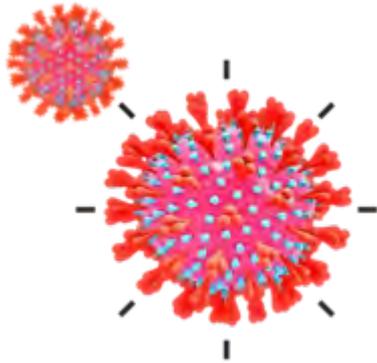


Chief Executive Statement



We all had a difficult year last year.
Some services in Cope Foundation stopped because lots of staff had the Covid 19 virus.



When staff were sick, it meant that day services, respite, home support and other services were stopped.
Some staff were needed to work in residential homes instead.



Staff made an effort to help people we support as best they could.

We all washed our hands.

We all wore masks.

Some staff delivered services remotely.





There were sometimes during the year when our plans did not work out in Cope Foundation.

This was disappointing for our service users and for us.



We are making a new plan for the next few years to help us prepare for any challenges. We try to improve every year.

We look forward to make great things happen in years to come.



2021 was a hard year.

We learned a lot.

We aim to keep the people we support and their families in the centre of everything we do.



I would like to say thank you to:

- The staff in Cope Foundation
- Our chairperson, Gearoid Gilly
- The board of directors
- The Health Service Executive
- The people we support and their families



Created by the Speech and Language Therapy
Dept. Cope Foundation
Created with Photosymbols
Version: 5 May 2020

Community Hubs



A community hub is a place where people go during the day to do many different activities.



Paul Sherlock is a manager in a community hub in Cope Foundation.



Paul talked about what is important about a community hub.

A community hub is about being person-centred.



Person centred means people are helped to make choices about what they want to do in their own lives.



A person who goes to a community hub has a key worker.



A keyworker is a person who works in the hub.

A key worker will help a person to reach their goals.



Each person who goes to the community hub will have a person centred plan.

This plan will help each person choose what they want to do in the hub.



A person can choose what they would like to do in the community.

A person can choose what they would like to do at home or at work.

Community hubs are being set up in different places across cork city.

There are now 11 Community Hubs in Cork City.

In 2021 2 new community hubs opened



Ballvolane



Bessborough

In 2022 5 new community hubs will open.



Ballincollig



Bishopstown



Macroom



Douglas



South main
street



What is advocacy?

Advocacy is about saying what you want.



Advocacy is about you and your rights



Advocacy is getting help from others to speak up about your rights



There are many different types of advocacy.

The Ability board



The Ability board are a group of people from Cope Foundation



They do advocacy work in Cork, in Ireland and all around the world.



They work together to help you and your rights



In 2021 they did lots of good work

In January 2021



The Ability board joined the 'Disability Participation and Consultation Network Ireland'



This network makes sure that the Government listens to people with disabilities when they make new laws and policies

In February



The President of the Ability board and Marian Hennessy spoke at the Zero Conference 2021.

Marian Hennessy helps people with disabilities to find work in Cope Foundation



The Zero conference helps to improve the lives of people who have disabilities.



The Zero conference is always in Vienna in Austria.

But it was online in 2021 because of Covid-19.

In March



There was a festival called the Adult Learner festival.

3 people from the Ability board spoke on the first day of this festival.



They spoke about a campaign which is called 'Nothing about us Without us'

A campaign is when a group of people organise activities to achieve a goal



This campaign wants people with disabilities to be included in employment and education

On international women's day



The Ability board noticed that there were more men in the group than women

So, they had a competition on international women's day.



8 women were in the competition.

They gave speeches and did activities



2 women joined the Ability board. Estelle Kelly and Amy Mulroy. Welcome Estelle and Amy!



The Ability board also gave awards to other people in the group

They got the awards for their hard work during the Covid-19 lockdown

In Spring 2021



The Ability board joined the 'Business for Social Impact' programme.

This was a programme that went on for 4 months.



This programme helps to create businesses that make positive changes.

In Summer 2021



The Ability board worked with the staff at 'Visit Cork'



Visit Cork is a group that looks after visitors when they come on holidays to Cork



'Visit Cork' and the Ability board talked about how they can make Cork a better place for people with disabilities.

In October 2021



The local enterprise office gave the Ability board business classes.

The local enterprise office is a group of people who help businesses



They gave advice to the Ability board.

They supported the Ability board.



They helped the Ability board to become a social enterprise.

A social enterprise is a business that helps to make people's lives better.

What courses did the Ability board complete in 2021?



They did an advocacy course

This taught them how to fight for their rights and other people's rights.



They did an interview panel course.

Interview panel training teaches people how to interview other people



They did a virtual presentation skills course.

Virtual presentation skills help people to give a presentation on a computer.

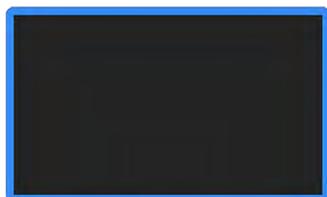
What funding did the Ability board get in 2021?



Funding is when the Ability board receives money.



The Ability board was given funding by 2 different places.



They were given funding by Solas.



Solas helps people to get an education



They were given funding by a social enterprise programme.

This will help and support the Ability board

In December



People from the Ability board were hired by Social Impact Ireland

Social Impact Ireland are a group of people who help social enterprises.



The Ability board will help them to make their programmes Easy-to-Read.



The Ability board will start this work in 2022.



Created by the Speech and Language Therapy
Dept. Cope Foundation
Created with Photosymbols
Version: 5 May 2020

Fundraising Highlights

Fundraising is when people and companies come together to raise money for an organization.

Money from fundraising helps Cope Foundation do more for the people we support.



Last year it was difficult to fundraise because of COVID-19.

People still came together to raise money for Cope Foundation.

People raised over **€500,00** for Cope Foundation.



300,000 Steps Challenge

People of all ages participated in the month of February to get fit and raise money for Cope Foundation.

People tried to walk 300,000 during the month.

Thanks to our sponsors EY for a successful step challenge.



5 Peaks 1 Week Challenge

In the Spring this challenge combined learning with fundraising. Participants were invited to hear from people we support about their rights.

People hiked 5 mountains in 1 week.



Golf Classic

Monkstown Golf hosted our yearly golf tournament in August. Over 200 golfers played gold and raised money for Cope Foundation.

Golfers from the Northern Ireland Blind Golf Association also attended this year.

This event was sponsored by O'Flynn Exhams Solicitors.



Light Up Cork

Amy Begley is an artist Cope Foundation supports.

She designed virtual art to show inclusion in our community and raise money.

Amy was invited to speak to Ryan Turbidy on RTE Radio One because this campaign was so successful.



Rotary Tree of Remembrance

Cope Foundation was chosen as one of the charities to receive money from the Tree of Remembrance on Patrick Street at Christmas.

We enjoyed being able to meet people who put yellow ribbons on the tree.

Thank you to all the businesses who worked with Cope Foundation in 2021.

They all finished many projects with the people we support and also helped raise money for Cope Foundation.

Thank you to everyone who helped raise money for Cope Foundation in 2021.





My name is Amy McDonnell.

I am 36 years old.

I live with my Mam and Dad.



I enjoy going to Ennismore.

I write down the news and gossip every week.

I sometimes drink coffee with the girls.



Kathy used to work with Cope Foundation.

I email her often.



I started in the Next Steps Programme in 2021.

It helps people who find it hard to hear.

It helps me to get a job.



I worked in the Communications and Fundraising Department in 2021.

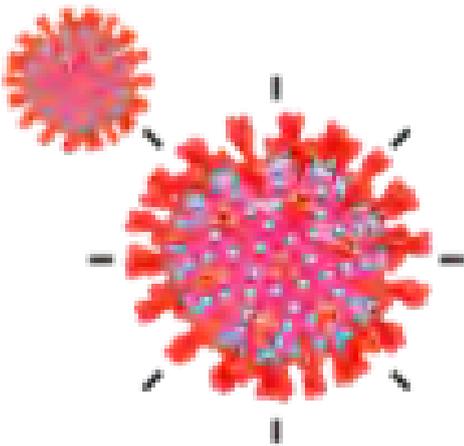
I got to work in an office.



I watched the girls in the office prepare newsletters.

I had a lot of fun.

I am excited to see the girls again.



When Covid came, I was not able to go to Ennismore for three months.

It made me feel sad.

I am happy to be back at Ennismore.



Created by the Speech and Language Therapy
Dept. Cope Foundation
Created with Photosymbols
Version: 5 May 2020



My name is Denis O'Gorman. I am 54 years old.

I work in the Transport Department in Cope Foundation.

I had to stop working during the COVID-19 pandemic.



I started doing marathons while I was off work.

I did 256 marathons between 2020 and 2021!



I became a local celebrity - I was in the Irish Examiner and on the radio!

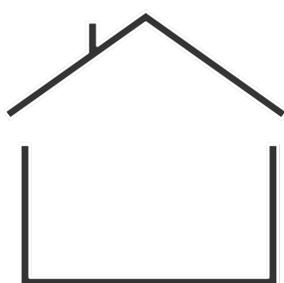


I went back to work in the Transport Department in October 2021. I love my job!

I will keep doing a half marathon every day. It makes me feel good!



Meet Katie



My name is Katie Smit-White.

I am 22 years old.

I live in Rathcormac.



I started going to the Wandesford Quay
Community hub just before COVID-19 came.



I felt lonely during lockdown.

I spoke with my key worker on the phone and
on Zoom.



I looked after my physical and mental health during lockdown.



I started using the gym and I got a personal trainer after lockdown.



I looked for employment with my key worker. I worked part-time in the Clayton Hotel after lockdown.

I was part of the accommodation team.



I am now completing courses for hotel work with my key worker.

I would like to become a personal trainer.



Created by the Speech and Language Therapy
Dept. Cope Foundation
Created with Photosymbols
Version: 5 May 2020

Meet Robert



My name is Robert Kelly.

I am 28 years old.

I am on the autistic spectrum.

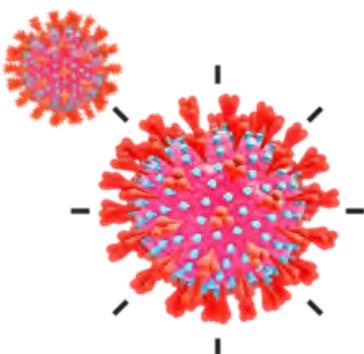


I joined the Ability at Work programme in August 2018.

I got a job coach and I went to job club.



My job coach helped me to get work experience in my local library and in a charity shop.



The Covid -19 pandemic began in 2020.

I started to feel down.

I was no longer able to go to the library or the charity shop.



I contacted Ability at work and told them I was feeling down.

They helped me to get the right help to make me feel better.



I started weekly online sessions with my job coach and my mentor.

I learned how to programme an app for ability at work.



My job coach helped me to send out CVs to different companies.

At the start, I did not get many replies.

This made me feel upset.



I sent my CV to a company called Wisetek.

I went for an interview and I was offered a job!

I was very happy.



I like my job because I like IT and electronics.
I like my colleagues.
I am going out with them soon!



I like earning my own money.
I can now buy what I want with my money.



My job coaches and Ability at Work have
given me lots of help to get my job.



Created by the Speech and Language Therapy
Dept. Cope Foundation
Created with Photosymbols
Version: 5 May 2020