



ANNUAL REPORT

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DIRECTORS' REPORT AND STATEMENT OF ACCOUNTS

For the year ended 31st December, 1995

*Incorporating the Chairman's Statement
at the Annual General Meeting.*

*Company Limited by Guarantee No. 17844,
Bennington, Montenaste, Corb, Ireland.*



Day Services

Residential Services

Name	Year Opened	Location	Year Opened
Rainbow Lodge, Pre-School	1995	Maple Place, Togher	1971
		Westside Estate, Togher	1973
Scoil Bernadette	1958	Ashville (Unit A)	1973
Scoil Eanna	1959	Parkview (Unit B)	1973
St. Paul's School	1965	Silverheights Drive	1976
St. Killian's School	1969	Hollyhill	1979
		Vicar's Road, Togher	1981
Tracton	1961	Skibbereen	1982
Beech Hill	1961	Navigation Road, Mallow	1985
Ashville (Unit A)	1973	Scartagh, Clonakilty	1985
Parkview (Unit B)	1973	Deerpark, Mayfield	1986
Hollyhill	1979	Innishmore, Ballincollig	1987
		Glasheen	1987
Vocational Training Centre	1977	Brooklodge, Glanmire	1987
		Bandon	1988
H.E.L.P. Industries	1970	Lotamore, Mayfield	1988
Glasheen Centre	1987	Silversprings Court	1988
Mallow Workshop	1989	Blarney	1988
Midleton Centre	1990	Manor Hill, Ballincollig	1990
Clonakilty Workshop	1995	Mitchelstown	1990
		Midleton	1991
Therapy Swimming Pool	1995	Macroom	1992
		Bellevue, Mallow	1992
		Kanturk	1994
		Park Road, Clonakilty	1995
		Hartland's Avenue, Cork	1995
		Riverview House (St. Pauls)	1995

Total Number attending Day Services 1316

Total Number in Residential Services 399

Future Developments

Services at Montenotte
for Elderly clients

Rena Jordan, Vera Duggan,
Ed Moriarty & Teresa McCarthy
of COPE Golf Alliance



PERSON OF THE YEAR TITLE FOR CHAIRMAN

It was only fitting that COPE Foundation Chairman, John Bermingham, should be the recipient of the Cork Person of the Year Award for 1995 to further highlight a public career of 40 years which spanned many activities both in this country and abroad. The Chairman relinquishes his post at the Annual General Meeting in June but will continue as a voluntary director of the Board.

John Bermingham was a founder member in 1956 of the Foundation which he now heads, when it was known as Cork Polio and General Aftercare Association. He rose through the ranks from Honorary Secretary to Company Secretary in 1960 to Chief Executive and Chairman of the Board in 1992.

It is true to say that before the formal setting up of Cork Polio and General Aftercare Association in 1960 persons with a mental handicap were very much second class citizens and often hidden away from the public by their families. Happily, today that scene is no longer with us due to the great network of services which COPE Foundation has spread into all areas of Cork City and County. The names of COPE Foundation and John



John Bermingham pictured at home with some of his awards

Bermingham are well known in this country through the latter's founding and continued membership of the National Organisations for persons with a mental handicap and other disabilities.

The same situation applies at international level where John Bermingham was a member of Rehabilitation International since 1963; he was Chairman of Rehabilitation International Education Commission in the period 1980 to 1985 and Vice-President of Rehabilitation International from 1984 to 1988.

COPE Foundation's vast expansion of services and the provision of a lifetime commitment to the handicap in addition to international recognition came about through dedication and determination. As Chief Executive, Mr. Bermingham always worked in close liaison with the Board of Directors and its Chairmen, the late Dean Bastible, John O'Mahony and Edmond T. MacSweeney. Mr. Bermingham had a particular affinity with Dean Bastible who was always willing to listen to 'his chiefs' suggestions

Continued on page 2

and talk out any impatience or impetuosity that might be evident.

John Bermingham is a man in a hurry to get things done. He wanted people involved at all levels in COPE Foundation either at staff level or as a voluntary worker. He was prepared to work long hours every day of the week and did not accept that others should not do the same.

Mr. Bermingham believes that his term as Lord Mayor of Cork in 1968/1969 was the highlight of his long public career. He was first elected to Cork Corporation in 1955 and retired in 1980. He was also a member of Cork County Council, the Southern



Health Board and the Cork Health Authority of which he was Chairman in 1962/1963.

Naturally, he is well satisfied that COPE Foundation has come a long way from its small beginnings and that the majority of his ambitions have been achieved. John Bermingham is not yet ready to put away his unchallenged knowledge and expertise and is happy to be part of the team that will lead COPE Foundation into the new century.

OTHER AWARDS RECEIVED BY JOHN BERMINGHAM

- 1981 Hall of Fame Award (Festival of West Cork)
- 1984 People of the Year Award (Rehabilitation Institute)
- 1989 Outstanding Educationalist (Ionad Mhuineoiri Cork Teachers Centre)
- 1990 Roger Feitelson Award (Ravenswood International Awards - Royal Society of Medicine)
- 1993 Paul Harris Award (Rotary Club of Cork)

National Rehabilitation Board Awards : 21 years service award and a 25 years award for board membership in 1992

Mr. Bermingham also received an award from Poland in recognition of his support for an organisation in Warsaw.

Mid Summer Ball

Lord Mayor
Councillor Joe O'Callaghan tripping the light fantastic with Mrs. Noreen Fitzgerald at the launch of the COPE Foundation Mid-Summer Ball at Beamish and Crawford. The ball takes place on June 14th at Jurys Hotel, Cork and is preceded by a poolside champagne reception. This night promises to be the social event of the year.

Tickets at £35 are available at COPE Lottery Office, Lower Oliver Plunkett St., (tel. 021-507131) Music is by Oasis and dress is formal.

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L EVENT OF THE YEAR



Therapy Pool in Constant Use

There is a great atmosphere of enthusiasm and activity at the Therapy Swimming Pool since its official opening a few months ago. It is fair to say that the overall decor lends itself to all of this with the viewing room and changing rooms all beautifully equipped, adding to the ambience.

For persons with a severe handicap the pool has provided a new lease of life because the temperatures allow more relaxation making treatment more comfortable.

On the morning of our visit, residents from the severe units were having their session and the chair and trolley hoists were in constant use.

Everybody enters into the spirit of

the sessions and several voluntary workers come along to enter into activity for more mobile people.

Oonagh Brennan, Head of Physical Education, said that the pool is used by numerous people, including staff, five days a week. This is to be extended to six days a week as soon as possible. Some of the older students still use outside pools at the moment. She said it helped provide better benefits in other treatments and was already planting the seed of confidence amongst people using the pool as well as a great deal of enjoyment.

A rather breathless and effervescent Brenda Murphy who is Head of Physiotherapy joined the chat after her busy pool session. She spoke of the great rapport which

was being built up between parents who went along with their offspring and might never had the chance of a chat were it not for the Therapy Pool and their child's activities.

Christine Lynch, Ward Sister at Parkview Montenotte stressed the great benefits for non-ambulant persons particularly the breaking down of fear. She spoke also of a developing better closeness between client and staff giving the latter an opportunity to relax perhaps and relieve some stressful moments.

This is just the first happy, brief chapter of Therapy Pool work still just in its infancy. Naturally it is all going to progress and we will be recording that work in other issues.



Mr. Tom Condon presenting a cheque to Mr. Dan Whooley at a fundraising demonstration on "Style and Colour" by Mrs. Marion Creedon Hegarty at the Firgrove Hotel, Mitchelstown. Also included are members of the committee.

Members of Mitchelstown Youth Club also made a cheque presentation to the local committee.



Group of children from Presentation Convent Primary School, Mitchelstown with their teacher Mrs. Brenda Dwane, who presented a cheque, the proceeds of their fundraising for the year, to Gertie Condon, Treasurer, at Cope hostel, Ballinwillin, Mitchelstown.

Party time in Skibbereen

A Christmas Party organised by the Skibbereen and District committee at the hostel again proved a tremendous success. Dave Long

was as usual a super santa and the music was provided by the ever faithful Ceoltas members. The local Lions Club sponsored the gifts as well as an outing to Killarney during the summer. Niamh O'Driscoll organised a most successful disco in a Cork

City nightclub which realised a sum of £1365.00 which was a big boost to the Committees fundraising activities. MusicTeacher Martina Kelly put a concert together with her young pupils which proved very enjoyable and realised a sum of £654.00.

Presentation Time

CARRIGALINE



Mrs. Alice Beechinor Collins, Treasurer, Carrigaline & District Committee presenting a cheque for £17,000 to Derek Nolan, Director, COPE Foundation. Also present were Mr. Piaras O'Broin, Chairman; Bridie O'Donovan, Secretary and other Committee members.

MITCHELSTOWN



Tom Condon, Chairman, Mitchelstown and District Committee and various Committee members making a Presentation of a H.E.L.P. Industries Tea Trolley to Bill and Joan Byrne, former owners of the Firgrove Hotel in recognition of their generosity over the years. Bill and Joan are now running Ballyglass House, Glen of Aherlow and Pat and Brenda Cagney are the new owners of the Firgrove Hotel.

Picture at the presentation of a cheque for £3,000 to Willie Harrington, Chairman, Macroom and District Committee are Mary McSweeney, Phyllis O'Sullivan and Ann O'Leary.

MACROOM



BANDON



Mary Murphy, Chairperson Bandon Committee, presenting a cheque for £20,227 to Derek Nolan, Chairman fund raising committee from their fund raising work.
From left:- Dan Whooley, Kay Nolan and Mary O'Brien, Hon. Sec.
Front (from left):- Kay O'Leary, Kay O'Riordan, Hon. Treas., Phyl Donnelly P.R.O. and Julia Slyne, Vice-Chairperson

Successful Quiz



Transport Services - (from left.) Jerry Buttiner (Committee), Sheila Gelden, Martin Griffin, Ger Canning, John Feeney, Derek Nolan (making presentation) and Dan O'Donovan

The second Corporate Table Quiz organised by our Youth Group took place on Thursday 28th March at Fitzpatrick's Silversprings Conference Centre. A total of 72 Firms/Organisations entered teams. 65 Teams participated on the night. The Quiz Master was Ger Canning of R.T.E. who again gave his services free of charge. The result of a closely fought contest was 1st Transport Services; 2nd Fairway Investments; 3rd Sound Store; 4th E.G. Pettit and 5th Mindbenders Telecom. Over £2000 was paid out in prizes and the event raised £5,500 for COPE Foundation. This highly successful Quiz is to become an annual event and hopefully more and more firms will participate in future.



Fairway Investments - (from left) Jerry Buttiner, Owen O'Sullivan, Derek Nolan, Michael Dorgan, Breda Cremin and Ross Anderson

THREE STALWARTS RETIRE

Alice and Pat O'Mahony and Frankie Kelleher have retired from the very active Cobh committee of COPE Foundation and between them have given 102 years of service.

Pat, who was president of the Cobh committee, was responsible for setting up the organisation in the East Cork town 38 years ago. He was a member of Cobh U.D.C. for 39 years and was chairman on 14 occasions. He is a past president of the Municipal Authorities of Ireland and was also a former representative of that body on the European scene. He was employed as stores manager at Irish Steel for 22 years.

Alice gave 30 years of work to the committee and was chairper-



Seen at the Presentation were (from left) - Chief Executive Jerry Buttimer, Frankie Kelleher, Chairman John Bermingham, Alice O'Mahony, Pat O'Mahony, Michael Collins Powell Director.

son for a number of years, Alice and Pat have an adult family of four - three boys and a girl.

Frankie Kelleher has worked with the committee for 34 years as well as rearing a family of six with

husband, Bill. She was committee treasurer for many years.

All three people deserve great gratitude for their work and the wish is that they will all enjoy their well deserved retirement.

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HELP INDUSTRIES

(Industrial Division of COPE Foundation).

Vicars Road, Togher, Cork & Quarterstown Industrial Estate, Mallow, Co. Cork.

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MORE NEW FEATURES AT GARDEN CENTRE

Further development work has been carried out at Beech Hill Garden Centre at Montenotte, Cork. These new features have made the centre more attractive for all customers.

The new design incorporates natural materials of stone and wood; large limestone boulders have been put in place to create a most natural effect.

Newly planted areas are to be seen showing seasonally planted schemes and edged with natural limestone rock. All visitors to the centre are expressing admiration for the customer friendly layout at the Garden Centre. All staff are to be congratulated on their supreme hard-working efforts in bringing about these new improvements.

A new range of wooden garden products is now also available at the Beech Hill Centre. This range is manufactured at the new sheltered workshop in Clonakilty.

In the VTC at Montenotte, the woodwork and metal work sections are making up frames and wooden backing supports for the new gardening information signs which are to be erected shortly. These signs will give customers plenty of information on all aspects of gardening.

On a visit to the centre earlier in the year, Lord Mayor Cllr. Joe O'Callaghan paid a special tribute to all involved for their hard-working efforts in improving the Garden Centre and he hoped that the people of Cork City and County would at all times support this creative enterprise.

Competition Winner

Sarah Hegarty, St. Vincents Secondary School, Sundays Well, Cork the overall winner in the Flowers of Hope Painting Competition with County Manager, Mr. Noel Dillon, who presented the prizes. Also present are her proud mother Marie, brother Aron and Joan Lucey, Vibes and Scribes Bookshop, Bridge St., Cork who very kindly sponsored this annual competition.



FLOWERS OF HOPE

• WINNER



Michael Farmer in the role of Joseph in the popular musical "Joseph and his amazing Technicolour Dream Coat" which was presented by the Middleton committee at the occupational centre. A huge cast was brought together for this production.



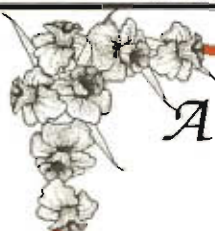
Tree Planting in Blarney

Chairman John Bermingham planted an Oak tree in the grounds of Blarney Woollen Mills as a symbol of the "growing relationship" between that company and COPE Foundation. The event in the presence of Lord Mayor Cllr. Joe O'Callaghan, took place during National Tree Planting week.

Included (from left) are Chief Executive Jerry Buttner, Dan Whooley, Kevin Kelleher, Marketing Director Blarney Woollen Mills, Des McMahon, Dan O'Riordan and Colin O'Sullivan of Beech Hill Garden Centre.

COPE FOUNDATION NOW HAS SEPARATE FUND-RAISING COMMITTEES IN THE FOLLOWING AREAS:

BALLINCOLLIG	DUNMANWAY
BALLINEEN	FERMOY
BANDON	GLANMIRE
BISHOPSTOWN/GLASHEEN	KANTURK
BLARNEY	MACROOM
CARRIGALINE	MALLOW
CLONAKILTY	MIDLETON
COBH	MITCHELSTOWN
DOUGLAS/BLACKROCK	SKIBBEREEN
DROMTARRIFFE	YOUGHAL



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OPEN 7 DAYS A WEEK

BEECH HILL GARDEN CENTRE

Montenotte, Cork. Tel.: (021) 507131 (day) (021) 507042 (w'kend)
Mon. - Sat.: 9.30 a.m. - 5.30 p.m. Sunday 2.00 p.m. - 5.30 p.m.

BUTTER & BARROWS ARE GREAT MONEY SPINNERS

The Annual Butter Collection continues to play a most important part in the fund-raising work by Macroom and District Committee. Thanks are due to the farmers, lorry drivers and the staff of Dairygold who generously assist this activity every year.

Ballyvourney Bridge Club donated a very generous sum to the Committee and Dineen's pubs raffle also proved most welcome. Martin Clancy presented a well known musical with his elocution class, the Stargazers, and the proceeds once again came to our

committee. He puts on a really great show each year.

John Shorten organised a bowling competition while Willie Harrington held a successful drive. Phyllis O'Sullivan, Mary McSweeney and Anne O'Leary of Ballinagree organised a sponsored wheel-barrow push from Ballyvourney to Ballinagree around Easter time and our thanks are due to G.A.A. members and members of the ladies club and I.C.A. Several Church Gate collections were held and collection boxes are also placed around the town.



Cork Person of the Year
Mr. John Bermingham, pictured
at the presentation
LtR Manus O'Callaghan,
Cllr. Gerard Murphy,
Chairman Cork County Council,
American Ambassador
Jean Kennedy Smith,
John Bermingham, Lord Mayor
Cllr. Joe O'Callaghan,
Alan Cosbie and Joe Quinn.

HONORARY DIRECTORS

CHAIRMAN

John Bermingham, P.C

VICE-CHAIRMAN

Francis J. O'Flynn, Solicitor

Michael Collins-Powell,

Jeremiah Corkery, B.Sc., A.C.A.

Laurence Cotter, B.E.

Catherine Field, PSW

Donal Lehane,

Edmond T. MacSweeney, ACH

Frederick W. Markham, F.C.I.S.

Thomas Monaghan,

Derek Nolan, BA., H.D.E.

Fionnuala O'Donovan, B.Sc., S.

John O'Mahony, BE C. Eng.

William H. Sullivan

CHIEF EXECUTIVE

Jerry Buttimer, P.C.

DEPUTY CHIEF EXECUTIVE

Maura Nash

REGISTERED OFFICES

Bonnington,
 Montenotte,
 Cork, Ireland.
 Tel: 021 507131
 Fax: 021 507580

AUDITORS:

Ernst & Young,
 Stapleton House,
 89, South Mall,
 Cork.

MEMBERS

Aylmer Barrett

Brian Bermingham

John Bermingham

Denis Bohane

Ted Bradley

Philip Burkley

Jeremiah Buttimer (Inr.)

John Cushman

Frank Coghlan

Michael Collins-Powell

Jeremiah Corkery

Laurence Cotter

Michael Cotter

Anne Daly

Helen Dennehy

Catherine Field

Noreen Fitzgerald

Gearoid Gilley

Patricia Gilley

Hilary Grimes

Liam Howe

Brendan Hurley

William Kelly

Jerome J. Kennedy

Fr. Liam Leader

Donal Lehane

Edmond T. MacSweeney

Frederick W. Markham

Comdt. Richard McIntyre

Thomas Monaghan

Maura Murphy

William Murphy

Derek Nolan

Patrick O'Callaghan

Mary O'Connell

Fionnuala O'Donovan

Frances O'Donovan

Francis J. O'Flynn

Frank M. O'Flynn

John P. O'Leary

Denis O'Mahony

John O'Mahony

Maureen O'Sullivan

Philomena Powell

William H. Sullivan

David Walsh

Elizabeth Walsh

James S. Walsh



COPE FOUNDATION COMMITTEES

CLIENT EMPLOYMENT AND VOCATIONAL TRAINING

Francis J. O'Flynn, Chairman
Donal Lehane, Vice-Chairman
Ted Bradley
James Walsh
John O'Leary
Mary O'Mahony
Liam Kelly
Pat O'Callaghan
Bernard O'Shaughnessy
Don McAleese

CLIENT SERVICES

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Laurence Cotter, Vice-Chairman
Anne Daly
Elizabeth Walsh
Hilary Grimes
Fionnuala O'Donovan
Maureen O'Sullivan
Liam Howe
William H. Sullivan
Denis Bohane

FUND RAISING

Derek Nolan, Chairman
Thomas Monaghan, Vice-Chairman
Aylmer Barrett
Brendan Hurley
Noreen Fitzgerald
Comdt. R. McIntyre
Frances O'Donovan
Frank M. O'Flynn
Philip Burkley

NURSE EDUCATION

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Robert A. MacCarthy
Maura Nash
Richard O'Callaghan
Anne Mannix
Hanora O'Sullivan
Sr. Mary-John
Tina Howe
Frank O'Connor

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Edmond T. MacSweeney, Chairman
Brian Bermingham, Vice-Chairman
Geatoid Gilley
Jeremiah Corkery
Denis O'Mahony
William Murphy
Frank Coghlan

RESEARCH, ASSESSMENT AND COUNSELLING

John Bermingham, Chairman
Edmond T. MacSweeney, Vice-Chairman
Frederick W. Markham
Fr. Liam Leader
Maura Nash
Richard O'Callaghan
Robert A. MacCarthy

SCHOOLS' BOARDS OF MANAGEMENT

Special National Schools under the auspices of COPE Foundation

SCOIL EANNA

Fr. Liam Leader, Chairman
Laurence Cotter
Maureen Crowley
Theresa Hayes
David Mawe
Ann O'Mahoney
Michael Collins-Powell
Veronica Vaughan

ST. PAUL'S SCHOOL

Fr. Liam Leader, Chairman
Mary Barrett
Hilary Grimes
Sr. Mary-John
Ted Keating
Edmond T. MacSweeney
Marie Mullins
Ann O'Mahoney

SCOIL BERNADETTE

Fr. Liam Leader, Chairman
Mary Gillis
Don McAleese
Derek Nolan
Denis O'Driscoll
Ann O'Mahoney
Marie Philips
William H. Sullivan

ST. KILLIAN'S SCHOOL

Fr. Liam Leader, Chairman
Pat Barry
Donal Lehane
Frederick W. Markham
Joan O'Brien
Maureen Peters



*Notice is hereby given that the Thirty Seventh Annual General Meeting of COPE Foundation
will be held at Montenotte House, Montenotte
on Thursday 13th June, 1996 at 7.00 p.m.*

By order of the Board
JERRY BUTTIMER
Secretary

A G E N D A

1. Reading of Notice Convening Meeting.
2. Statement of Accounts and Report of Directors for the year ended 31st December, 1995.
3. Election of Directors.
4. To authorise the Directors to fix remuneration of Auditor.

Registered Office
Barnington, Warrington, Cheshire



CHAIRMAN'S STATEMENT



I wish to inform the members of this organisation that my term of office as Chairman has come to an end. This jogs my memory back to 1956 when this Foundation was established as a result of a polio epidemic in Cork. It was a community's response to the problems confronting the people and their families who were affected. During the course of the following years the Foundation held discussions with Cork Corporation and South Cork Board of Public Assistance on the problems faced by people who had a mental handicap. On investigation we discovered that they were being admitted to psychiatric institutions and to county homes.

Following this investigation our Board decided, in 1958, to commence a programme of providing services for children with mental handicap under the age of 12 years, the aim of which was to prevent young children from going into these inappropriate institutions. We decided to take every child under the age of 12 from these institutions and place them in community-based programmes. This was started later in 1958 by the establishment of our first school. Eleven children arrived on the first day and this has grown to the present day figure of over 300 children attending our educational programmes. I mention this because I must pay tribute to the people who volunteered to take the responsibility for

setting up the many services of the Foundation. Their responsibilities included raising large sums of money from the community, from the Health Board and from various Government Departments; the recruitment of suitably qualified staff and also the setting of standards for the education, training and employment of people with a mental handicap in our area. Some of these original members are still with us and continuing actively to undertake these responsibilities. I also recall the work done by many dedicated people who have since passed to their eternal reward. They will always be remembered with fond affection by the members of the Foundation.

From the beginning of our mental handicap services - when we served 11 children - the organisation has grown over the last 40 years to serving 1,500 people today. Our new Early Intervention service is growing daily and is of great support to the young children, to the new parents and to the families concerned. This service includes advice and counselling for parents. The service is based in new premises - "Rainbow Lodge", Montenotte - and we are happy to say that families from all over Cork city and county come on a regular basis. When they cannot come to the service, arrangements are made that a qualified member of staff will visit the homes and advise on how to meet their needs. The Early Intervention Service includes Home Programmes, Early Learning Groups, Special pre-school, Therapy Sessions, Parent Support, Toy Library and Therapy Swimming Pool.

In recent years we extended our educational programme to include children who have a severe and profound mental

handicap. In the main range of programmes which include early intervention, education to age 18 years and vocational training, these children will not be able to participate in the typical vocational training programmes, but will need a meaningful programme to enable them to make the transition from childhood to adult life. Children eventually grow up and we are committed to the provision of services for adults. Their future will have to be planned because they will need a continuing special service in their adult life and they will not be capable of participating in our existing sheltered or occupational work programmes. To deal with this problem we will need the full co-operation of the Southern Health Board, Department of Health and Department of Education. This cannot be left solely to this Foundation as it will need a large investment of money and an increase in our staff to deal with the clients' needs as they approach adult life.

In our services we have sheltered employment, occupational centres, activation centres and full time care. The programmes in these services are being carried out by specialised staff. We extended these facilities during 1995 when we built a new therapeutic swimming pool in Montenotte which will be of great assistance to the clients. This was officially opened by Her Excellency, the American Ambassador, Mrs. Jean Kennedy Smith, on 2 October 1995. It will also be of extreme value to the staff working in this field. Our aim is to make sure that the clients and staff have a good and pleasant environment in which to work.

Over the past few years we identified the need for adult services in West Cork and following detailed planning we developed a

new sheltered factory in Clonakilty, which I had the privilege of officially opening in November 1995. This will meet the needs of persons with a mental handicap in the West Cork area. To support this development, two new houses have been built in Clonakilty and together with our existing three houses in Bandon, they provide residential accommodation for many people working in the factory. Of course, our hostel and day centre in Skibbereen has been operating very successfully since 1982.

The next major development will be the provision of facilities for people who have gone through our child and adult services and who are no longer able to work in the sheltered workshops or occupational centres because of age-related deterioration. These facilities will include care for the rest of their lives with all the support services needed to ensure the best quality of life possible. The first phase of this development has started and we hope to be in occupation next year with the first 10 clients. Again, as in many other instances, this will be the first step in a new service which we expect will need to expand over time. Our research has shown that there are 106 people over the age of 45 in our services, and further provision will have to be made for them in the years ahead. This part of our overall plan is recognised by the Health Board and the Department of Health, and adequate money, revenue and capital must be made available for the changing needs of our ageing client population.

Our population of 101 clients who also present with disturbed behaviour will have to be financially supported by way of extra facilities and increased staffing. We know from our research that at least an extra two of our younger handicapped people per year will need that type of service in the future. This has been highlighted to the Health Board

and the Department of Health in a report following an investigation by a specially appointed committee of the Board of COPE Foundation. That committee also made a proposal to the Southern Health Board for the provision of special facilities for people with mild and high moderate degree of mental handicap who present seriously disturbed behaviour. If something is not done soon about the provision of a suitable service there is a danger that some of the individuals concerned, who are a danger to themselves and others, may end up in totally inappropriate services. The only way of resolving this difficulty, in my view, is that the Department of Health must recognise the problem, must make available sufficient money for the capital development facilities and the running costs and this cannot be postponed indefinitely.

I must express grave disappointment that our recent requests to the Health Board and the Department of Health for money for capital development of these services - the therapy swimming pool, Clonakilty workshop, facilities for our elderly clients and for our disturbed clients - have not been granted. We also applied recently for funding of these projects from the National Lottery but have been informed that the level of funding available from that source is extremely limited and that they are unable to meet our request. Over many years we have relied on the generosity of the people to raise funds for all our capital developments either through local fund raising efforts or the COPE Lottery. Our own COPE Lottery has experienced a disturbing decline over the past few years, some of this decline is undoubtedly due to the National Lottery. The question I now put to the Government is - if the National Lottery is not in a position to support these programmes then the Government must make money available from alternative sources.

Finally, all that has happened to date could not have happened without the support that we received from the community by way of being involved in our developments and our progressive programmes. The community has shown this in its acceptance of the handicapped person in all spheres of community life, and I want to express my sincere thanks to them for their support over the years. I must acknowledge the role played by the Department of the Environment and Cork County Council for their support in granting a 20 year mortgage for the development of our hostel programme.

I would also like to thank officials from the Southern Health Board, Department of Education and Department of Health for their support in meeting the many deputations in discussing the problems that we have and by going some way to meeting our wishes in relation to our development.



John Bermingham
Chairman





DIRECTORS' REPORT & REVIEW OF SERVICES

To be presented to the Thirty Seventh Annual General Meeting of COPE Foundation. The Directors have pleasure in submitting to the Members their Annual Report for the year ended 31st December, 1995.

FINANCE & MANAGEMENT SERVICES

Michael Conway, B.C.L., A.C.I.S.
(Head)

CLIENT SERVICES

Maura Nash, S.R.N., S.C.M.
(Head & Director of Nursing)

Ann Mannix, R.N.M.H.
(Deputy Director of Nursing)

Sean Abbott, R.N.M.H.
(Assistant Director of Nursing)

Hanora M.O'Sullivan, B.A., S.R.N., R.N.T.,
(Principal Nurse Tutor)

Mary Dowling, S.R.N., R.C.N.T.,
R.N.T. (Nurse Tutor)

Majella Smith, R.N.M.H., Dip.T.&D.
(Inservice Training Co-Ordinator)

OCCUPATIONAL THERAPY

Helen Lynch, Dip.C.O.T., Dip.Montess.
(Principal)

Mary Sharkey, Dip.C.O.T.

PHYSIOTHERAPY

Brenda Murphy, M.I.S.C.P.

SPEECH & DRAMA

Aoife Hayes, B.Sc., C.S.L.S.

Ann Law, B.A., H.Dip., A.L.C.M.

Barbara Nolan, A.L.C.M., Dip.Drama Therapy

Ann Quain, A.L.A.M. (Acc)L.L.A.M.

LEISURE RECREATION & PHYSICAL ACTIVITY

Oonagh Brennan, Dip.P.Ed.
(Principal)

Terence McSweeney, B.A.

June Platts, Dip.P.Ed.

Peter Melia, Cert. in Ed.

HONORARY MEDICAL CONSULTANT

Dr. R.A. MacCarthy, M.D., M.R.C.P.I., D.P.M.,
L.M., F.R.C.Psych.

VISITING PHYSICIANS

Dr. P. Hennessy, D.CH., D.Ph., M.P.S.I.

Dr. E. Donovan, M.B., B.Ch., B.A.O.

VISITING CONSULTANTS

Mr. P.E. Cleary, F.R.C.S.

Prof. P. Kearney, M.B., D.CH., M.R.C.P.

Dr. M.Hogan-Murphy, Consultant Psychiatrist,
M.B., D.P.M., M.R.C.Psych.

Dr. N. Callaghan, M.D., F.R.C.P.I., F.A., C.P.

PHARMACIST

Aidan O'Shea, M.Sc., M.P.S.I.

CHAPLAIN

Fr. M.I. Kidney, S.M.A.

RESEARCH ASSESSMENT & COUNSELLING

Richard O'Callaghan, M.A.
(Head)

PSYCHOLOGY

Colette Corkery, N.T.B.A.

Mary Desmond, M.A.

John Doyle, M.Sc.

Irene Leahy, M.A.

John Buttimer, M.A.

SOCIAL WORK

Judith Moynihan, C.Q.S.W.
(Senior)

Carol Buckley, B.Soc.Sc.

Dolores McCloskey, M.S.W., R.G.N.

Jacinta Flynn, B.S.W., N.Q.S.W.

CLIENT EMPLOYMENT & VOCATIONAL TRAINING

VOCATIONAL TRAINING

Michael Barrett, D.S.S., D.T. & D.
(Manager)

H.E.L.P. INDUSTRIES

Pat Nash
(Manager)

MALLOW WORKSHOP

Jerry Mullane
(Manager)

CLONAKILTY WORKSHOP

Gerard Ahern
(Manager)

STAFF & GENERAL SERVICES

Aine O'Callaghan, Dip.P.M.
(Personnel Manager)

FUNDRAISING

Daniel J. Whooley, B.A.
(Head)

SCHOOLS

PRINCIPALS

St. Paul's School

Sr. Mary-John, N.T., Dip.Sp.Ed.

Scoil Bernadette

Don McAleese, N.T., Dip.Sp.Ed.

St. Killian's School

Maureen Peters, N.T., Dip.Sp.Ed.

Scoil Eanna

Veronica Vaughan, N.T., Dip.Sp.Ed.

The following departments make up the Client Services division: Nursing, Occupational Therapy, Physiotherapy, Leisure, Recreation and Physical Activity, Speech and Language Therapy, Catering, Dietetics, Transport, Occupational Activity Centres and GP Services.

ST. ELIZABETH'S CARE UNITS

St. Elizabeth's is situated in the grounds of COPE Foundation, Montenotte, and comprises two residential units, Ashville and Parkview and a day activity centre in Tracton House.

Ashville (formerly Unit A) is a residential centre for people with severe, profound and multiple handicaps. There are 34 permanent residents, 3 flexi-stay beds and 3 crisis intervention beds. The flexi-stay beds and crisis intervention beds provide short term care for children and relief for hard-pressed parents and families. The clients in Ashville continue to enjoy the benefits of programmes in the following areas: physiotherapy, self-care, sensory stimulation, gross and fine motor skills, swimming, hydrotherapy and physical activities.

Parkview (formerly Unit B) is a residential centre for persons with moderate / severe mental handicap, many of whom present with challenging behaviour. There are 44 beds in Parkview which were fully occupied throughout the year. Therapeutic programmes in the areas of social skills, behaviour modification and sensory stimulation are complemented with leisure activities such as swimming and physical activities. These programmes are designed to afford all clients the opportunity to live a full and beneficial life.

Tracton House is the location of the developmental day centre. Children attend this centre from services within COPE Foundation and from home by special transport. The developmental programmes include self-help, language, play, gross and fine motor skills, all activities are designed to help each child reach his / her individual potential.

BEECH HILL

Eighteen people attend Beech Hill, 12 residing in the unit and 6 attending on a day basis. Programmes in self-care, socialisation, physical education, swimming and especially arts

and crafts are carried out on a daily basis. One of the highlights of the year for the Beech Hill clients and staff was their annual sale of work which was a great success.

OCCUPATIONAL CENTRES

COPE Foundation has three occupational activity centres which cater for a total of 307 clients in Glasheen, Hollyhill and Middleton.

GLASHEEN

One hundred and seventy three clients attend the 4 bays located in the complex. Tasks include contract work, which is an important feature of daily activities, and other activities such

as leisure and recreational activities, arts and crafts as well as some contract work. In addition, 14 individuals commute daily from the Blarney hostels to Hollyhill for their daily activities.

All residential accommodation in Hollyhill was up-graded during 1993. Residential accommodation comprises, 4 houses and 2 bungalows which cater for a total of 63 clients in the severe / profound range of mental handicap.

MIDDLETON

The Middleton Occupational Centre caters for 37 clients, most of whom travel daily from the



St. James School of Nursing graduates & Staff members with Chairman John Bermingham.

as arts and crafts, self-advocacy, physical education and adult literacy are also important.

The hostel at Glasheen caters for the needs of 18 clients with severe / profound and multiple handicaps. Some clients attend the occupational/activation centre during the day, however other programmes are also organised for the clients and these include leisure and recreational activities and developmental programmes. A new multi-sensory room was developed in this hostel during 1993. This has proved a great resource for clients and staff.

HOLLYHILL

Hollyhill caters for 97 clients in the occupational centre, their daily activities include

family home, while 10 come from the adjoining hostel. A variety of activities and programmes are carried out during the day, including arts and crafts. Clients attending the Middleton Centre now avail of swimming sessions in the therapy pool in Montenotte. The residents in the hostel have established strong links with the local community, especially with students from the local schools who are regular visitors. Efforts continue to be made to adapt to the changing needs of the client group. This will ensure that all clients in the centres can take part in meaningful programmes.



COMMUNITY HOSTELS

COPE Foundation now has residential accommodation for 310 people in 46 community based hostels in the City and County of Cork.

In September 1995, a new hostel was opened on Hartland's Avenue and it caters for 3 people who live in an un-supervised setting.

The new complex in Clonakilty was opened in November 1995 and includes two new houses which cater for 15 clients who attend the adjacent workshop. Clients from Bandon hostel transferred to Scartagh, Clonakilty, while refurbishment of Bandon hostel was carried out. Bandon hostel currently accommodates 10 clients who travel daily to Clonakilty workshop.

All clients residing in community hostels enjoy a varied programme of activities in very pleasant surroundings. Much of this has been made possible by the involvement of the various local communities who have been, and continue to be, very supportive.

DOMICILIARY NURSE

The Domiciliary Nurse service continues to play a major part in providing home-based programmes for individuals based on their special needs. New cases were undertaken and already established cases were maintained.

Referrals for various assessments were made as required. Information was given to families and individuals on entitlements and respite care, and liaison with other health care professionals was maintained.

RAINBOW LODGE

In September 1995, the Early Intervention Service was re-located from Tracton to 'Rainbow Lodge', Montenotte. The service caters for children with special needs from birth to 6 years of age and offers a comprehensive service to the child and family. A professional multi-disciplinary team ensures that all aspects of the child's needs are met. During the year 7 new referrals to the service were received, and due to increased demand a short waiting list exists.

RESPIRE CARE

COPE Foundation provided 51 clients with respite care in 1995.

The total number of respite care nights provided in 1995 was 2,291 with an additional 78 nights for crisis intervention.

RESPIRE CARE - NIGHTS 1995	
Ashville (Unit A)	1,114
Parkview (Unit B)	106
Glasheen/Vicars Road	986
Hollyhill	85
TOTAL	2,291

ST JAMES' SCHOOL OF NURSING

In 1995 St. James' School of Nursing, located in Montenotte House, had a total of 65 students including 9 post-graduate students who started their course in May 1995. Thirteen third-year students sat their State Final Examinations in November 1995.

Montenotte House continues to be a centre for education for all staff members. In-service training concentrated on three core areas - lifting techniques, understanding and responding to challenging behaviour and proficiency assessment of nursing students.

Montenotte House was also a venue for lectures to nurses on the Public Health Nurses

Course, which is run by University College, Cork. St. James School of Nursing and the Foundation continue to provide an academic and practical input into this course. This year, input was also given to the new B.Sc. (Nursing Studies) course in University College, Cork.

OCCUPATIONAL THERAPY

The aim of Occupational Therapy is to provide specific interventions to individuals in order to assist them achieve their optimum level of independence. Occupational therapy is a holistic approach which looks at the physical, psychological, cognitive and social well-being of the person, and this is reflected in the wide range of therapeutic interventions available to clients.

During the year, the Occupational Therapists continued to provide a weekly assessment and treatment service to the younger clients as a priority, in Scoil Eanna, St. Paul's School, Ashville and Tracton. Therapy in these areas involves hand-function, independence in dressing and feeding, play development, sensory-motor programmes and social skills.

Priority continues to be given to all individuals with physical handicap. This involves ensuring each person is as independent



Bishop Buckley & Frank Kelleher, Blarney Woollen Mills enjoying a Bowling joke with Joe Grey & Robert Barrett of Bishopstown Rotary, Derek Nolan & Noel O'Flynn at the Fun For All Bowling.



A N N U A L R E P O R T 1 9 9 5

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GENERAL FUND ACCOUNT & BALANCE SHEET



GENERAL FUND ACCOUNT

FOR THE YEAR ENDED 31ST DECEMBER, 1995

	1995 IR£	1994 IR£
INCOME FOR YEAR		
LOTTERY ACCOUNT TRANSFERS	77,000	60,000
FUND RAISING CAMPAIGNS	486,538	406,721
CAPITAL GRANTS	-	1,371
SPECIAL DEVELOPMENT GRANT FUND	574,230	700,000
HORIZON PROJECT	-	18,680
MISCELLANEOUS INCOME	(9,126)	43,110
	1,128,642	1,229,882
 OPERATING DEFICIENCY FOR YEAR	 (35,623)	 (21,157)
DEPRECIATION	(552,760)	(538,021)
 NET INCOME FOR YEAR	 540,259	 670,704
GENERAL FUND ACCOUNT AT 1 JANUARY	12,744,697	12,073,993
 GENERAL FUND ACCOUNT AT 31ST DECEMBER	 13,284,956	 12,744,697

There are no recognised gains or losses in either year other than the net income attributable to the Foundation for the year

On behalf of the board

Directors Francis J. O'Flynn
Michael Collins Powell

16th April 1996

AUDITOR'S REPORT TO THE MEMBERS OF COPE FOUNDATION

We have audited the financial statements on the attached pages which have been prepared under the historical cost convention and in accordance with the Foundation's accounting policies.

Respective responsibilities of Directors and Auditors.

The Foundation's Directors are responsible for the preparation of financial statements. It is our responsibility to form an independent opinion, based on our audit, on those statements and to report our opinion to you.

Basis of opinion

We conducted our audit in accordance with Auditing Standards issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the Directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the Foundation's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial

statements are free from material misstatement, whether caused by fraud or other irregularity or error. In forming our opinion, we also evaluated the overall adequacy of the presentation of information in the financial statements.

Opinion

In our opinion the financial statements give a true and fair view of the state of the affairs of the Foundation as at 31st December 1995 and of its net income for the year then ended and have been properly prepared in accordance with the provisions of the Companies Acts, 1963 to 1990 and the European Communities (Companies: Group Accounts) Regulations 1992.

We have obtained all the information and explanations we considered necessary for the purposes of our audit. In our opinion, proper books of account have been kept by the Foundation. The financial statements are in agreement with the books of account.

Ernst & Young,
Registered Auditors,
Stapleton House,
89 South Mall,
Cork.

16th April 1996

B A L A N C E S H E E T

AT 31ST DECEMBER 1995

	1995 IR£	1994 IR£
ASSETS EMPLOYED		
FIXED ASSETS	12,047,562	11,342,497
CURRENT ASSETS		
STOCKS	119,560	120,481
DEBTORS	169,982	148,984
GRANTS RECEIVABLE	1,316,304	1,393,718
CASH AND BANK BALANCES	1,878,344	2,026,921
	3,484,190	3,690,104
CURRENT LIABILITIES		
CREDITORS	1,356,901	1,796,943
SHORT TERM BORROWINGS		4,954
	1,356,901	1,801,897
NET CURRENT ASSETS	2,127,289	1,888,207
TOTAL ASSETS LESS CURRENT LIABILITIES	14,174,851	13,230,704
FINANCED BY ACCUMULATED FUNDS		
GENERAL FUND ACCOUNT	13,284,956	12,744,697
COPE LOTTERY SURPLUS ACCOUNT	(71,352)	(53,384)
	13,213,604	12,691,313
DEFERRED GRANTS	961,247	539,391
	14,174,851	13,230,704

Note:

As the foregoing accounts have of necessity to be confined, the detailed notes attached to the Audited Accounts are not included. They are however, available to Members of the Foundation on request to the Secretary.

On behalf of the board

Directors Francis J. O'Flynn

Michael Collins Powell

16th April 1996



COPE New Therapy Swimming Pool.



*COPE Physical Education staff member
Paul Sheehan from Ballincollig supervising the children in the new Therapy Swimming Pool.*



A MOST COMPREHENSIVE SERVICE FOR PEOPLE WITH A MENTAL HANDICAP
"In terms of both the age of the people and the degree of handicap"



Ann O'Connell & Emily Meagher presenting a rug with the Kennedy coat of arms to Ambassador Kennedy Smith

as possible and often necessitates the provision of special wheelchair and buggies. The areas of access, bathing and toileting are also assessed and adaptations made to enable the person to achieve tasks independently.

At Christmas the department organised a Toy Show for parents / relatives. The aim of this show was to demonstrate a variety of recommended toys, and give guidance on the types of toys which might suit their child's special needs.

The department continues to develop the Sensory Integration Assessment Service, working in conjunction with the Psychology Department. Forty children have been referred to this service to date from the schools and this has resulted in a waiting list.

As a result of their work in sensory integration, the therapists presented a workshop at the Occupational Therapy National Conference, on 'Sensory Diets', which was well received by those who attended.

Four therapy students chose COPE Foundation for their placements this year, resulting in the department having students for 24 weeks in total. A student primary teacher also chose the Occupational Therapy Department for

her two week special education placement. The Occupational Therapists continued to visit Glasheen and Hollyhill centres on a monthly basis. The outlying hostels, Parkview and Beech Hill were visited on request. Overall, the year proved to be very busy; the efficiency and effectiveness of the existing service remains dependent very much on co-operation between nursing, teaching and para-medical staff, which is much appreciated by this department.

PHYSIOTHERAPY

The Physiotherapy department continued to provide assessment and treatment to clients of all ages, both residents and day attenders. Treatments can be individual and/or group based, as appropriate for the client. In the last year, the department has actively encouraged the use of physiotherapy programmes in the schools, residential and day units, hostels and at home, and feel that this has increased the efficacy of treatments, and the understanding of the client's physical problems.

The department runs three conductive education programmes each week with the continued support of parents, volunteers, school and unit staff. As in previous years the department accepted nursing students on placements affording them opportunities to increase their knowledge and understanding of physiotherapy and to give them confidence in their handling in treatment. The re-location of the pre-school to Rainbow Lodge enabled the department to work closely with children and their families at an early age and promoted understanding and trust that

will facilitate future treatments. The opening of the therapy pool in October gave the department staff an invaluable treatment facility and at present they are actively involved in four sessions per week. The groups include school children, residents and children from the pre-school. The sessions are of value to clients with a wide variety of movement problems. Clients who have previously been unable to participate in hydrotherapy and have severe contractures and joint deformities now receive their treatments / mobilisations and stretches in comfort. For some clients with severe spasticity, producing extreme muscle spasms and pain, the pool temperature is raised and it is clear that they have benefited noticeably from these hydrotherapy sessions.

LEISURE, RECREATION AND PHYSICAL ACTIVITY

Physical and leisure activities play an important part in the overall development of the individual. A well organised physical activities programme will help the promotion and acceleration of general all-round well-being.

The department endeavours to provide a service to the clients in the many sections of the Foundation. Among these are health-related fitness programmes which are run for pupils in Scoil Bernadette, trainees from the Vocational Training Centres and Glasheen. The clients use weights and other fitness equipment under supervision.



Presentation to Mrs Peggy Dowling Dunmanway after 30 yrs involvement with COPE Foundation.



Individuals who were unable to attend public swimming pools, due to the nature and extent of their disabilities, are now able to avail of the specially designed facilities in the new therapy pool which opened in October 1995.

Three athletes, chosen by the Cork Special Olympic Bowling Club, travelled to the USA to take part in the International Special Olympics. A further 18 athletes from the Foundation have already qualified to take part in the residential games in Dublin in 1996.

The number of voluntary workers attending the clubs increased and some very interesting programmes and projects were developed in 1995. We would like to thank all the voluntary workers, including the drivers who take clients to various activities on a regular basis.

SPEECH AND DRAMA

This department provides a service to the pupils in the schools of COPE Foundation. In September 1995 COPE Foundation appointed a full-time Speech Therapist to the department. The speech and language therapists visit each classroom regularly and supply tapes and visual aids. The Derbyshire Language Scheme is used throughout St. Paul's School. Children from the special classes attached to St. Paul's School

receive weekly sessions and a service is also provided to the children who attend the early intervention service in Rainbow Lodge.

Pupils attending Scoil Eanna, Scoil Bernadette and the Vocational Training Centre receive the services of the Drama Therapist, who carries out group or individual sessions through the medium of drama - which is a most successful medium for teaching. For children in our Schools who do not communicate verbally, the L.A.M.H. (Language Alternative for Mentally Handicapped) method is implemented. Pupils attending St. Killian's School, Evergreen Street and the special class at Mercy Convent, Mallow, continue to receive language sessions on a weekly basis.

Language classes are conducted once a week at Glasheen and Hollyhill Centres. Other adult centres at Midleton, Macroom and Mitchelstown are visited to maintain and monitor the language programmes already in operation.

TRANSPORT

The Transport department added another 20-seater bus to the fleet to cater for the demand following the opening of the new development in Clonakilty and the therapy pool in Montienotte. This expands the fleet to 17

vehicles, all of which are adapted to allow wheelchair access.

CATERING

In 1995 the services of the Catering department were extended following the opening of the new facility in Clonakilty. Improvements in the quality of menus throughout the Foundation were achieved through the initiative of the catering staff and suggestions from the consumers. The catering department continued to provide a service for the Foundation's 'special occasions' in 1995, such as the official openings of the therapy pool and Clonakilty workshop. In a typical day this department prepares, cooks and serves 723 dinners.

DIETETICS

Dietetics is a very important factor in the lives of all, but is particularly relevant to people with a mental handicap. During the year the Dietitian focused on the children attending the Early Intervention Service because it is at this stage of one's life that good eating habits are formed. All new clients and their parents/guardians were met and advised regarding healthy eating. During National Healthy Eating Week, a social / information evening was held in Glasheen for parents which included lectures and demonstrations on the nutritional values of the various food groups.



*Kathleen, Tony & Norron
representing COPE Foundation,
the Cork Special Olympic Bowling
Club & Ireland in America.*

SCOIL EANNA

There are 85 pupils attending Scoil Eanna which is a junior co-educational school for pupils with mild learning difficulties.

Many sports activities were held during the year and brought great pleasure to the pupils, these activities included: soccer blitzes held in St Mary's Rochestown and in Limerick, a games day in Cork R.T.C., a swimming gala in Mayfield Sports Complex, a wonderful sports day held in Scoil Eanna.

Since the opening of the therapy pool, the pupils in the reception class have weekly swimming lessons. Other classes have swimming lessons in Mayfield Sports Complex.

Five groups of pupils had lessons in horse-riding at Caherlag Equestrian Centre, we are very grateful to the 'Riding for the Disabled Association of Ireland' for making this possible.

Everyone in the school had a wonderful day in 'Perks' of Youghal - we wish to thank the Rotary Club who organised and sponsored this event.

Transition year students from schools in Cork City and County came to Scoil Eanna on work experience. This is very beneficial to all concerned and will continue in future years.

The co-operation of the multi-disciplinary team plays an important part in implementing the school's programmes and the support provided by the personnel from COPE Foundation is acknowledged.

SCOIL BERNADETTE

Scoil Bernadette is a co-educational school which caters for the needs of students (12-18 years of age) with mild learning disability.

In June 24 students graduated and transferred to the Vocational Training Centre. The intake from Scoil Eanna and mainstream education brought the roll numbers to 117.

In the academic field, the following number of students were successful in the Junior Certificate Examinations:

English (Foundation Level)	- 11
Home Economics (Ordinary Level)	- 16
Art (Ordinary Level)	- 4

The academic work continues to be complemented by 'on location - learning', incorporating programmes in community orientation, practical academics and social awareness.

Pre-vocational training (beginning at 16 years of age) has been developed comprehensively and includes visits to factories, hotels, and other prospective employment sites. Such a visit to Apple Computers in Hollyhill resulted in that company donating 7 PCs, a colour scanner and laser printer to the school. This, combined with COPE Foundation's generosity in setting up a new computer room, makes a first class facility for the students.

Additions to the curriculum in the year have been pottery and music classes.

All pupils are encouraged to take part in sport and recreation through the various in-house leagues. Special credit goes to those students who represented the school in the various teams - out-door soccer, in-door soccer, basketball, swimming, athletics and quizzes. Students have continued to benefit from the fitness programmes

which have continued to operate in the highly equipped fitness room.

14 students were confirmed in April, 1995.

Scoil Bernadette again produced winners in the Co-Operation North Energy Project. Students and their teachers were rewarded with an educational weekend in Belfast.

Open Day was held in June. Mr J. Bermingham (Chairman, COPE Foundation) presented certificates to those graduating from the school.

The staff and pupils of Scoil Bernadette appreciate the Foundation's support and co-operation in the provision of essential services to the school.

ST. PAUL'S SCHOOL

The present enrollment in the school is 103, including 26 in four special classes.

The programmes in the multi-sensory room and the soft-play room are proving to be very beneficial to all pupils, and are very positive additions to the regular school activities. During the year many extra curricular activities were engaged in. All the staff were involved in training pupils for Special Olympics events held throughout Munster.



Opening of the COPE Foundation Therapy Swimming Pool at Bonnington Montecotte



Mr Don McAleese, Principal Scott Bernadette and pupils admiring one of the computers presented by Mr Liam O'Donoghue & Mr Bernard Cronin of Apple Computers.

Over 50% of pupils participated in varying events including Track & Field, Swimming, Equestrian, Uni-Hoc, Soccer, Soccer Skills, Motor Activities, and Gymfest. Three classes participated in Cor Fheile na Scol at Cork City Hall. A group participated in Schools Dance Celebration at The Opera House.

In addition to the annual educational tour for every class, a group of senior pupils travelled to a school in Listowel to attend a concert there which was thoroughly enjoyed. Thanks to the generosity of an aunt of one of our junior pupils a group visited Ballymaloe where they were brought on a guided tour. Later they were entertained by T.V. personality Darina Allen and sampled her cuisine. Fifty pupils were brought by a fleet of cars courtesy of the Rotary Club on an outing to East Cork. The highlight of the day was their visit to Perks Amusements in Youghal.

Following Mass celebrated by Fr. Kidney the annual graduation ceremony was held. Mr. John Bermingham, (Chairman, COPE Foundation) presented commemorative plaques to each of the school-leavers of 1995. He also presented prizes to the winners of the E.S.B. sponsored cookery competition and he also acknowledged the unselfish commitment of Ms. Marian Dooley of the E.S.B. for her work over the

years in supervising and judging this annual event.

In a special ceremony a group from our special classes received First Holy Communion. Parents and family members attended and enjoyed tasty refreshments.

During the year, pupils from Ashton Comprehensive, Crosshaven Secondary and Christ the King Secondary schools participated in activities and integrated with the pupils in St. Paul's school. A number of pupils from these schools have also attended the weekly Fáilte Club. This club, for pupils and past pupils, is organised and supervised by a group of teachers from St. Paul's. An invitation to St. Paul's pupils

and staff to visit Cork Regional Technical College for Open Day was gladly accepted.

ST. KILLIAN'S SCHOOL

There are 62 pupils attending St. Killian's. Twenty eight pupils were discharged during the past year; 18 to second level schools; 8 to primary schools and 2 to special schools. Twenty eight new pupils were admitted during the year.

The following extra-curricular activities were held during the year, pottery, guitar, speech and drama, football skills, swimming, woodwork and mechanical work. All the pupils took part in sporting events with pupils from mainstream and special schools.

The pupils went to various concerts and art exhibitions during the year, and had a great day out at Oysterhaven Activity Centre.

Nineteen pupils were confirmed at the South Parish Church in March.

Parent/Teacher meetings were held each term. The Parents Support Group continues to meet each month during the school year.

All the teachers took part in an inservice training course which was held in St. Killian's during the Summer.

The support from the P.E., psychology, administration, social work, speech therapy and occupational therapy departments was maintained during the year.



Flowers of Hope - Schools painting winners with City Manager Mr Jack Higgins at Vibes & Scribes Bookshop.



Supervalu Charity West
Cork Golf Classic
winning ladies team with
John McHenry, at
Bandon Golf Club.

VOCATIONAL TRAINING

The needs, expectations and rights of people with disabilities have been highlighted particularly in recent years. Issues such as empowerment, integration, inclusion and employment are now major points of discussion between consumers and service providers. Consequently the need to address these issues through the provision of high quality training must be taken in the context of compliance with national standards.

A total of 193 trainees availed of a wide range of programmes and activities directed towards assisting independence and integration in the community, during 1995. Pre-vocational programmes in St. Pauls and Scoil Bernadette catered for 73 students. These programmes aim to develop the vocational competencies of the students and to assist their transition from the classroom to vocational training. The students are exposed to a wide range of programme modules which include woodwork, pottery, horticulture, personal effectiveness, industrial and educational visits and work experience.

Trainees attending vocational training on a full-time basis participate in specifically designed programmes aimed at meeting individual needs and providing a range of outcomes.

A new Training Opportunities Programme (T.O.P.s) was introduced during 1995 and provides 60 trainees with basic personal and practical skills, knowledge and attitudes for supported or sheltered work, or for progression to further training.

Skillbase Level 1 Programme, providing training for 20 trainees, is directed towards those trainees who may be placed in integrated work settings.

Employment Development is another crucial component of programme delivery. Sixty four trainees at various stages of training participated in modules such as vocational preparation, work sampling and work experience, all facilitated by a team of Job Coaches.

TRAINING OUTCOMES FOR 1995

Open Employment	8
Supported Employment	11
Sheltered Employment	7
Occupational Activities	10
In-Service Awaiting Placement	3
Other Services	2
Discontinued	5
Voluntary Community Work	1

CLIENT EMPLOYMENT

H.E.L.P. INDUSTRIES

This sheltered workshop at Vicar's Road, Cork provides meaningful work for a total of 157 individuals in nine departments. The quality and service provided by each department is of the highest standard.

ALLIED TEXTILES

This department has continued to widen its customer base through its product range - bank bags, lagging jackets, silk screening, bunting and upholstery.

CONTRACTS

A wide range of contract work is undertaken in two departments including shrinkwrapping, assembly of night lights, mail shots, assembly of units for the security industry and stainless steel components.

CORDAGE

Manufactures domestic and butcher twine, and strapping for commercial and industrial purposes.

LIGHT ENGINEERING

This department continues to manufacture decorative railings and gates, car trailers, crowd control barriers, plant holders and recently extended the range to include spiral staircase steps and quayside ladders.

TEXTILES

This department manufactures disposable surgical theatre gowns and pillow cases on a contract basis and also produces net curtains, bed linen and tea towels. A contract was also secured to supply University College Cork with cotton carrier bags celebrating their 150th Anniversary.

TROPHIES

Specialises in engraving, identification badges, directional signs and sports trophies. It also continues to carry out some specialised contract work.



Jerry Buttiner, Noreen Fitzgerald, Lord Mayor, Cllr. Tim Falvey, Lady Mayoress Bina Falvey, Chamber of Commerce President, William Cuddy & his wife, Valerie with John Bermingham at the COPE Foundation Mid Summer Ball.



WOODWORK

A wide range of quality furniture is manufactured, in addition to traditional hotel, bar and restaurant furniture. The built-in and free standing furniture market has proven to be a very challenging and worthwhile experience for all concerned in this department. In addition office furniture of high quality is manufactured.

CANTEEN

The canteen employs six people who work in a well supervised and hygienic environment where meals are prepared and served to the entire workforce of HELP Industries.

MAINTENANCE/TRANSPORT

There are nine people in this department and their functions include cleaning, decorating, grounds maintenance, stores and transport.

In association with the City of Cork Vocational Educational Committee, adult literacy classes were provided for the first time in HELP Industries for a group of employees during the Autumn of 1995. The employees themselves were very enthusiastic and eager in their participation. The families of the employees were also very appreciative of this new Service.

MALLOW

Mallow workshop was opened in 1989, to provide employment opportunities for people with disabilities from the general catchment area of Mallow. A total of 53 people are employed in the four sections of the workshop: catering, packaging and labelling, general assembly, woodwork and technical assembly.

COPE Foundation provides a private bus service which enables the majority of people to get to and from work. This service covers 160 miles every day. The remainder travel to and from work independently. A hostel at Navigation

Road, Mallow provides residential accommodation for 7 people and another at Bellevue Court, Mallow for 9 people.

In conjunction with Mallow Area Development Partnership COPE Foundation appointed a marketing officer during the year, who following research proposed two projects in which the workshop personnel could get involved. These proposals have been ratified by the Board of Directors. One is for the processing of corrugated board. The other project entails the setting up of a sewing unit for the production of activity shapes for the pre-school and creche markets, as well as safety mats suitable for P.E. activities.



Chairman John Bermingham cutting the tape watched by Tom Monaghan, Director, Charlie Cullinane, Chairman Clonakilty U.D.C., Angela Breechinor, Chairperson, Clonakilty Branch, Frank O'Flynn, Gerard Murphy, Chairman Cork Co. Council & John O'Mahony, Director.

CLONAKILTY

The official opening of the new sheltered workshop and hostel was performed by the Chairman of COPE Foundation, Mr. John Bermingham on the 1st November, 1995. The building comprises of three spacious workshops, a dining area with a social/recreational area attached, a sensory room and various specialised office accommodation.

There are presently 40 clients from the West Cork area attending the workshop on a daily basis. Twenty four of these are accommodated in COPE hostels in Clonakilty and Bandon. The remainder commute daily on a bus service provided by COPE Foundation.

A wide range of garden products are produced at the workshop including picnic tables, fences, trellising, tubs and window boxes. The remainder of the work carried out is contract work such as shrink-wrapping, labelling and packing for local businesses.

HORTICULTURE

Over the year, numerous improvements have taken place at Beech Hill Garden Centre, Montenotte. The expanded outside sales area, with new garden demonstration places, were designed, prepared and planted up with a wide variety of plants by the staff and clients attached to the centre. This has created a more natural customer-friendly atmosphere. Likewise inside the shop area, a customer-friendly design has been created to make it more appealing for gardeners.

To coincide with University College Cork 150th Anniversary celebrations and National Tree Week 1995, a Serbian spruce was presented to the College by COPE Foundation and planted by John Bermingham, (Chairman, COPE Foundation) in the University grounds in the presence of the Vice-President and other College dignitaries.

In early December, the Lord Mayor, Rt. Hon. Cllr. Joe O'Callaghan visited the Christmas display at Beech Hill Garden Centre and was presented with a non shedding noble fir by trainees for his office in the City Hall. The Lord Mayor returned the compliment by inviting clients and staff to visit the Mayoral Chambers at the City Hall and he was delighted to receive a nativity crib made by trainees of the Vocational Training Centre. Horticulture continues to be a creative and healthy occupational activity for clients in the services.

This division is made up of the Social Work and Psychology departments, is based at 9, Dyke Parade, Cork, and the members of the division provide professional support to the many service centres of COPE Foundation.

PSYCHOLOGY

The psychologists are involved in individual and group assessment, guidance, counselling and various forms of intervention. They work towards an aim which they share with all the other disciplines, that is, the optimal development of the person. Their work, in summary, consists of trying to enhance the adaptive or appropriate skills of the individual and to eliminate or reduce maladaptive or inappropriate behaviour. Formal review assessments were carried out on 173 COPE Foundation clients during the year. The main issues dealt with, in terms of frequency, were interpersonal relationships, anxiety, depression, and bereavement. The department continued its support to the Charleville and District Mentally Handicapped Children's Association.

The department succeeded in arranging courses, for the first time, in adult literacy for clients in HELP Industries and Glasheen Centre, under the auspices of City of Cork VEC. Staff training in dealing with challenging behaviour was continued and developed throughout the year.

SOCIAL WORK

The aim of the Social Work department is to enable clients to become as self-sufficient and independent as possible. This is achieved by working directly with the clients and their families, as well as indirectly through group work. During the year one additional social work

post was created, this enabled the department to give a more comprehensive service to the various sections within the organisation. The range of issues dealt with on an on-going basis included family conflict, bereavement, sexual abuse, behavioural problems, relationship difficulties, transport problems and requests for respite care. The staff held support group sessions for parents of the children attending St. Killian's School. They also ran group meetings on interpersonal relationships for family members of those who work in Mallow Workshop. Weekly group sessions took place for the clients in HELP Industries on issues regarding self-awareness and assertiveness. The social workers themselves

A number of projects which focused on the geographical distribution around Cork City and County of COPE Foundation clients were completed. The psychology department, in collaboration with the department of Applied Psychology, UCC, helped in two separate projects in a special school for children with mental handicap in Bosnia-Herzegovina.

ASSESSMENT SERVICE

The Assessment Service, which is based at 9, Dyke Parade, Cork, carried out a total of 525 assessments - 282 initial assessments and 243 reviews. People from North Cork Community Care Area were served through holding clinics in Mallow 8 times,

Fermoy 4, Kanturk 3 and Charleville 2; people from West Cork Community Care Area were served through holding clinics at Skibbereen 5 times, Bantry 4 and Clonakilty 2. People from North and South Lee Community Care Areas were served from 9, Dyke Parade, Cork.



Clonakilty Branch members at the opening of Factory with Jerry Buttimer & Dan Whooley.

undertook training in counselling, advocacy and dealing with sexual abuse. The department continues to be recognised for practical placement for social work students from Irish and European universities.

RESEARCH

A project on enhancement of posture of people with mild mental handicap, which had been piloted during 1994, was completed and will have significant implications for future physical education programmes. A great deal of preparatory work was done for a major follow-up study which will investigate how past-pupils of Scoil Bernadette are getting on in adulthood.

PART-TIME REMEDIAL CLASSES

COPE Foundation has been organising and maintaining part-time remedial classes in Cork City and County for over 20 years, for children with learning problems who do not have the services of a remedial teacher in their own school. In 1995, 13 classes catered for a total of 53 pupils. Classes were held in Cork City, Bantry, Carrigrohilly, Mallow and Skibbereen.

F U N D R A I S I N G

COPE Foundation provides a cradle to the grave service in Cork City & County for 1500 people with a mental handicap. To do so successfully, it is necessary to provide additional facilities on an on-going basis.

COPE Foundation is indebted to the many voluntary fund-raisers throughout the City and County. The people who participated in any of the various projects during the year, such as, the very successful flag days just before St. Patrick's Day; Flowers of Hope in May; Church Gate Collections; COPE Golf Alliance; Corporate Table Quiz; Musical evening at the A.I.B., 66, South Mall; the Mid-Summer Charity Ball; the Blarney Woollen Mills/Cork Examiner Fashion Show; the Fun-For-All-Bowling and in any of the range of other projects undertaken by the network of fund-raising committees throughout the County, can justifiably feel that they have contributed in a significant way to the provision of these essential services.

Subscribers to COPE Lottery can also feel proud of their contribution to these developments. The on-going support of the community for our projects and especially for the Lottery will be required to enable the necessary developments to continue to provide for future needs. The major projects for 1996, will be the provision of a facility for elderly people. This will be located in Montenotte and will cost (£750,000).

The provision of the many and varied services of COPE Foundation would not have been possible without the continued support of the community and especially of many committed voluntary fund-raisers.



Brendan Hurley presenting Tops of the Town cheque to Director, Tom Monaghan.

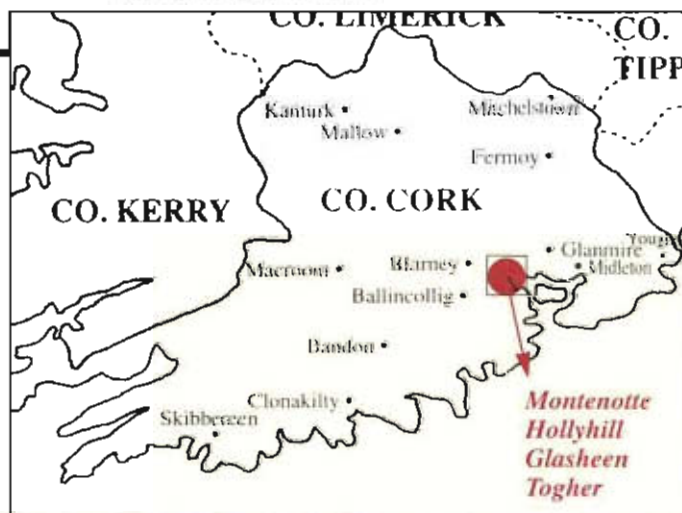


Guests watching a water display at the opening of the COPE Foundation Therapy Swimming Pool at Bonnington Montenotte.

COPE Foundation now has separate fund-raising committees in the following areas:

Ballincollig
Ballineen
Bandon
Bishopstown/Glasheen
Blarney
Carrigaline
Clonakilty
Cobh
Douglas/Blackrock
Dromtariffe
Dunmanway

Fermoy
Glanmire
Kanturk
Macroon
Mallow
Midleton
Mitchelstown
Skibbereen
Youghal





*Chairman, Honorary members
and staff members
at last year's A.G.M.*

EMPLOYMENT

Total number employed at year end	528
Total number full-time employees	442
Total number of part-time employees	86

PERSONNEL ADMINISTRATION

In line with management reorganisation, the review of COPE Foundation's personnel procedures continued for 1995.

PENSION SCHEME

The Foundation operates a defined benefit scheme for all employees who joined before 1st January, 1988 providing benefits based on average final pay. The assets of the scheme are held separately from those of the Foundation, being managed by Irish Life Assurance plc. The contribution rates are determined by a qualified actuary on the basis of triennial valuations.

The most recent actuarial valuation was carried out on 1st January, 1993 and confirmed that the value of the fund was sufficient to meet accrued benefits on a discontinuance basis.

All other qualifying employees are provided for by the state Nominated Health Agency Superannuation Scheme which provides

defined benefits for all members. Under this Scheme the Foundation is responsible for paying all benefits arising and these costs are to be reflected in the annual Department of Health allocation towards funding.

HEALTH & SAFETY

In accordance with the provision of the Safety, Health and Welfare at Work Act, 1989, COPE Foundation is complying with the terms of the legislation.

A Safety Statement has been published and will be reviewed on a regular basis.



*L to R at Opening of Clonakilty Factory:
John Bermingham, Frank O'Flynn,
John O' Mahony, Charlie Cullinane, Chairman
Clonakilty U.D.C.,
Angela Beechinor, Chairperson
Clonakilty Branch,
Gerard Murphy, Chairman,
Cork Co. Council,
Gerard Ahern, Manager
New Workshop.*

D I R E C T O R S

STATEMENT OF DIRECTORS' RESPONSIBILITIES

Company law requires the Directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Company and of the profit or loss of the Company for that period. In preparing those financial statements, the Directors are required to select suitable accounting policies and then apply them consistently; make judgements and estimates that are reasonable and prudent; state whether applicable accounting standards have been followed, subject to any material departure disclosed and explained in the financial statements; 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 keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Company and to enable them to

ensure that the financial statements comply with the Companies Acts 1963 and 1990. 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.

ELECTION OF DIRECTORS

Mr. M. Collins-Powell, Mr. L. Cotter, Mr. E.T. MacSweeney and Mr. T. Monaghan retire by rotation, under Article 23 of the Articles of Association of COPE Foundation, and being eligible, offer themselves for re-election.

Mr. J. Corkery retires, under the provisions of Article 25 of the Articles of Association of COPE Foundation, and being eligible, offers himself for re-election.

ACKNOWLEDGEMENTS

We wish to express our thanks to the following for their help and support during the year:

The Minister and Officials of the Department of Health, The Minister and Officials of the Department of Education; The Chief Executive and Staff of the Southern Health Board; The City Manager and Staff of Cork Corporation; The County Manager and Staff of Cork County Council; The Chief Executive and Staff of the National Rehabilitation Board.

The contribution of very many volunteers around Cork City and County who offer their services in a variety of ways, such as, in fund-raising, in helping at sporting, leisure and recreation occasions, is deeply appreciated.

AUDITORS

Ernst & Young, Accountants having intimated their willingness to act, are appointed Auditors for the coming year in accordance with Section 160 of the Companies Act, 1963.

John Bermingham with Bandon members of 30yrs service.



Chairman John Bermingham planting a tree at U.C.C. to mark their 150th anniversary.

A MOST COMPREHENSIVE SERVICE FOR PEOPLE WITH A MENTAL HANDICAP

"In terms of both the age of the people and the degree of handicap"



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