYRNE RSC,

*"A vision on its own is not enough.
Hard work & dedication
is required to make that vision a reality."*

THE OASIS CENTRE

January 2016 – December 2016

About The Oasis Centre

The Oasis Centre provides a professional counselling and therapy service to individuals, couples and groups facing issues of a personal or professional nature. The Oasis Centre was established in 1996 by the Religious Sisters of Charity to offer an “Oasis” to the North Inner City. The Oasis Centre incorporates Deora Counselling – a high intensity crisis intervention counselling service which specialises in bereavement, complicated grief, addiction and suicide intervention and the Oasis Mindfulness Clinic which facilitates mindfulness-based training and treatment approaches.

The Oasis Centre is a Company limited by Guarantee. It has a Board of Directors who oversee the Governance of the Company. Board members meet 4 times a year and more often if necessary. The Board of Directors are all committed to the ethos and values of The Oasis Centre. They work pro bono on behalf of Oasis.

Directors:

Mary Benton (Chairperson), Geraldine Byrne (Exe Director), Mary Dawson, Eva Donnellan (Secretary), Marc Fay, Declan Hallissey, Clare Neylan, Rosemary O’Looney, Maureen O’Sullivan T.D., Maura Roe.

The Oasis Centre is a non-profit organization and it relies on grants and donations for the continuation of our services.

The Oasis Centre Mission Statement

The Oasis Centre is committed to the provision of counselling and confidential support to individuals and groups, in the context of holistic care to address the personal, social and spiritual needs of the person and to enable wholeness, wellbeing, healing and self-reliance.

We aim to foster an environment which promotes accessible and affordable counselling which is person-centred and creates an atmosphere of trust, respect, encouragement and integration.

The Oasis Centre Logo

A circle represents the centre: an ancient and universal symbol of unity, wholeness and integration.

The branches of the palm tree symbolise the different parts of The Oasis Centre:

- Oasis Counselling and Therapy
- Deora Counselling
- Oasis Mindfulness Clinic

2016 at The Oasis Centre

This past year (2016) has been very busy one at The Oasis Centre. **8,019** visits have been made to avail of the services of The Oasis Centre for individual counselling,

training, assessments, drop in, outreach, and suicide intervention. We have continued to provide support to those most in need of help and assistance. The Oasis Centre is a lovely space for others to use. The upkeep of the building is a mark of dignity and respect for all who come through our doors. Cocaine Anonymous holds weekly meetings at the centre. Others that use our premises include local schools, agencies etc. for meetings and training programmes. The Oasis Centre is of great value to them and their clients also.

There has been some new developments during this past year to adapt to the needs of our clients such as increasing our Mindfulness trainings, alternative therapies, and taking on some more voluntary counsellors as the needs of services increased. We currently have 30 volunteer counsellors each seeing clients for a minimum 2 hours with many volunteering for more sessions. We endeavour to respond to the emerging needs of the local community. Our ethos remains the same - to provide professional counselling and training to individuals, couples, and groups. We offer low cost/no cost counselling and training. Our services are open to anyone irrespective of financial constraints that so many find themselves in at the moment. We are committed to providing a holistic approach working with clients from all walks of life and providing counselling, training, mindfulness and alternative therapies. The Oasis Centre encompasses Oasis Counselling, Deora Counselling and our Mindfulness Clinic. We rely on donations for the running of The Oasis Centre and we are indebted to all those who support us financially or in kind.

Throughout 2016, there was an increase in the number of clients using the service. Of the numbers using our services across Oasis, Deora and Mindfulness Clinic, male clients accounted for 43% and female clients accounted for 57% of service users. It is great that so many men use our services as men in the past have often kept their concerns to themselves resulting in mental health and behavioural issues.

The Oasis Centre	Jan – Dec 2016
Individual clients/sessions	4,886
Groups	2,182
Assessments	610
Outreach/drop in	166
Reflexology	175
TOTALS	8,019

Oasis Counselling

Oasis Counselling service provides one to one counselling for a wide range of general counselling issues that clients present to us with such as depression, anxiety, family issues, emotional distress, domestic violence, loss, self esteem, anger management, and parenting issues. Oasis counselling is supported by 30 voluntary counsellors to

whom we are very grateful for their commitment to clients and The Oasis Centre. On September 12th Annmarie Murray was appointed to Oasis counselling as staff.

Deora Counselling

Deora Counselling specialises in counselling in areas such as bereavement, addiction, critical incident debriefing and suicide ideation. The services provided include individual, group, and drop-in counselling. A safeTALK suicide alertness for everyone training, which is offered is a half day workshop that helps us to identify persons with thoughts of suicide. Geraldine Byrne presents and facilitates this programme and she also presents it in other centres. Applied Suicide Intervention Skills Training (ASIST) is also provided. This is a 2 day training that teaches participants to work through a model providing suicide intervention to keep a person safe. Paula Garrett and Martina O’Beirne facilitate this training. In the past year the numbers of individuals being supported by Deora remains high particularly in the area of suicide interventions with 320 interventions completed. 2766 individual client sessions were provided, 563 assessments and 410 training participants completed courses.

DEORA COUNSELLING	Jan – Dec 2016	
	CLIENTS	SESSIONS
ONE TO ONE	353	2766
ASSESSMENTS	563	563
OUTREACH	6	49
CRISIS INTERVENTION	323	502
DROP-IN	48	48
TOTAL	1293	3928
TRAINING	PARTICIPANTS	HOURS
ASIST 2 facilitators	150 over 6 training	96
MINDFULNESS	60 over 5 trainings	135
MINDFULNESS MONTHLY MEDITATION	44 over 12 sessions	18
RELAXATION/MEDITATION 2 facilitators	54 over 9 trainings	18
SAFETALK	200 over 8 trainings	24
Total training participants	508	Total training hours 291

Oasis Mindfulness Clinic

At The Oasis Mindfulness Clinic we provide eight week training in Mindfulness Based Stress Reduction (MBSR) which has been shown to help people move beyond stress, anxiety, depression, low mood and unhelpful patterns in a person’s life. When the

eight week training is completed participants are invited to join us monthly to practice in a group setting which helps to support their mindfulness journey going forward. Mindfulness is offered to counselling clients as well as anyone wishing to learn more about bringing mindfulness into their everyday life. We receive very positive feedback from our participants with participants saying that it has changed their lives and their way of being for the better. Participants of MBSR training comprise of local community, local agency workers and clients of the centre and those from outside the local area who are interested in doing Mindfulness but unable to pay the full rate required in other areas. As with all our other services we are privileged to be able to offer the MBSR programme on a donation basis. This training not only benefits the person attending the course but also their children along with family and friends who are in contact with them. The participants learn a new way of being and a new way of responding to situations rather than reacting.

In 2016 we have developed a Mindfulness Handbook which is given out to participants of our MBSR programme. We also recorded a CD with meditations of varying lengths which can be used by those who have had training in mindfulness or anyone who wishes to try it out for themselves.

The Mindfulness Based Approaches programmes are facilitated by Fionnuala Gill, Paula Garrett, Anne Kirwan and Paddy Gowan.

Alternative Therapies

The numbers of individuals availing of our alternative therapies has increased this year with many clients that come for counselling also attending for meditation, yoga or reflexology. It is wonderful to be able to offer a holistic approach for those using our services.

Relaxation/Meditation is on the second Saturday of every Month

Yoga is every Monday 10.30am

Reflexology is offered on Monday afternoon and evening to anyone wishing to avail of this service and as with all our services it is offered on a donation basis.

The Oasis Centre Funders

The Oasis Centre is supported by the **Religious Sisters of Charity, Religious of Christian Education, Tusla Family Support Agency** and other generous donors. The Religious Sisters of Charity have a long history of voluntary work within the area. They opened their convent in Seville Place on the 19th November 1882. We are indebted to **The Religious of Christian Education** who generously donate to us on a yearly basis. Their funding enables us to provide a quality service to our users.

To find out more about the work of the Religious Sisters of Charity, please visit their websites: www.rscaritas.org / www.religioussistersofcharity.ie

Deora Counselling in Oasis Centre is funded by the HSE through [The North Inner City Drugs Task Force \(NICDTF\)](#). The North Inner City Drugs Task Force was established in 1997 to develop community responses to the drugs problem in the local area.

We are grateful to the [HSE's National Office for Suicide Prevention](#) for funding our training in ASIST and safeTALK in 2016 as part of Connecting for Life, which is Ireland's National Strategy to Reduce Suicide 2015 – 2020.

Tusla Family Support Agency - The Oasis Centre would like to acknowledge the support it has received from The Family Support Agency over the last number of years. This funding helps support Oasis Counselling. The Family Support Agency is a government agency operating under the Department of Community, Equality and Gaeltacht Affairs www.tusla.ie

The Oasis Centre Staff

Geraldine Byrne, Paula Garrett, Betty Cashell, Martina O'Beirne,
Anne Reilly, Monica Roche, Annmarie Murray
Michelle Kelly, Jackie Cashell, Aoife Doyle and Noel Fox – Auxiliary Staff
Geraldine Byrne - safeTALK trainer
Paula Garrett/Martina O'Beirne - ASIST trainers
Fionnuala Gill/Paula Garrett/Anne Kirwan/Paddy Gowan - MBSR facilitators
Betty Cashell/Elizabeth Slattery – Meditation/ Relaxation facilitators.
Jean O'Kane and Sile Leech - reflexology
Deirdre Barrett – Yoga
30 Voluntary Counsellors

Most of our counselling staff are accredited by the I.A.C.P, A.C.I. or IAHIP. Others are working towards accreditation. A smaller number are senior counsellors in training from counselling training colleges in Dublin. All our counsellors and therapists adhere to recognised codes of ethics with the highest professional standards. They attend regular supervision and use the Oasis Handbook as guidelines and support. The professional team is supported by the Board of Directors of The Oasis Centre.

Workshops for staff

As part of the in service training for the Counsellors, workshops are held on a Regular basis.

In 2016 the following Workshops have taken place in the Centre:

1. safeTALK – Geraldine Byrne throughout 2016
2. ASIST – Paula Garrett and Martina O'Beirne throughout 2016
3. Working with the Inner Child – Christine Moran 23rd January 2016

4. Person Centred Therapy re-visited – Maggie Cox 2nd April 2016
5. HR staff policies roll out – Paul Gahan
6. Understanding Self-Harm Training for Trainers – completed by Annmarie Murray
7. Retreat day for self-care – Paddy Gowan and Ming Rawat 17th September 2016
8. Professional Certificate in Psychosynthesis – Christine Moran 24th September to 20th November. Graduation to be held in March 2017.

*What is most important is the knowledge of
how to apply knowledge*

Transcultural Development

The Oasis Centre encountered a large number of non-nationals seeking our services during 2016. As well as EU Countries such as: U.K., Poland, Spain, Finland, France, Italy, Latvia, and Lithuania, there are also many non-EU nationals from countries such as Algeria, Canada, USA, China, Australia, Nigeria, the Philippines, Sudan, Turkey, Albania, Pakistan and Mauritius.

These clients suffer higher rates of anxiety and depressive disorders. Leaving one's home is not an easy decision, leaving behind family, friends and children in many cases. As many of these clients do not speak very good English this adds extra challenges to the Centre and to the demands on the counsellors.

Planning for 2017

1. Suicide intervention counsellor employed on a short term basis from €8,000 fund received from North Inner City Initiative 2016 – once-off short term funding.
2. We plan to build on excellent fundraising efforts of 2016 with a dynamic fundraising committee. For all of our fundraising events in 2016 participants wore Oasis tee-shirts which has the benefit of making our brand better known which will help us going forward in our fundraising efforts.
3. To provide workshops on 'Understanding Self-Harm'. The first one will be held 28th January 2017 for staff and volunteers of Oasis.
4. We will be developing a secret garden at the side of the building. We received a grant of €3,500 from National Lottery funding to help pay for this. It is hoped to have this completed early in the year so that we can make good use of it in summer for Mindfulness etc.
5. We plan to develop our mindfulness training by including more half day and full day retreats. We are also planning an introductory 4 week programme to suit those that are not able to commit to our intensive 8 week programme.

Cocaine Anonymous - CA. Fellowship

CA. meet in The Oasis Centre on a weekly basis. They appreciate the fact that they have a place to hold their meetings and they treat the Centre with respect.

This is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. Everything heard at a C.A. meeting is treated with confidence. There are no dues or fees for membership; the fellowship is fully self supporting through its own contributions.

The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. The primary purpose of CA is to stay free from cocaine and all other substances, and to help others achieve the same freedom. They use the [Twelve Step Recovery Program](#), because it has already been proven that the [Twelve Step Recovery Program](#) works.

It is good that The Oasis Centre have the facilities to accommodate this group for their meetings.

HR Consultant

During 2016 we secured the services of a HR Consultant. This person has proved invaluable to the service and helped review policies, procedures and contracts. He is available to staff and management should the need arise.

PART TWO

20TH Year Celebration of The Oasis Centre

*Copy of invitation sent
for 20 year celebration*



This was a wonderful day for The Oasis Centre and we were supported by many Guests including Board Members, Local Politicians, Staff, Volunteers, Clients and other supporters. **See below for an account of 20 years by journalist Mags Gargan.**

An oasis of calm in a busy city



by Mags Gargan April 28, 2016

Mags Gargan visits a counselling service in Dublin's North inner city for its 20th anniversary celebration.



An oasis is defined as fertile ground in a desert or something that provides refuge, relief and is preserved from surrounding unpleasantness. There is no better description for The Oasis Centre in Seville Place in Dublin's North inner city. Nestled in

St Laurence O’Toole parish, a community struggling with many challenges – including the recent gangland shooting of Martin O’Rourke – walking through the doors of the old red brick convent owned by the Religious Sisters of Charity is like stepping into another world.

Away from the Garda checkpoints, the broken bottles and the teens hanging on the street corner, you enter a calm, bright and welcoming environment.

The Irish Catholic is here to attend the 20th anniversary celebration of the opening of the counselling service here, which is a continuation of the work of the sisters. “It would fit in with the vision of Mary Aikenhead, [founder of the congregation] who said all our services are about being able to give to the poor what the rich can afford to buy,” says Sr Geraldine Byrne RSC, founder and Executive Director.

The services offered by The Oasis Centre are low cost or no cost, depending on what clients can afford. There are three projects: Oasis one-to-one counselling; Deora counselling, which specialises in crisis intervention and the mindfulness clinic which offers mindfulness based stress reduction training. The counsellors deal with a range of issues such as anxiety, addiction, bereavement, relationship problems, abuse, depression and suicidal ideation.

Deora receives funding from the drugs task force and has four part-time counsellors, an administrator and co-ordinator. All the other services are donation-based and the other counsellors work on a voluntary basis.

Accredited

“We have a number of trained counsellors who are accredited and others who are working towards accreditation,” says Sr Geraldine. “Overall there are 34 counsellors and we are open 9am-9pm, four days a week, and until 4pm on Friday.

“The centre’s greatest asset is its people. Every day our staff provide innovative support to the local community in the North inner city and beyond. Their attitude means that even seemingly unlikely objectives are possible and by taking small steps every day they are transforming people’s lives.”

Sr Geraldine and Sr Mary Benton, the Chairperson of the Board, are the only two sisters still living in the old convent and represent the continuing relationship with the community after over 130 years.

The Religious Sisters of Charity first came to Seville Place in 1882. They responded to the needs of the community, providing soup and bread to over 1,000 families. They offered a Penny Dinners service from 1909 right up to 1988 and they trained young girls for employment, while offering a hostel for girls from the countryside attending training.

As the age profile of the sisters increased in the 1980s and 90s, the congregation began to discuss the future of the building. “They decided to withdraw and were giving the property to Dublin City Council for social housing and for whatever reason it didn’t happen,” says Sr Geraldine. “I had just returned from England after completing a counselling course and the idea came to set up a counselling service in 1996. I was on my own for the first year or so with one client but with word of mouth it grew.

“A Sacred Heart Sister joined me and then another counsellor, and gradually it built up and other people came and different colleges wanted to send trainees here because of the wealth of experience they could get here.”

Mission statement

The centre's mission statement says it aims "to foster an environment that is person-centred and creates an atmosphere of trust, respect, encouragement and integration". That focus on being person-centred is what sets it apart from other counselling services, according to counsellor Annemarie Murray.

"I have been here since 2009. When I first got my placement here from college, I thought it was Heaven sent and I knew this was the place I wanted to work. You find a lot of centres are run like businesses as opposed to being people centred. Whereas here it was the people first. It has a lovely atmosphere, the staff are great and as a team are all very supportive of each other. I am very proud to be part of it."

"It is a real privilege to work in a place that is so respectful of people who come in no matter where people come from or whatever walk of life," says counsellor Martina O'Beirne. "The clients who come here come first and that goes from management right down to counsellors and volunteers."

The Oasis Centre saw nearly 8,000 clients last year alone and has supported nearly 100,000 since the centre opened in 1996. However, Sr Geraldine says "you can't quantify it". "The whole idea of counselling is that it helps the person, but also those in contact with them such as their family. It has a ripple effect."

For the anniversary celebration some of the seven counselling rooms housed an exhibition showing the history of the building and the sisters' work here. In a ceremony in the small chapel a number of guests paid tribute to The Oasis Centre, including local TD Maureen O'Sullivan who is a member of the board. Two ex-clients also gave a testimony on how the centre provided them with vital support during a time of crisis and despair.

Asking for help was a major challenge for Pat, but he says that it saved his life. Pat was struggling with grief when in the space of a year and a half he lost his brother, father and sister. He fell into a deep depression and was considering suicide.

Pat was familiar with The Oasis Centre from doing some painting and decorating work there and decided to contact Sr Geraldine. "I rang Geraldine and she said come over straight away. I had a talk with her and she put me in touch with a counsellor. Walking out the gate, it was such a relief. I knew that people were looking after me," he said. "It's been a year since I started coming here and I feel great in myself – a totally different person. I would be lost without the place."

Intervention

"Some of our work involves suicide intervention and people come really to say they have had enough and can't take anymore," says Paula Garrett, co-ordinator of the Deora project. "So it is to be with them exactly where they are, to allow them to feel understood in the hope that they can gain some perspective and find a way to stay living."

Magdalena suffered a severe spinal injury in a car crash. She was dealing with a lot of pain and ended up losing her job and becoming homeless when she could no longer pay her rent. "When you are in total despair you cannot see any solution. The only thing you can dream about is to disappear," she says.

"One day I decided to die. I took painkillers mixed with sleeping tablets and alcohol, and I slit my wrists. But I survived and I woke up in the middle of the night in hospital. Now it was clear to me that someone did not want me to leave because his plans were different. From that time I started looking for help."

Magdalena sought help from the Crosscare homeless agency operated by the Dublin archdiocese and they referred her to The Oasis Centre. “Every time I came out of the centre I started to feel more peaceful and finally I started to see light at the end of the tunnel. It makes me emotional every time I think of how much kindness I received from The Oasis Centre,” she says.

“Counselling in a nutshell is being with the person, journeying with them side-by-side,” says Paula. “What this convent was originally set up to do was to take care of people and that is what is still happening today.” www.oasiscentre.ie

STAFF AT THE OASIS CENTRE AT THE 20TH YEARS CELEBRATION OF THE CENTRE 21.04.2016



Staff, counsellors and volunteers at the Oasis Centre: Back row: Annemarie Murray, Jackie Cashell, Paula Garrett and Martina O’Beirne. Middle row: Sheila Leech, Betty Cashell and Aoife Doyle. Front row: Anne Reilly, Sr Geraldine Byrne RSC (Executive Director) Michelle Kelly and Sr Mary Benton RSC (Board Chairperson).

28th July 2016 An Taoiseach, Enda Kenny’s visit to The Oasis Centre.

Taoiseach, Enda Kenny made a private visit to The Oasis Centre here in Seville Place. The purpose of this visit was to meet the staff and some of the service users to understand the Centre and to see if he could help us in any way. At this time he intends to set up a task force in the area to assess what is needed and to develop a strategy for ongoing change. This will not be easy but it has to be done. Kieran Mulvey, former head of labour relations commission, has been appointed to head this Task Force and the Taoiseach would like Sr. Geraldine Byrne and Sr. Mary Benton to meet with Kieran Mulvey* to brief him from our perspective on the area and he would also like Geraldine to be part of the Task Force.

Photos of Enda Kenny's Visit 18th Aug. 2016.

Photo 1 Sr. Geraldine Byrne welcomes an Taoiseach Enda Kenny

Photo 2 Paula Garrett, Enda Kenny, Geraldine Byrne

Photo 3 Maureen O'Sullivan TD and Sr. Mary Benton

Photo 4 Enda Kenny and Michelle Ivers. (Michelle works in the Taoiseach's office and also in Oasis)



The visit was very successful insofar as the Taoiseach seemed to understand the area and the work we do here. He has stated that he will try to support the centre financially as part of the ongoing development plan in the immediate area. Also since his visit the Garda presence has increased and response to incidents by the Gardai has been much quicker. Also it would seem that there are now cameras linked to the Store Street Garda Station in the immediate vicinity. All this is very positive in the effort to eliminate drugs, vandalism and crime from our streets.

* Kieran Mulvey mentioned by the Taoiseach is a retired labour relations officer and has been appointed to assess the area of the North Inner City and possible outcomes.

More photos of Taoiseach Enda Kenny's Visit. Staff and Service Users share their experiences of The Oasis Centre. 18th August 2016.

Maureen O'Sullivan TD, Staff, Clients and Enda Kenny engaged in conversation about Oasis.



30th August 2016 Mary Lou McDonald visited The Oasis Centre to discuss the issue of Mental Health and Suicide Prevention in relation to the services we provide here for the public. This was a good visit and well worthwhile. She, like other politicians, who represent the North Inner City have always supported us and the work we do for the people on the North Inner City and further afield.



Mary Lou McDonald is an Irish politician, the Vice-President of Sinn Féin and a Teachta Dála (TD) for Dublin Central.

Left to Right: Paula Garrett, Mary Lou McDonald and Geraldine Byrne RSC.

The last few months have been busy ones for The Oasis Centre. They are at present changing their Company Status as required by the Registered Charity Act and CRO. Maura Roe, Director of the Board and partner in William Fry Solicitors, agreed to prepare the centre for the changes and also to oversee them with Ardagh Horan, The Oasis Centre auditors.

Kieran Mulvey, former head of labour relations commission, has been appointed to head this Task Force and the Taoiseach asked Sr. Geraldine Byrne and Sr. Mary Benton to meet with Kieran Mulvey to brief him, from our perspective, on the area and he would also like Geraldine to be part of the Task Force. **On 18th October 2016** Kieran met with Geraldine and Mary to talk about the local area and The Oasis Centre. This was a fact finding mission in order to assess in what positive way the North Inner City could be helped by the government.

The discussion took place about the area and The Oasis Centre. Kieran Mulvey was very impressed with our way of Governance in the Centre and also with our way of accounting to the various bodies associated with us. He complimented for our comprehensive reports and way of proceeding.

It is important that we acknowledge the challenges and the opportunities that confront us. We believe that with help and support that the community of the North Inner City can be transformed and that community leaders in the area can along with the people, make a difference. We believe that working together we can make a difference in the area. Since Commissioner Noirin O'Sullivan & Frances Fitzgerald TD's visit, The Taoiseach's visit, Mary Lou McDonald's visit and indeed Maureen O'Sullivan TD's constant presence and commitment to the area, there has been an increased Garda presence in the area and believe me that has already made a difference! It sends a clear signal that certain behaviours, actions and vandalism will not be tolerated. It is our hope that this improvement in the area will continue in 2017.

Funding and future planning:

Mary Benton, chairperson, raised the issue of future funding with The Board of Directors, An Taoiseach, Enda Kenny and also with Kieran Mulvey during his visit. The Centre can only be viable into the future if funding for Oasis is granted. At present the Executive Director of the centre does not receive a salary. She has worked for 20 years without one and going forward this could be problematic if we do not have some structure in place to ensure that a new Executive Director would be funded. It is an important consideration for the centre. Our grant from the HSE is for the Deora Project. There is no funding for Oasis Counselling.

It would seem that all understood the present situation and how important it is to be proactive in securing a salary for the Executive Director going forward. It is imminent that plans are put in place to secure this funding.

It would be helpful to the service if funding for an Oasis Counsellor was provided. This would help to give stability to this service.

Fundraising for 2016

The fundraising committee are Annmarie Murray, Martina O'Beirne, Sile Leech, Geraldine Byrne, Paula Garrett and Aoife Doyle secretary. This began in November 2015.

Since then funds have been raised in the 'Fat Turkey Run' – December 2015



VHI Womens Mini Marathon June 2016 Staff and Volunteers Come to join in the fun. After the run we went for refreshments in Harry's on the Green. About 25 ran on behalf of Oasis and raised €3,010 **Photo of some of the staff and volunteers before they set off on the run.**

On 18th November the staff participated in a 5 mile run. This was another fundraising event. It was a bitter cold day but the brave supporters - staff and volunteers – persevered and finished the run! What a sharp contrast weatherwise to the weather in June when the staff and volunteers ran as seen in the photo above.

Carol Singing Sing-along!



Saturday 3rd December was our very first Carol Singing Fundraiser. This took place outside Lidl, East Wall.

A big thank you to Lidl for allowing us to sing outside the store and for providing pastries for afternoon tea!

Thank you to all our loyal supporters who sang, collected money and prepared for the day. A big thank you to the local people for all their loyal support and to the Parish Folk Group and Mindfulness group who came to join us.

Photo from left to right: Niamh, Shauna, Lauren and Aoife.

For our first year of Fundraising we raised €5,205.00. This money went towards our newly refurbished kitchen

On 24th November the Staff had their Christmas party at The Green Room. We held a fun quiz, a raffle and Kris Kindle presents were exchanged. It was a great night and enjoyed by all who attended.

Conclusion

2016 has been a good year for The Oasis Centre. It presented us with many opportunities to provide a quality service for those needing our help. However, it was not without its challenges and these too made demands on the service. Notwithstanding the challenges and opportunities we move forward in hope into 2017 believing that The Oasis Centre does make a difference to peoples lives. We are here to meet the needs of those presenting at the centre and we endeavour to evolve to meet the ever changing needs of this community and beyond.

**Appendix 1:
Accounts for 2016**

The Oasis Centre Company Limited by Guarantee
(A company limited by guarantee, without a share capital)

**Directors' Report and Financial Statements
for the year ended 31 December 2016**

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

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The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

DIRECTORS AND OTHER INFORMATION

Directors	Mary Benton Geraldine Byrne Eva Donnellan Mary Dawson Clare Neylan Marc Fay Rosemary O'Looney Maureen O'Sullivan Declan Hallisey Maura Roe
Company Secretary	Eva Donnellan
Company Number	507631
Charity Number	21157
Registered Office and Business Address	St. Laurence's Place East Seville Place Dublin 1
Auditors	Ardagh Horan Certified Public Accountants and Statutory Auditors 168 Walkinstown Road Dublin 12
Bankers	Bank of Ireland 6 O'Connell Street Dublin 1

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

DIRECTORS' REPORT

for the year ended 31 December 2016

The directors present their report and the audited financial statements for the year ended 31 December 2016.

Principal Activity

The principal activity of the company is to offer counselling services on an individual and family basis with specific reference to bereavement and addiction counselling.

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

Principal Risks and Uncertainties

The directors consider that the economic downturn and loss of funding are the principal risk factors that could adversely affect the company's financial position. The company has operating policies to limit these risks and the directors regularly review the adequacy of these policies.

Financial Results

The surplus/(deficit) for the year amounted to €164 (2015 - €(33)).

At the end of the year the company has assets of €23,230 (2015 - €27,274) and liabilities of €43,530 (2015 - €47,738). The net liabilities of the company have decreased by €164.

Directors and Secretary

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

Mary Benton
Geraldine Byrne
Eva Donnellan
Mary Dawson
Clare Neylan
Marc Fay
Rosemary O'Looney
Maureen O'Sullivan
Declan Hallisey
Maura Roe

The secretary who served throughout the year was Eva Donnellan

Future Developments

The company plans to continue its present activities and current trading levels. Employees are kept as fully informed as practicable about developments within the business.

Post Balance Sheet Events

There have been no significant events affecting the company since the year-end.

Political Contributions

The company did not make any disclosable political donations in the current year.

Auditors

The auditors, Ardagh Horan, (Certified Public Accountants) have indicated their willingness to continue in office in accordance with the provisions of Section 383(2) of the Companies Act, 2014.

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

DIRECTORS' REPORT

for the year ended 31 December 2016

Accounting Records

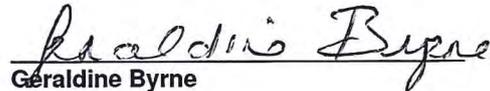
To ensure that proper books and accounting records are kept in accordance with Sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The books of account are located at the company's office at St. Laurence's Place East, Seville Place, Dublin 1.

Signed on behalf of the board



Eva Donnellan
Director

24 March 2017



Geraldine Byrne
Director

24 March 2017

The Oasis Centre Company Limited by Guarantee
(A company limited by guarantee, without a share capital)
DIRECTORS' RESPONSIBILITIES STATEMENT

for the year ended 31 December 2016

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the surplus or deficit of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

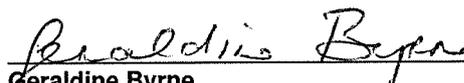
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy and enable them to ensure that the financial statements and directors' report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the board



Eva Donnellan
Director

24 March 2017



Geraldine Byrne
Director

24 March 2017

INDEPENDENT AUDITOR'S REPORT

to the Members of The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

We have audited the financial statements of The Oasis Centre Company Limited by Guarantee for the year ended 31 December 2016 which comprise the Income and Expenditure Account, the Balance Sheet, the Reconciliation of Members' Funds, the Cash Flow Statement, the Accounting Policies and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

This 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 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.

Respective responsibilities of directors and auditors

As explained more fully in the Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and otherwise comply with the Companies Act 2014. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practice Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors' Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

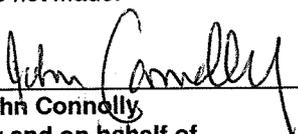
- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2016 and of its results for the year then ended; and
- have been properly prepared in accordance with the relevant financial reporting framework and, in particular, the requirements of the Companies Act 2014.

Matters on which we are required to report by the Companies Act 2014.

- We have obtained all the information and explanations which we consider 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.
- The financial statements are in agreement with the accounting records.
- In our opinion the information given in the Directors' Report is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the provisions in the Companies Act 2014 which require us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions specified by Sections 305 to 312 of the Act are not made.



John Connolly

for and on behalf of

ARDAGH HORAN

Certified Public Accountants and Statutory Auditors

168 Walkinstown Road

Dublin 12

24 March 2017

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

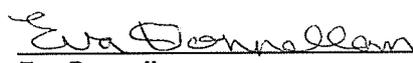
INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2016

	Notes	2016 €	2015 €
Income	5	272,278	241,118
Expenditure		<u>(272,114)</u>	<u>(241,151)</u>
Total Comprehensive Income		<u><u>164</u></u>	<u><u>(33)</u></u>

The company has no recognised gains or losses other than the surplus for the year. The results for the year have been calculated on the historical cost basis. The company's income and expenses all relate to continuing operations.

Approved by the board on 24 March 2017 and signed on its behalf by:



Eva Donnellan
Director



Geraldine Byrne
Director

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

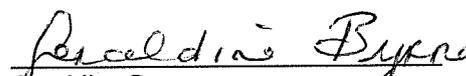
BALANCE SHEET

as at 31 December 2016

	Notes	2016 €	2015 €
Current Assets			
Cash and cash equivalents		23,230	27,274
Creditors: Amounts falling due within one year	7	(43,530)	(47,738)
Net Current Liabilities			
		(20,300)	(20,464)
Total Assets less Current Liabilities			
		(20,300)	(20,464)
Reserves			
Income and expenditure account		(20,300)	(20,464)
Members' Funds			
		(20,300)	(20,464)

Approved by the board on 24 March 2017 and signed on its behalf by:


Eva Donnellan
Director


Geraldine Byrne
Director

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

RECONCILIATION OF MEMBERS' FUNDS

as at 31 December 2016

	Retained deficit	Total
	€	€
At 1 January 2015	(20,431)	(20,431)
Deficit for the year	(33)	(33)
At 31 December 2015	(20,464)	(20,464)
Surplus for the year	164	164
At 31 December 2016	(20,300)	(20,300)

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

CASH FLOW STATEMENT

for the year ended 31 December 2016

	Notes	2016 €	2015 €
Cash flows from operating activities			
Surplus/(deficit) for the year		164	(33)
		<u>164</u>	<u>(33)</u>
Movements in working capital:			
Movement in debtors		-	250
Movement in creditors		(4,208)	(24,415)
		<u>(4,044)</u>	<u>(24,198)</u>
Cash used in operations			
		<u>(4,044)</u>	<u>(24,198)</u>
Net decrease in cash and cash equivalents		(4,044)	(24,198)
Cash and cash equivalents at beginning of financial year		27,274	51,472
		<u>27,274</u>	<u>51,472</u>
Cash and cash equivalents at end of financial year	12	23,230	27,274
		<u><u>23,230</u></u>	<u><u>27,274</u></u>

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2016

1. GENERAL INFORMATION

The Oasis Centre Company Limited by Guarantee is a company limited by guarantee incorporated in the Republic of Ireland.

2. ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance

The financial statements of the company for the year ended 31 December 2016 have been prepared on the going concern basis and in accordance with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014 and in accordance with the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS 102) issued by the Financial Reporting Council. There have been no transitional adjustments made.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council.

Income

Income from grants is taken to the credit of the revenue account in the period in which the grant relates.

Other income is taken to the credit of the revenue account in the period in which it is lodged to the bank account or the period in which the related expenditure is incurred.

Expenditure

Expenditure is taken to the Income and Expenditure Account in the period in which it is incurred.

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Taxation

The company is registered as a Charity and is exempt from filing Corporation Tax returns. The registered charity number is CHY 21157.

3. ADOPTION OF FRS 102

This is the first set of financial statements prepared by The Oasis Centre Company Limited by Guarantee in accordance with accounting standards issued by the Financial Reporting Council, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"). The company transitioned from previously extant Irish and UK GAAP to FRS 102 as at 1 January 2014.

4. DEPARTURE FROM COMPANIES ACT 2014 PRESENTATION

The directors have elected to present an Income and Expenditure Account instead of a Profit and Loss Account in these financial statements as this company is a not-for-profit entity.

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2016

5. INCOME

The income for the year has been derived from:-

	2016 €	2015 €
HSE Local interim funding	163,900	163,900
Tusla	7,400	7,400
HSE	10,000	-
Donations	62,000	44,052
Centre contributions	23,773	24,516
Dublin City Council	-	1,250
Fundraising	5,205	-
	<u>272,278</u>	<u>241,118</u>

The whole of the company's income is attributable to its market in the Republic of Ireland and is derived from the principal activity of offering counselling services on an individual and family basis with specific reference to bereavement and addiction counselling.

6. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed (including executive directors) during the year was as follows:

	2016 Number	2015 Number
Employees	<u>9</u>	<u>9</u>

The staff costs comprise:

	2016 €	2015 €
Wages and salaries	152,182	137,817
Social welfare costs	13,392	11,713
	<u>165,574</u>	<u>149,530</u>

7. CREDITORS

Amounts falling due within one year

	2016 €	2015 €
Payments received on account	8,000	-
Taxation (Note 8)	-	3,495
Other creditors	31,040	38,040
Accruals	4,490	6,203
	<u>43,530</u>	<u>47,738</u>

8. TAXATION

Creditors:
PAYE

	2016 €	2015 €
	-	3,495
	<u>-</u>	<u>3,495</u>

The Oasis Centre Company Limited by Guarantee

(A company limited by guarantee, without a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2016

9. STATUS

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members or within one year thereafter for the payment of the debts and liabilities of the company contracted before they ceased to be members and the costs, charges and expenses of winding up and for the adjustment of the rights of the contributors among themselves such amount as may be required, not exceeding €1.

10. CAPITAL COMMITMENTS

The company had no material capital commitments at the year-ended 31 December 2016.

11. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the company since the year-end.

12. CASH AND CASH EQUIVALENTS

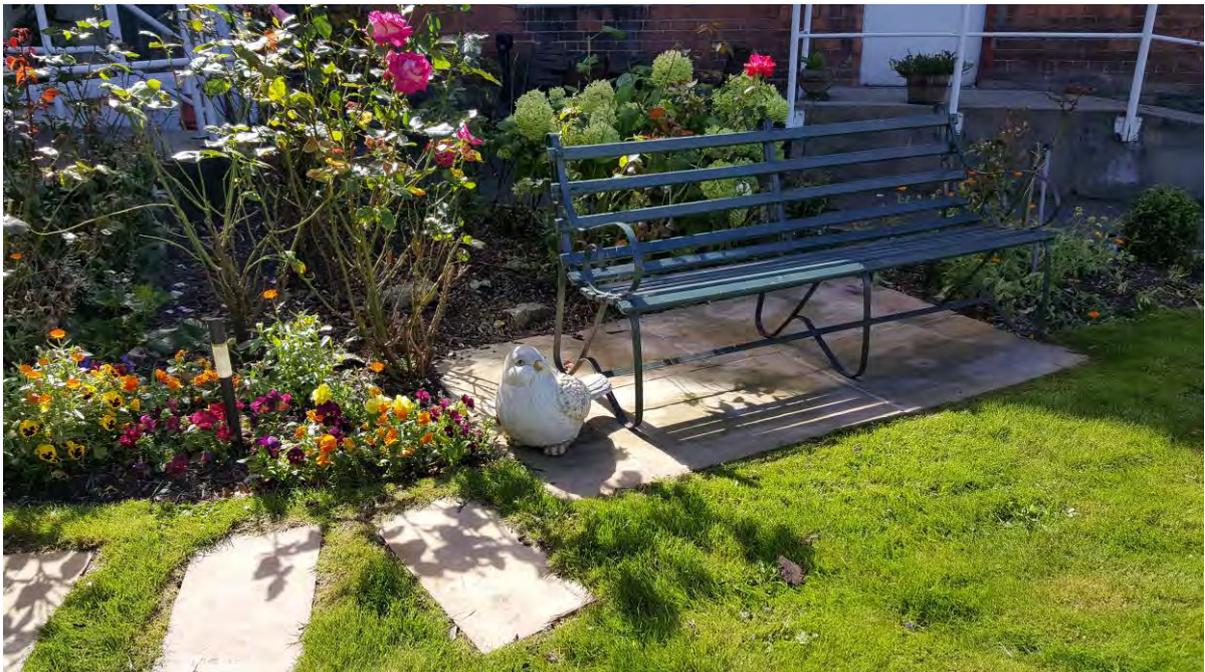
	2016	2015
	€	€
Cash and bank balances	<u>23,230</u>	<u>27,274</u>

13. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board of directors on 24 March 2017.



Annual Report 2016



**We aim to foster and environment that is person centred
and creates an atmosphere of trust, respect,
encouragement and integration.**

(From The Oasis Mission Statement)