

THE OASIS CENTRE

Annual Report 2018



ST LAURENCE PLACE EAST, SEVILLE PLACE, DUBLIN 1 D01 E5Y9.

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Irish Registered Company No.:507631 Registered Charity Number: 20102203

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Chairperson's Report 2018

Writing the 2018 Annual Report gives us the opportunity to pause, reflect, review and act on the challenges and opportunities that presented themselves in The Oasis Centre during the past year.

For Oasis this was a good year and the service provided opportunities for many to access affordable counselling and for this we are grateful. The numbers attending, however, exceeded all expectations and this presented its own challenges. A constant challenge was trying to provide Counselling Services for those who needed them. This put pressure on the service as we could not always meet the ever increasing demands for Counselling. The pressure on the service to provide counselling for all those seeking help was a concern for staff and management. It saddened us that many people had to be put on long waiting lists or referred elsewhere. In fact, towards the end of the year we had to stop taking referrals completely in order to work through the waiting list. This situation arose due to lack of staff and funding. We ensured that crisis intervention continued but this in itself was demanding on those who already were working to full capacity. This lack of resources was always an item on the agenda for the Board of Directors who looked at ways and means of solving it. We knew that one of the ways forward was extra service provision and this meant sourcing more funding and employing extra staff. We worked consistently to get this provision for Oasis. We sought every opportunity to resolve this and we did so with the conviction that something needed to be done for our service users. By the end of 2018 there was a glimmer of hope that we might be able to resolve the situation early in 2019.

Reflecting back on 2018 also gives us the opportunity to thank all those who contribute to the centre – our Funders, our Staff & Management, Directors, volunteers and our Service Users. Each in their own way make Oasis what it is and helps the service to make a difference in peoples lives. We are indebted to them for their generous support and without them there would not be a service. We look forward in hope that we will get more funding for service provision in 2019.

Mary Benton RSC
Chairperson

“Challenges are what makes life interesting and overcoming them is what makes life meaningful”

Joshua J. Marine



Executive Director's Report 2018

On 6th February we celebrated our 22nd year of The Oasis Centre. Oasis Counselling was set up in 1996 to meet the needs of the local community who needed a space to talk and work through issues they were facing in daily life. It was important for me that counselling was available for everyone, not just those who could afford to pay the high prices of private counsellors. It was set up to provide low cost/no cost service so that individuals could access counselling irrespective of financial status. This donation based service continues to this day so that all can attend.

During the years there have been a number of developments in The Oasis Centre. When we began in 1996, we had one client of Oasis Counselling and in 2018 8,430 visits were made to avail of the various services we provide. The centre has been evolving throughout these years to respond to the needs of the community.

Oasis Counselling continues to this day and in **2003** The Deora Project was established to work with people in addiction, bereavement and loss through addiction and those affected by addiction of family members. We were delighted to be able to receive funding for this project through the North East Inner City Drugs Task Force. In the course of the early years of Deora it was found that many people were attending with suicidal ideation.

While our counsellors were equipped to work with suicidal clients it was felt that the community and local services would benefit from training in suicide alertness and intervention so in **2009** we began providing training in *Applied Suicide Intervention Skills Training* (ASIST), providing 4 trainings throughout the year. This has since increased to six 2 day trainings per year due to the demand for training.

In **2010** we established The Mindfulness Clinic at The Oasis Centre. This was developed as a result of the increasing levels of anxiety in the community. It is offered in conjunction with individual counselling and can help clients learn a new way relating to others and a new way of responding to situations rather than reacting thus reducing anxiety, depression and other emotional issues.

In **2011** I trained as a trainer of *safeTALK* (Suicide Alertness for Everyone) to help the community become alert to signs that they may see in somebody thinking about suicide and to teach them to connect suicidal individuals to a suicide intervention trained person to keep them safe. This training has allowed the community to be more suicide alert and so to keep the community suicide safer.

Self harm behaviours have been increasing over the years so in **2017** we began holding *Understanding Self Harm Awareness Training*. This helps participants understand self harm and teaches approaches that are helpful when engaging with someone who self harms. I would like to thank all those who have support us financially. Without this support The Oasis Centre would not have been able to respond to the ever evolving needs of the community. During these 22 years of The Oasis Centre we have had the support of many volunteers who have worked with clients and for this we are truly grateful.



As we look forward to the future we endeavour to continue to respond to the changing needs of the community and to welcome clients to The Oasis Centre. It is a privilege to be able to provide this service to those most in need of our support.

GERALDINE BYRNE RSC

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world”

Joel A. Barker



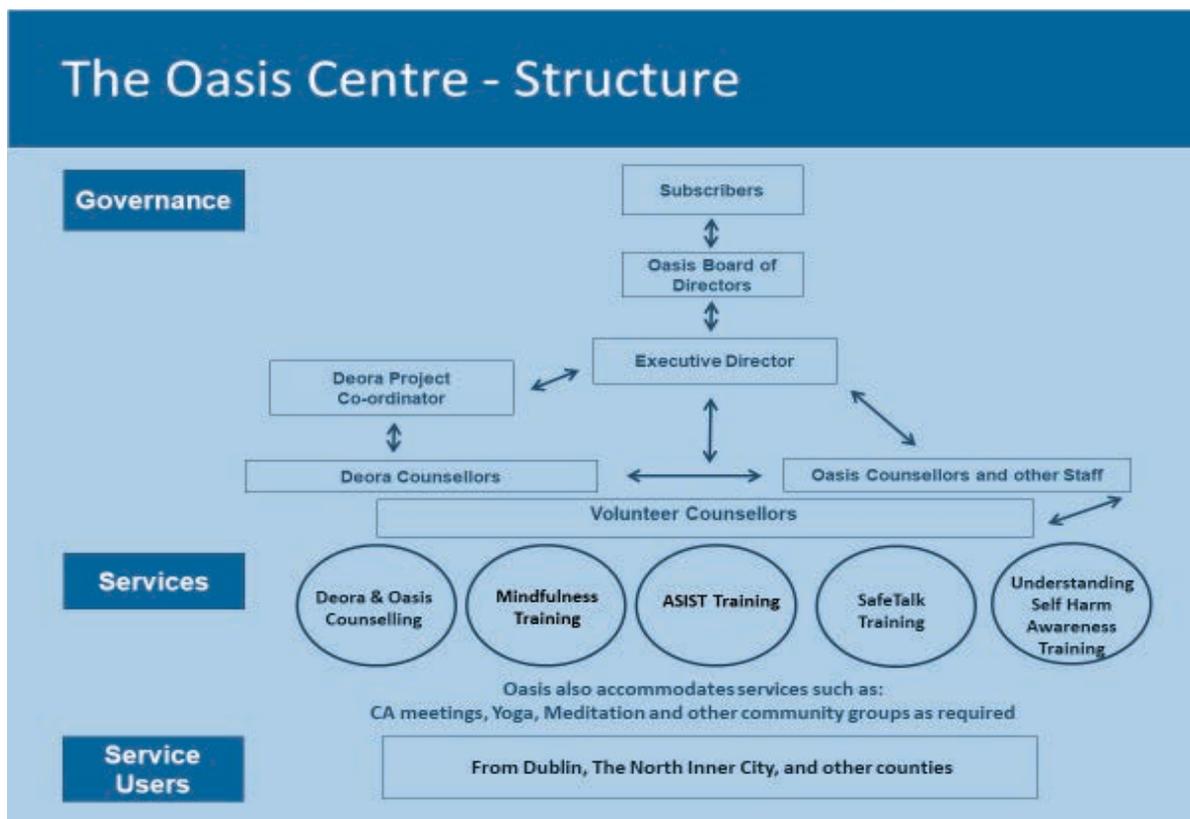
About The Oasis Centre

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 The Deora Project – 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 (Exec Director), Mary Dawson, Eva Donnellan (Secretary), Mark Fay, Declan Hallissey, Clare Neylan, Rosemary O’ Looney, Maureen O’Sullivan T.D., Maura Roe.



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
- The Deora Project
- Oasis Mindfulness Clinic

2018 at The Oasis Centre

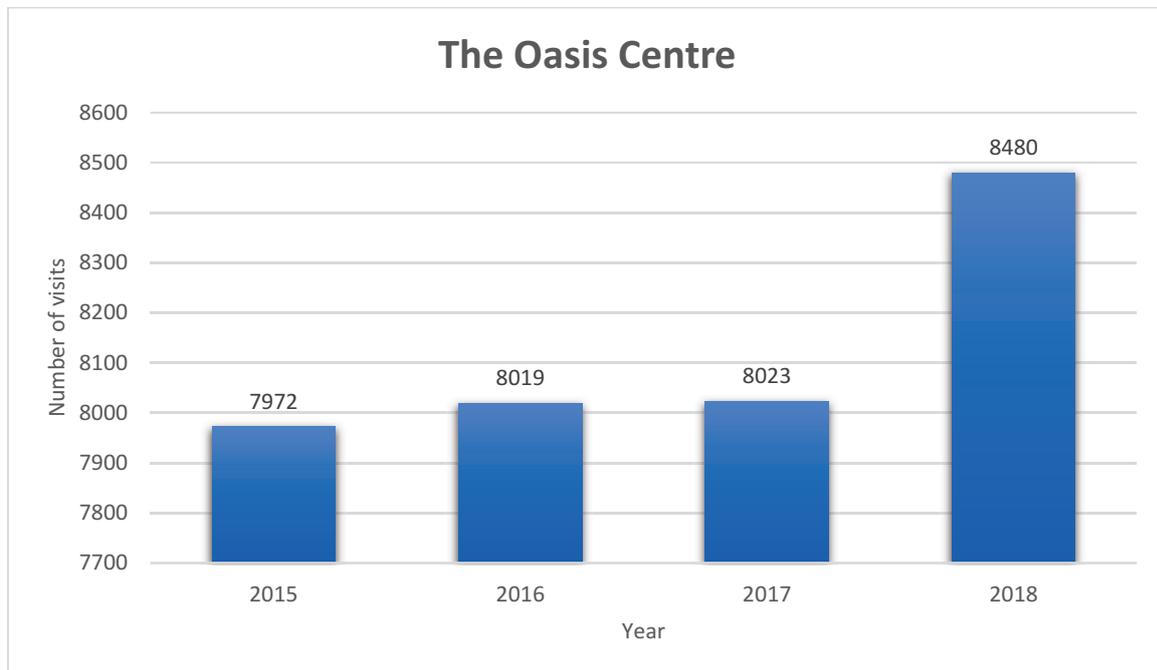
This past year has been very busy one at The Oasis Centre. 8,480 visits have been made to avail of the services of The Oasis Centre for individual counselling, training, meetings, assessments, drop in, and suicide intervention. We have continued to provide support to those most in need of help and assistance. 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 have been some new developments during this past year to adapt to the needs of our clients such as increasing our Mindfulness trainings and taking on some more voluntary counsellors as the needs of services increased. In 2018 we had 30 volunteer counsellors each seeing clients for a minimum 2 hours with many volunteering for more sessions. These volunteers are training in accredited courses or qualified and working towards accreditation or fully accredited counsellors. The Oasis Centre is a great resource for counsellors in training or working towards accreditation as it helps them work up their internship hours with clients presenting with varied issues and provides professional support for them in this work. All volunteers are interviewed, colleges and referees contacted and garda vetting completed prior to beginning work at the centre.

At The Oasis Centre 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. 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, The Deora Project and our Mindfulness Clinic. The Oasis



Centre is a non-profit organisation and we rely on grants and donations for the continuation of our services. We are indebted to all those who support us financially or in kind.



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.

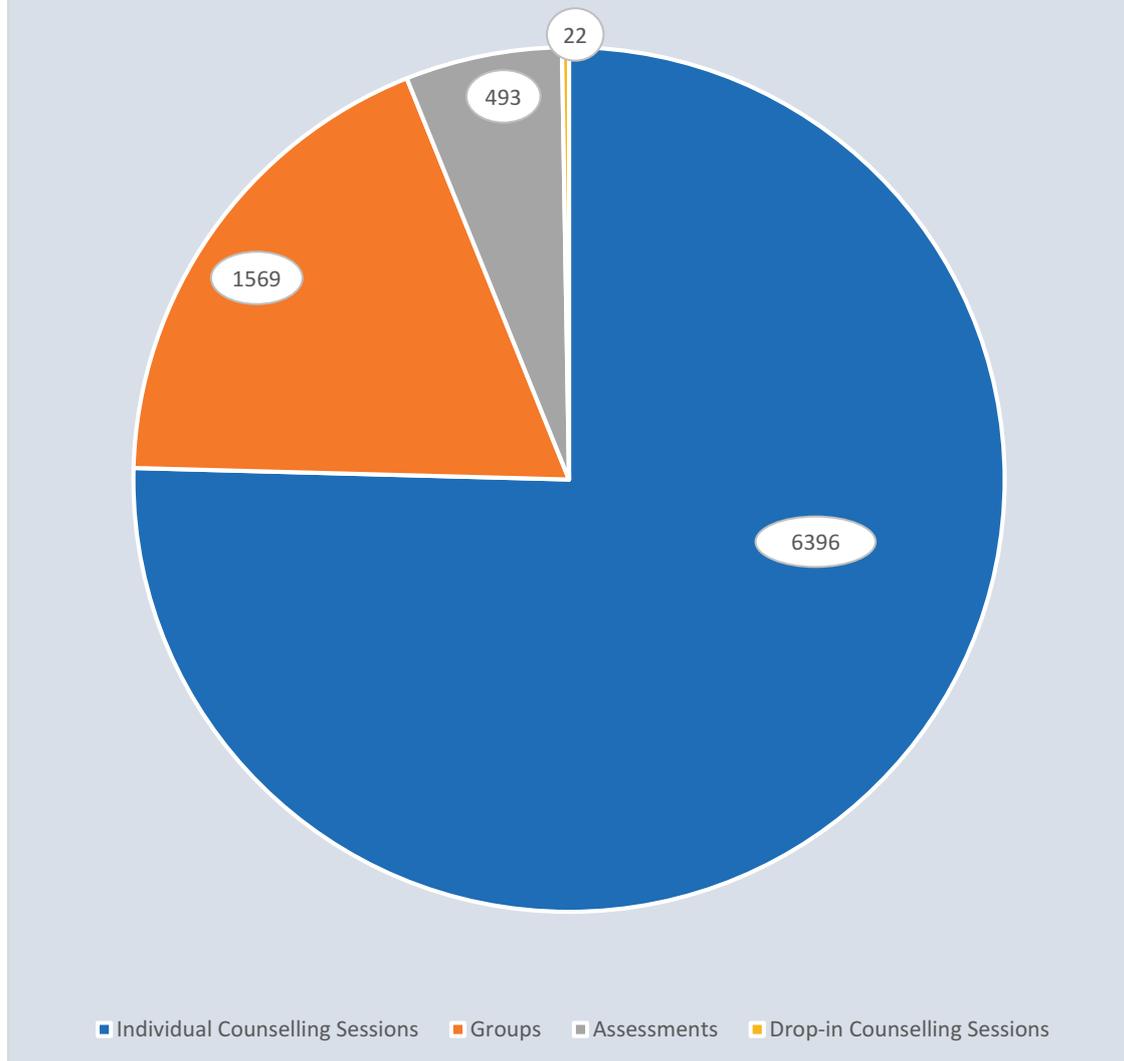
Oasis Counselling was the first service offered at The Oasis Centre back in 1996. Beginning with one client in 1996, the service has grown to having 8,480 visits made to centre in 2018. Over the years, as the needs of the community evolved, the services provided by The Oasis Centre have evolved to meet these needs. The Oasis Centre is ever evolving to ensure that we are providing the most appropriate service for the community.

“sometimes one feels freer speaking to a stranger than to people one knows. Why is that?” “Probably because a stranger sees us the way we are, not as he wishes to think we are.”

Carlos Ruiz Zafón



The Oasis Centre Statistics 2018



The Oasis Centre total visits: 8480

The Deora Project

The Deora Project 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. Annmarie Murray facilitates Understanding Self Harm Awareness Training which is a one day training is provided 6 times a year. A safeTALK suicide alertness for everyone training, which is facilitated 11 times per year, is a half day workshop that helps us to identify persons with thoughts of suicide. Geraldine Byrne and Paula Garrett facilitate this programme. Applied Suicide Intervention Skills Training (ASIST) is also provided at The Oasis Centre. 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. Occasionally we invite other trained facilitators to present training programmes when our in house trainers are unavailable.



- **Applied Suicide Intervention Skills Training:** ASIST is a two day interactive workshop in suicide first aid. It teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop.
- **safeTALK:** This is a half day alertness training that prepares attendees, regardless of prior experience or training, to become a suicide alert helper. Most people with thoughts of suicide don't truly want to die but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK trained helpers can recognize these invitations and take action by connecting them with life saving intervention resources. safeTALK trained helpers are an important part of suicide safer communities, working alongside intervention resources to identify and avert suicide risks.
- **Understanding Self Harm Awareness Training (USH):** The workshop provides opportunities to improve knowledge, awareness and understanding of self harm. Participants consider how personal attitudes and experiences might affect their helping role with a person who self harms. It aims to clarify what self harm is, what leads people to engage in this behaviour and considers its relationship with suicide. The causes, reasons behind the behaviour, and the functions are discussed. Positive approaches to engaging with and caring for someone who self harms are presented. Active participation is encouraged. It is stimulated by audio-visuals and working with others in small groups.

“Suicide doesn’t end the chances of life getting worse, it eliminates the possibility of it ever getting any better.”

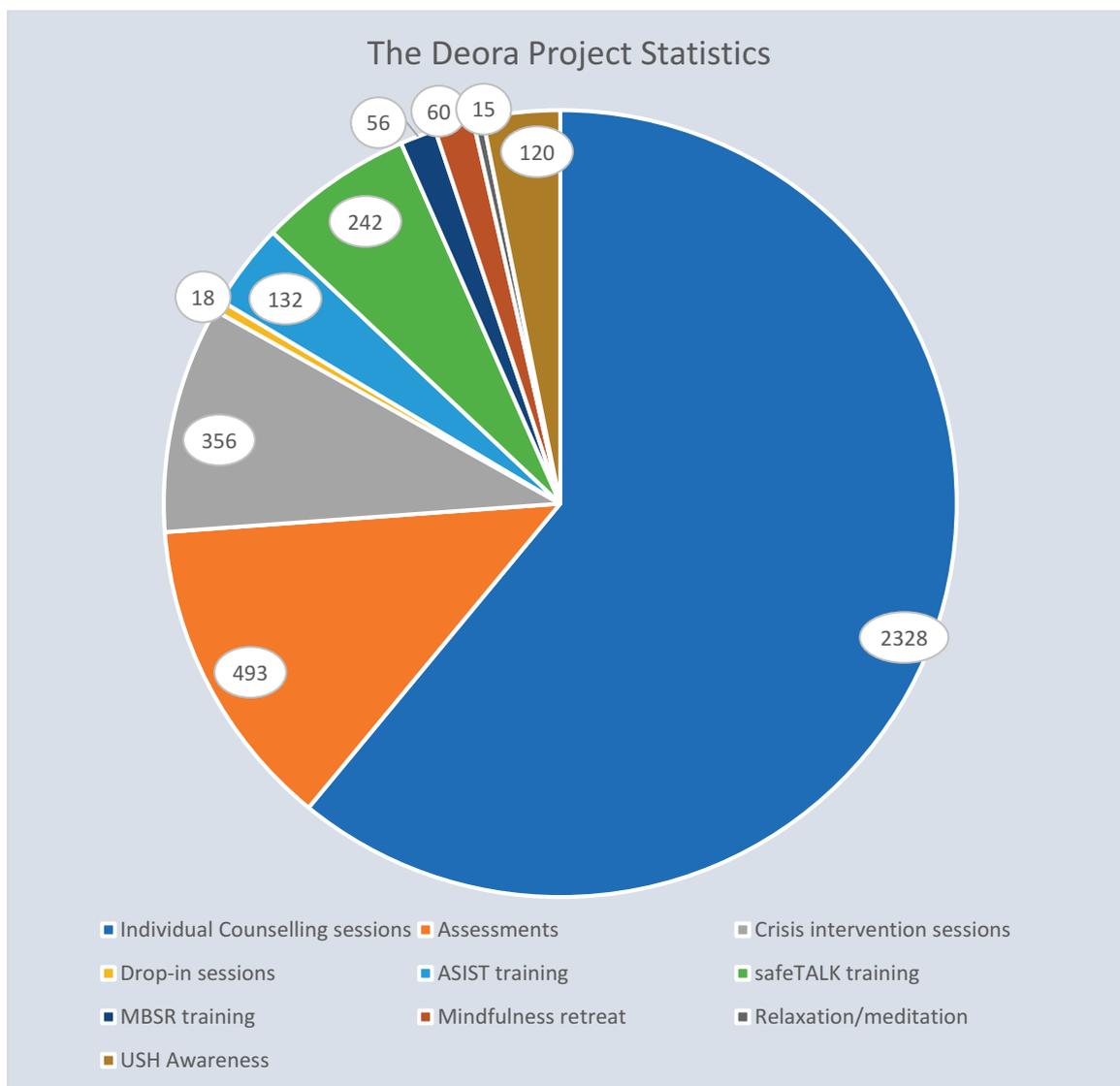
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In the past year the numbers of individuals being supported by The Deora Project remains high particularly in the area of suicide interventions with 356 interventions completed with 236 individuals. 2,328 individual client sessions were provided, 493 assessments and 682 participants completed courses and workshops.

Poly drug use continues to be a big problem with use of prescription drugs increasing. Sex addiction, gambling and compulsive use of social media are also presenting issues of our clients. The last number of years has also shown an increase in domestic violence, intimidation and abuse which, in many cases, accompany various types of addiction.

In mid-October 2018 we had to stop taking referrals as our waiting list had become too long resulting in clients waiting many months for an appointment post assessment. We monitored the waiting list over the last few months of 2018 and plan to begin taking referrals in January 2019. This is the first time that we have had to stop taking referrals. The only assessments we did during this time presented as crisis interventions. It was very difficult for us to come to the decision to stop taking referrals as it is very hard to turn away people who are asking for our help. It often takes courage to pick up the phone and ask for counselling, so having to turn these individuals away was extremely difficult for the staff of the centre. Hopefully in 2019 we will have more funding for resources and will be able to address this issue.





The Deora Project total visits: 3820

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 for a half day retreat 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.



We provide a Mindfulness Handbook which is given out to participants of our MBSR programme as well as 3 cd's with guided mindfulness practices recorded on them. At the end of the course we give each participant The Oasis Centre mindfulness 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 who are professionally trained to provide these programmes.

"When you find peace within yourself, you become the kind of person who can live at peace with others."

Peace Pilgrim

Alternative Therapies

Clients are delighted to avail of our following alternative therapies:

Relaxation/Meditation is on the second Saturday of every Month. The local residents are invited to attend this 2 hour session to take time out for self-care for themselves

Elizabeth Slattery facilitates this class.

Mindfulness half day retreat is held on the first Saturday of every month. This is offered for those who have completed MBSR training or those who have an established meditation practice. This retreat is facilitated by our qualified Mindfulness Based Stress Reduction teachers.

Yoga is facilitated by yoga teacher Deirdre Barrett and is held every Monday 10.30am and open to anyone wishing to attend.

Fundraising

In 15th February **The Draocht Drama Group** provided their services, free of charge, to perform *The Plough and the stars* in aid of The Oasis Centre. We hired the **Clasac Theatre** at a reduced cost for the play. Tickets were €10 for admission. We sold tea and coffee, biscuits and sold raffle tickets for prizes donated by individuals and businesses. It was a very successful night and we had a full house. We would like to thank The Draocht Drama Group, all those who supported us and for staff who gave their time to make this a great success. The amount raised for this night was €3,207.

We would like to thank a client of the centre who raised the amount of €265 by completing the **VHI Mini Marathon** in June on behalf of the centre.

In April Derek Cleary and Debbie Reid of **Localise Ireland** visited The Oasis Centre to tell us that the local primary schools, **St Laurence O'Toole Girls School** and **St Laurence O'Toole CBS Senior Boys School**, had chosen us as their charity to raise funds for our service. Paula Garrett attended St Laurence O'Toole CBS on 25th April to give a presentation to the children on the services provided at The Oasis Centre. They were very engaged in the presentation and had a big interest in mental health and the work we do to prevent suicide. Localise Ireland were



working in conjunction with the schools and **Price Waterhouse Cooper**. On 11th May an event was held at PwC. It was called 'Walk and Talk'. Staff from PwC donated money to spend 5 minutes walking on treadmills and the school children had chats with them as they walked. A raffle was held and food could be purchased with all proceeds going to The Oasis Centre. We thoroughly enjoyed the event and loved the idea of 'walk and talk'. It was very fitting for The Oasis Centre. It was great to see the school children chatting to the staff on the treadmills. We were delighted with the sum of €3,337.88 raised. We would like to thank staff and pupils of St Laurence O'Toole Girls School and St Laurence O'Toole CBS Senior Boys School for their hard work in putting this event together and making it such a success. We would also like to thank Derek and Debbie of Localise for their valuable work on this project, and also Mary McCluskey and staff of PwC for holding the event and working so hard with the children both in the lead up to the day and during the day itself.

Derek Cleary of Localise Ireland introduced us to **Catherine Carey of Ireland United States Alumni Association (IUSA)** and UCD Clinton Institute for American Studies. She offered us the services of herself and 3 volunteers from The American Embassy to do some work in our garden. They came to the Centre on Saturday 23rd June and worked on the flower bed at the end of the garden and also the secret garden at the side of the building. They provide peat moss, mulch, new plants and pots. They worked very hard for us that day and they brought wonderful new life to the garden. We would like to thank Catherine and her volunteers for their time, hard work and expertise.

Staff from **The National Lottery** attended The Oasis Centre for training in safeTALK throughout 2018. One of those staff members suggested to their employer that she would like to make a donation to us as she thought the training received was excellent. So, on 1st November Geraldine Byrne and Paula Garrett went to National Lottery head office to receive a cheque for €1,500.00. We are very grateful for this kind donation to our service.

On 21st November we received an email from Harry Keogh of **Localise Ireland** who was working with **Beneavin De La Salle College transition year students**. They were doing fundraising in the run up to Christmas and The Oasis Centre was chosen to raise funds as they wanted to work with a mental health charity. On Monday 10th December Paula Garrett attended Beneavin De La Salle College to speak with the transition year students about The Oasis Centre and the work we do on suicide prevention. They decided on a Santa 5k run which was held on 18th December 2018. The proceeds of which will be presented to The Oasis Centre early in 2019. We are very grateful to Beneavin De La Salle College transition year students, their teachers and Harry Keogh of Localise Ireland for the hard work involved in organising and taking part in this event.

Unfortunately, we had to cancel our carol singing fundraiser on 15th December 2018 due to bad weather. It was a very stormy day and we couldn't expect anyone to brave the elements. We hope to be back on track and in fine voice for next year's annual carol singing event.

*"Giving is not just about making a donation,
it's about making a difference"*

Kathy Calvin



The Oasis Centre Funders

The Oasis Centre is supported by the **Religious Sisters of Charity, Religious of Christian Education, Tusla Child and Family 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 clients. Due to the increased demand for our services we rely more and more on these donations for the continuation of The Oasis Centre. We are very grateful to the **Religious Sisters of Charity** for use of their premises. The Oasis Centre pays a peppercorn rent of €10 per year therefore all our funding and donations go back into the service for direct service provision. To find out more about the work of the Religious Sisters of Charity, see www.rscaritas.org or www.religioussistersofcharity.ie

The Deora Project in The Oasis Centre is funded by the HSE through **The North Inner City Drugs Task Force www.nicdatf.ie**. 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 www.nosp.ie** for funding our training in ASIST, safeTALK and Understanding Self Harm Awareness training in 2018 as part of Connecting for Life, which is Ireland's National Strategy to Reduce Suicide 2015 – 2020.

Tusla Child and Family 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 We are indebted to these benefactors for their generous donations, without which we would be unable to provide our services.

HSE Review Meetings

In September 2018 the HSE began a review of services in the north east inner city. They brought in a strategist, Frank Murtagh, to complete this review. The Oasis Centre had 2 meetings with Frank Murtagh in which we discussed services provided by us. We await a report on his findings.

Brian Kirwan, Access Officer, Primary Care, HSE Ballymun visited The Oasis Centre in December 2018. He said he was very impressed by the premises and service we provide for the clients attending. Brian was interested in finding out more about the work we do and possible funding options open to us were discussed. He said that some of our funding might be suitable to come through a different strain, possibly Social Inclusion. Further meetings will be held in early 2019 regarding this proposal.

The Oasis Centre Staff

Geraldine Byrne Exec. Director.

Paula Garrett Co-ordinator The Deora Project.

Counsellors - Betty Cashell, Martina O'Beirne, Anne Reilly, Monica Roche, Annmarie Murray, Susan Sneyd, Elizabeth Slattery, Cynthia Abraham (cover for maternity leave).



Reception/Administration - Aoife Doyle, Jennifer Arkins and Niamh Doyle
Household - Michelle Kelly
Payroll – Jenny Coughlan
Human Resources – Paul Gahan
safeTALK trainers - Geraldine Byrne/Paula Garrett
ASIST trainers - Paula Garrett/Martina O’Beirne
Understanding Self Harm Awareness trainer - Annmarie Murray
MBSR facilitators - Fionnuala Gill/Paula Garrett/Anne Kirwan/Paddy Gowan
Elizabeth Slattery – Meditation/ Relaxation facilitator.
Yoga - Deirdre Barrett
30 Voluntary Counsellors

Workshops for staff

As part of the in-service training for the Counsellors, workshops are held on a Regular basis. In 2018 the following Workshops have taken place for staff and volunteers of the Centre:

1. safeTALK – Geraldine Byrne and Paula Garrett throughout 2018.
2. ASIST – Paula Garrett and Martina O’Beirne throughout 2018.
3. Understanding Self Harm Awareness Training – Annmarie Murray throughout 2018.
4. Retreat day for self-care at Stella Maris in Howth –Dr Paddy Gowan and Dr Ming Rawat 14th April 2018.
5. Drug Related Intimidation Conference – Croke Park, 18th June, 2018.
6. Health and healing through Mind-Body Unity in UCC - Dr Gabor Mate 30th June and 1st July 2018.
7. GDPR training – Paul Gahan 7th August 2018.
8. NDTRS Link Training – 1st October 2018.
9. Retreat day for self-care at Stella Maris in Howth –Dr Paddy Gowan and Dr Ming Rawat 6th October 2018.
10. Adolescent mental health by Dr Harry Barry 11th October 2018.

Transcultural Development

The Oasis Centre encountered many non-nationals seeking our services during 2018. 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, Tanzania, Peru, Venezuela, Brazil India, Syria, Romania 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.

“For I was a stranger and you made me feel welcome”

Matthew 25:36



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

Planning for 2019

Funding

We are indebted to The Sisters of Charity for their support through the years which has enabled Geraldine Byrne to work in Oasis 23 years pro bono, managing all areas of the service. This was done in order to provide a Counselling Service for the people of the North Inner City. With the future in mind and to ensure that we continue to provide a professional service we need a salary for a manager to direct the provision of services. The service cannot continue in the absence of funding and if we cannot put this in place then we would be extremely concerned for the future of Oasis and unable to sustain this valuable service for the north east inner city.

In February 2017 The Mulvey report was released outlining a plan for the social and economic regeneration of Dublin's North East Inner City. This report recommended that The Oasis Centre receive additional funding for a manager role to ensure the continuation of the valuable work done here. In 2019 we will continue to engage with NEIC Programme Implementation Board on this matter.

Fundraising

In 2019 we are planning several events such as a summer raffle, women's mini marathon, carol singing and engaging with local businesses in the IFSC to raise much needed funds.

Training

We plan to continue with our safeTALK, ASIST and Understanding Self Harm Awareness training. We also plan to schedule staff training in various subjects as the needs of our clients evolve. We are developing 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.

Premises

We applied for a grant through the **North East Inner City Community Grant Scheme** with a proposal to upgrade our garden, front and back, to provide an enhanced environment for all



our service users who like to take time out in the garden. We were delighted to have been successful with this application and will receive €3000 for this project. We have received a payment advice stating that the funds will be paid to our account in January 2019. The garden project will be completed in the first half of 2019.

We tendered for a new gardener in 2018 and are delighted to welcome Adrienne Duffy who is an expert in the field. She will begin her contract in January 2019. In the first half of 2019 she will be revamping the garden front and back with landscaping, replacing old soil and tidying up flower beds, new planting of trees and shrubs, revamping garden furniture and purchasing new furniture also. This has been made possible due to the grant we received through the NEIC. We are very grateful for this grant which will allow us to create an environment of beauty, calm, peace and tranquillity for all who enter our premises.

“Beauty surrounds us, but usually we need to be walking in a garden to know it”

Rumi



(Photo: Fountain in The Oasis Centre Garden)



**Appendix 1:
Accounts for 2018**

Company Number: 507631

The Oasis Centre Limited
(A company limited by guarantee, without a share capital)
Directors' Report and Financial Statements
for the year ended 31 December 2018

The Oasis Centre Limited

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

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The Oasis Centre Limited

(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	CHY: 21157 RCN: 20102203
Registered Office and Business Address	St. Laurence's Place East Seville Place Dublin 1
Auditors	Ardagh Horan Connolly Accountants Limited Certified Public Accountants and Statutory Auditors 168 Walkinstown Road Dublin 12
Bankers	Bank of Ireland 6 O'Connell Street Dublin 1

The Oasis Centre Limited

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

DIRECTORS' REPORT

for the year ended 31 December 2018

The directors present their report and the audited financial statements for the year ended 31 December 2018.

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.

Financial Results

The (deficit)/surplus for the year amounted to €(58) (2017 - €761).

At the end of the year, the company has assets of €6,353 (2017 - €24,491) and liabilities of €25,950 (2017 - €44,030). The net liabilities of the company have decreased by €(58).

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.

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 Connolly Accountants Limited, (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.

Statement on Relevant Audit Information

So far as the directors are aware, there is no relevant audit information of which the statutory auditors are unaware. The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of that information.

The Oasis Centre Limited

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

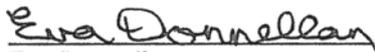
DIRECTORS' REPORT

for the year ended 31 December 2018

Accounting Records

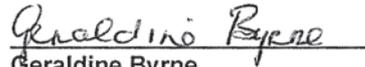
To ensure that proper books and accounting records are kept in accordance with sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The books of account are located at the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

Signed on behalf of the board



Eva Donnellan
Director

14 May 2019



Geraldine Byrne
Director

14 May 2019

The Oasis Centre Limited

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

DIRECTORS' RESPONSIBILITIES STATEMENT

for the year ended 31 December 2018

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

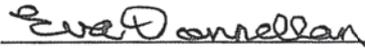
Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" 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 accounting 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.

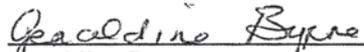
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined 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 readily and properly 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

14 May 2019



Geraldine Byrne
Director

14 May 2019

INDEPENDENT AUDITOR'S REPORT

to the Members of The Oasis Centre Limited

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

Report on the audit of the financial statements

Opinion

We have audited the financial statements of The Oasis Centre Limited ('the company') for the year ended 31 December 2018 which comprise the Income and Expenditure Account, the Balance Sheet, the Reconciliation of Members' Funds, the Cash Flow Statement and the related notes to the financial statements, including a summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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 2018 and of its deficit for the year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland"; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

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

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other Information

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

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

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that:

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

Matters on which we are required to report by exception

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

INDEPENDENT AUDITOR'S REPORT

to the Members of The Oasis Centre Limited

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

Respective responsibilities

Responsibilities of directors for the financial statements

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

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

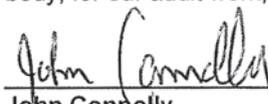
Auditor's responsibilities for the audit of the financial statements

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

A further description of our responsibilities for the audit of the financial statements is contained in the appendix to this report, located at page 9, which is to be read as an integral part of our report.

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

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



John Connolly
for and on behalf of
Ardagh Horan Connolly Accountants Limited
Certified Public Accountants and Statutory Auditors
168 Walkinstown Road
Dublin 12

14 May 2019

The Oasis Centre Limited

APPENDIX TO THE INDEPENDENT AUDITOR'S REPORT

Further information regarding the scope of our responsibilities as auditor

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

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

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

The Oasis Centre Limited

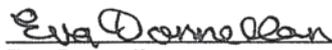
(A company limited by guarantee, without a share capital)

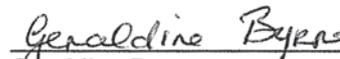
INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2018

	Notes	2018 €	2017 €
Income		271,606	277,871
Expenditure		(271,664)	(277,110)
(Deficit)/surplus for the year		(58)	761
Total comprehensive income		(58)	761

Approved by the board on 14 May 2019 and signed on its behalf by:


Eva Donnellan
Director


Geraldine Byrne
Director

The Oasis Centre Limited

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

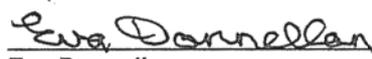
BALANCE SHEET

as at 31 December 2018

	Notes	2018 €	2017 €
Current Assets			
Cash and cash equivalents		6,353	24,491
Creditors: Amounts falling due within one year	4	(25,950)	(44,030)
Net Current Liabilities		(19,597)	(19,539)
Total Assets less Current Liabilities		(19,597)	(19,539)
Reserves			
Income and expenditure account		(19,597)	(19,539)
Members' Deficit		(19,597)	(19,539)

The financial statements have been prepared in accordance with the small companies' regime.

Approved by the board on 14 May 2019 and signed on its behalf by:


Eva Donnellan
Director


Geraldine Byrne
Director

The Oasis Centre Limited

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

RECONCILIATION OF MEMBERS' FUNDS

as at 31 December 2018

	Retained deficit	Total
	€	€
At 1 January 2017	(20,300)	(20,300)
Surplus for the year	761	761
At 31 December 2017	(19,539)	(19,539)
Deficit for the year	(58)	(58)
At 31 December 2018	<u>(19,597)</u>	<u>(19,597)</u>

The Oasis Centre Limited

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

CASH FLOW STATEMENT

for the year ended 31 December 2018

	Notes	2018 €	2017 €
Cash flows from operating activities			
(Deficit)/surplus for the year		(58)	761
		<u>(58)</u>	<u>761</u>
Movements in working capital:			
Movement in creditors		(18,080)	500
		<u>(18,138)</u>	<u>1,261</u>
Cash (used in)/generated from operations		(18,138)	1,261
		<u>(18,138)</u>	<u>1,261</u>
Net (decrease)/increase in cash and cash equivalents		(18,138)	1,261
Cash and cash equivalents at beginning of financial year		24,491	23,230
		<u>24,491</u>	<u>23,230</u>
Cash and cash equivalents at end of financial year	8	<u>6,353</u>	<u>24,491</u>

The Oasis Centre Limited

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

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2018

1. GENERAL INFORMATION

The Oasis Centre Limited is a company limited by guarantee incorporated in the Republic of Ireland. The registered office of the company is St. Laurence's Place East, Seville Place, Dublin 1, which is also the principal place of business of the company. The nature of the company's operations and its principal activities are set out in the Directors' Report. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

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 2018 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

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention 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

Grant income is recognised when there is reasonable assurance that the grant will be received and the company has complied with all attached conditions.

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.

Creditors

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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and in hand and bank overdrafts. In the Balance Sheet bank overdrafts are shown within Creditors.

Taxation

No charge to current or deferred taxation arises as the company has been granted charitable status under Section 207 and 2018 of the Taxes Consolidation Act 1997, Charity No. CHY 21157.

3. EMPLOYEES

The average monthly number of employees, including directors, during the year was as follows:

	2018 Number	2017 Number
Employees	10	9

The Oasis Centre Limited

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

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2018

4. CREDITORS	2018	2017
Amounts falling due within one year	€	€
Payments received on account	-	9,600
Other creditors	22,560	31,040
Accruals	3,390	3,390
	<u>25,950</u>	<u>44,030</u>

5. CAPITAL COMMITMENTS

The company had no material capital commitments at the year-ended 31 December 2018.

6. GOING CONCERN

The financial statements have been prepared on a going concern basis. The company has positive financial resources and is relying on the continued support of HSE. The directors are of the opinion that such financial support will continue for the foreseeable future of twelve months from the date of approval of the accounts, and that it is therefore appropriate to prepare the company's financial statements on a going concern basis.

7. POST-BALANCE SHEET EVENTS

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

8. CASH AND CASH EQUIVALENTS	2018	2017
	€	€
Cash and bank balances	<u>6,353</u>	<u>24,491</u>

The Oasis Centre Limited

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

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2018

9. INCOME	2018 €	2017 €
HSE (NICDTF) interim funding	163,900	163,900
TUSLA	7,400	7,400
HSE	13,000	10,000
Sisters of Charity	17,480	26,720
Centre donations	36,516	38,899
Fundraising	6,810	3,559
National Lottery	1,500	3,500
NEIC grant	5,000	3,400
Religious of Christian Education	20,000	20,000
Other income	-	493
	<u>271,606</u>	<u>277,871</u>

Name of grantor: HSE

Name of grant: Grant Aid Agreement, Section 39 Health Act 2004

Purpose of the grant: Provide counselling for clients.

Grant Awarded: €163,900, Grant Received: €163,900, Grant Accrued: NIL, Grant Deferred: NIL, Grant Income: €163,900.

Accounting for grants: The Company is required to return annual audited accounts and complete Income and Expenditure spreadsheet.

Capital grants: No such grants received in the period.

Employees: There are no employees whose total employee benefits (excluding ER pension) that fall within each band of €10,000 from €60,000 upwards.

Restrictions: The grant is restricted as per terms and conditions of the annual funding agreement.

Name of grantor: TUSLA

Name of grant: Annual grant once off payment

Purpose of the grant: Supervision for counselling services.

Grant Awarded: €7,400, Grant Received: €7,400, Grant Accrued: NIL, Grant Deferred: NIL, Grant Income: €7,400.

Accounting for grants: The Company is required to return annual audited accounts.

Capital grants: No such grants received in the period.

Employees: There are no employees whose total employee benefits (excluding ER pension) that fall within each band of €10,000 from €60,000 upwards.

Restrictions: The grant is restricted as per terms and conditions of the annual funding agreement.

Name of grantor: HSE

Name of grant: Annual grant

Purpose of the grant: Safe Talk ASSIST Training.

Grant Awarded: €13,000, Grant Received: €13,000, Grant Accrued: NIL, Grant Deferred: NIL, Grant Income: €13,000.

Accounting for grants: Provide evidence in relation to receipts and accounts when requested by HSE.

Capital grants: No such grants received in the period.

Employees: There are no employees whose total employee benefits (excluding ER pension) that fall within each band of €10,000 from €60,000 upwards.

Restrictions: The grant is restricted as per terms and conditions of the annual funding agreement.

Name of grantor: NEIC

Name of grant: NEIC Community Grant Scheme

Purpose of the grant: Mindfulness Based Stress Reduction Programme.

Grant Awarded: €5,000, Grant Received: NIL, Grant Accrued: €5,000, Grant Deferred: NIL, Grant Income: €5,000.

Accounting for grants: Provide evidence in relation to receipts and accounts when requested by NEIC.

Capital grants: No such grants received in the period.

Employees: There are no employees whose total employee benefits (excluding ER pension) that fall within each band of €10,000 from €60,000 upwards.

Restrictions: The grant is restricted as per terms and conditions of the annual funding agreement.

Tax clearance

The company is compliant with relevant circulars, including Circular 44/2006 "Tax Clearance Procedures Grants, Subsidies and Similar Type Payments".

The Oasis Centre Limited

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

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2018

This note is in adherence with the requirements set out in Circular 13/2014 which supercedes Circular 17/2010.

Compliance

The company is compliant with relevant Circulars, including Circular 13/2014.

10. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board of directors on 14 May 2019.

THE OASIS CENTRE LIMITED
(A company limited by guarantee, without a share capital)

SUPPLEMENTARY INFORMATION

RELATING TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2018

NOT COVERED BY THE REPORT OF THE AUDITORS

THE FOLLOWING PAGES DO NOT FORM PART OF THE AUDITED FINANCIAL STATEMENTS

The Oasis Centre Limited

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

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2018

	2018	2017
	€	€
Income		
HSE (NICDTF) interim funding	163,900	163,900
TUSLA	7,400	7,400
HSE	13,000	10,000
Sisters of Charity	17,480	26,720
Centre donations	36,516	38,899
Fundraising	6,810	3,559
National Lottery	1,500	3,500
NEIC grant	5,000	3,400
Religious of Christian Education	20,000	20,000
Other income	-	493
	<u>271,606</u>	<u>277,871</u>
Expenditure		
Wages and salaries	182,945	178,318
Social welfare costs	17,672	17,556
Advertising and promotions	-	180
Supervision and courses	7,400	7,400
Vetting costs	128	75
Workshop	-	5,900
Rates	367	228
Insurance	2,730	2,514
Computer costs	3,643	5,308
Light and heat	9,032	7,191
Repairs and maintenance	13,763	11,836
Training	15,781	12,404
Offset of training and trainer costs	(4,600)	-
Printing, postage and stationery	3,308	6,847
Telephone	2,090	1,963
Travelling and entertainment	253	213
Provisions	2,547	1,775
Legal and professional	5,893	3,867
Accountancy	477	-
Alternative therapies	-	6,470
Bank charges	663	747
Household expenses	1,229	1,929
General expenses	3,346	1,766
Auditor's remuneration	2,997	2,623
	<u>271,664</u>	<u>277,110</u>
Net (deficit)/surplus	<u>(58)</u>	<u>761</u>

The Oasis Centre Limited

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

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2018

The Deora Project

	2018 €	2017 €
Income		
HSE (NICDTF) interim funding	163,900	163,900
HSE	13,000	10,000
NEIC grant	5,000	3,400
	<u>181,900</u>	<u>177,300</u>
Expenditure		
Wages and salaries	128,416	131,777
Social welfare costs	12,024	13,622
Workshop	-	3,400
Insurance	1,515	1,384
Light and heat	6,082	6,012
Repairs and maintenance	4,394	4,458
Training	13,443	10,000
Offset of training and trainer costs	8,700	-
Printing, postage and stationery	104	12
Telephone	1,778	1,821
Provisions	1,231	-
Legal and professional	553	1,600
Bank charges	663	591
Auditor's remuneration	2,997	2,623
	<u>181,900</u>	<u>177,300</u>
Net surplus	<u>-</u>	<u>-</u>

The Oasis Centre Limited

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

SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2018

Oasis Counselling Services

	2018	2017
	€	€
Income		
TUSLA	7,400	7,400
Sisters of Charity	17,480	26,720
Centre donations	36,516	38,899
Fundraising	6,810	3,559
National Lottery	1,500	3,500
Religious of Christian Education	20,000	20,000
Other income	-	493
	<u>89,706</u>	<u>100,571</u>
Expenditure		
Wages and salaries	54,529	46,541
Social welfare costs	5,648	3,934
Advertising and promotions	-	180
Supervision and courses	7,400	7,400
Vetting costs	128	75
Workshop	-	2,500
Rates	367	228
Insurance	1,215	1,130
Computer costs	3,643	5,308
Light and heat	2,950	1,179
Repairs and maintenance	9,369	7,378
Training	2,338	2,404
Offset of training and trainer costs	(13,300)	-
Printing, postage and stationery	3,204	6,835
Telephone	312	142
Travelling and entertainment	253	213
Provisions	1,316	1,775
Legal and professional	5,340	2,267
Accountancy	477	-
Alternative therapies	-	6,470
Bank charges	-	156
Household expenses	1,229	1,929
General expenses	3,346	1,767
	<u>89,764</u>	<u>99,811</u>
Net (deficit)/surplus	<u>(58)</u>	<u>760</u>

