

Volunteer centre Ionad d'Obair Dheonach Cheatharlach

CARLOW



Annual

Report 2017

Submitted to the Department Rural and Community Development April 2018



Annual Report 2017 Welcome to Carlow Volunteer Centre

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1. Operational Content:

1.1 Governance: -

Carlow Volunteer Centre is an independent organisation. There is a volunteer Board of Directors in place made up of eight representatives from the local community which represent key stakeholders. The board oversee the strategic direction of the organisation and delegate operational activities to the manager.

Chairperson: - Michelle o Hara, Company Secretary: - Frank Comerford Martin Meagher Martha Jane Duggan Colette Lane Fiona Dunne Karl Duffy Margaret Moore

1.2 Staffing: -

One full time member (Manager) and two-part time staff members. Volunteers are utilised to enhance services periodically. One Tus Participant until August 2018.

1.3 Area Profile: -

Carlow County is an inland county, measuring 943 sq. km in area, located in the South East Region and bordered by Counties Wicklow, Wexford, Kilkenny, Laois, and Kildare. Carlow Volunteer Centre serves the county-wide area – a population of 56,876. The population density for County Carlow of 56.4 people per sq. km remains below the national average of 60.6, thus indicating a relatively high level of population dispersal in the County. This suggests a likelihood of social issues related to rural isolation, and also impacts on the ability of isolated people to become involved in formal voluntary activity based within the urban centres. This is exacerbated by the poor public transport within the county, especially in rural areas.

Chairpersons Report



In 2017 Carlow Volunteer Centre has continued its focus and drive in offering a high quality service to our users whether they be individuals, communities or other voluntary organisations. We continue to see a growth in the use of our services. There were many initiatives in 2017 that contributed to the ongoing success and value that Carlow Volunteer Centre brings to the community.

It is estimated that in Carlow alone up to 14,000 hours of volunteering with an economic value of over 306 thousand euro are provided each year by the people of the town and County. Support and Training for this volunteering infrastructure falls in the main on the Manager and Staff of the volunteer Centre by supporting volunteers, in matching volunteers to community needs, in providing a Garda Vetting Service for individuals and many other services connected with the volunteer centre. On behalf of the Board I want to record our gratitude and appreciation for the staff of the centre in carrying out these tasks with efficiency and generosity.

Again as in previous years I would like to acknowledge and thank the many agencies that support and fund our services. I would specifically like to acknowledge the support of the Department of the Environment, Community and Local Government, Carlow Local Authorities and Fairgreen shopping centre. I would like to give a special mention to Unum who generously sponsored the first Volunteer Recognition Awards in memory of Paddy Looney in March. This was a great success with over 100 guests attending on the night to acknowledge the volunteers who have given their time to others throughout the year. Unum also sponsored the Thankyou event and the Volunteer Christmas event in Fairgreen Shopping centre.

Finally, I would like to thank the Board of Directors, for their continued contribution and invaluable guidance, support and advice throughout the year.

Michelle O' Hara

(Chairperson of Carlow Volunteer Centre)

3. Introduction:

This report highlights the achievements of Carlow Volunteer Centre (CVC) in 2017. We offer support and guidance to individuals and Volunteer Involving Organisations (VIOs) to reach their individual and collective goals while making a significant contribution to their local community and society.



4. Our Activities:

4.1. With Volunteers and VIOs



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506	 Engagements with VIOs 				
580	 Garda Vetting forms processed 				
222	 Volunteers referred to VIOs 				



Delivered Volunteer Managers Forum

21 Participants from **14** VIOs

Credit Union Carlow	Carlow Consumer Services
Kilkenny/Carlow Contact	Sonas Nursing Home Carlow
Carlow Family Resource Centre	Irish Girl Guides
NCBI Carlow	Borris Beavers
Carlow Mental Health Association	Visual Carlow
Meals on Wheels Carlow	PPN Carlow
St. Catherines Community Services, Carlow	Carlow Regional Youth Services

"Delivered in a friendly manner. Easy to follow and everyone involved in discussion...I got great advice on Volunteer recognition and evaluation "I got great ideas on Networking and on Policy Settings and Recuitment – really informative and easy to follow".



Satisfaction

"I found meeting other organisations was very useful.I got alot of advice on how to design a volunteer role description" "I learned so much about the value of volunteers. How to deal with the situations that arise, both positive and negative. I really enjoyed both days. Thank you." And were involved in the following:





Carlow Roadshow

Volunteer Recognition Awards

Volunteer thankyou event

Volunteer Expo Information Day

Christmas tree

4.2 On Social Issues

CWVC recognises that there is a range of social issues which can be partially addressed by our work in conjunction with other state and non-state agencies. We that in mind we engaged and worked with a range of organisations in 2017







Homelessness and Housing

St, Vincent De Paul, Carlow

Tintean Carlow Voluntary Housing Association

St. Clares Hospitality Kitchen, Carlow



Unemployment

Carlow Jobsclub

"Cases", Carlow

Moving on Program, Carlow.

Making Connections, Carlow





Inward Migration

Failte Isteach English Language Classes

Language Classes, Classes, Carlow.

Intergration forum, Carlow

5. Our Impact:

According to our volunteers and VIOs our work has a significant impact on them and the community and it is very important that they have the support we offer.



• Of Volunteers and VIOs stated that it is very important to have the support of the VC for the community .

• Of Volunteers and VIOs stated that it is very important to have the support of the VC for them.

5.1. On VIOs:

69%	 Of VIOs stated that because of the volunteers referred to them and the support and advice of the VC their programme delivered on its objectives.
64%	• Of VIOs stated that because of the their engagement with the VC their ability to attract volunteers has increased/significantly increased.
47%	• Of VIOs stated that without the support and advice of the VC they could not have delivered their programmes.
42%	• Of VIOs stated that because of the support and advice of the VC they have increased their number of service users.
44%	 Of VIOs stated that without the support of the VC they would have to reduce the activities of their organisation
45%	 Of VIOs stated that because of the their engagement with the VC their ability to retain volunteers has increased/significantly increased.

5.2. On Volunteers:

55%	Reported an increase in their mental health and wellbeing as a result of volunteering.				
59%	• Reported an that they had increased their range of friendships.				
81%	Reported an increase in their self-esteem .				
67%	 Reported an increased feeling that they were making a useful contribution to their community. 				
56%	Reported an increase in their interpersonal skills e.g. communication, working with others etc.				
Source: Volunteer Survey					

5.3. Volunteer Stories:

70% of Volunteers reported increased confidence in their own abilities following volunteering.

Gavin volunteers as a Youth Leader in Carlow Regional Youth Services and has been with them for over 10 years. Aisling had the pleasure of meeting Gavin on site in The Vault to have a chat about his volunteering experience, Gavin's enthusiasm for his role as a volunteer is infectious and hearing about his work highlighted how volunteering can impact someone's direction in life;

What is your favourite part of Volunteering?

I really love volunteering in the summer camps because the emphasis is on fun for the kids, I enjoy getting involved playing the games and teaching the kids new things. It brightens my day to see the children enjoy themselves and the positive impact the camp has on their lives.

Why do you think volunteering is important?

I can't highlight how important volunteering can be, I never intended to become a Youth & Community worker but because of my volunteering with the Youth Services I decided to do a Fetac Level 5 in Youth Work and now I'm completing a degree in Youth & Community work in Carlow I.T. Volunteering can help you realise your own personal goals and it builds your potential and confidence. If you enjoy the volunteering it can light a fire in you and you can become very passionate about the work you do.

What would you say to someone who is considering volunteering?

Just go ahead and do it! You have no idea of the benefits it could bring and it lets you have more belief in your own capabilities. It's great to have volunteering on your C.V.

87% Reported an increased sense of belonging to their community..

At the age of 14 Sarah Baldwin has over 5 years' experience of volunteering –something some of us still haven't achieved in our older years. Sarah, who is a second year student in the Presentation de la Salle in Bagenalstown started volunteering when she was just 9 years old. Before heading abroad to compete in an International karate competition Sarah took some time out of her busy schedule to tell us her story of volunteering and how it led her to winning a Paddy Looney Volunteer Award earlier this year.

How did you become involved in volunteering?

A good friend introduced me to volunteering as I have always loved animals and they were going to help out in the ASH Animal Rescue Centre in Wicklow. My friend also fosters dogs for A Dogs Life so I went with her to help out when I was 9 years old. I never considered myself as a volunteer as I loved dogs and enjoyed helping out – I really loved working with the animals. ASH Animal Rescue is a charity based in Rathdangan, Co. Wicklow, they work tirelessly to rescue. rehabilitate & re-home hundreds of dogs every year. They also house cats and other animals.

What would you say to someone who is considering volunteering?

I'd definitely recommend volunteering to everyone and pick something that you enjoy doing! It can lead on to different opportunities and I've made lots of friends in the past few years through my volunteering. Sarah was nominated by Mary representative from A Dogs Life, for a Paddy Looney Volunteer Award earlier this year. Reading through the application form it becomes apparent how modest and unassuming Sarah is as she has done so many different fundraisers in aid of both ASH Animal Rescue and A Dogs Life, raising over €2,000 in one event selling her old Lego sets. For a young teenager Sarah demonstrates what a big difference someone can make through commitment and dedication to a cause.



6. Appendix A – Operational Plan Details:

6.1 Core Objective 1

Outcome/Impact	Planned Action/Activities/Outputs	Performance Measures/Targets	Results
Increased overall levels of participation in volunteering.	Contact all newly volunteers who have registered their interest within 3-5 working days to offer them an appointment with a staff and or further support to identify suitable opportunities.	 90% of volunteers followed up in the specified time. 	• 95 % followed up in the specified time.
Carry out 160 face to face meetings with volunteers, including drop ins, scheduled meetings and during outreach activities, Conduct outreach in 10 locations across Carlow. Text time-limited and once off opportunities to all volunteers that have a registered e-mail address (with ability to opt out). Frequency = Bi-Monthly Distribute newsletter and e-zine quarterly highlighting available opportunities to volunteers. Contact 250 volunteers who have registered their interest and aim to move them to registered, i.e. actively engaged in the process.	55% placed after face to face meetings	• 60 % placed after face to face meeting	
	 80% moved from registered interest to registered. i.e. actively engaged in the process 	• 80% moved from registered interest to actively engaged in the process i.e.	
	 250 volunteers registered interest 	registered.250 volunteers registered interest.	
	• 95 repeat callers.	• 80 No. of repeat callers.	
	 650 opportunities applied for 	• 515 No. of opportunities applied for.	
	Plan, organise and deliver Volunteer EXPO Sept 2018		

Core Objective I – Increase Access to Volunteering by offering a Support Service to the Public and V
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Outcome/Impact	Planned Action/Activities/Outputs		Performance Measures/Results		Results
Increased knowledge among 16-25 year olds	Carry out 3 information sessions across the catchment area.	•	70% stating they have increased their knowledge of volunteering having attended		stating they have increased their
of volunteering.	Deliver a make a difference program		the session.		wledge of volunteering having nded the session
	Carry out information sessions and/or outreach in second level and third level institutions.				
Increased knowledge among the unemployed of volunteering as a viable pathway to work.	Conduct outreach in local jobs club at 3 weekly intervals. 6 - 8 participants per session. Carry out 1 information sessions with INTREO staff	•	70% stating they have increased their knowledge of volunteering having attended the session. 80% stating their reason for volunteering is to enhance their employment prospects	knov atter 90% volu	stating they have increased their wledge of volunteering having nded the session. stating their reason for nteering is to enhance their loyment prospects.
Volunteers enhance their personal development and wellbeing.	As a result of voluntary activities facilitated by the volunteer centre.	•	50% of volunteers reporting an increase in their personal development. 50% of volunteers reporting an increase in their wellbeing.	 54% in th 55% 	of volunteers reporting an increase eir personal development. of volunteers reporting an increase eir wellbeing.

Increase the knowledge and skills of Volunteer Involving Organisations (VIOs) to attract, retain, lead, manage and support volunteers.	Carry out Organisational Consultation with 30 registered VIOs. Provide advice and support through phone, best practice guides, email and meetings. Provide a volunteer referral service. Support VIOs to develop volunteer opportunities. Distribute a quarterly newsletter/e-zine to all VIOs. Invite their representatives to attend volunteer management training, information and networking events, volunteer manager's forum and the volunteer manager's seminar Organise and conduct 3 VIO Information/Networking Events/Roadshow	 90% VIOs stating their needs were assessed. Direct engagement with 60% of active and registered VIOs. 30% of VIOs engaged were provided with support and guidance. 200 No. of volunteers referred to organisations. 75% of VIOs report that they were provided with appropriate and sufficient support and guidance. 70% of VIOs report an increase in their knowledge and skills regarding volunteering. 90 No. of new opportunities. 	 90% VIOs stating their needs were assessed. Direct engagement with 60% of active and registered VIOs. 30% of VIOs engaged were provided with support and guidance. 200 No. of volunteers referred to organisations. 75% of VIOs report that they were provided with appropriate and sufficient support and guidance. 70% of VIOs report an increase in their knowledge and skills regarding volunteering. 90 No. of new opportunities.
Reduce barriers to volunteering.	 Provide a Garda vetting service and relevant training. Collaborate/liaise with agencies working with those with additional support needs. Provide the service in a variety of ways - website, phone, email, drop ins and outreach. Ensure a diverse range of volunteering opportunities across the catchment area. 	 20 No. of New VIOs availing of the Garda vetting service. 300 No. of vetting forms processed. 20 No. of organisations attending training. 100% of GV applications processed in the stated time 	 30 No. of New VIOs availing of the Garda vetting service. 600 No. of vetting forms processed. 30 No. of organisations attending training.

Increase opportunities in rural areas of Carlow.	Participate in Interagency Rural Outreach where available	• 50 % of organisations participating in			
	Provide CRA and GV Training as a means of engagement with Rural Groups	Organisation Consultation re-engaging with CVC core service 40 No of Interagency Outreach	• 50 % of organisations participating in Organisation Consultation re-engaging with CVC core service		
	Distribute a list of opportunities to the Older Persons Forum Twice a Year	 40 No of Interagency Outreach 10 No of New/Re-engagement 	 60 No of Interagency Outreach 10 No of New/Re-engagement 		
Core Objective II -	- Increase the Quality of Volunteering				
Outcome/Impact	Planned Action/Activities/Outputs	Performance Measures/Results	Results		
Increase the capacity of VIOs to engage	Carry out a Volunteer Management Training (VMT) course.	• 50% of VIOs reporting an increase in their capacity.	• 50% of VIOs reporting an increase in their capacity.		
volunteers and enhance their services.	Conduct Organisation Consultations to review needs.	 80% of service users report that it is easy to access supports and events. 90% satisfaction with training. 20 No. of organisation consultations with. 	 85% of service users report that it is easy to access supports and events. 90% satisfaction with training. 30 No. of organisation consultations with. 		

Increase/Maintain the	Recruit new organisations.	•	12. of new organisations registered.	•	15. of new organisations registered.
number of VIOs accessing supports and services.	Invite all newly registered organisations to have a face to face meeting.	•	 90% of active and registered VIOs availing of services. 520 Direct Engagements with Organisations 	•	90% of active and registered VIOs availing of services.
	Direct engagement with active and registered VIOs.			•	500 Direct Engagements with Organisations
An up to date record of volunteer and VIO	Quarterly quality checks on volunteer and VIO records.				
information and volunteering	Record the method and type of support provided to VIOs	•	Identify the percentage of active opportunities which have been applied for	•	Identify the percentage of active opportunities which have been applied for within the stated time
opportunities.	Contact all VIOs annually to check and update information and details.	•	 Decrease vacant opportunities. 		for within the stated time. 90% of volunteer and VIO records are up to date and accurate.
	All opportunities checked before being activated				
	Contact VIO if an opportunity has not been applied for within 6 weeks.			•	Decrease vacant opportunities. New Email Template for New Organisations
	Bi- Monthly review of vacant opportunities.				
	Publish opportunities with no applications after 6 weeks on social media.				

Core Objective III – Increase Awareness of Volunteering by Marketing and Promoting Volunteering					
Outcome/Impact	Outcome/Impact	Performance Measures/Targets	Results		
Increased public awareness of volunteering and the activities of the volunteer centre.	Implement marketing strategy.1 Vol Spot Per MonthEdit and update website content with information and news of the centre's activities.Generate media coverage and publicity through highlighting innovative volunteering initiatives supported by the centre.Carry out 6 outreaches in local shopping centres major centres of population.Distribute weekly updates on social media to promote volunteering and the work of the centre.Participate in 4 public/ interagency eventsContinue monthly Volunteering spotlight articles (volunteer and organisation) in local newspaper, parish newsletterOrganise and carry out an awareness campaign in collaboration with local second level school transition year students.	 50% of Volunteers report that they are aware of local events and supports. 10% increase in inquiries 10% increase in Facebook likes 10% Increase in Twitter followers. Increase in Instagram followers. Increase in online searches for the centre. Google ad words implemented. 	 50% of Volunteers report that they are aware of local events and supports. 10% increase in inquiries 15% increase in Facebook likes 25% Increase in Twitter followers. Increase in Instagram followers. Increase in online searches for the centre. Google ad words implemented 		

Planned Action/Activities/Outputs	Performance Measures/Targets	Results
Carry out 2 outreaches in third level institutions.	• 50% of Volunteers report that they are aware of local events and supports.	• 50% of Volunteers report that they are aware of local events and supports.
Secure/Maintain a quarterly slot on the local radio station. Distribute quarterly newsletter/e-zine to all registered volunteers and VIOs Carry out a local volunteering Thank You event. Google ad words updated monthly. Engage a volunteer with market/PR/social media expertise. Develop/maintain a working relationship with the local media.	 10% increase in inquiries 10% increase in Facebook likes 10% Increase in Twitter followers. Increase in Instagram followers. Increase in online searches for the centre. Google ad words implemented. 	 10% increase in inquiries 15% increase in Facebook likes 25% Increase in Twitter followers. Increase in Instagram followers. Increase in online searches for the centre. Google ad words implemented.
Organise and carry out an information session with Local Community Development Committee Staff, board/steering committee promote the work of the centre through membership and participation with local boards and organisations, PPN etc. Meet with all local TDs once in the year. Send Annual Report to all local representatives	 1 meeting with Local TDS 1 presentation to LCDC 2 correspondence/engagements with Local Representatives 	 1 meeting with Local TDS 1 presentation to LCDC 2 correspondences/engagements with Local Representatives
	Carry out 2 outreaches in third level institutions. Secure/Maintain a quarterly slot on the local radio station. Distribute quarterly newsletter/e-zine to all registered volunteers and VIOs Carry out a local volunteering Thank You event. Google ad words updated monthly. Engage a volunteer with market/PR/social media expertise. Develop/maintain a working relationship with the local media. Organise and carry out an information session with Local Community Development Committee Staff, board/steering committee promote the work of the centre through membership and participation with local boards and organisations, PPN etc. Meet with all local TDs once in the year.	Planed Action/Activities/Outputs Carry out 2 outreaches in third level institutions. Secure/Maintain a quarterly slot on the local radio station. Distribute quarterly newsletter/e-zine to all registered volunteers and VIOs Carry out a local volunteering Thank You event. Google ad words updated monthly. Engage a volunteer with market/PR/social media expertise. Develop/maintain a working relationship with the local media. Organise and carry out an information session with Local Community Development Committee Staff, board/steering committee promote the work of the centre through membership and participation with local boards and organisations, PPN etc. Meet with all local TDs once in the year. Quarter with all board

Core Objective III – Increase Awareness of Volunteering by Marketing and Promoting Volunteering

Increased public awareness of local and national campaigns and events.	 Publicise membership of the national network on the website and relevant promotional material. Develop and participate in events to promote and support national volunteering week. Distribute information about the local volunteer Leadership training Encourage organisations to put forward nominations for the Carlow Volunteer Centre Award. Participate in development and implementation of one national initiative. Host Volunteer EXPO to show case local volunteer opportunities. 	 55% of service users report that they are aware of local supports, events and campaigns. 10 nominations for local awards and 100 attendees at Award Ceremony 20 news articles on our website. 24 Local Articles in paper 3 interviews on local radio 100 attendees at Christmas Tree Event 	 55% of service users report that they are aware of local supports, events and campaigns. 10 nominations for local awards and 100 attendees at Award Ceremony 20 news articles on our website. 24 Local Articles in paper 3 interviews on local radio 100 attendees at Christmas Tree Event
Increased staff knowledge	Manager to attend 3 VCMN meetings 1 staff member to attend one POF meeting Staff attendance at regional meetings. Staff contribute to online forums and knowledge sharing with peers. Staff participate on national working groups, committees and panels as time allows.	 80% of service users who state staff were knowledgeable about volunteering 90% of service users who stated staff provided a welcoming, friendly and professional service. 50% of staff actively engaged with the national network. 	 97% of service users who state staff were knowledgeable about volunteering 92% of service users who stated staff provided a welcoming, friendly and professional service. staff actively engaged with the national network.

Core Objective IV – Ensure the Organisation is Sustainable through Good Governance and Management

Outcome/Impact	Planned Action/Activities/Outputs	Performance Measures/Targets	Results
A high quality, professional service is	Develop an annual work plan and report of activities.		
available to all stakeholders.	Monthly staff meetings to include analysis of activities against performance measures, quality standards and CQI plan.	 Work plan produced and approved by the board/steering committee. 	 Work plan produced and approved by the board/steering committee.
	Annual review of available resources, equipment, promotional material and premises. Including a review of compliance with nationally agreed guidelines on logos and standardised practices.	 90% of actions identified during quality improvement activities complete in the stated time. 	 90% of actions identified during quality improvement activities complete in the stated time.
Collect and analyse feedback from relevant events and activities. Annual review of policies and procedures (as per review matrix). Distribute, collate and analyse the results of the annual national volunteer and VIO surveys. Carry out annual self-assessment against the quality standards. Complete all actions identified in the quality improvement plan and include any additional actions identified as a result of analysis and self-assessment.		 90% of performance targets are attained or 	 80% of performance targets are attained or exceeded.
		 exceeded. 90% of policies and procedures are up to date and reflect current practice. 	 70% of policies and procedures are up to date and reflect current practice.
		 100% compliant with the VC Quality 	 100% compliant with the VC Quality
		Standards.80% of service users satisfied with the service	Standards.92% of service users satisfied with the
	provided.	service provided.	

	Annual review of the governing document and relevant documentation, board handbook, risk register etc. All updated as required. Board/Steering committee meetings every 6 weeks and an Annual General Meeting conducted. All meetings documented.	 80% of Board/Steering Committee members attend regularly scheduled meetings. Fully compliant with all legal and financial requirements. 	 80% of Board/Steering Committee members attend regularly scheduled meetings. Fully compliant with all legal and financial requirements.
Effective and transparent governance within the organisation.	 Finance and HR sub-groups meet twice annually. Have accounts independently audited, approved and sent to relevant stakeholders. Board members receive a documented induction and declare any conflicts of interest. Provide a documented manager's report on operational activities to each board/steering committee meeting. Publish the annual report on the website and make available to stakeholders. Ensure full compliance with CRA requirements. On the journey/fully compliant/maintaining compliance with "The Governance Code for Community, Voluntary and Charitable Organisations". 	 100% of relevant meetings documented. Management report of organisational activities provided for all board/steering committee meetings. Fulfilling all requirements set out in contractual agreements with the department. 	 100% of relevant meetings documented. Management report of organisational activities provided for all board/steerin committee meetings. Fulfilling all requirements set out in contractual agreements with the department.

operational systems implemented that incorporate best practice principles and guidelines.board/steering committee members to inform work planCarry out staff support and supervision meeting annual performance appraisalTraining needs analysis carried out for all staff a training plan developed.Board training needs analysis in relation to gove board responsibilities or specific roles.Maintain Volunteer Ireland affiliation requirement Engage volunteers to enhance centre activities the year.	Carry out a review and planning day with staff and board/steering committee members to inform the annual work plan.	 Incorrus mentance of stan support and supervision meetings and annual appraisal. 100% compliant with VI affiliation requirements. 100% of board/steering committee members 	•	Records maintained of staff support and supervision meetings and annual appraisal.
	Carry out staff support and supervision meetings and annual performance appraisal.		•	100% compliant with VI affiliation requirements. 100% of board/steering committee members who report they have the knowledge and skills required to provide support and guidance
	Training needs analysis carried out for all staff and a training plan developed.			
	Board training needs analysis in relation to governance, board responsibilities or specific roles.			
	Maintain Volunteer Ireland affiliation requirements.			
	Engage volunteers to enhance centre activities throughout the year.			
	Maintain or increase current income levels from all sources.			