



ParentsPlus

Empowering Professionals to Support Families



Annual Report

2018

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Message from CEO



“2018 marked a new phase in the Parents Plus journey as we started the development of two new programmes to **support parents of adolescents with disabilities** and to **prevent childhood obesity.**”

“As always, collaboration and partnership is central to new Parents Plus developments, both with the families we serve and the professionals who work with them. In 2018, we conducted nine focus groups with families who are raising an adolescent or young adult with special needs. I was personally very moved by their stories. Hearing their struggles to get the services they need and their triumphs in the face of adversity made a real impression on me. Their generous involvement will make the new programme real and relevant to families in the future. We are also grateful to be collaborating with many excellent disability services throughout the country who will help us pilot the new programme and ensure it is effective for families.

With childhood obesity continuing to rise, the rationale for the Healthy Families programme has never been stronger. In 2018, Parents Plus met with Safefood and members of the national task force on childhood obesity and presented to the Oireachtas Committee on Children and Youth Affairs. There is complete consensus on the need to urgently act on many levels in society.

The new Parents Plus Healthy Families programme will provide parent with support and education on how to create family habits around healthy eating, mealtimes, activity, sleep, technology use and positive mental health. In 2018, we conducted eight public talks and workshops with parents to understand their concerns around health and to find out what was working for them. Listening to the families it is striking how much more challenging it is now to bring up children - we all now live in an ‘obesogenic’ environment, surrounded by fast food, screens, sedentary lifestyles and more stressed families. The new Healthy Families Programme will help families make small steps and changes in the face of this.

Aside from all our new developments, 2018 was also our busiest year yet with training and supervision for our existing five programmes. There continues to be plenty of work for Parents Plus and I would like to thank our dedicated board and staff team, our trainers and supervisors throughout the country and all our facilitators who deliver the programmes to families in their agencies and communities. I look forward to working with you all in 2019.”

Professor John Sharry

Chairperson's Message



“Parents Plus provides high standards in training, professional development and practice and is driven to ensure better access to parenting programmes and the knowledge and skills needed to make a significant difference.”

“With 825 new professionals training in 2018, the reach of the Parents Plus Programmes continues to grow both in Ireland and UK as well as further abroad. We conducted our first onsite training with professionals in Singapore and the Early Years programme materials have been translated into Turkish for a pilot. These are all exciting and interesting developments.

In 2018, we also started a review of the Parents Plus Constitution. It is 20 years since the organisation first commenced and five years since the current company was established by our nine founding members. Our new constitution will allow the expansion of the Parents Plus members to include our trainers and facilitators as well as other interested stakeholders. We believe that this newly expanded member base will ensure Parents Plus remains responsive to the needs of the professionals and families we serve into the future.

Our strategic plan for 2018-2023 focuses on enabling existing and new facilitators to be as effective as possible when working with families. With our two new Healthy Families and Disabilities programmes well underway, we also have the challenge to balance resourcing these new developments while maintaining our five flagship programmes – challenging and exciting times indeed!

We are grateful to all our funders who make this work possible, notably the Department of Housing, Planning and Local Government SSNO grant via An Pobal, Electric Aid, the QCBI grant from TUSLA which kickstarted the Healthy Families Programme, as well as the continuing support of the Mater Hospital.

Finally, I would like to thank the dedicated professionals who deliver the Parents Plus Programmes and are making a significant impact changing the futures for families both in Ireland and internationally.”

Dr Michael Drumm
Chairperson



ABOUT

"Each Parents Plus Programme is extremely relevant to the needs of families in today's society. To see parents begin to believe in themselves again because of Parents Plus is so powerful."

Early Intervention, Kathleen O'Hara

About

[Parents Plus](#) is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

Parents Plus was [founded in 1998](#) by Dr. John Sharry, former Principal Social Worker, and Prof Carol Fitzpatrick, former Consultant Child and Adolescent Psychiatrist, when they worked together at the Mater Hospital Child and Adolescent Mental Health Service in Dublin. Parents Plus was established as a registered charity under the auspices of the Mater Hospital, Dublin in 2001.

The Professionals We Train

Now, Parents Plus trains several hundred professionals as [facilitators](#) each year throughout Ireland, the UK and internationally to deliver our programmes in their own local areas and agencies. Our 'train the trainer' model ensures a long-term, sustainable benefit for facilitators' communities and organisations. Facilitators include teachers, social workers, speech and language therapists, psychologists, psychiatrists, childcare workers, mental health workers and community workers.

Programmes are delivered to parents in a variety of settings including family resource centres, childcare centres and preschools; primary and secondary schools; child protection agencies, child and adolescent mental health clinics; colleges and training centres, as well as to parents of children with special needs.



Impact – The Last 10 Years

Through training professionals in Ireland and internationally, we have reached 77,655 families

Our Programmes

Parents Plus has developed [five flagship programmes](#) in partnership with parents and children living in Ireland and includes their specific experiences. Our programmes combine a social learning model with a solution-focused preventative framework that encourages and empowers parents and children to ‘take charge’ and make positive changes in their lives.

Our programmes comprise of:

- The [Early Years Programme](#) for parents of children aged 1 to 6.
- The [Children’s Programme](#) for parents of children aged 6 to 11.
- The [Adolescents Programme](#) for parents of adolescents aged 11 to 16.
- The [Working Things Out Programme](#) targeted at adolescents aged 11-16.
- The [Parenting when Separated Programme](#) targeted at parents who are preparing for, going through or have gone through a separation or divorce.

We have currently two new programmes in development:

- [Parents Plus Disability Programme](#) to support parents who have an adolescent with an intellectual disability.
- [Parents Plus Healthy Families Programme](#) to support healthy, active and positive family lifestyles.

Mission and Values

The Parents Plus mission is to empower professionals to deliver evidence-based mental health and parenting programmes to families across Ireland and internationally.

Parents Plus provides an **evidence-based service**. We are committed to researching outcomes and developing effective programmes, as well as encouraging facilitators to continually evaluate their practice to ensure their groups meet their families' needs.

Parents Plus encourages **collaborative practice**. We working closely with families to ensure the programmes meet their goals and to ensure their experience and knowledge is central to the content of the materials.

Parents Plus believes in **empowering** the professionals and families we work with. Our programmes are focused on encouraging children and parents to achieve their potential and our professional training is focused on encouraging professionals to achieve the highest standards of excellence.





TRAININGS & SUPERVISIONS 2018

"Professor Alan Carr, University College Dublin, presented a meta-analysis of the Parents Plus evidence-base. This analysis highlighted the significant benefit for families who attend the Parents Plus courses, both post-treatment and importantly, at follow-up."

CEO, John Sharry

Trainings and Supervisions 2018



- 825** Professionals Trained
- 197** Professionals attended supervision (Group & individual Sessions)
- 19** Professionals accessed training through Parents Plus Sponsorship Programme

Figure 1 – Breakdown of Training Type – number of training sessions

The Facilitator Training can be categorised into **Scheduled** Training run by Parents Plus in Dublin; **Onsite** Training which is Parents Plus training in collaboration with other organisations usually run onsite in their agency; as well post-training **Supervision** (individual and group). See figure 1 below for the percentage breakdown of the number of each type of training session that took place in 2018.

Percentage breakdown of training type 2018

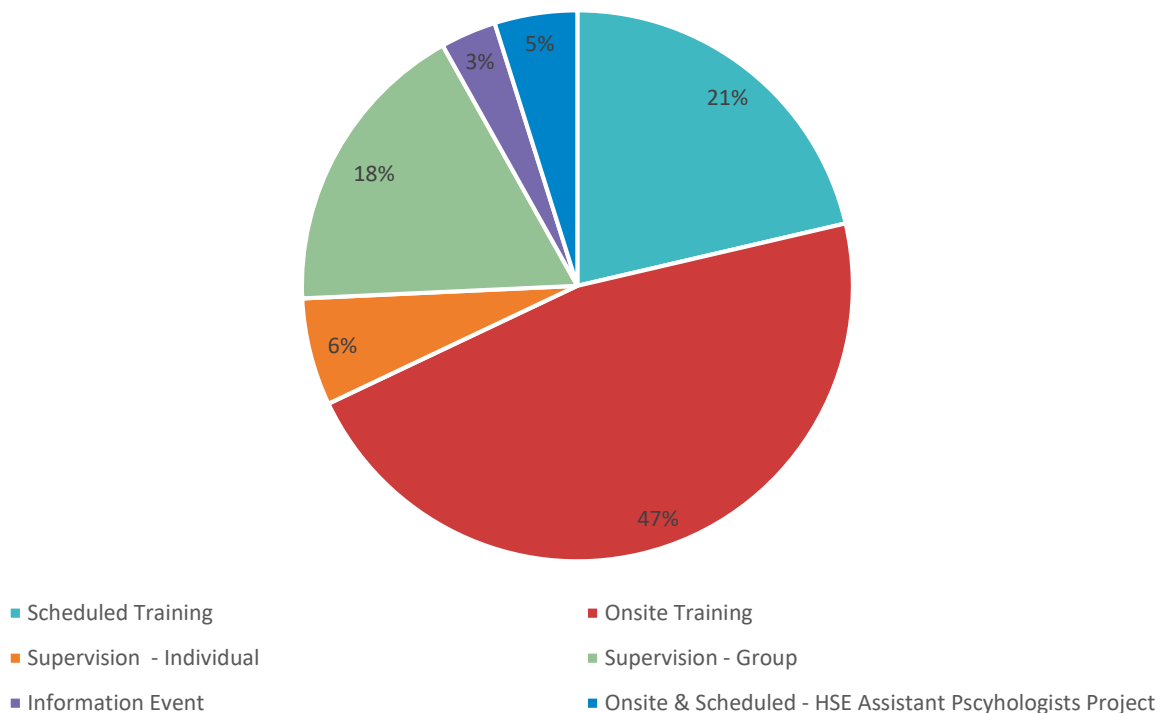
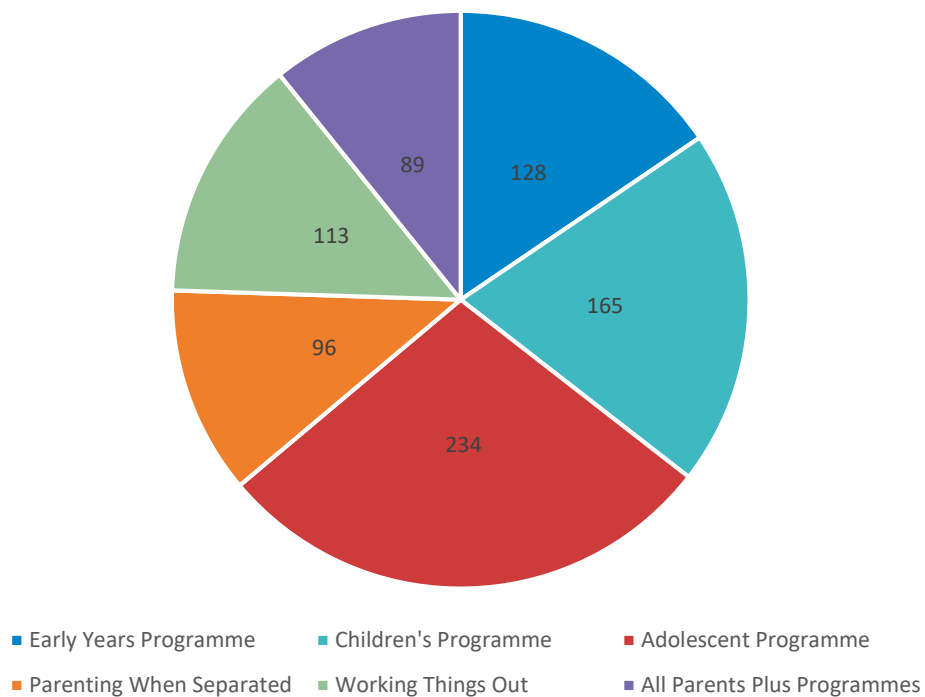


Figure 2 – Facilitator Training by Programme

Figure 2 outlines the number of facilitators by what programme they trained in.

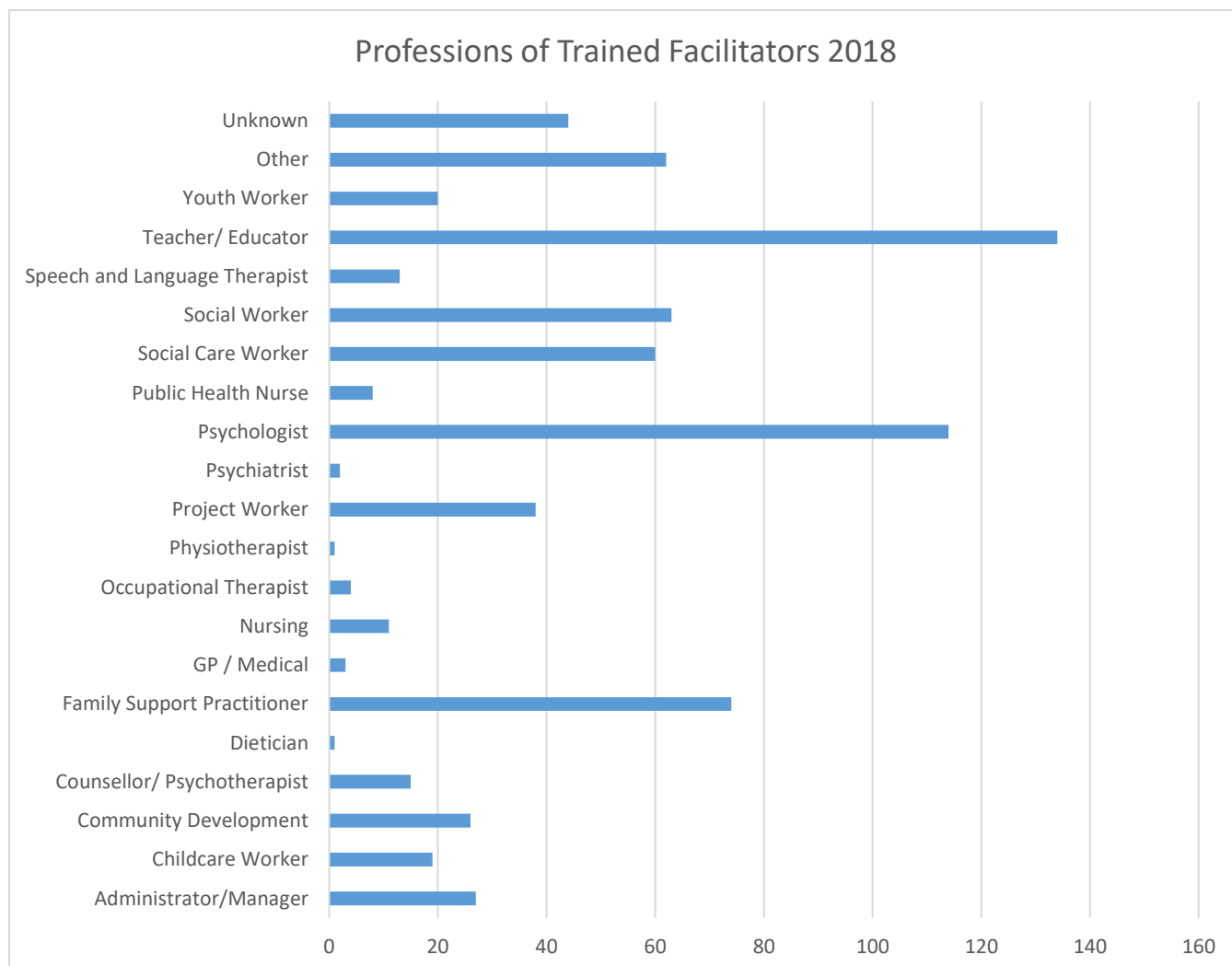
No. of trained facilitators by programme 2018



Shauna Harten, Nadia Farrell, Fiona Hughes, Parents Plus Trainer and Fiona Edmonds at The Adolescent's Programme Training in Dublin

Figure 3 – Facilitator Training by Profession

Facilitators who trained were from a wide range of professions. Most professions were represented across the **Educational**, **Health** and **Community Sector** agencies.



2018 saw a high level of training of teachers, psychologists and family support practitioners in our programmes.

Figure 4 – Facilitator Training by Organisation Type

Professionals who trained came from a variety of **Educational**, **Health** and **Community Sector** agencies.





OUR NEW PROGRAMMES

“We had a waiting list of more than six months for young people waiting for counselling. Now young people discuss the improvements they feel at home when parents attend the Parents Plus Programmes. Parents also feel more able to manage with new skills.”

Squashy Couch, Niamh Kelly

Our New Programmes

Healthy Families Programme

In 2018, Parents Plus was awarded a QCBI innovation grant from TUSLA to develop the Healthy Families Programme. This programme will be developed with Dr. Adele Keating, Psychologist, Our Lady's Hospital Crumlin and with assistance from Niamh Doody, Assistant Psychologist. Research will also be conducted around the programme with University College Dublin. It will be designed to assist families in tackling the problems of childhood obesity and promoting healthy families in both clinical and community settings.

In partnership with SPECS Bray, we also secured a Healthy Ireland grant to deliver three Healthy Families parenting workshops in Wicklow, which took place from January to April 2018.

Presentation to the Oireachtas Committee



Professor John Sharry and Dr. Adele Keating of Parents Plus

Parents Plus was invited to make a submission to the Oireachtas Children and Youth Affairs Committee on the subject of [Tackling Childhood Obesity](#), focusing on the need for parent and family-centred preventative programmes. John Sharry and Adele Keating presented to the committee on the 18th April along with the Irish Heart Foundation and members of the Clinical Advisory Group on Obesity (RCPI). Supporting the need for parenting programmes, the committee published their recommendations and [full report](#) in November 18.

Speaking at the event, Professor Sharry emphasised that “Early intervention is the most promising way to address childhood obesity. If one can educate, support and empower parents with the behavioural strategies that they need to bring in better eating in their homes, increase the level of activity of their children and protect them from the obesogenic environment that they are in, they are motivated by that. Early intervention is the most promising way to approach it.

Research has shown that if one really wants to intervene, and this is shown internationally, we need to deliver educational, supported programmes to parents, delivered in their communities. The Parents Plus Healthy Family Programme will see families and parents comes together over 6-8 weeks to get ideas on nutrition, healthy lifestyles, but also important things regarding how to implement these things, how to handle behaviour, how to set up good routines, as well as how they can motivate themselves and their children to change positively. A key part is to break the whole blame and stigma. It is not their fault, it is the environment in which the person has been brought up. We want to empower people not to feel bad but to make positive, empowering choices by bringing them together in groups and helping them to do this.”

Anxiety Programme

In 2018 with the support of a small grant from Electric Aid, we began work on scoping out a Parents Plus programme targeting the needs of children and adolescents with anxiety. During the year, we supported the delivery of structured anxiety sessions in secondary schools and worked with a CAMHS service on adapting the Parents Plus Adolescent’s Programme for emotional needs such as anxiety. As part of the new strategic plan, Parents Plus plan to develop a full anxiety programme on completion of the new Healthy Families and Disability Programmes.

Disability Programme

“Listening to the voice of families is at the heart of everything that we do. Through consultation with parents of young people with disabilities and professionals working in this field, we are developing an evidence-based programme that will meet the needs of families affected by disability and support parents and young people through their journey. The response to these developments has been heartening, with parents expressing relief that their needs are being heard and responded to. We are looking forward to training professionals to roll this programme out with parents of young people with a disability both in Ireland and internationally”.

CEO, John Sharry



Development of the Disability Programme started in 2018 with Assistant Psychologist, Aoife O’Leary working on the project. Focus groups for this programme were conducted with Scoil Chiarán, St John of God, Stewarts Hospital and the Northern Health and Social Care Trust in Northern Ireland. The aim of this programme is to address the particular needs of parents of children with disabilities. The programme will be particularly targeted at older children, adolescents and young adults with an intellectual disability though may also be delivered to parents of younger children. Research will be conducted with Trinity College Dublin.

Both the Healthy Families Programme and the Disability Programme will be in keeping with the Parents Plus focus on evidenced-based effective programmes that empower parents.



ACTIVITIES & PROJECTS

2018

"We chose to commission Parents Plus in our organisation as they are Irish based and provide good support and supervision. Since training in the Parents Plus Programmes I can now give parents the support and confidence to be the best parents they can be."

SPECS, Lulu O'Kelly

Activities and Projects 2018

Onsites and Regional Roll Outs

2018 was one of the busiest years to date in Parents Plus for onsite trainings all over the country.

Onsite trainings took place in: Dublin, Cork, Waterford, Galway, Limerick, Donegal, Kilkenny, Monaghan, Antrim and Sligo with services such as, Tusla, the HSE, Childcare Committees, Northern Health and Social Care Trust, School Completion Projects and the National Council for Special Education. Over 40 Assistant Psychologists working in HSE Primary Care services were trained in the Parents Plus programmes during the summer months in 2018.

In total, 384 professionals took part in onsite regional trainings in 2018, and these accounted for 47% of the total trainings that Parents Plus conducted during the year.

International Facilitators

Training took place in Singapore with Filos Community Services in August 2018 in the Parents Plus Early Year's and Children's programmes. 17 people trained in total in these two programmes here and are now being supported to run groups with parents.

The first parent groups were run in Turkey with the professionals who had trained in the Parents Plus Early Year's and Children's programmes. A Turkish translator was recruited to assist with the translation of the training materials for the groups.

Research

In association with Trinity College Dublin, Parents Plus completed a study with 191 facilitators considering what helped and hindered them to get groups started. Two significant factors were the agency's previous experience in running Parents Plus groups and the agency's belief in the benefits from the outset. This suggests that new agencies need particular support to run the PP programmes, taking time to ensure facilitators understand the benefits and preparation is key.

Information Seminars, Workshops and Events

Advanced Practice Workshop with Accredited Facilitators

This workshop took place in January with experienced, Parents Plus accredited facilitators. At this, there were discussions around future work and opportunities with Parents Plus and PP addressed some of the reported issues coming up amongst facilitators and consulted them on the particular challenges to programme delivery in services.

Disability Advanced Practice Day

This took place on 11th June with over 40 professionals from a variety of different disability services in attendance. This workshop brought together Parents Plus Facilitators working in disability settings both within early intervention (0-6) and school age teams (6-18) under progressing disability and presented guidelines on how to run the Parents Plus programmes in disability services.

Special PP workshop for professionals working in schools

This workshop took place on 27th September with over 30 professionals from educational services attending. This was run to support primary and secondary schools in the running of the Parents Plus programmes in their schools and offered strengths-based principles for engaging families in schools.

Introduction to the Parents Plus Programmes – two seminars

These events took place in Cork in June and in Dublin in September and the professionals who attended were given an insight into the five Parents Plus programmes and how they can best be implemented within individual services. Samples of each programme were presented, as well as the evidence base along with a number of implementation strategies for getting the programmes off the ground both within individual services and larger organisations.

Post-Training Support

Total number of Individual Supervisions	58 <i>*Individual supervisions can include two people</i>
Total number of Group Supervisions	142 professionals, across 13 workshops
Total number of Facilitators Supervised 2018	197

In order to increase outcomes for families, a key [strategy](#) for Parents Plus is to increase the engagement of facilitators in [supervision post training](#). Parents Plus ran 71 individual and group advanced practice supervision sessions all over the country in areas including, Dublin, Monaghan, Sligo, Limerick, Cork, Kilkenny and Wicklow. These were carried out in person and we have also made use of Skype/Facetime/Zoom to carry out cross-country meetings. A total of 200 facilitators participated in supervision sessions, and 13 facilitators were accredited in 2018.

Parents Plus also offers further post training support in the form of the facilitator's / [member's area](#) of the website which has been developed to include resources to help facilitators to promote their groups. Resources on this section of the site include, posters and fliers as well as certificates and handouts for the parents in the group; best practice information from the Parents Plus trainers as well as presentations and tips from Parents Plus facilitators; an archive of the monthly facilitator newsletter, and information on the accreditation process and quality assurance protocol. Parents Plus Facilitators are also kept informed after training with regular emails and contact from Parents Plus.



"The additional support and supervision that Parents Plus offers to facilitators increases the impact of the programmes across a diverse range of services throughout Ireland and internationally. This aligns with the mission of Parents Plus and is an important further measure in ensuring that we empower professionals to guide families to make decisions that will impact positively on their futures."

Dr. Eileen Brosnan, Head of Supervision



IMPACT - NATIONAL & INTERNATIONAL SETTINGS

Impact – Squashy Couch, Waterford

“We had a **waiting list of more than six months for young people** waiting for counselling. We had anxious parents looking for support. We were aware of enormous stress in these homes. Since running the Parents Plus Programmes, young people have discussed the improvements they feel at home. They feel supported and listened to. The course also helps shift the notion that young people are the problem at home. Many parents feel more able to manage with additional skills and can reflect on how they too can contribute positively and negatively to family life.” Squashy Couch, Niamh Kelly

Impact - Singapore

“Parents Plus is **one of the most effective parenting programmes**. The courses **produce real results for parents**.”

What I like most about the Parents Plus Programmes is that parents learn from watching each other through facilitated sessions. They realise that they share common issues. It is an easy programme to facilitate, helping parents to **achieve their learning goals.**”
Filos Community Service, Dr. Foo Fung,

“Parents Plus is a good programme to help Singaporean parents to parent their children, focusing on a positive parent-child relationship. We receive good feedback from participants. Parents are more equipped and **parent child relationships improve.**”
Counsellor, Yayah Farida

“Parents Plus Programmes are **strengths-based**, building the confidence of parents seeking solutions to parenting issues.” Filos Community Service, James Tan

Impact – Disability Setting

“I work with children who have a mild intellectual disability from 5-18 years old. Parents who work with our service usually attend the Parent’s Plus Children’s Programme. When their child is older, they attend the Parents Plus Adolescent’s Course. The teenagers themselves have the opportunity to attend the Working Things Out Programme, so we can set goals in relation to their mental health and wellbeing. Parents Plus Programmes have been a really **valuable tool** for me to support parents at different stages of their journey.”
Senior Speech and Language Therapist, Ciara Ni Rathallaigh

Impact – Northern Trust, Northern Ireland



Sharon Mc Keown, Maeve O'Neill, Christina Bradley (Back Row)
Aimee Mc Ivor, Margaret Mc Geehan, Rosemarie Mc Keown (Front Row)

"Since becoming a Parents Plus facilitator I have seen the **positive changes in parents** as they journey through the programme, from 'nothing works' to being proactive parents who are willing to try different ways of working". Senior Social Worker, Sharon Mc Keown

"One of the five building blocks /key themes of the Public Health Agency is 'to give every child and young person the best start in life' through partnerships working with all sectors to tackle health inequalities and to promote positive health and wellbeing. The Public Health Agency remains committed to improving outcomes for children and young people and the related programmes being taken forward, including the **commissioning of Parent Plus** as part of the current portfolio of the Public Health Agency parenting support interventions."
Public Health Agency, Northern Ireland, Linda Wylie

"Since becoming a Parents Plus facilitator, I have gained knowledge and skills in parenting support, I have tools that I can use within my day to day work with parents and I have an increased confidence in group facilitations skills. I would **recommend Parents Plus** to other professionals as the training provides knowledge and skills which are applicable to everyday practice whilst the programme is an organised, easy to run programme which I have seen to be effective in providing parents with support and achieving best outcomes".
Social Worker, Maeve O'Neill

"The Parents Plus courses can be used in individual sessions also.

The **focus is on the positives** – positive parenting and positive discipline – which is very much in keeping with my own professional ethos". Social Worker, Christina Bradley



WHAT PARENTS SAY

"This is the best education that I have ever received and I spent four years in university. Family life has improved dramatically since I attended the Parents Plus Course. I now work in partnership with my children and am confident in my decisions. I would recommend Parents Plus to all parents. The results are life changing."

Parent, Louise O'Neill

What Parents Say About Our Programmes



"Before I attended the Parents Plus Children's Programme I was struggling with knowing what were the best decisions to make for my children. I was always second guessing myself and giving in as I wanted to be a good mother. I wanted my children to know that I love them. I have learned so many valuable tools that I will take with me through my parenting journey. My children feel more secure as I am sticking with my decisions. Home life is calm. Home life is good again." **Mother – Patricia Gallagher**

"I was sceptical initially about attending the course, but now I wish that I went years ago. The learning that I took from the Adolescent's Programme has improved my relationship with both my teenagers. I now have a strong connection with them and they have started to confide in me. Before I was always shouting. I am grateful for this learning and I think more fathers should attend the Parents Plus courses. It makes such a difference."

Father – Alex Tyrell

"We learned how to manage complex situations and to give ourselves more thinking time when faced with difficult situations. How we should act and set a good example to our children. The course gave me an understanding of children's development and the importance of being able to teach my children about the potential consequences of their actions. I learned how I can raise my children without pressure. How to create a bubble of comfort so they know they can rely on me and come to me in hard situations. That's why the Parents Plus Course was so powerful for me."

Mother - Aneta Boreysza

"I really found the Parents Plus Adolescent's Programme very interesting and educational. I would highly recommend the course to all parents." **Mother - Joanne Kelly**



GOVERNANCE & ORGANISATION

"We see the evidence – The Parent Plus Early Years Programme has proved to be very successful and practical for the parents I work with and has become a regular and valuable part of our multi-disciplinary team work."

Early Year's Advisor – Margaret Igoe

Governance and Organisation

Parents Plus Ltd is a company limited by guarantee not having a share capital, registered in Dublin, Ireland with registered company number 530105. Parents Plus Ltd is registered with the Charities Regulatory Authority with registered charity number 20043124. Parents Plus Ltd has been granted charitable tax exemption by the Office of the Revenue Commissioners with the CHY reference number 13664.

Governance Code

Parents Plus complies with the Governance Code for Community, Voluntary and Charitable Organisations. Parents Plus are a 'type c' organisation for the purpose of the Governance Code. You can read the Parents Plus Governance statement, adopted by our Board, on the website: <http://www.parentsuplus.ie/about/governance/>.

Board

The [Board of Directors](#) – who meet six times annually – have responsibility for the governance and strategic direction of Parents Plus in liaison with the Chief Executive Officer and senior staff members. During 2018, the Board of Parents Plus comprises of the following members (31st December 2018):

- Michael Drumm (Chairperson)
- Mary Fanning (Director)
- Jane Morgan (Director)
- Dr Charlotte Wilson (Director)

John Sharry (Chief Executive Officer and Co-founder) and Breda Flood (Finance Manager and Company Secretary) attend the board meetings also.

Training Sub-committee and Parents Plus Trainers

The Parents Plus training sub-committee provides a forum for all the Parents Plus accredited trainers to meet to review training and supervision standards for Parents Plus and to make representations to the Parents Plus Board as appropriate. Parents Plus currently works with [10 accredited trainers](#) to do this.

Staff

Parents Plus has six part-time staff members and two full time Assistant Psychologists (who have been employed to work on the development of the two new Parents Plus programmes).

- Dr. John Sharry, Chief Executive Officer
- Breda Flood, Financial Controller
- Eileen Brosnan, Senior Trainer
- Grainne Hampson, Senior Trainer
- Siobhán Dolphin, Operations and Communications Manager
- Sinead Vaughan, Acting Operations and Communications Manager in 2018
- Una O'Maonaigh, Administrator and Finance
- Niamh Doody, Assistant Psychologist, Healthy Families Programme
- Aoife O'Leary, Assistant Psychologist, Disability Programme



FINANCE

"Parents Plus is one of the most effective parenting programmes. The courses produce real results for parents. I would definitely recommend Parents Plus to other professionals."

Singapore, Dr. Foo Fung

Finance

Parents Plus adopts strict financial control systems to ensure good financial management including:

- Accounts are audited annually by Robert J Kidney & Co.
- The contracted administrator is an experienced book keeper and account manager and acts as financial manager for Parents Plus.
- A budget is prepared annually for approval by the Board which sets out proposed costs and revenues, broken down by area of expenditure and by financial period.
- Up-to-date account information with costs and revenues is presented at each board meeting.
- All financial payments are reviewed and approved by the administrator and the CEO.

Parents Plus Limited – Financial Information for Year Ending 31st December 2018

Summarised Financial Information

Income & Expenditure Account Extract	12 months ended 31/12/2018	
	€	€
Incoming Resources		
Programme & Training		363,217
Grants received		133,871
Total Incoming Resources		497,088
Resources Expended - Ongoing Expenditure		
- Training & Other Costs		392,594
Administration Costs		
- Administration Costs		41,561
Sub-Total Resources Expended - Ongoing Expenditure		
- Depreciation		3,887
Net Incoming Resources for the Period		59,046

	12 months ended 31/12/2018
Balance Sheet Extract	€
Fixed Assets	
Leasehold Improvements & Office Equipment	6,181
Current assets	
Accounts Receivable	18,721
Cash at bank	369,851
Stock	50,452
Creditors: amounts falling due within one year	
Operating Creditors	(27,634)
Accumulated Net Funds (2014-2018)	417,571



Empathetic?
Value Families?
Want to change futures?

**YOU COULD BE
A PARENTS PLUS
FACILITATOR!**

To find out more, contact us at
admin@parentsplus.ie or
call 01 854 5185

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