

2013 Annual Report of Tallaght Rehabilitation Project Ltd



Tallaght Rehabilitation Project

*“Providing drug and alcohol rehabilitation
for people within the local community”*



**Kiltalown House
Jobstown, Tallaght, Dublin 24**

Tallaght Rehabilitation Mission Statement

We believe in the advantage of Rehabilitation within the community, as addiction does not happen in isolation. TRP provides a supportive and nurturing environment where participants are encouraged to work in a therapeutic process on their previous drug/alcohol use. TRP promotes a healthy lifestyle in a structured and safe way, through education and training. From this, participants are encouraged to make an informed choice to ultimately become and remain drug/alcohol free.

Values

Tallaght Rehabilitation Project values and respects the rights of all our participants to engage in a recovery process that is positive, honest, compassionate and dignified and also meets the needs of our clients through progressive pathways and emotional growth.

Commitment and vision

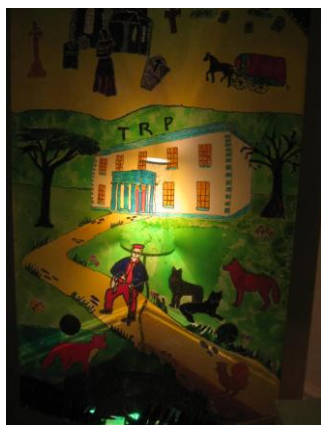
The TRP organisation is committed to providing quality services for people who are in recovery from drug and alcohol addiction. We are an evaluated service that is true value for money. Our organisation and programmes strive to provide quality based services which are evidence based and promote good corporate governance in order to be a leader in community based therapeutic rehabilitation.

Contents Page

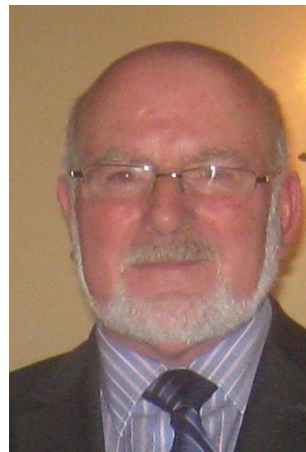
Page 1	Opening Page
Page 3	Contents Page
Page 4	Chairperson's Report
Page 5	Manager's Report
Page 7	Financial Report
Page 9	Team Leader's Report
Page 13	CE Supervisor's Report
Page 16	Aftercare Report
Page 19	Participant's Page
Page 21	Other Significant Events and Pictures of the Year
Page 25	Acknowledgments and Company information

“TRP is a great example of effective teamwork, they're consistently easy to work with and every member of staff is in tune with what's happening throughout the organisation. In addition, they're great at identifying new ways of networking with other organisations or community groups”.

**Grace Hill
Coordinator Tallaght Drugs Task Force**



A brief introduction and address from the Chairperson of the Tallaght Rehabilitation Project Board of Management, Mr Seamus Massey



2013 has been another progressive year for Tallaght Rehabilitation Project. Despite the effects of on-going cutbacks and reductions in budgets over recent years; TRP has continued to provide a quality rehabilitation service for people in the community whose lives and families have been damaged by drug and alcohol addiction. I've been impressed by the combined efforts of staff and management as they strive to maintain the levels of services by effective readjustments to programmes and changes in work practices, including many hours of voluntary unpaid overtime!

I congratulate Manager Pat Daly on his innovation and dedication in providing positive leadership during these difficult times ensuring that TRP continues to deliver a first class service. I also congratulate Joan Cleere Neville, Financial Administrator, assisted by Therese McDonagh, for their meticulous management of the financial business of the organisation. I think it is important to note that all monies received by TRP are strictly monitored, accounted for and spent in accordance with relevant guidelines and best practice in an open and transparent manner. Accounts are presented, discussed and approved at each Board meeting and accounts are audited annually. TRP is fully compliant with all funding guidelines. We thank all our funders, both statutory and voluntary, for their continued support of TRP.

I thank the staff of TRP for their dedication in carrying out their duties, for their willingness to adapt to new ideas and work practices and for the respect and support they give to all who engage in our services. The staff of TRP is as follows - the Therapeutic Team Leader Lisa Wynne and her team of Jamie Byrne, Sheila Bowes, Carla Gunnery, Dawn Freeman and Roisin McEneaney; the Aftercare Team Supervisor Michael Williams and his team of Deirdre Murphy, Cora Kelly and Paul Troy; the DSP CE Team Supervisor Catherine O'Connor and her team of Joanne Jago, Catherine Kane and Helen Doyle; Kim Kehoe looks after housekeeping matters; John Durrad looks after the garden and Christy Boylan looks after security. I would also like to thank volunteers Anne Marie Wall, Fiona Blood and Sinead Fitzgerald for their significant contribution to the work of TRP

I would like to thank my fellow Board members – Counsellor Marie Corr, Counsellor Cathal King, Fr. Val Martin, Charlie O'Connor, Denis O'Driscoll, Dermot Mara, Joan Cleere Neville and Pat Daly. Board members give generously of their time and expertise in a voluntary capacity providing good governance for TRP. I thank Michelle Hinds for her sterling contribution to TRP over the years; unfortunately Michelle resigned from the Board during the year due to her increased work commitments and responsibilities.

Of the many events organised throughout the year to complement and support the work and challenges of the day programmes and the aftercare services, I think the annual residential weekend in June for our clients in An Tobar Co Meath is of particular value. Every effort should be made to continue with this very worthwhile endeavour.

The Annual Awards night in December was again a moving and inspiring occasion as participants took centre stage among their families, friends, staff and management. Their stories were told, their efforts were acknowledged and their successes were celebrated. Words are inadequate to describe their sense of joy, achievement and hope. I congratulate all our participants on their brave efforts in becoming drug free. I wish each participant every success in 2014 as they continue with hope on their journey to full recovery.

Seamus Massey
Chairman of the Board

Yearly Report from the Manager Mr Pat Daly

Hello everybody, I am delighted to present this report for our organisation's 2013 Annual Review. It is hard to believe another year has passed us by.

TRP is now a well established and respected community based rehabilitation project within the Dublin 24 area. Our quest has always been to provide quality rehabilitation services to all our clients who engage in our programmes. Maintaining the high level of treatment and rehabilitation standards in 2013 that our clients have become accustomed to have been difficult to deliver due to the ongoing cuts that our organisation has had to endure over the past six years. However it has to be said that through commitment, passion and dedication the staff team and our volunteers have worked above and beyond the call of duty to provide excellent quality services which are true value for money. I am sure that the quality and standards of our services have had positive outcomes for all our clients who engaged with our programmes in 2013. It has always been part of our ethos at TRP to ensure that our Services are as accessible as possible for people who wish to embark on a process of rehabilitation and recovery from drug and alcohol addiction.



Just to note that in 2013 our day programme services received a total of 32 referrals from a variety of different agencies throughout the community and beyond. A total of 20 males and 12 females were referred. The therapeutic team completed 26 assessments with 16 clients deemed suitable for the day programme. The team also assisted clients in accessing other treatment and rehabilitation services in response to their needs.

The aftercare service was also very busy in 2013. At present there are a total of 31 clients engaging in aftercare here at TRP. The Aftercare service provides a comprehensive continuum of care which includes keyworking, therapeutic group peer support and many other social events. Also included in the aftercare is the step up Module which enhances participant's progress into better opportunities.

There have been many positive highlights within our organisation in 2013. The team and I successfully completed our yearly work plan for 2013 with all tasks and strategies responded to and going forward into the New Year we recently compiled our 2014 yearly strategic work plan. TRP now has a new organisation logo alongside a written commitment concept. Our new logo and commitment concept will now be displayed and published on all promotional documentation and organisational headed paper to further enhance and promote the good brand name of Tallaght Rehabilitation Project.

The organisation continued to enhance service level agreements in 2013 with some of our sister projects in the community and other voluntary, community and statutory agencies such as St Dominics Community Response Centre, Coolmine Therapeutic Community, The Dublin Rape Crisis Centre and Tallaght IT to name a few. We hope to expand further and strengthen our service level agreements in 2014 by engaging with more agencies and services and to work cohesively with other organisations and projects to further enhance options and progression for our clients.

Our room rental services have also been a great success this year. We have supported local groups and individuals in the community in availing of some of the lovely rooms here at Kiltalown House.

TRP hosted our annual residential weekend in June for our clients in An Tobar Co Meath. Once again this key intervention was a great success and all who were involved thoroughly enjoyed the experience resulting in many positive outcomes

Other positive events include our yearly family sports day in August. We were greatly supported again by the FAI. The FAI also assisted us in our 5 A Side football blitz which featured all the projects in Tallaght and beyond. This event was a great success and the night went well. We also facilitated our annual awards ceremony where participants were presented with certificates of achievements for educational and therapeutic work completed throughout the year. I am delighted and proud to say we had 9 clients who received certificates for achieving and maintaining a drug and alcohol free status. The year finished with the TRP family Christmas day where Santa was on hand to give the children some lovely presents.

The day programme structure was full of positive modules throughout the year. A real highlight was the gender groups for men and women, which were facilitated by staff both from the day programme and the aftercare services. We also facilitated our usual relapse prevention and addiction awareness and educational modules which were all key factors of our 2013 schedule and workplan.

There were several fundraising events held in aid of TRP this year. The highlight being a performance of the play, "The Field" by John B Keane performed by The Glenasmole drama group in St Anne's GAA club Bohernabreena. The Board and the Management of TRP greatly appreciated all the efforts of our fundraising sub group and others who donated much needed funds towards our services.

There is so much more positives I could highlight from 2013. It has been a very eventful and busy year for us all in the organisation with so much work going on behind the scenes I could be writing here for a lot longer. However, looking forward to 2014 our hope is to continue to provide and enhance the quality of services we provide to all our clients, to pursue ongoing funding and to guarantee the services we provide will continue to be value for money. It is also a goal to enhance and improve the staff team's skills in the delivery of services to ensure a high standard of quality facilitation to our clients and to ensure our funders that monies are spent wisely and with minimum overheads to achieve better outcomes.

I honestly believe with the right funding and resources TRP can continue to provide a quality day and aftercare rehabilitation service to the community. We strongly believe that combined action from all of the services in the community can improve the quality of life of many people and families whose lives have been shattered through addiction. It is also abundantly clear that where sufficient resources are made available the harm caused by drug and alcohol misuse can be greatly minimised.

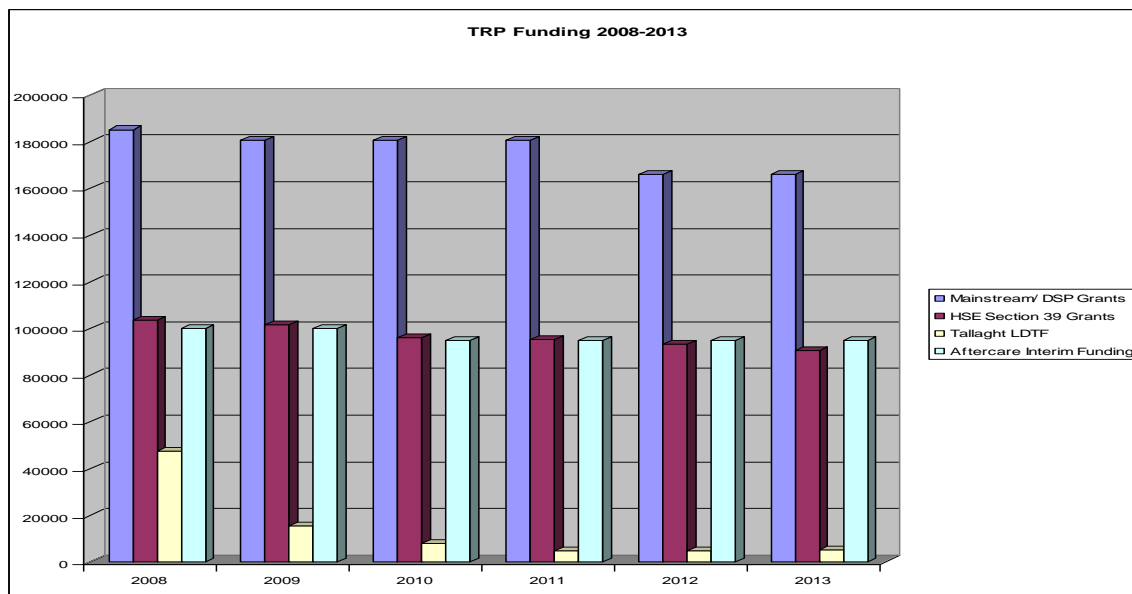
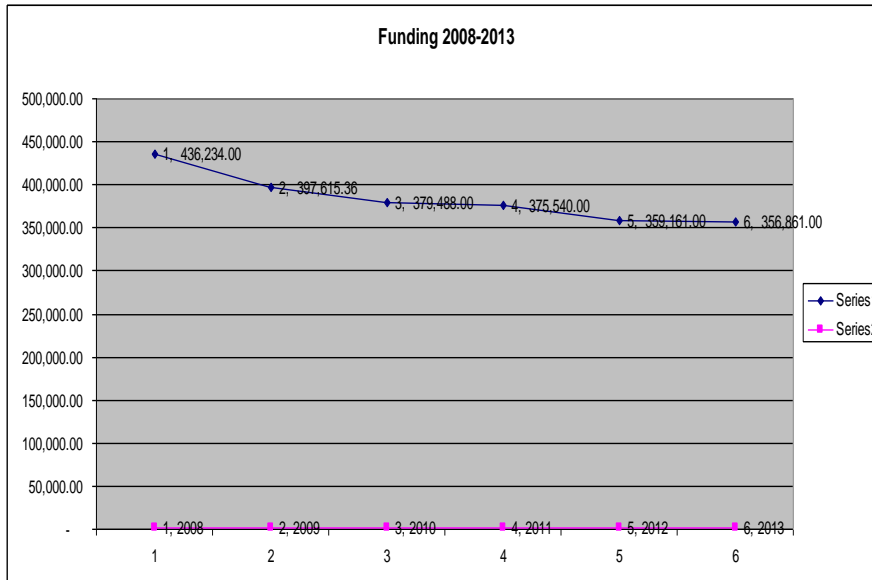
Finally I would like to sincerely thank the Board of Management and all of the staff team and our volunteers without whose dedication, time and commitment we would not have the quality services that we provide today. I would also like to thank the government departments, state agencies, local authorities (SDCC), our funders and all who contributed in any way in 2013, I would also like to wish all our participants the very best of success going forward in 2014.

Patrick Daly
Manager



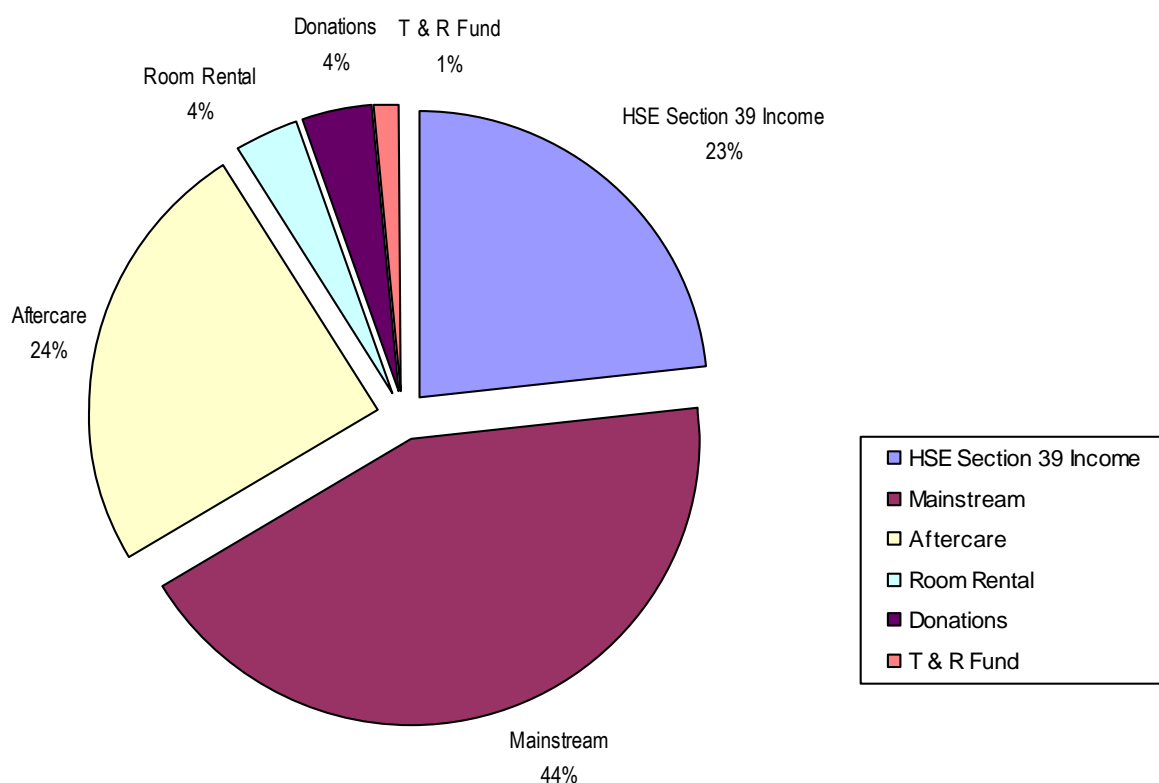
Financial Administrators Report from Ms Joan Cleere Neville

The past 5 years have been particularly challenging for Tallaght Rehabilitation Project Ltd in terms of funding. Our statutory funding has been reduced from €436,234 in 2008 to €356,861 in 2013. This is a total of 19.59% reduction since 2008 as noted in the graph below.



Below is a breakdown of the grants TRP received in 2013 from various funding agencies, namely DSP, Health Services Executive, Dodder Valley Partnership and Local Drugs Task Force. In 2013, TRP received 8% of its overall funding through donations and room rental (5% in 2012). This assisted in offsetting cuts in statutory funding greatly.

Tallaght Rehabilitation Project Ltd year end 31/12/13



All funding received by TRP is strictly monitored and accounted for and spent in accordance with relevant guidelines and best practice in an open and transparent manner to ensure best value for money. The accounts are audited by an external auditor and as a limited company are governed by the Companies Act 1963 to 2012.

The following criteria is strictly adhered to when managing resources

- Consistent, smooth delivery of all services
- Maintaining good corporate governance
- Maintaining a quality service through the best use of available resources
- No top up payments are made to TRP employees.
- TRP Board members and the Chairman of the Board are volunteers and donate freely of their time, skills and expertise.

Fundraising was a major part of our work plan this year, some events which produced much needed monies were the production of the play “The Field”, bag packing days and the Run Amok event. I can assure all our funders and contributors that all monies raised went directly to our services.

Joan Cleere Neville
Financial Administrator

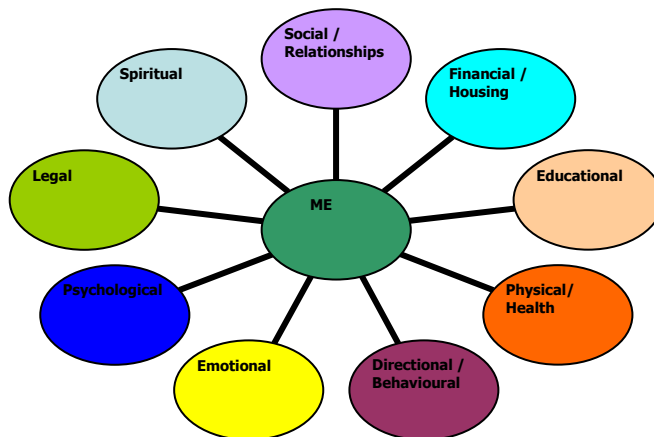
Team Leader Report

Through my report I will focus specifically on the rehabilitation day programme. 2013 has been a busy and challenging year for all, yet through reflection within this report, I will focus on the achievements which have been substantial and acknowledge the challenges which emerged this year.

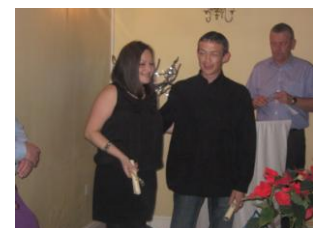
I would like to thank the dedicated staff team, for their professionalism and enthusiasm the commitment of the participants who attend our programme, and the support we receive on an ongoing basis, from other agencies who all play a significant part in the development and delivery of the services we provide.



Our aim at TRP is to deliver a quality rehabilitation programme. This is achieved through a full therapeutic and educational service considering the complete (whole) person. Our structure aims to provide our group with a variety of learning opportunities which in turn encourages choice; these modules support positive behavioral change and effective coping mechanisms. All modules delivered at TRP are evaluated by our participant group on an ongoing basis empowering their own recognition of what best supports their continuing personal development within their recovery process.



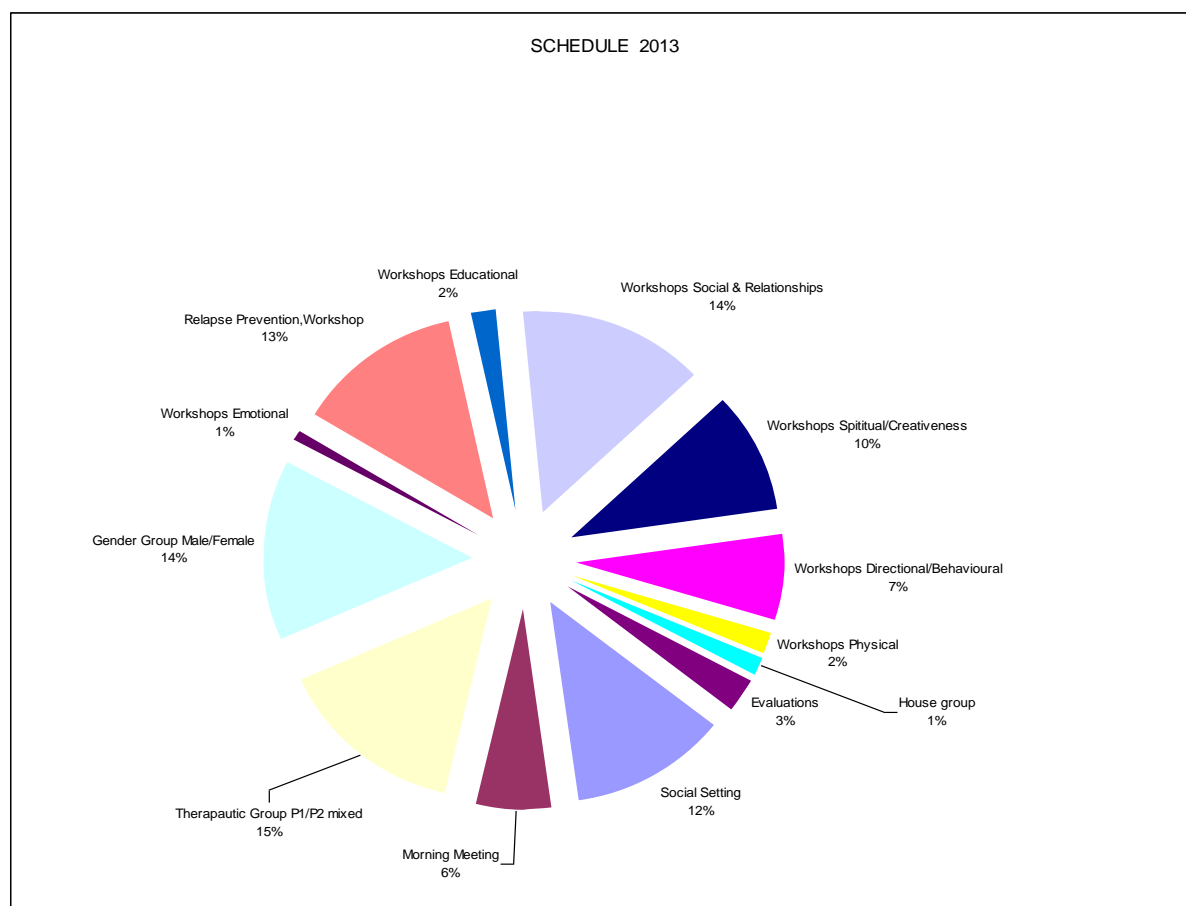
This December we hosted our annual awards ceremony, where a total of 13 participants of the rehabilitation day programme were individually awarded for their involvement / completion of various modules. These awards included personal achievement and FETAC accreditation. This was a very proud and important evening for all; as both staff and participants shared in the celebration of the significant achievements made. This for me epitomized the year.



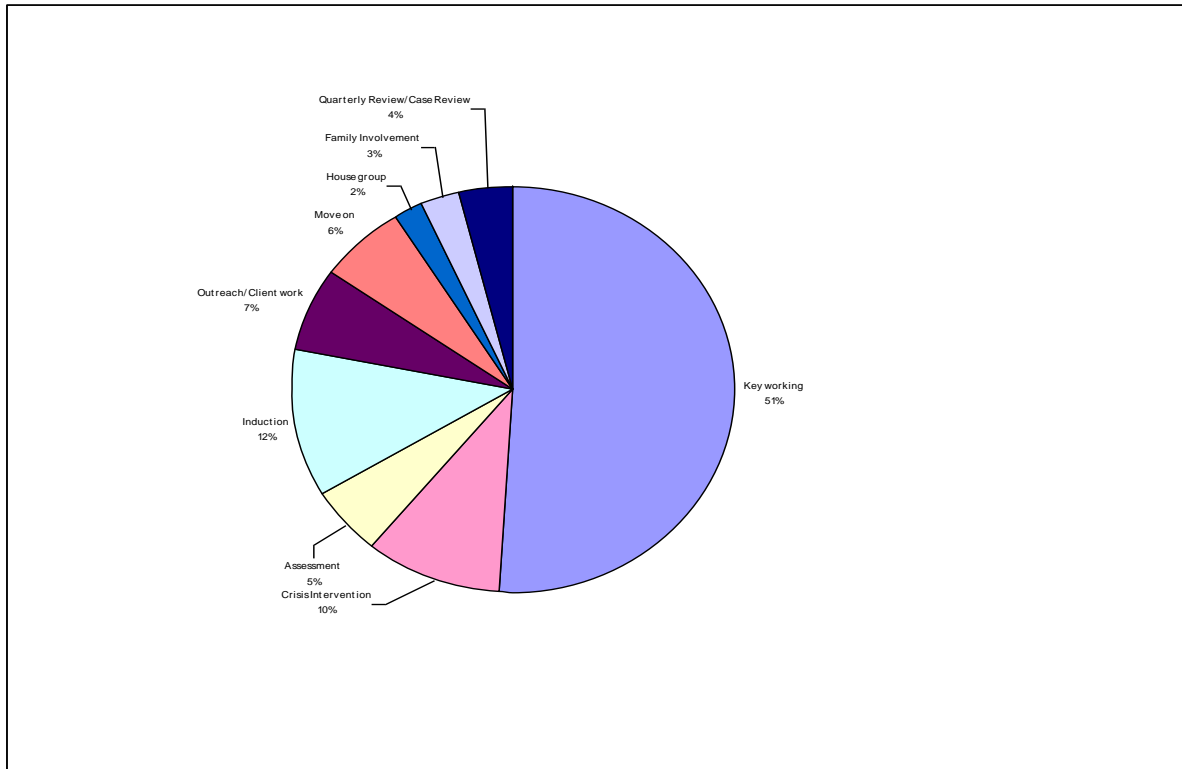
Currently the day programme is permitted 17 special category CE places. These places have been consistently utilised throughout the year. At present we have 13 participants attending our programme daily, with a further two people awaiting assessment/ place on our programme as demonstrated below:

Participants on day programme (Dec 2013)	13
Males	8
Females	5
Induction	0
Referrals	2
Completed detoxification	2
Drug / alcohol free	4 (f) 6 (M)
Prescribed meds / embarked on detox	2 (M)
Stable	1 (F)

THERAPEUTIC / EDUCATIONAL MODULES



The following is a brief overview of therapeutic interventions:



Move On Module

This year we have given a lot of attention to developing our Step up module this phase of our programme is specifically designed for participants who are ready to move on from the TRP day programme. This module incorporates applying learning, relapse prevention, combined with support in job seeking, interview skills and sourcing further education. Currently we have a working group focusing on enhancing this programme we have held a number of focus groups where we have consulted past participants of our programme who have been a huge support in being objective and have evaluated their experience of the move on process identifying suggestions to enhance this stage of our programme. We look forward to the development of this programme in 2014.

Special Group

This year there has seen an increase in family involvement at T.R.P through special groups. As we are aware family involvement can play a significant role in supporting an individual's recovery process. TRP has continued to provide special groups with family members as part of individual care plans, and has also encouraged further involvement through invitation of family and friends to scheduled open days at TRP.



Residential

This year the theme of our residential module was 'Life Stories' a total of 9 participants were involved in this four day process from 6th to 9th of June 2013 in An Tobar Co Meath. This experience aims to provide our participant group with a safe environment and individual quality time away from the hustle and bustle. This encourages positive recovery experience and builds peer support. The residential module includes workshops, process groups, social and fun activity, with the primary focus on self care.

This residential experience is a significant aspect of the therapeutic day programme. As a result of the good work done by all, this process enhanced individual focus and motivation.

Participants on day programme (Dec 2013)	13
Males	8
Females	5
Induction	0
Referrals	2
Completed detoxification	2
Drug / alcohol free	4 (f) 6 (M)
Prescribed meds / embarked on detox	2 (M)
Stable	1 (F)

Gender groups / gender module

Male and female specific process groups were implemented into our schedule in January 2013 and through our participant evaluation remained a permanent feature in our schedule throughout the year this evolved to both groups devising their own 9 week module focusing on issues relevant to men/women in recovery. These modules proved to have a positive impact both individually and collectively.

Looking forward to an exciting 2014

Lisa Wynne
Team Leader

CE Supervisor's Report from Catherine O Connor CE Supervisor

Hello and welcome to the annual report of the TRP Community Employment Scheme. The CE scheme which comes under the banner of Special Category Drug Rehabilitation is funded by the Department of Social Protection and is now in its thirteenth year of successful operation. TRP are contracted to provide 17 ring fenced drug rehabilitation placements and 6 support staff placements on the day programme.

The Community Employment (CE) programme is designed to assist and support people who are long-term unemployed and other disadvantaged people in returning to work by offering part-time placements in employment based local community projects. During and after the placement, participants are encouraged and supported to seek mainstream employment or to undertake further education based on the experience and new skills they have acquired here in TRP.

The CE training budget was cut by a significant 50% in 2012 however we have adjusted to this change accordingly and we remain committed to sourcing and delivering a relevant, quality for money, educational and therapeutic training programme from the budget that is available to us.



Educational Training



TRP actively encourage and promote the use of the ILP (Individual Learner Plan) system where the participant and supervisor hold regular one to one sessions in which employment/educational and training goals are identified. Training and/or work experience which is specific to the participant's needs and abilities is then sourced and with the support of the organisation the participant will engage in this. To further enhance this service the CE Supervisor is currently working towards gaining a Post Graduate Diploma in Adult Guidance and Counselling which will qualify her to practice career

guidance with the participants on our CE scheme. Career guidance when combined with the Individual Care Plan gives the participant optimal chances of progression to employment and/or education.

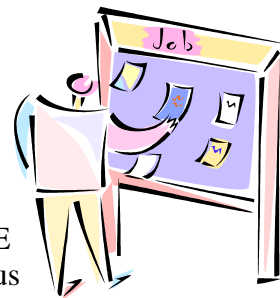
CE Staff based Participants

Typically, a person who is employed on our CE scheme will have been unemployed for a minimum of 1 year. In accordance with the ethos of Community Employment; on beginning a post with TRP the new staff member will have the opportunity to gain experience of working in a busy environment and to engage in specific skills training with the goal of returning to either full/part time education or to mainstream employment.

TRP also employs 6 support staff on our project in the following context;

- ❖ Reception x 2
- ❖ Trainee Financial Administrator x 1
- ❖ Trainee Aftercare Project Worker x 1
- ❖ Maintenance Person x 1
- ❖ Security x 1

As with the day programme participants, Individual Learner Plan plays an important role in the progression of our CE staff. In the last year CE staff identified specific career paths/goals and has engaged in various individual pieces of training.



Programme Participants

In the last year the participants in Phase One and Phase Two of TRP rehabilitation programme have engaged in/completed FETAC accredited educational modules both on an individual basis and as part of a group as demonstrated below.

Course Name	FETAC Level	Participants
Workplace Safety	Level 4	13
Food and Nutrition	Level 4	13
Painting	Level 4	5
Drawing	Level 4	3
Art and Design	Level 3	5
Communications	Level 5	13
Computers	Level 3	6
Certificate in Addiction Studies	Level 5	2
Diploma in Android Mobile Application Programming		1
CPC Professional Truck Driver License	Level 5	1

Phase 3 The Move On Programme

Phase three or the move on period of the programme gives the participant the opportunity to explore and research possible employment and or further educational options. It is during this time the participant may undertake individual specific training and work experience. This stage of the programme is currently under review and is being redesigned to provide a more intensive structure and content. The redesign of the move on programme or “Step Up” as it will now be known by involves a sub group of senior management strategically planning towards the evolvement of an educational programme. This has involved the sub group holding focus groups with past clients of our services and also liaising with educational networks such as Partas. Another significant outcome from this initiative is the organisations involvement with Dress for Success a charitable agency which supports women in their quest to gain employment; this is achieved through preparation for interview and also styling the client for interview. The Step Up programme will offer a move on specifically designed for the individual, this will include individual training, career guidance, practical skills development, ILP, CV building and interview skills. The emphasis is on the participant working towards and attaining realistic educational or employment options. In the last year two Rehabilitation Day Programme CE participants successfully completed a move on: one of whom progressed to third level education and the other person is now employed in mainstream CE in the role of Receptionist

Agency links

TRP has continued to forge strong links with various organisations to assist and support the participant in this phase of the programme. These organisations include the following:

- Department of Social Protection
- Tallaght Local Employment Services
- Tallaght Adult Education Service County Dublin VEC
- Tallaght Drugs Task Force (Education Officer)
- Back to Education Initiative (BTEI)
- Money and Budgeting Service (MABS)
- An Cosan
- Dublin Adult Literacy Centre
- Irish National Organisation for the Unemployed
- SWAN Family Support Organisation
- Bernie Walsh Career Guidance Counselor
- Dress for Success
- PARTAS
- Tallaght IT

Going Forward

As you can see from the above TRP believes, promotes and encourages education, training and work experience as an integral part of CE. With the support, guidance and knowledge gained from participating on CE, progression is a realistic attainable goal for all who participate on our scheme. Going forward it is our goal to deliver combined career guidance and ILP in order to progress both our staff and participants in their chosen direction.

Catherine O Connor
DSP CE Supervisor

TRP

Tallaght Wide Aftercare Service Report from Michael Williams Supervisor



The Tallaght-Wide Aftercare service was formally established and opened in 2009 to support local people in the community recovering from addiction to remain drug and alcohol free and to continue on their progression paths. The common issue for all involved in the Aftercare service is to formulate peer support and evaluate the cost of addictive behavior and to promote living life without recourse to drink or drugs. Increasing service user's social capital is and has been a most important component of the successes of the aftercare service; this has been achieved by providing a wide variety of services incorporating health & fitness, cookery, alternative therapies and positive social settings and activities which in turn assist in our case management approach.

We believe that offering aftercare services within the community will greatly enhance personal growth and development and ongoing progression. By dispelling myths regarding their physical, psychological and educational limitations, participants start to re-evaluate their beliefs in their own abilities. Demand is consistently high for this service. A review commissioned by the National Drugs Strategy Team highlighted aftercare as a model for ongoing rehabilitation nationally.

The present economic climate means that the drug & alcohol services have had to confront new and different challenges. Not only are we required to maintain established services we have enhanced and expanded our services to meet the persisting increase in workload and demand. However, this change in circumstances has not prevented the Tallaght-Wide Aftercare service from achieving significant success. By adapting a practical partnership approach to problem solving, both internally and externally the service continued to make much progress during the year.

Outcomes for 2013

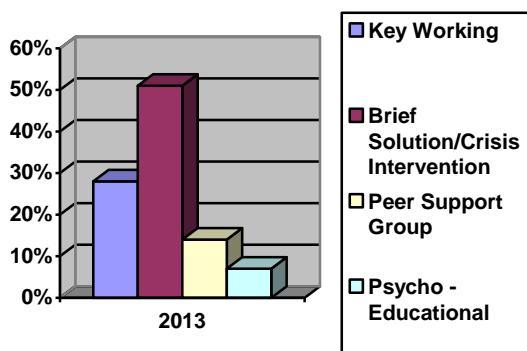
• Numbers engaging at beginning of 2013	21
• Engaging consistently with Aftercare 1 year or longer	20
• 2013 Progression from aftercare	10

Statistics 2013

• Referrals	30
• Assessment	30
• Assessed suitable	27
• Assessed unsuitable/referred on	3
• Engaged in Aftercare after assessment	17
• Engaging in Aftercare at end of December 2013	31



Therapeutic Interventions within the Tallaght Wide Aftercare Service



“TRP is a success because it focuses on the individual person and is a guiding light throughout their progression”.

Ann Marie Wall
Holistic and Administrative Volunteer

Therapeutic Activities within the Aftercare

Embodied Psychotherapy Group

This was a six week module that was run from February to March 2013 in which four participants engaged in over the course of six weeks. The embodied group was an experiential therapeutic process group which aimed to explore what trauma the body stores at a cellular level. Each individual was required to pick a primary scenario to work with. Within the content of the group this was explored and played out, it is very Gestalt orientated in its approach and very powerful in its delivery. On the last week of the module it was evaluated and here are some of the comments that were made;

- *“It was very good to get in touch with the feeling. I got an understanding of myself which is a good result for me”*
- *“Yes I got exactly what I needed from the group and more”*

Aftercare Woman’s Group

The Aftercare woman’s module was an eight week module that was run from September to November. The aim of this of this group was to enhance the women’s social capital through participatory and ownership of the module. The make-up of this module was planned following two focus groups held with the female participants. The plan was to include health and fitness and therapeutic modules aimed at building self worth and strong sense of self in turn for this learning to transfer to the learner’s relationships. Also included in the Gender Module were social activities such as:

- Roller Disco
- Mindfulness meditation
- Yoga
- Zumba class
- Relationships module
- Sexual Health Module



Social Activities within the Aftercare

Run Amok

19 of our service users decided to take on the challenge of the Run Amuck event for the first time. The Run Amuck Challenge is a cross country event over a wet and mucky course with many manmade and natural obstacles including bale jumps, net scrambles, super slides, Tarzan swings, bridges, ditch's, streams, tires & tunnels. It is designed to test your mental and physical strength and will leave you with a big grin on your face.

“Well we finished our Run Amuck on Saturday. We had a brilliant time, it was so exciting, though hard, I will know to train a bit more next time. We have not laughed so much in years, and still laughing. We will certainly be doing it next time, with a few more friends and family with us. We loved the guys on the mikes encouraging us to keep going to the finish line. It was great to see so many people and no shortage of help from other participants when needed, especially for me as I am quite small and got stuck a few times in the muck, I was laughing so much I couldn't get myself across the obstacle.”



Football Blitz



The 5 a side Football Blitz, was a tournament organised by three services from Tallaght, (Tallaght-wide aftercare, TRP Rehabilitation Project and the Tallaght Recovery Social Group). The Tournament was held on the all weather pitch in Jobstown and the challenge matches were overseen by FAI official referees. This initiative was organised with the optimism to bring drug projects closer together in a fun and celebrative fashion thus providing service users with a better understanding of the various kinds of services on their doorstep. The tournament was a clear success with other projects such as, Coolmine,

Chrysalis, CARP, JADD and Narcotics Anonymous getting involved. The tournament was held over two evenings with a presentation of trophies on the second night. The tournament was won by Chrysalis.

“The Football Blitz was good fun and I got a chance to meet other people from other projects. It was raining on the night but that didn't stop us from having a laugh.”

Rinn Voyager

The Aftercare group also enjoyed boat trips on the Rinn Voyager in Dublin Bay. The Rinn Voyager works specifically with people in recovery from drug and alcohol addiction to develop team building skills, confidence and personal motivation.

“A group of us went out on the Rinn Voyager in the summer, it was a lovely warm day and we had a great time learning how to man a boat. It was an experience that I will never forget.”

Mick Williams

Aftercare Supervisor



Participants Page

“I would of got an immense amount of tools and skills from the Relapse Prevention and the Dynamics of Addiction workshops these allowed me to learn about my addiction, myself as a whole person and they taught me how to cope and manage life while going through my detox, they also help me everyday in regards to my thinking, feelings and behaviour so as that I can remain drug free”. (Female participant TRP 2013)



“The family days where we get to bring our family up, this summer we had a sports day and it was brilliant we had all different relay races for the kids and the adults, face painting, football tournaments with FAI sports coaches. We had a hot dog van and a lunch after that also and at the end of the day all the kids get medals. It was such a fun day”. (Female participant TRP 2013)



“In setting up the female gender module putting in all the things we liked it was exciting. Through my experience in the gender group I found out who I was as a female adult a lot of things that I kept inside came out and I felt lighter and had more control and power as a woman, I was like a little girl when I started talking in the gender groups everything came from the heart, that I never dealt with and hearing all the other women’s stories was just so amazing it was then I knew I was like everybody else in the gender group and all different stories but we each and everyone of us got so close and it was all new but brilliant. I never felt so real the way I did in each and every one of the sessions we done, I enjoyed the yoga, the meditation, the aromatherapy, but the ‘who am I workshops’ stood out more to me than anything in my life”. (Female participant TRP 2013)



“The Residential was a chance to deal with problems I’ve had from the past and put them out in a safe environment. I also was able to bond with my peers and the staff and build up trust with everyone”. (Male participant 2013)



“I’ve had the chance to communicate better with my partner and let her get a better understanding of the work im doing in TRP by having her come up to special groups with myself and my key worker”. (Male participant 2013)





“The awards night was a night for all the peers to receive their FETAC awards and certificates from the modules that we have completed and some participants received awards for getting drug free while on the programme. The night involves peers bringing family members up to TRP to see what the programme involves. There is food and a DJ put on for the night too”.

(Male participant 2013)

“I got a lot out of the residential this year, it made the whole group bond better and we all had a deeper connection after it. It also built up trust in the group and it was a good mixture of therapeutic work and groups. We all enjoyed it and got to know the staff better personally I was detoxing at the time and I got great support down there”.

(Male participant. 2013)



“The special groups are very good they helped me communicate better at home and in the groups here. They also supported me around some family issues I was having at the time and helped me arrange counselling for my daughter and things like that”.

(Male participant 2013)

“Through the men’s group, personally I got to interact with some peers from the phase two group and build up a relationship with them that I wouldn’t have really had. I got to know them on a more personal level and where they are at in their recovery and most of all I had fun and felt it brought us all closer together as a group and learned to build up some trust in others”. *(Male participant 2013)*



“Starting at TRP I found it quiet hard to get involved or speak in the groups but was made feel very welcome by all, the Staff and participants. I never felt pressured to talk or give



input and I eventually felt comfortable enough to join in and participate. I never done anything like key working or groups before its all new stuff I’ve never looked at before, I feel very much a part of the group and am enjoying it”. *(Male participant 2013)*

“My participation on the day program has started to give me belief in myself and has helped me to stop my addiction with gambling on a daily basis. It has opened my eyes my ears my mind to my past my present and my hopes and expectations of myself and for myself for the future”. *(Male participant 2013)*

“As I am enjoying this new phase in my life and finding this new experience very rewarding, I am looking very forward to 2014 to my future participation in the day program. The rewards that the program can bring me in my recovery are priceless”.

(Male participant 2013)

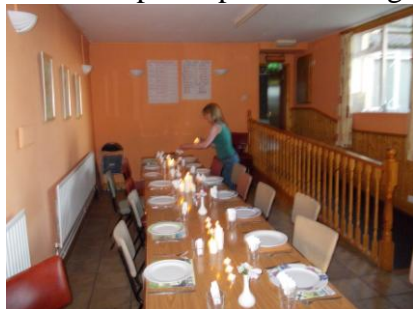


Significant Events in Tallaght Rehabilitation Project for 2013

In the last year the management and staff of TRP have as part of our 2013 strategic work plan completed several actions. Some of which are detailed below:

Annual Residential Weekend

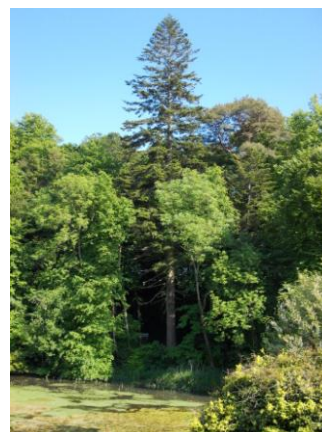
The staff team of the Day Programme delivered a successful four day residential module from 6th to 9th of June 2013 in An Tobar Co Meath. The theme of this residential was 'Life Stories'. This proved to be a great source of learning for participants and staff who took part. We had 8 participants who engaged in this experience which incorporated workshops, process



groups, written work and stress management techniques, with the primary focus on self care.

This residential experience is a significant aspect of the therapeutic day programme. As a result of the good work done by all, this process enhanced individual focus and motivation,

and also encouraged peer support and bonding. This resulted in some acquiring drug free status and others embarking on detoxification for the first time



Family Day

Tallaght Rehabilitation Project held their annual Family Day on Friday 2nd August 2013. The theme was a Sports Day and parents, grandparents, staff, volunteer's, participants and their children all joined in with the fun.

There were lots of different races and activities held on the day. The children and also some parents joined in with the fun and got their faces painted. There was a soccer skills session facilitated by FAI coaching staff. The day was rounded off by a beautiful lunch provided by Dominos Pizza and all the children were presented with medals.



Awards Ceremony

On Friday 6th December 2013 TRP held a special Awards Night for our participants and their families to recognise and understand the importance of certified and accredited training and the benefits it can bring. Certificates for both educational and therapeutic training were awarded in



recognition of the work completed by all. Speeches were given by participants of both Rehabilitation Day Programme and the Tallaghtwide Aftercare Service. After the presentation of the certificates we adjourned to the downstairs for some light refreshments and entertainment of Karaoke and music. our

Christmas Family Day

The Christmas Family day for participants and their children is always a great success and was held on 13th December 2013. Santa and his helper were in our grotto and all the children had the opportunity to tell Santa what they would like for Christmas and also to give them a present. We also had a clown who entertained the children with magic, face painting balloon making and games. The day was rounded off by a beautiful lunch provided by Dominos Pizza.



TRP 5 A Side Soccer Blitz

Tallaght Rehabilitation Project and Tallaght Wide Aftercare Service in conjunction with Social Night held a football blitz on Friday 18th Oct 2013. We would like to say a huge thank you to Jim Crawford, Darren Doyle and Robbie De Courcy from the FAI who were our referees on the night. There was a huge turnout for the event between supporters and teams. On the night we had a total of 12 teams (84 people) in which each played 4 matches. The winning team on the night was Chrysalis.



The following week we held a presentation night and the winners and runners up received trophies. There was also a trophy for player of the tournament and best goal scored. We also held a raffle on the night.



Cooking Evenings in the Aftercare

The Aftercare facilitated a four week baking module. Participants who engaged in the baking classes learned how to make various cakes such as fairy cakes, muffins, lemon drizzle cake and chocolate biscuit cake. The overall average attendance was six people. It was a basic introduction to baking using the all in one method. Just to give people a flavor of how simple baking can be. It was a really enjoyable evening with a great bit of laugh and interaction and the best part was eating them at the end.



Summer BBQ

The BBQ was held on the 21st June which was the summer solstice. It was a social evening with a ritual at the end where we planted a shrub and asked people to write down what they would like to bring into their lives over the coming months and what they would like to let go of. We put the wishes in the ground when planting the shrub and allow it to take root. Again, this was another enjoyable evening with a great attendance.



Fundraising Play

The Field – St Anne’s GAA Club

A major part of Tallaght Rehabilitation Project’s fundraising initiative was the production of a play by the Glenasmole Drama Group. “The Field” by John B Keane was held in St Anne’s GAA club on Sunday 24th Nov 2013 and all proceeds went to TRP. During the interval a raffle was held and we had a variety of spot prizes on the night. The management, staff and participants of TRP would like to thank Glenasmole Drama Group for their time, support and generosity to our organization.



The Storehouse Hamper Project

Tallaght Rehabilitation Project and Bethel Church partnered together in 2011 to distribute 50 hampers to families under their care, this year 2012 we increased that number to 83. These were distributed within the local community and schools and local projects in the area. Bethel Church and TRP would like to acknowledge the following people and their organisations for their kind donations and support to our store house hamper project without such assistance this worthy cause would not have been possible:

- Breda Judge of Aviva Insurance
- Michael Stafford of Musgrave's
- Vincent Monaghan Operation Manager of Marks and Spencer Grafton Street
- Colin Yeates General Manager of Dunne's Stores Citywest
- Tony Jones of Tony's Butchers Kiltalown Road, Tallaght
- David Payne Supervisor of Tipperary Irish Water
- Chris Poole
- Tony Breathnach - News and Candy The Square, Tallaght
- Peter Murphy - Supervalu Aylesbury Tallaght



The completed hampers ready to be distributed to the Tallaght Community

Friends of TRP

TRP would like to take this opportunity to thank the following people, local shops and businesses for their continued generosity and donations throughout the year.

- Manhattan Popcorn - Finglas
- Dunnes Stores - Head Office Dublin 2
- Dunne's Stores - The Square Tallaght
- Supervalu - Springfield Tallaght
- Valley Newsagents - Springfield Tallaght
- Brennans Bread - Ballymount Ind Estate
- Centra - Jobstown
- Marks and Spencers - Head Office Dublin 1
- Euro 2 - The Square Tallaght
- Kelkin Ltd -Ballymount Ind Estate
- Coca Cola - Huntstown Business Park
- Dealz- The Square, Tallaght
- Manning's Bakery - The Square, Tallaght
- Musgrave's Cash and Carry - Ballymount Ind Estate
- Hyland Butchers -The Square Tallaght
- Dominos Pizza - The Square Tallaght
- Tony's Butchers-Kiltalown, Jobstown
- Old Bawn Pharmacy
- McCabe's - Citywest shopping centre
- Killinarden Pharmacy - Killinarden Shopping Centre
- Jobstown Pharmacy - Kiltalown
- Hickeys Pharmacy - The Square Tallaght
- Lloyds Pharmacy -Main Street, Tallaght.
- Blazin Grill Restaurant, Tallaght
- Maldron Hotel Tallaght
- Leisureplex - Tallaght
- KoKo Fashion Jewelers- The Square Tallaght
- Newbridge Silverware - The Square Tallaght
- The Ashford Collection - The Square Tallaght
- O'Neill's Sport - Walkinstown
- Direct Sports - The Square Tallaght

Acknowledgment

Tallaght Rehabilitation Project Ltd would like to acknowledge and thank the following people for their support and without whom Tallaght Rehabilitation Project would not thrive and grow.

- The Irish Government
- Mr Alex White T.D., Minister of State for Primary Care
- Mr Brian Hayes TD; Minister of State at the Department of Finance
- Mr Cathal King Sinn Féin Councillor for Tallaght South
- Ms Marie Corr Labour Councillor for Tallaght South
- Mr Eamonn Moloney Labour Councillor for Tallaght South
- Charlie O'Connor Fianna Fáil
- Mr Oisín Quinn Lord Mayor of Dublin
- The Health Services Executive
- Department of Social Protection
- South Dublin County Council
- Dodder Valley (Tallaght) Partnership Ltd
- Tallaght Drugs Task Force
- St Thomas Parish, Jobstown

Company Information



Tallaght Rehabilitation Project

*“Providing drug and alcohol rehabilitation
for people within the local community”*

Kiltalown House

Jobstown

Dublin 24

Phone 01 - 4597705

Fax 01 - 4148123

E-mail: info@tallaghtrehabproject.ie

Website: www.tallaghtrehabproject.ie

TRP is a Company limited by guarantee.

Company Registration No. 292608

Charity no. CHY 13829.

Tallaght Rehabilitation Project is funded by the following statutory organisations:

