

2014 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

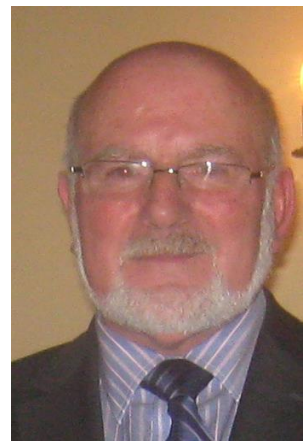
The TRP organisation is committed to providing quality services for people who are in recovery from drug and alcohol addiction. We are an evaluated service that is true value for money. Our organisation and programmes strive to provide quality based services which are evidence based and promote good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

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



I am pleased to present this report for the year 2014. It has been another successful, progressive year for Tallaght Rehabilitation Project (TRP) as TRP continues to provide a quality rehabilitation service for people in the community whose lives and families have been damaged by drug and alcohol addiction.

I congratulate all members of staff, especially Manager Pat Daly, Financial Administrator Joan Neville-Cleere, Therapeutic Team Leader Lisa Wynne, Community Employment Supervisor Catherine O'Connor, and Aftercare Supervisor Michael Williams on their committed and dedicated efforts to ensure the best possible outcomes for participants. We thank all our funders, both statutory and voluntary, for their continued support of TRP.

I thank my fellow Board members who continue to give generously of their time and expertise in a voluntary capacity in providing excellent governance for TRP throughout the year.

The work and challenges of the Rehabilitation Day Programme and the Aftercare services have been complemented and supported throughout the year by many events— among them the annual residential weekend in June in An Tobar, Co Meath, the planting of the Tree of Hope, the Arts Exhibition, Sports Day, the launching of the revamped website, the Annual Awards night in December and the Box Smart initiative. The Box Smart initiative has been an inspired innovation. Many distinguished visitors and community groups have visited Kiltalown House throughout the year.

Lastly and most importantly I congratulate all our participants on their sincere efforts to become drug free – a challenging and difficult goal. With participants' determination and commitment together with the positive intervention and support of TRP each participant can achieve this goal.

I wish all our participants every success as they continue with hope on their journey to full recovery.

Seamus Massey.
Chairperson of the Board



Yearly Report from the Manager Mr Pat Daly

Hi all I would like to welcome you all to this year's report. The TRP Programmes are continuing to evolve and grow from strength to strength every year.

One such initiative was the excellent Box Smart Module we engaged in back in October 2014. This module was highly successful as is explained in this review through the Aftercare Supervisor's report. Michael Williams co-ordinates the Box Smart Module with great expertise, and has also acquired the assistance of Kenneth Egan (Irish Olympic Silver Medallist) and Paddy Houlahan (Professional Mixed Martial Arts fighter) along the way. We hope to begin a second module of Box Smart in 2015. Already we have had much interest from our target group.

Another key initiative completed was the Annual Residential Weekend for our clients. Again this was an excellent module facilitated by the Team Leader Lisa Wynne and all the therapeutic staff. The team of this year's residential was "Emotional Self Care and Acceptance". The residential was a great success in 2014 you can read more about the residential module in Lisa's report.

TRP has strong links with Statutory, Voluntary and Community agencies, especially agencies in the local area. We are always open to working cohesively with other organisations to better the programme routes of our clients and their families. TRP will continue to work with other agencies through memorandum of agreements in line with the National Drug Rehabilitation Implementation Committee and the National Drug Strategy.

There is so much more I want to add to this report, however I would be writing for such a long time, but throughout this review you will become aware from my colleagues' reports of the huge amount of work and positive progression and growth that we have experienced within our organisation.

I would like to finish by thanking and acknowledging the following people and agencies-

- A big Thank You to Unilever Ltd and Demesne Ltd who supplied us throughout the year with some much needed funds and worked on our beautiful gardens.
- Frank Sage and Bethel Church for their continued support of the Store House Christmas Hamper Project.
- Robert Dunne of the Lorien Project, Celine Dillon of Amplified Voices and the excellent team from Baranados in facilitating and supporting the Amplified Voices Initiative in offering support to our clients to enhance their care plan.
- Eamonn Dolan and Grace Hill of the Tallaght Drug and Alcohol Task Force Executive Board for their continued support of our Box Smart and Residential modules.
- To all the volunteers who have brought so much to our organisation with their enthusiasm and skills and who are key players within our team and who continue to offer their free time.

- To all the placements who arrive from various colleges to learn and practice their academic knowledge in our organisation.
- To say thank you to our sister projects who engaged with us to enhance the progression routes of our clients.
- TRP Board of Management. We at TRP are very lucky to have such a dedicated Board who always have this organisation's best interest at heart. I would like to thank the Board most sincerely for their continued interest, input, guidance and support throughout the years.
- Last but not least I would like to thank the excellent teams I have the privilege of managing at TRP.
- Lisa Wynne and the Therapeutic Team.
- Michael Williams and the Aftercare Team.
- Catherine O Connor and the Admin Team.
- Joann Neville our Financial Administrator.

Without these people and their sheer enthusiasm and passion for the job TRP would not be the organisation we are today and the organisation we hope to be going forward.

To all our participants I wish you the very best in your recovery process for 2015. I can guarantee that you will receive the best of care and support to encourage you to continue on your journey of recovery and to attain a quality lifestyle for you and your families.

TRP will continue to move forward and to enhance the services we deliver, to grow as an organisation and be a leader in evidence based value for money rehabilitation within our community.

Thank You

Pat Daly
Manager



Here are just some of the good things which are being said about TRP from some of our main funders and partners.



"I got a great experience while on college placement in TRP, I'm studying Social Care Practice and not only did I get a great insight into the therapeutic side of things but also every aspect of TRP such as administration, housekeeping and reception work. On completion of my placement I was able to put the theory I learned in college into practice and gain more skill and knowledge on such things like relationship building, interventions and person centred planning. After my placement I continued volunteering on a weekly base as I feel TRP has so much more to offer me in my professional growth. "Sinead Fitzgerald, Tallaght IT Student, TRP Volunteer and previous work placement student.

"Just to say thanks to all at TRP, in 2014 our room rental arrangements continued to be handled with great care and attention by all concerned at TRP – keep up the good work!" Frank Sage, Bethel Christian Church



"As always, TDAF loved working with TRP throughout 2014; we were particularly proud of the success of their Box Smart programme, not least the participants who gave it their all both physically and theoretically. The TRP annual awards evening is always something we enjoy attending and this year was no exception – the 2014 ceremony was filled with stories of hard work, pride, commitment, enthusiasm and accomplishment" Grace Hill, Coordinator TDAF



Working with TRP as an artist, has allowed me to look within the confines of addiction and witness hope, courage and a defined structure that allows participants to break through their own barriers. The environment feels safe and fresh, and truly a work space I look forward to attending on a weekly basis, working with

great individuals who allow them self's to play and have fun. *Sylvia Beatley, Drama Tutor*



In 2014, the Barnardos Lorien Child and Family Service agreed a working together agreement with Tallaght Rehabilitation Project formalising and building upon a positive working relationship that has been in place for many years. Our hope in making an agreement like this is that the service

users of our projects experience the highest possible quality of care. Our aspiration is that our joint services are delivered in as smooth a way as possible and that they maximise the possibility of positive progression and improved quality of life for a family. We are delighted to have a closer relationship with TRP, an organisation whose values and ethos, commitment and respect for the individuals and families that are looking for support we very much share. We very much look forward to our work together in 2015 and beyond.

Robert Dunne Project Leader Barnardos Lorien Child and Family Services

Team Leader Report

Thank you for taking the time to read this report, I will provide a brief overview of the therapeutic day programme here at TRP. Our aim is to deliver a quality rehabilitation service. This is achieved through a full therapeutic and educational structure. Our structure delivers a variety of learning opportunities through one to one key working, care planning, therapeutic process group and life skills modules which support positive behavioral change and effective coping mechanisms. All modules delivered at TRP are evaluated by our participant group on an ongoing basis.



On the 5th of December 2014, we hosted our annual awards ceremony, where the participants of the rehabilitation day programme were individually awarded for their ongoing involvement and completion of these modules. This is a very special evening hosted by the TRP organization and attended by our participants and their family members. This evening was a celebration and an affirmation of the gains made through their individual recovery processes. This was a night enjoyed by all, full of inspiration and hope.

Currently the day programme is permitted 17 special category CE places. These places have been consistently utilized throughout the year.

Participant numbers for year January – December 2014

NUMBER OF REFERRALS JAN – DEC 2014	48
MEN	27
WOMEN	21
ASSESED SUITABLE	21 (7MEN, 14 WOMEN)
PLACED ON PROGRAMME	14 (4 MEN, 10 WOMEN)
ASSESED UNSUITABLE REFERRED ON	9 (7 MEN, 2 WOMEN)
NO SHOW / NO CONTACT	15 (9 MEN & 6 WOMEN)

There have been many things of significance which have occurred within the day programme this year from fun activities to developments in our schedule, enhanced partnerships with other agencies and our annual residential module to name a few.

TRP Residential

This year the theme of our residential module was Emotional Self-Care & Acceptance. This is a four day therapeutic process facilitated by the day programme staff and held in the tranquil surroundings of An Tobar County Meath. Ten participants engaged in the residential this year. Prior to attending, the participant group worked together through a 6 week preparation module. The benefits of this positive recovery experience encourages peer support and gives much needed time away, this in turn has proved to enhance individual focus and motivation to engage further in their recovery and rehabilitation process.

The residential module includes workshops, process groups, social and fun activities, with the primary focus on self-care.

Family involvement

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, this year the families of our participants have played a vital role through their increased involvement in special groups and their attendance to the programmes events. On behalf of the therapeutic staff team we would like to thank you for your continued support.

Step up programme

This year we have given a lot of attention to further developing our Step up programme this phase of our programme is specifically designed for participants who are ready to move on from the TRP day programme. This module aims to support this transition through encouraging participant participation within the aftercare service and joint delivery (day programme, CE supervisor & aftercare staff) of a 12 week comprehensive programme which incorporates applying learning, relapse prevention, combined with support in job seeking, interview skills and sourcing further education.

Gender groups / gender module

Male and female specific process groups were implemented into our schedule in 2013 and through our participant evaluation has remained a permanent feature in our schedule throughout 2014. This process has evolved considerably with both gender groups devising their modules focusing on issues relevant to them within their recovery. The men and women have engaged in many fun / social activities this year, even working together to host their own events. These modules proved to have such positive impact both individually and collectively. Congratulations to the TRP Men's Group who hosted a football blitz in October this blitz was enjoyed by over 50 men and was a great success. Congratulations to the TRP Women's Group who also hosted a Christmas sale of work, this was a great team effort by all women involved, and they were very satisfied with this event.

Working together

TRP throughout 2014 has continued to work in partnership with the variety of agencies supporting participant referral to our rehabilitation programme, or from our programme to another service, continued involvement with these agencies has certainly enhanced the transition for the clients involved. We have continued to reach out to other agencies in order to enhance the delivery of our service aiming to provide our participants with a variety of specialized supports they may require. The expertise and professionalism of our partner agencies have assisted TRP in the ongoing commitment to supporting people through their recovery process.

A genuine thank you to all the agencies that have continued working with us, we look forward to developing this good work further in 2015. Thank you also to TDATA who financially supported our residential module, the Barnardos Lorien Project for their expert delivery of the Incredible Years Parenting Programme and the individual support they provide to members of our participant group.

Thank you to the staff team who without fail, continue to deliver a quality service. Their energy, creativity and commitment can only be admired and to the participant group who attend our programme, their bravery and continued efforts are what keeps the Hope within their process and we commend their ability to move forward despite the many challenges.

Lisa Wynne
Team Leader



2014 was a great year for Tallaght Rehabilitation Project as we had a few changes to our logos and website.

The new website is up to date with modern times. A lot of hard work and time went into developing the new look. It's much more user friendly and full of information. TRP have joined the social media network. We have a Facebook and twitter account. This is updated on a regular basis and we include such things as "thoughts for the day" or the "participants reading of the week".

Tallaght Rehabilitation Project
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WE'RE NOW ONLINE

LETS GET CONNECTED

web www.tallaghtrehabproject.ie

f www.facebook.com/tallaghtrehabproject

Twitter @TRPDublin

QR Code

To use the QR Code feature you'll need to download a "QR Scanner" app.

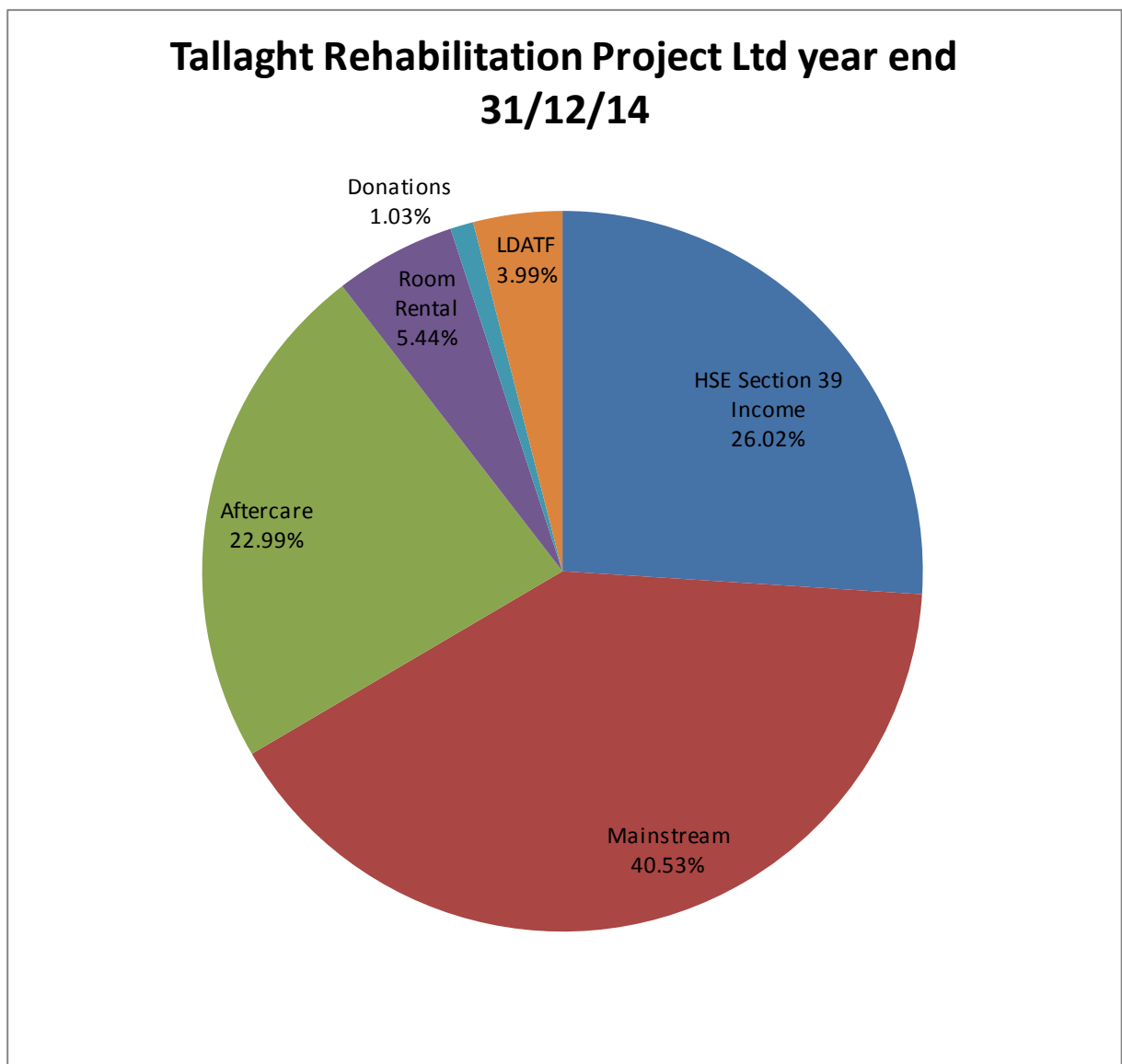
Financial Administrators Report for year end 31/12/14

Below is a breakdown of the grants TRP received in 2014 from the DSP, HSE and Tallaght LDATF. TRP also received donations and room rental which helped to offset cuts in statutory funding in order to maintain a quality service.



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 also audited by an external auditor and submitted on time to the Companies Office. The following criteria is strictly adhered to when managing resources

1. Consistent, smooth delivery of all services.
2. Maintaining good corporate governance
3. Maintaining a quality service through the best use of available resources.



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 to promote living life without recourse to alcohol or drug misuse. At the beginning of 2014 the Aftercare Service and TRP embarked on a more cohesive structure which has brought about a more integrative approach to working with service users and their needs on both a social, educational and therapeutic level. Increasing service user's social assets is and has been a most important element of the successes of the aftercare service. This has been achieved by working together with statutory, voluntary and community agencies in order to deliver services incorporating health & fitness, cookery, holistic and social activities.

We believe that in delivering services in the evening time we can meet the demands within the community by offering a tailored approach to each individual; by using a psycho-social model, service users will greatly enhance personal growth and development and ongoing progression. A review commissioned by the National Drugs Strategy Team highlighted the Tallaght-wide aftercare as a model for ongoing rehabilitation nationally.

Over the past 5 years drug & alcohol services have had to confront new and different challenges. Tallaght-wide aftercare service has remained a viable option by providing a service in the evening.

Tallaght-Wide Aftercare service has achieved significant success, and will continue to link with other agencies to enhance evening time services in Dublin 24.

Client numbers for year January – December 2014

NUMBER OF REFERRALS JAN – DEC 2014	23
ASSESSED SUITABLE	19
ACCESSED THE SERVICE	14
DID NOT ACCESS THE SERVICE	5
ASSESSED UNSUITABLE REFERRED TO OTHER AGENCY/ORGANISATION	4



Therapeutic and Social Activities within the Aftercare

Peer Support Group

This is a weekly group set up to meet the need for services users. It is held on a Tuesday evening from 7.30-9.00pm. It is an opportunity to have peer led support for people in their on-going recovery which is facilitated by two staff members. We also provide a themed group every six weeks which is primarily around relapse prevention based on a psycho-educational model. This group has been in existence since the Aftercare was founded and is a key component in the success of our client group and attraction to our service. It has consistently been well attended and according to services users is a great support to them.

“On completing residential treatment I was a bit anxious on coming back to my home town, a friend of mine was attending an aftercare group in the evening time, so to cut a long story short I joined this group myself. What I like about this group is that it’s run every Tuesday evening which gives me time to go to college during the day and still have the supports I need afterwards and In time I hope I can pass this group to someone else who is IN need as my pal did for me.”



Cookery Module

We delivered a four week basic baking module last November which was a great success. It was a basic introduction into the art of baking. It was held on a Thursday evening from 6.30 – 9.00. Service users became familiar with some basic techniques of baking and they got to enjoy the cakes they made with a cup of tea afterwards. They also got to bring home their cakes for their families to enjoy. It was a great social environment with plenty of fun. The success of this module was in part due to the simplicity and speed of the preparation.

“The class is not Gordon Ramsey or hell’s kitchen but it is a great distraction and a lot of fun to have a class in the evening with likeminded people has helped me with socializing and of course some cooking skills.” **Cookery participant**

Run-a-muck

Following the successful participation of both staff and Participants of Tallaght Wide Aftercare Service in last year's Run a muck Event 2013 we decided to enter again this year.



On 1st March 3 staff members and 9 participants of the Tallaght Wide Aftercare Service took on the Runamuck Challenge which is a cross country event over a wet and mucky terrain with many manmade and natural obstacles like bale jumps, net scrambles, super slides, Tarzan swings, bridges, ditches, streams, tyres & tunnels. It is designed to test your mental and physical strength and will leave you with a big grin on your face.

There was an atmosphere of both excitement and apprehension on the journey from Kiltalown House to Johnstown Bridge, Co Kildare.

The group ran the race as a team and encouraged and helped each other through the tough course. As challenging as the course was physically everyone braved through the cold water and difficult obstacles in high spirit. All completed the race.

On return to Kiltalown house soup and sandwiches were provided for all who took part which was gratefully received. All in all it was a very successful event and thoroughly enjoyed by everyone.

“It was a freezing cold Saturday and I thought “oh no I’m not doing this”. Then I got up to Kiltalown House and everybody else was feeling the same and I thought I’ll just go with them in the bus to Kildare. Everybody was full of anxiety on the way to the Run-a-muck but by the time we got there it had turned into excitement. We all went on to the start line and when the gate opened we ran.... Well we finished our Run-a-muck and 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 are 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. When we got back to Kiltalown House there was soup and sandwiches ready for us which were great.” **Run a muck participant**



Box Smart

The Box Smart Initiative is a progressive aftercare rehabilitation programme providing service users an opportunity to change their lives through education and high performance sport. On Wednesday, October the 8th the programme was officially launched by the Mayor of South Dublin County Council Fergus Warfield. The start date of the actual training was on Wednesday 15th October 2014. Participants pulled on their gloves in preparation for Boxsmart. This is a pioneering 20-week programme which strives to re-integrate participants into mainstream society through FETAC Level 4 Health Related Fitness which is teamed with high performance training and boxing skills. The Box Smart Initiative is based across two learning campuses- Sacred Heart Boxing Gym for training and Kiltalown House for theory.

Candidates who successfully complete this course will have the knowledge, skills and capacity to engage in physical activity and promote healthy lifestyle practices. Increased energy, social supports, motivation and positive direction would be to name but a few of the aims and objectives of the module. It is based on a continuous assessment and evaluation. 100% attendance is a paramount requirement for the module.



On the first week services users were put through their paces with a fitness test to assess their basic level of fitness. At the end of the course they will have to go through another fitness test to gauge their improvement.

“Mick quoted during the Boxsmart launch that “life was like a boxing match defeat is declared not when you fall, but when you refuse to stand again”. This saying is constantly going through my head and I have begun to understand its meaning, not only in training but in my everyday life. Box Smart Participant

RinnVoyager

The Aftercare group also enjoyed boat trips on the Rinn Voyager in Dublin Bay. This was held on Friday 25th July 2014 which was the hottest day of the year. Temperatures soared to 27degrees and the group thoroughly enjoyed the day. There were many boats out around Dublin Bay and for that moment we thought we were cruising up along the Amalfi Coast

“The day on the boat was an experience I will always remember, I caught some mackerel which I brought home and ate. The craic was great and the weather was brilliant” Aftercare Participant



Visiting Dignitaries

Over the past year the Board of Management and the staff, volunteers and participants of TRP have played host to various dignitaries including the Tánaiste Joan Burton, TD and President of Sinn Féin, Gerry Adams and our local Lord Mayor of Tallaght 2014 Fintan Warfield

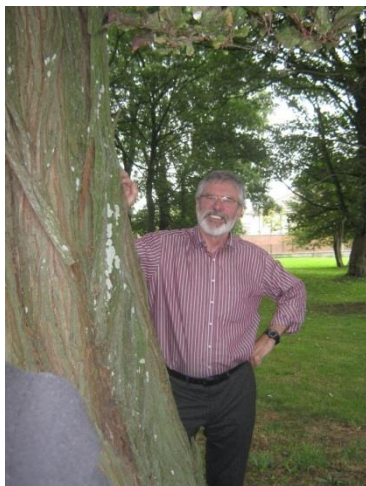
Gerry Adams Visit 18th September 2014



Manager of TRP Pat Daly greeting President of Sinn Féin Gerry Adams on the steps of Kiltalown House.



Chair of the Board of Management Seamus Massey, Board member and Sinn Féin Councillor Cathal King, Manager TRP Pat Daly and TD and Vice President of Sinn Féin Mary Lou Mc Donald discussing the TRP services available to the Tallaght community.



Gerry Adams enjoying the beautiful gardens in Kiltalown House

Tallaght Lord Mayor Visit to the Box Smart Launch 8th October 2015



Tallaght Lord Mayor 2014 Fintan Warfield signing the visitor's book in the foyer of Kiltalown House

Tallaght Wide Aftercare Supervisor Mick Williams with Tallaght



Lord Mayor Fintan Warfield and Chair of the Board of Management of TRP Seamus Massey

Tallaght Lord Mayor Fintan Warfield officially launching the Box Smart Initiative



Tánaiste Jaon Burton Visit 26th September 2014



Tánaiste Joan Burton is welcomed to Kiltalown House by Board member of TRP and former Parish Priest of Jobstown; Fr Val Martin, Board member Dermot Mara assisted by TRP Team Leader Lisa Wynne and Department of Social Protection representative Collette Lakes.

Tánaiste Joan Burton exploring the gardens of Kiltalown House with TRP Team Leader Lisa Wynne, Labour Councillor Pamela Kearns, TRP Board member and Fianna Fail Councillor Charlie O Connor and Chair of the TRP Board of Management Seamus Massey



Tánaiste Joan Burton on the steps of Kiltalown House with TRP Team Leader Lisa Wynne, Labour Councillor Pamela Kearns, TRP Board member and senior Financial Administrator Joan Neville and Chair of the TRP Board of Management Seamus Massey.

Here are some insights into our services from the participants of the programme.

Incredible Years Programme (Female participant)

I have completed the 12 week Incredible Year's Program for parents in TRP. I have gained a lot of insight into how to communicate better with my children and how to keep boundaries and reward good behaviour. I would recommend all parents that are in recovery to do a course like this.



Starting on the Program (Female Participant)

Personally for me starting on the program I was very nervous. I have settled in very well. At the beginning everything was very overwhelming. The staff and peers made it so much easier for me; they were all very welcoming and helpful. I am delighted I got a place on the programme as I know it's going to be life changing.



Workshops (Female Participant)

The workshops which took place in TRP were very helpful to me and I enjoyed working within a group. There were several different workshops but the one that stood out for me was the anger management module. It gave me tools on how to deal with anger issues and made me more aware when issues arise through my recovery.



Family Days in TRP (Male Participant)

The family day in TRP was one of great enjoyment. There was face painting, music, singing, food and balloon making. The children really enjoyed themselves and family and friends got to know all about TRP and what they do up here. The Christmas family day was amazing the Santa arriving on the fire truck was very exciting and the children faces were so exciting. An amazing day was held. All the staff was brilliant and I am looking forward to next year.

Award Ceremony (Female Participant)

The award ceremony was a great night. It gave the participants something to look forward to and it highlights what we achieved and gave people the ability to continue to do well.

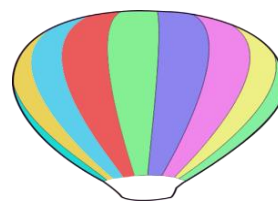


Football Blitz (Male Participant)

The football blitz was held to raise funds for the male module. It brought teams of people who are in recovery together from all over Dublin. It was a major success with a high standard of 5 a side being played with help from Jim Crawford from the Football Association of Ireland. There was a great turn out on the night.

Step Up (Male Participant)

I am looking forward to completing my Step up programme and I hope to progress to further education in the near future. I am learning lots of new skills including CV building and interview preparation which will support me in my progression going forward.



Sale of work (Female Participant)

I really enjoyed the sale of work for the women's module. I joined the day programme when the organisation of the sale of work had begun but they made me feel like a part of a team and I was very happy at how the night went. I had a great sense of achievement when we were finished.



Induction (Female Participant)

I thought that the induction was very insightful and helpful, every time I came up I felt less anxious and I was excited for starting a new positive chapter in my life. The staff were very welcoming and put me at ease.

Community Employment Scheme Report from Ms. 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 now in its fifteenth year of successful operation.

The aim of our project is to offer work placements to people who are long-term unemployed. The project also offers support, guidance and encouragement to participants wishing to access employment, voluntary work experience or to engage in further education or training.

Career guidance through the delivery of a specifically individualized individual learner plan (ILP) has been one of the main focuses of the programme.

Educational Training

TRP actively encourages and promotes the use of the Department of Social Protection ILP (Individual Learner Plan). This is a system where the participant and supervisor have regular one to one career guidance sessions throughout the individual's time on CE where employment and educational goals of the individual are explored and identified. Training which is specific to the participant's needs and abilities is then sourced and with the support of the organization, the participant will access it. To further enhance this service the CE Supervisor has recently completed a Diploma in Adult Guidance and Counselling. Career guidance when combined with the Individual Care Plan gives the participant optimal chances of progression to employment or further education on completion of CE.

CE Support Staff 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 employs 6 people in roles varying from administrative to aftercare project worker to maintenance and security.

ILP plays an important role in the progression of our CE staff. In the last year all of the CE staff have identified specific career paths/goals and have engaged in various individual pieces of training as demonstrated below.

CE Support Staff Progression

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| <ul style="list-style-type: none"> • 6 staff are employed through Community Employment • 1 person progressed to part time employment in beauty therapy. • All other CE staff remained in their posts and continue to access training. |
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Educational Training Accessed by CE Support Staff

FETAC Level 5 Occupational First Aid	6 people Engaged	18 Hours Completed
Fire Drill	6 people Engaged	3 Hours Completed
Personal Development	2 people engaged	48 Hours completed
Security Guarding and Static Patrol	1Person engaged	35 hours completed
Basic Electrics	1 person engaged	8 hours completed
Indian Head Massage	1 person engaged	16 hours completed

Rehabilitation Day Programme Participants Training

In the last year the participants in both Phase One and Phase Two of the TRP Rehabilitation Day Programme have engaged in and completed therapeutic and educational modules both on an individual basis and as part of a group as demonstrated below.

Group Training

Art	17 People engaged	48 Hours Completed
Drama	17 People engaged	18 Hours Completed
Healthy Eating	17 People engaged	18 Hours Completed
Anger Management	17 People engaged	18 Hours Completed
Life Spheres and Motivational Care Planning	17 People engaged	18 Hours Completed
Spirituality	17 People engaged	12 Hours Completed
Health Awareness	17 People engaged	18 Hours Completed
Parenting (The Incredible Years Programme)	17 People engaged	30 Hours Completed
Wellness Recovery Action Plan	17 People engaged	30 Hours Completed
Relationships	17 People engaged	18 Hours Completed
Relapse Prevention	17 People engaged	207 Hours Completed

Phase 3 The Step Up Programme

Phase three of the programme gives the participant the opportunity to undertake individual specific training and work experience outside of a group setting. This stage of the programme has recently been evaluated and redesigned to provide a more intensive structure and content and it involved a sub group of senior management strategically planning towards the evolvement of an educational programme designed to equip the individual with skills such as interview preparation, CV building and job researching. Partners involved in the Step Up programme include DSP local employment services, MABS, Tallaght IT, Dress for Success, Threshold Training and the Dublin Adult Learning Centre to name but a few.

Rehabilitation Day Programme Participants Progression

Of the 6 participants who engaged in a practical step up; 4 people have returned to part time employment, 3 have progressed to education and 2 have undertaken voluntary work experience, examples of which are as follows:

<u>Progressed to Third Level Education</u>	<u>Progressed to Employment</u>	<u>Progressed to Voluntary Work</u>
1 – Greenhill’s College – Certificate in Healthcare Assistant	1 - Rua Red Part Time Support Worker (seasonal)	1 – Caretaker in TRP (part time)
1 – Liberties College – Certificate in Sports Coaching	1 – Security Person (part time)	1 – Trainee Receptionist in Threshold (Part time)
1 – Inchicore College - Certificate in Counselling	1 – Job Bridge post as Support Worker in TRP	
	1 - CE post as Receptionist in TRP	

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 continue to deliver a quality, combined, career guidance and ILP in order to progress both our staff and participants in their chosen direction.

Catherine O Connor

Community Employment Supervisor

Friends of TRP

Acknowledgments

TRP would like to take this opportunity to thank the following local shops and businesses for their generosity and donations. Without any of these we would not be able to hold these annual events.

- **Demesne Electrical**
- **Manhattan - Finglas**
- **Dunne's Stores – Head Office**
- **Dunne's Stores - The Square Tallaght**
- **Supervalu - Springfield Tallaght**
- **Valley Newsagents - Springfield Tallaght**
- **Brennan's Bread**
- **Coca Cola**
- **Dealz- Head Office**
- **Manning's Bakery**
- **Musgrave's Cash and Carry – Ballymount**
- **Hyland Butchers -The Square Tallaght**
- **Domino's Pizza - The Square Tallaght**
- **Heartsafety Solutions**
- **Cinelli – Brookfield Shopping Centre**

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- **The Irish Government**
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- **The Health Services Executive**
- **Department of Social Protection**
- **South Dublin County Council**
- **Dodder Valley (Tallaght) Partnership Ltd**
- **Tallaght Drugs and Alcohol Task Force**
- **TRP Volunteers**
- **Storehouse Project**

Company Information



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