

ANNUAL REPORT 2019



Recovery for a Better Life



FAST

Finglas Addiction
Support Team

CHAIRPERSON REPORT



Mary Flanagan,
Chair Person

FASTs ability to continue providing high quality, person-centred services in response to an ever-increasing demand has been achieved as a result of the commitment and dedication of the staff. It is down to the contribution of the board, staff, our funders and supporters that we can reflect positively on the year.

Across the year we have had much to celebrate. A number of services were strengthened to ensure that they could provide more comprehensive and integrated care to align with our strategic priorities and objectives. We accomplished this by exploring and working in partnerships across the system for the benefit of our participants. This included linking with academic partners and developing strategic alliances within the community. In order to achieve this some roles were reconfigured to ensure that we had the right staff with the right skills to meet service demand.

I want to thank my fellow board members who played an active part in supporting the organisation during the year. We had some changes to our board in 2019 and I want to say thank you to those who resigned and welcome our new board members. Our Chief Executive resigned in 2019. Barbara committed many years to positioning FAST where it is today and we owe her a debt of gratitude for all her efforts over the years.

On behalf of the board I want to thank Amy for a very smooth transition and the team for their continued pursuit of excellence.

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Acknowledgements

CEO FORWARD



Amy Roche, CEO

2019 marks a significant year of change for FAST and an increase in service delivery.

Working with over 575 people we witnessed an 18% (n=91) increase on the previous year which includes 293 new individuals engaged in FAST services.

This increase in service demand was met by a committed Team of staff and volunteers who provided high quality support to families and people accessing FAST with problematic drug and alcohol use issues (266 women and 313 men).

We continue our commitment to leading an innovative centre of excellence where people can recover and have fulfilled lives in their community. This vision is underpinned by our 2017-2020 Strategic plan 'Delivering Our Ambition: Recovery for a Better Life'. A Key strategic objective for FAST is to continue to increase knowledge of evidenced based practice in addressing drug and alcohol use and mental health. This is evidenced in our collaboration with the Finglas/Cabra Community, DCU, the Finglas/ Cabra taskforce and the HSE in launching a Community research report "Dual Diagnosis - A Community Perspective".

"In FAST we are committed to leading an innovative centre of excellence where people can recover and have fulfilled lives in their community"

This report presents a community inquiry project concerned with addressing Dual Diagnosis needs in the urban communities of Finglas and Cabra, North Dublin.

Launched in November 2019, FAST continues to advocate for the re-establishment of a Mental Health Clinical Programme

to address dual diagnosis; and to develop joint protocols between mental health services and drug and alcohol services as committed to in the 2017 - 2025 National drug and alcohol strategy Reducing Harm Supporting Recovery.

In 2019 we continued to see family members and loved ones seeking support, 96 people availed of our Family support service with issues including living with drug and alcohol use in the home, drug debt intimidation, domestic abuse and financial difficulties resultant from loved ones addiction.

During 2019 FAST witnessed a similar trend to the previous year, we continue to see the impact of Cocaine use as the most



OUR VISION

Leading an innovative centre of excellence where people can recover and have fulfilled lives in their community



OUR MISSION

We will provide accessible quality services for those affected by drug and alcohol use and mental health issues



OUR VALUES

**Dignity
Empowerment
Quality
Integrity
Value**



reported main drug of choice with 30% of all participants using cocaine. Over a quarter of those accessing the service are citing alcohol as their main problematic issue (26%) a slight (1%) increase on last year. A 5% increase in those presenting with heroin (16%) as main drug of choice and a 6% increase in cannabis use (16%) while 8% reported benzodiazepine and 4% other (unknown /synthetic drugs). Of note, most people report poly drug use on further assessment.

In response to the high numbers of people seeking support with cocaine use in Finglas and Cabra, we have developed and up skilled our staff in the delivery of cocaine specific interventions. As part of the HSE's National Addiction Training programme (NATP) we participated in - Working with Problem Cocaine Users - a Training for Trainers Programme. This training is now included in our Annual training schedule.



FAST is committed to creating access and treatment pathways by meeting people in their community, this is evidenced through our work in 2019 with the Abigail Women's centre. In collaboration with De Paul and Novas we worked with 39 homeless women to help address their problematic drug and alcohol issues. The needs of the residents of Abigail are complex and of the 39 women

we worked with, 26 presented with a Dual Diagnosis.



We developed our focus on supporting the Recovery element of the National drug strategy, by engaging with the Recovery Academy of Ireland. We were delighted to host our first Recovery Pop-Up café along with attending the Annual Recovery Walk and becoming part of the Recovery coach initiative.



In 2019 we re-ignited our passion for gardening and brought our FAST Garden back to life.

Nature/Natural Environments projects have long been evidenced internationally to provide positive outcomes for people recovering from problematic substance use and mental health issues.

We would like to thank DeLoitte for their volunteer hours and the big garden clean up in 2019 and to Finglas Tidy Towns for their ongoing support and commitment to working in partnership with FAST to enable us to provide a therapeutic outdoor space for people who use our services.



In 2019 FAST saw a most significant change in our staffing, after 15 years of committed service we said a fond farewell to Former CEO Barbara Condon. On behalf of the participants, staff, management and board of FAST we wish Barbara very well in her new role. We are committed to continuing with a strong Leadership to ensure a high quality of service provision for those most vulnerable in the community of Finglas and Cabra.

Finally, on behalf of our service users, staff and volunteers and board members, we thank you for all your support in 2019, without which, we could not have delivered our services and supported the positive and long term change in our clients' lives. We look forward to your continued support in 2020.

Participants Attending



435
2017



488
2018



579
2019

SERVICE ENGAGEMENTS AT A GLANCE

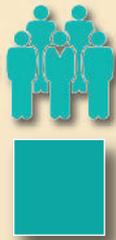
Age Profile



118
18-29



280
30-44



142
45-49



39
>60



54%



46%



7.2

Average Days
Waiting for
Assesment



293
New
Participants



286
Returning
Participants



4384

One-to-One
Appointments



984

Assesments



79

Availed of
Holistic Services

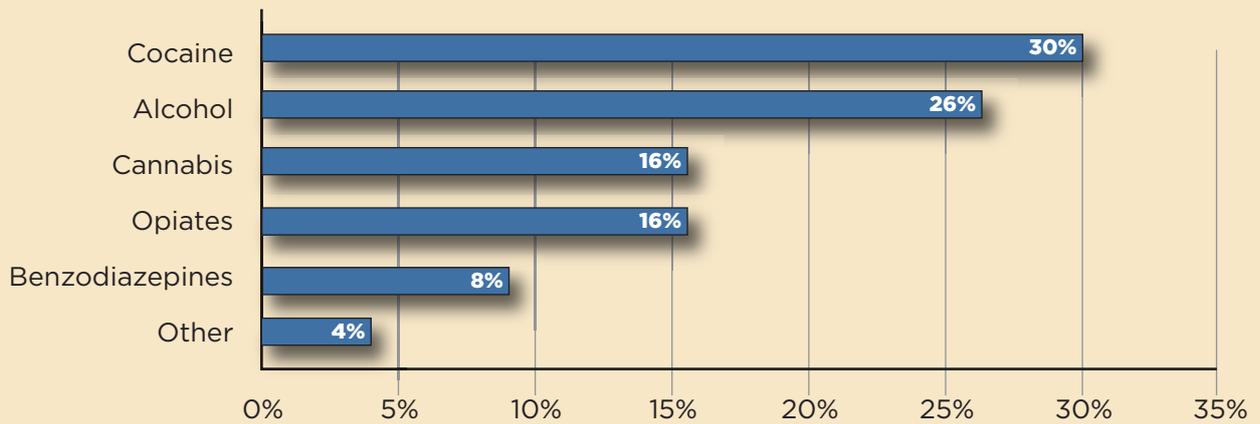


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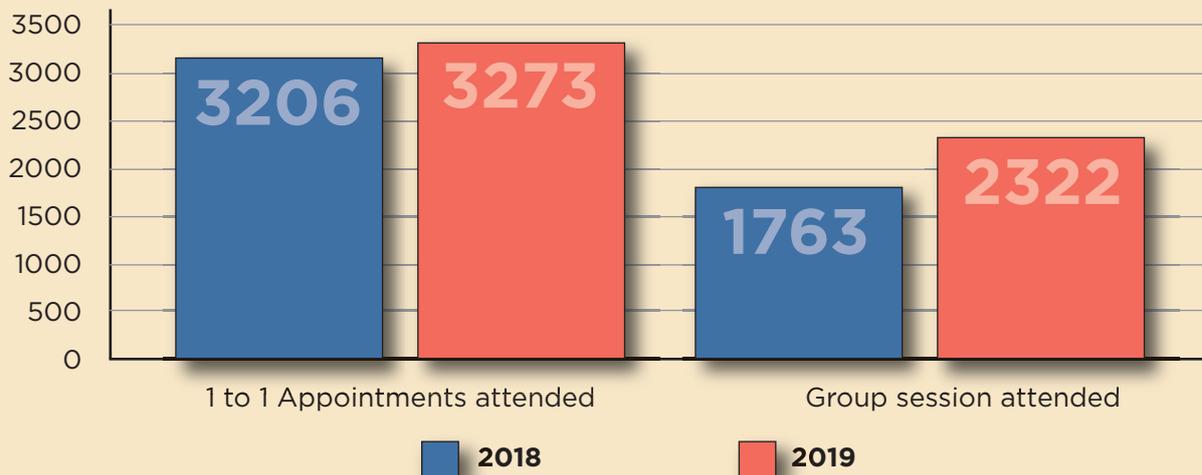
Support
Groups

SUBSTANCE ISSUES IN 2019

Main Substance Use Presenting on 2019



SUBSTANCE	COCAINE	ALCOHOL	CANNABIS	OPIATES
AVE AGE	32	43	27	41





POLYDRUG USE SERVICE

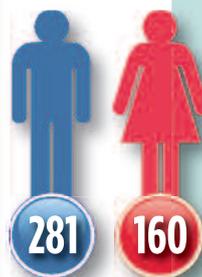
FAST polydrug use (PDU) service offers diverse therapeutic and holistic interventions to support participants to reduce or stop problematic drug/alcohol use.

The PDU service uses a combination of evidence based models to explore patterns linked to drug and alcohol use and to identify effective strategies to promote change.

- Cognitive behaviour (CBT)
- Community reinforcement approach (CRA)
- Mindfulness based relapse prevention (MBRP)
- Motivational interviewing (MI)

Number of people Supported by PDU

SESSION TYPE	FEMALE	MALE	TOTAL
Assessment	126	261	387
Counselling	2	1	3
Crisis Intervention	8	4	12
Drop In	54	94	148
1 to 1	425	599	1024
Phone call	236	255	491
Comp assessment	35	79	114



Group Therapy: Total of 245 participants availed of Group support

- A total of 111 Participants attended x3 “Reduce the Use” groups
- 113 participants attended a total of 3 Relapse Prevention groups thought out the year
- 21 participants attending Mental Health group sessions (Emotional Regulation group and an Effective Communication group)

“So my experience with both meditation and acupuncture was really positive and I would recommend it 100% to people who need it”

Noeleen

New in 2019!

Holistic Morning group every Monday from 10.30 am to introduce the participants to the idea of investing in the concept of "self-care culture" which involves: wellbeing practices, increase feel good habits and prioritising taking time for one self in a holistic, positive, welcoming and relaxing atmosphere, away from the stresses and anxieties that engaging in problematic addiction causes to people. The group was well attended on a monthly basis.

Attendance Per Month

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
20	29	11	23	25	22	40	22	41	36	29	14

TESTIMONIAL

I have been taking part in meditation and relaxation in FAST for a while now. Prior to this I never done meditation. So at first I was sceptical but decided to give it a try. If it didn't work for me then there was no loss. I was surprised I was able to meditate in class and it didn't take long before I started to meditate at home. I wanted to stop my thoughts running wild so I started to meditate before bed and I found I would just slip off to sleep. I now meditate every night

So when the group offered acupuncture I was happy to take part. I had stress balls put in my ear every week and every time I was stressed I would give it a squeeze. And I would instantly feel less stressed.

So my experience with both meditation and acupuncture was really positive and I would recommend it 100% to people who need it.

Noeleen

TO FAST

I am writhing this letter to you to thank you for all the help and support you have given me over the past year.

Before going to fast back in January 2019 I had been suffering with ocd and had a lot of anxiety, and I pretty much isolated myself from everyone, at that time I began to drink alcohol to ease my anxiety but it became a habit and I did not know how to brake it.

Since I have been going to fast and linked in with Natalie, and going to the group meetings I began to learn more about myself and more about alcohol and that it had no real benefit in my life.

After doing the 1 to 1s with Natalie not only did she help me stop drinking she also was a great help in helping me to do the things I wanted to do with my life and such as in my business career.

Natalie was a great encouragement to me, so much that I started to believe in myself, and started taking action toward my goals, and have made a lot of new friends along the way that have the same goals as I do.

Without the help and support from fast I would not be in the position I am in today.

Fast has brought the best out of me and I am now living my life to the full and enjoying every minute of it.

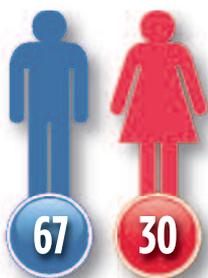
I belive that any person that walks into fast and does the 1 to 1s and the group meetings will walk out a much stronger person better changed person and realize how good life can be without alcohol or any substances.

I would highly recommend fast to anyone with any substance issues, it truly works very effectively.

I really appreciate everything you have done for me and the community thank you.

COUNSELLING SERVICE

THE counselling service at FAST aims to establish therapeutic relationships with participants who can then use this process to address underlying trauma and issues around problematic substance use that are affecting their lives. The counselling service provides support to those in active addiction, stabilization or those who drug and/or alcohol free seeking support to maintain a lifelong recovery.



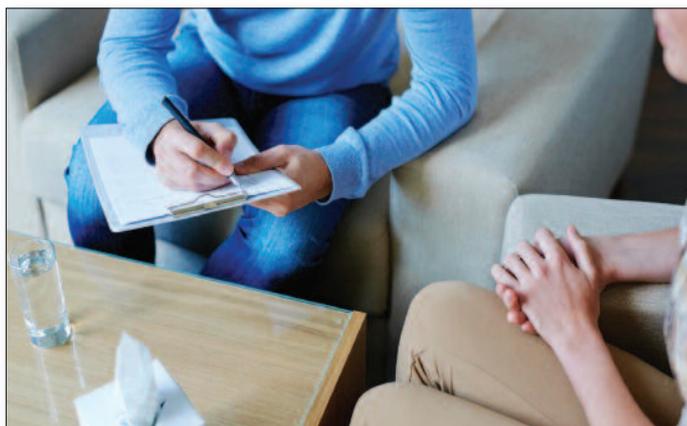
SESSION TYPE	FEMALE	MALE	TOTAL
Comp Assessment	21	52	73
Assessment	131	299	430
Drop In	2	9	11
One to one	1	3	4
Totals	155	363	518

518

75% of this group reported high outcomes for increased mood, physical health and quality of life as well as reduced or zero substance use

Trends

For those attending 1-1 counselling the vast majority were struggling with alcohol and cocaine use, either as separate issue or using a combination of both substances. More participants than ever reported their issue as “dry sniffing” i.e. using cocaine to function daily with no significant alcohol use. This group were often able to hold down employment so could attend for evening appointments which provided an invaluable service to them.



“Counselling provides support to those in active addiction seeking support to maintain a lifelong recovery”

DCU Collaboration:

FAST collaborated with DCU and took in a student from the Masters in Psychotherapy programme for a three month work placement which provided them with learning around working therapeutically with those with substance misuse issues.



FAST works in partnership with DePaul and Novas (Abigail Centre) and all local drug and alcohol service providers. In 2019 the service provided a response to presenting emerging needs of participants of the Abigail women's centre facilitating female participants of the centre to address their problematic drug and alcohol use.

The service provides:

- Psycho-social supports
- Drug and alcohol screening
- Mental health assessment
- One to one key working and care planning.
- Group support sessions and workshops
- Signposting and treatment referrals

ABIGAIL CENTRE IN REACH

Working with other services providers including HSE treatment centres, The Voyages, Sankalpa, The Loft, Coolmine, CDEBT, Probation service, Ballymun Star, Turas, RDRD, RADE, Soilse, Rutland and Suiamhneas

In 2019, the service worked with:



SESSION TYPE	WOMEN ATTENDING
Assessment	29
Comp Assessment	30
One to one	277

The needs of the residents of Abigail are complex and 39 of those seen 26 presented with a Dual Diagnosis.



Outcomes: Total 53 positive outcomes

- 3 participants remained alcohol free
- 10 participants stabilised on prescribed medication
- 35% (n14) increased positive mental health (reduced anxiety & increased structure)
- 30%(n12) stabilised drug use

Progressions: Total 32 positive progressions to further treatment

- 19 successful referrals into FAST groups
- 11 participants completed assessment process & started pre-entry process for day programs
- 2 participants entered residential detox centres

New in 2019

FAST piloted a morning meeting participant group. Regular attendance of participants at daily morning meetings over a 12week period was achieved which:

- Created a daily structure for 70% of participants
- 35% Increased entry to FAST PDU Groups
- 70% improved attendance with 1 to 1 appointments with external services



THE Recovery Social Group is a weekly drug & alcohol free environment for people in recovery from problematic drug or alcohol use facilitated by people in recovery. The recovery social ran for 45 weeks in 2019 on Monday evenings with an average of 9 people attending weekly with a focus on building a social network and support and enhancing recovery capital.

Recovery capital comprises everything you have working to your advantage when trying to stay free from drug or alcohol use. The more forms of recovery capital you have, and the better the quality, the easier recovery will be. On the other hand, if you have little or no recovery capital, you may have trouble staying drug or alcohol free even if you have received quality treatment.

RECOVERY SOCIAL GROUP



Recovery social attendance:

MALE	FEMALE	AVG WEEKLY GROUP ATTENDANCE
28	33	9

FAST provided many recreational activities such as Zumba, BBQ and outdoor games, pool, yoga and Indian head massage provided by our great volunteer Sarah!



Collaboration

The Recovery Social Group, together with other local organisations, proudly participated in the Dublin North West Area Partnership **“When I grow up.”** A creative writing initiative for an 8 week period that was followed by a performance at the Axis theatre on the 9th of August. Five of FAST’s participants took to the stage and recited some very heartfelt and humorous stories that they had penned. It was a memorable event for all.

FAST AND THE RECOVERY ACADEMY OF IRELAND

Recovery Walk

FAST staff and participants alike attended the Recovery Walk, organised by the Recovery Academy on September 19th 2019. This year’s walk made history, for the first time the walk went right into the heart of the city, as we made recovery visible on Dublin’s O’Connell Street. The walk acknowledges that there are many pathways into recovery and each one needs to be celebrated and the walk celebrates recovery from all addictions.

“There are many pathways into recovery and each one needs to be celebrated”



The walk is the most positive event surrounding addiction and recovery in Ireland.

The Recovery Social Group celebrated the end of a very successful year with Christmas - “Recovery Pop Up” Cafe party in conjunction with Recovery Academy Ireland. This was very well attended with a big thank you goes to all involved in providing food, entertainment, activities and holistic therapies.



THE focus of the Aftercare programme is to support and strengthen people in their aim to live a fulfilled life free from problematic drug and alcohol use. The FAST Aftercare group creates a rich learning environment in which people learn to face every day struggles which would otherwise feel overwhelming if faced alone. In Aftercare we provide support to participants to build on their recovery capital enabling a life-long recovery.

AFTERCARE

In 2019 the Aftercare group provided support to 23 participants:



NEW MEMBERS	FEMALE	MALE	TOTAL
Assessments	7	8	15
New admissions	5	6	11

Outcomes

- **100% maintaining substance free status**
- 81% Improved Physical health
- 72% Improved Community contact
- 81% Improved Emotional Health
- 63% Improved Family relationships
- **100% No Offending issue**

The activities for the year involved bowling, cinema, paintball and a 23km Hill walk in on the Wicklow/Dublin Hills.

The annual weekend retreat in the Bobbio, Co. Wicklow was attended by 10 participants and two staff.

At Christmas the group attended a beautiful carol service at the garrison church followed by a meal in Smithfield to end the year

As part of the development of FAST Services the Aftercare Group and the recovery Social Group attended an event together which was bowling.





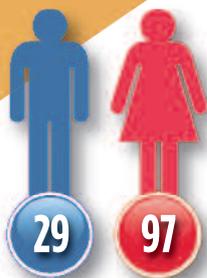
THE FAMILY SUPPORT SERVICE

FAST continues to develop its family service to support and respond to the needs of family members who have been affected by problematic substance use. Family members often report concerns over

- Intimidation & debt
- Financial concerns that can manifest in relationship difficulties, loss and bereavement.

Fast gives family members the opportunity to participate in one-to-one and or group sessions.

Attendance to the Family service continues to grow. In 2019 we met with:



SESSION TYPE	FEMALE	MALE	TOTAL
Assessment	71	17	88
Comp Assessment	22	3	25
Crisis intervention	2	2	4
Drop In	7	7	14
One to one	348	104	452

452



Group Support: 40 family members attending in 2019

Psychoeducational Groups for family members, each covering a twelve week period.

Group 1: 7 Participants; Avg. Attendance 6

Group 2: 13 Participants: Avg. Attendance 10

The benefits to those attending have shown to be;

- Improvement in coping mechanisms
- Positive increase in self-esteem and mental strength when dealing with adversity.
- Reduction in their stress levels
- Reduction in negative patterns of behaviour.

Techniques used were Mindfulness and Buteyko Breathing. All agreed this had been of great benefit in reducing their stress levels, and had a profound effect in helping them manage their

sometimes feelings of isolation and enabled them manage their mental wellbeing in a much more effective way.

Graduate Group for Family support participants

20 participants engaged in this group monthly. This was a workshop based group and covered topics that provided information for families to bring into their home and share with the wider community.

12 monthly graduate topic-based workshops include:

- Sound therapy
- Yoga
- Buteyko
- Reiki- stress management
- MABS

Interagency Collaboration

In June FAST along with Better Finglas hosted the "Teen Triple P" programme for 4 group sessions. Collated feedback from parents was very positive - they are seeing positive changes at home and attributing the changes to the programme.

In August, we hosted 11 yoga & meditation classes and was funded by the FCLDTF.

Laughing Yoga: One of our classes to create laughter and fun instructed by Coach Tracey Ennis.

On October 31st, FAST Family support volunteered at the DCC Finglas Fright Night Festival. As well as participating in this Community event we were also able to raise much needed funds for FAST service.

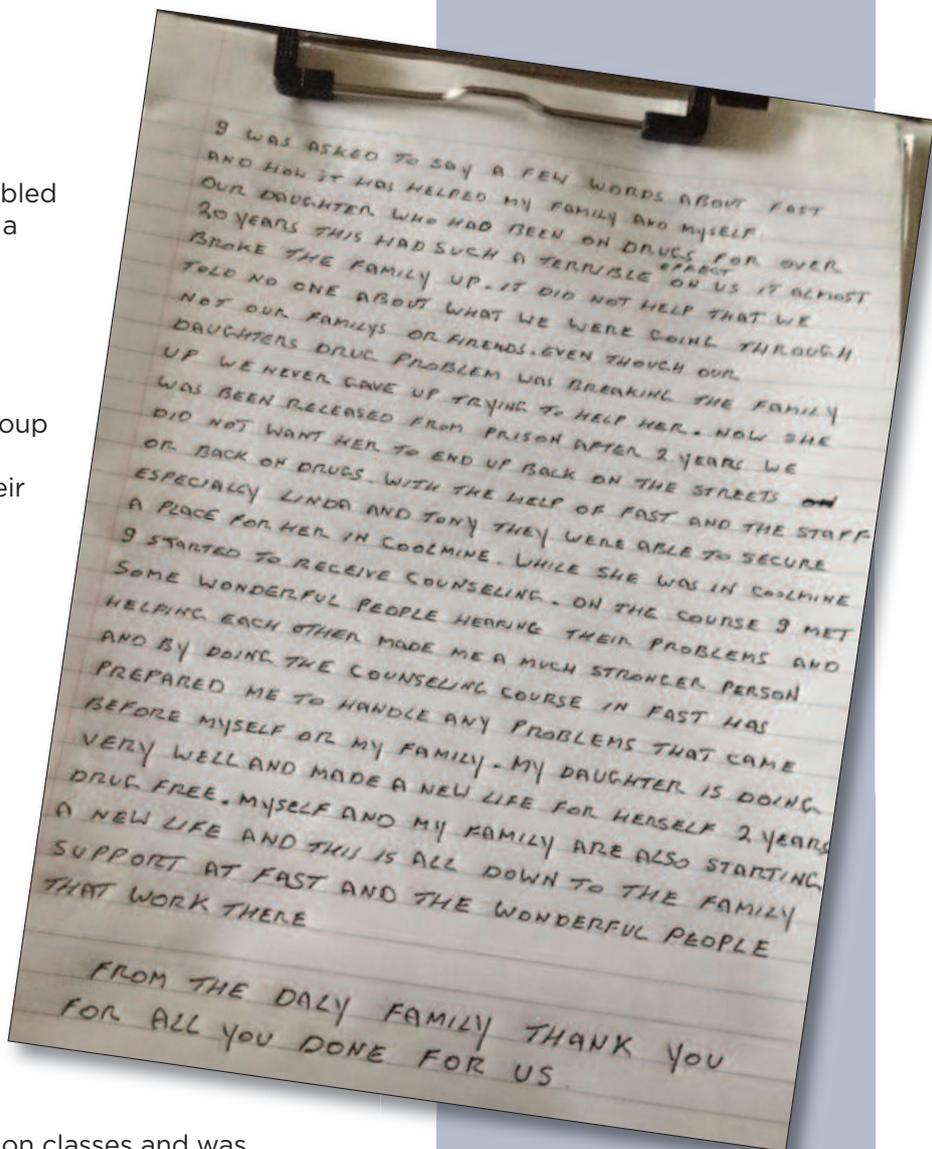
The Lord Mayor of Dublin Paul McAuliffe and his family came out to support us on such a rainy cold night.

In December the family service held a Self-care workshop which was followed by a Christmas singsong and afternoon tea and cakes, a tremendous turnout by 18 participants and their family members.

FAST FS Coordinator Linda Philips and Volunteer Tony Mc Carthy at the North Dublin Regional Drug & Alcohol Task Force Family Support Conference.

In November FAST Family Service attended the yearly FSN Annual work conference, a full day event followed by a gala dinner. 22 FAST family support participants and 2 Staff attended.

In December to close out our year, we attended the Christmas carol service in the Garrison Church Arbour Hill and followed it with a meal at McKee barracks then into the Officers Mess for tea & Coffee. This was a very memorable event for all.





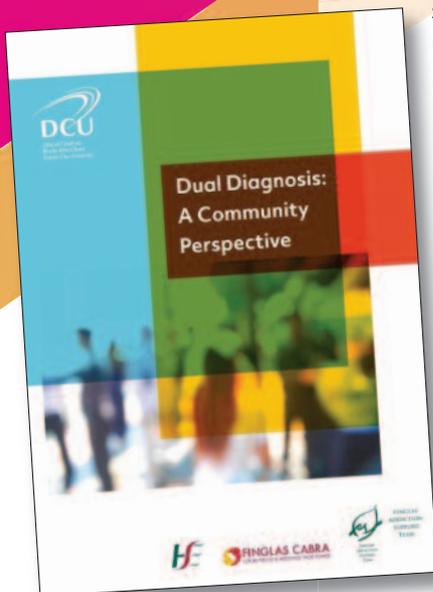
DUAL DIAGNOSES – A COMMUNITY PERSPECTIVE

In FAST over the last few years there has been a growing presentation of people with a co-occurring mental health and substance use problem, “dual diagnosis” and with that a clear lack of treatment approach which has caused us to review our services and staffing in an attempt to respond to the needs of service users .

The 2017 – 2025 National drug and alcohol strategy Reducing Harm Supporting Recovery cites Improving access to services for people with more complex needs stating that “we need to ensure that people with a dual diagnosis receive an assessment, an onward referral and timely access to appropriate treatment is extremely important”

- a) New Mental Health Clinical Programme to address dual diagnosis; and
- b) Developing joint protocols between mental health services and drug and alcohol services with the objective of undertaking an assessment with integrated care planning in line with the National Drug Rehabilitation Framework

In 2019 FAST in collaboration with DCU, HSE, the Finglas/Cabra drug and alcohol task force and the two



“We were really pleased with the community engagement in both Finglas and Cabra in relation to the topic and study. These are the people who are dealing with the realities of dual diagnosis every day. Involving community stakeholders from the outset meant that this research considered their needs in relation to dual diagnosis and identified ways that these communities and local organisations can begin to address this complex issue in tandem with structural and policy changes.”

Dr. Denise Proudfoot

“This study presents a shared community voice about the impact of dual diagnosis and possible ways to address it locally. It also highlights the need to activate commitments made about dual diagnosis services in the current Irish Drug and Alcohol Strategy, reducing harm and supporting recovery.”

Lord Mayor Paul McAuliffe

communities (Finglas and Cabra) commenced with a research project to help address dual diagnosis. This was a shared owned action plan across all the stakeholders in the two communities.

Launched in Nov 2019 by the then Lord Mayor Paul Mc McAuliffe this report found that accessing appropriate treatment is frequently frustrating for individuals experiencing dual diagnosis and their families.



Those involved in the study shared personal experiences of dual diagnosis and how difficult it was to access appropriate care locally. Family members described how dual diagnosis affects their lives and professionals told of their work with those with dual diagnosis.

A community research group guided the study and participants included local residents, service users and their families, community workers and representatives, health and social care professionals from Finglas and Cabra.

Special thank you to Carol and Ann who both gave a personal account of their experiences of Dual Diagnosis at the report launch and were part of the research project from the beginning.

Key findings

- The community response to dual diagnosis ought to include increased interagency collaboration; developing a more integrated approach between mental health and addiction service providers and referral pathways
- Local service organisations need to consider the need for dual diagnosis and trauma staff education and training
- The report recommends the development of a dual diagnosis assessment tool
- Recommendations at a governmental level include re-establishing the National Clinical Programme
- Improved case management for individuals who with dual diagnosis.





FAST TEAM

The Board of Management of FAST comprises of:

Directors	Role
Mary Flanagan	Chairperson
Janis Maxwell	Secretary
Deborah Delaney - <i>resigned Apr '19</i>	Secretary
Fintan Lalor - <i>appointed Apr '19</i>	Treasurer
Debra Kearns - <i>resigned July '19</i>	Treasurer
Dr. James Kirrane	Director
Gregory Lagan	Director
Denise Proudfoot	Director
Brian Dalton	Director
Marie Nally	Director
Sgt Damien Mangan	Non-Director
Barbara Condon - <i>resigned 01/07/2019</i>	Executive in attendance
Amy Roche - <i>appointed 19/08/2019</i>	Executive in attendance

The BOARD met 7 times during 2019, including the AGM

The FAST staff team work tirelessly to achieve the aims and objectives of the FAST strategic and operational plans. The **2019** team was made up of:

Staff Member	Role
Barbara Condon	CEO (<i>Resigned June 2019</i>)
Amy Roche	CEO (<i>Appointed August 2019</i>)
Mick Williams	Head of Services
Sinead O'Brien	Head of Finance and Operations
Andy Robertson	Counsellor/Psychotherapist
Eda Inan	Mental Health Case Worker - Dual Diagnosis (<i>Resigned December 2019</i>)
Linda Phillips	Family Service/PDU Service
Loraine Giltrap	Project Worker
Natalie Carr	Project Worker
Tom Bissett	Project Worker
Trish Mestres	Project Worker
Donna McCarthy	Administrator
Jimmy Dixon	Caretaker
Bernadette Nerney	Receptionist (<i>Resigned July 2019</i>)
Patrick Donohue	Receptionist
Dave Shipsey	Acupuncturist

STRUCTURE, GOVERNANCE & MANAGEMENT

FAST Ltd. is registered in Ireland as a company limited by guarantee, not having a share capital. The Directors are elected at the AGM and are engaged to ensure a mix of professional skills and personal experiences.

In 2019 two members of the Board of Management (BOM) resigned and one new member was appointed as Director(s).

The BOM met 7 times during 2019 including the AGM. The BOM also facilitates attendance at subcommittees i.e. Audit, Finance and Governance.

The BOM worked tirelessly in 2019 to ensure the ongoing implementation of the FAST Strategic Plan 2017 - 2020 and will continue to drive this working document throughout 2020 and beyond.

The BOM continues to operate under the Governance Code while advancing with the Charities Governance code with ongoing implementation performed throughout 2019.

The BOM delegates the management of FAST to the Chief Executive Officer who maintains an oversight and monitoring role. This is enabled via strong communication systems between the management team, the staff and the BOM of FAST.



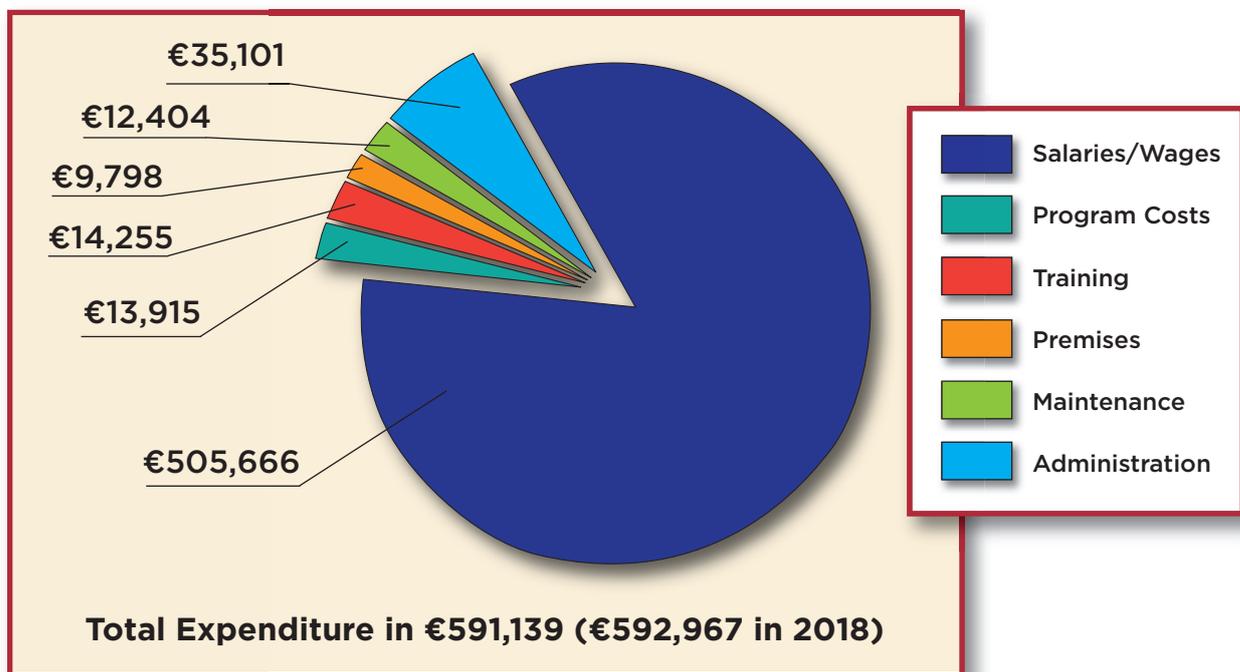
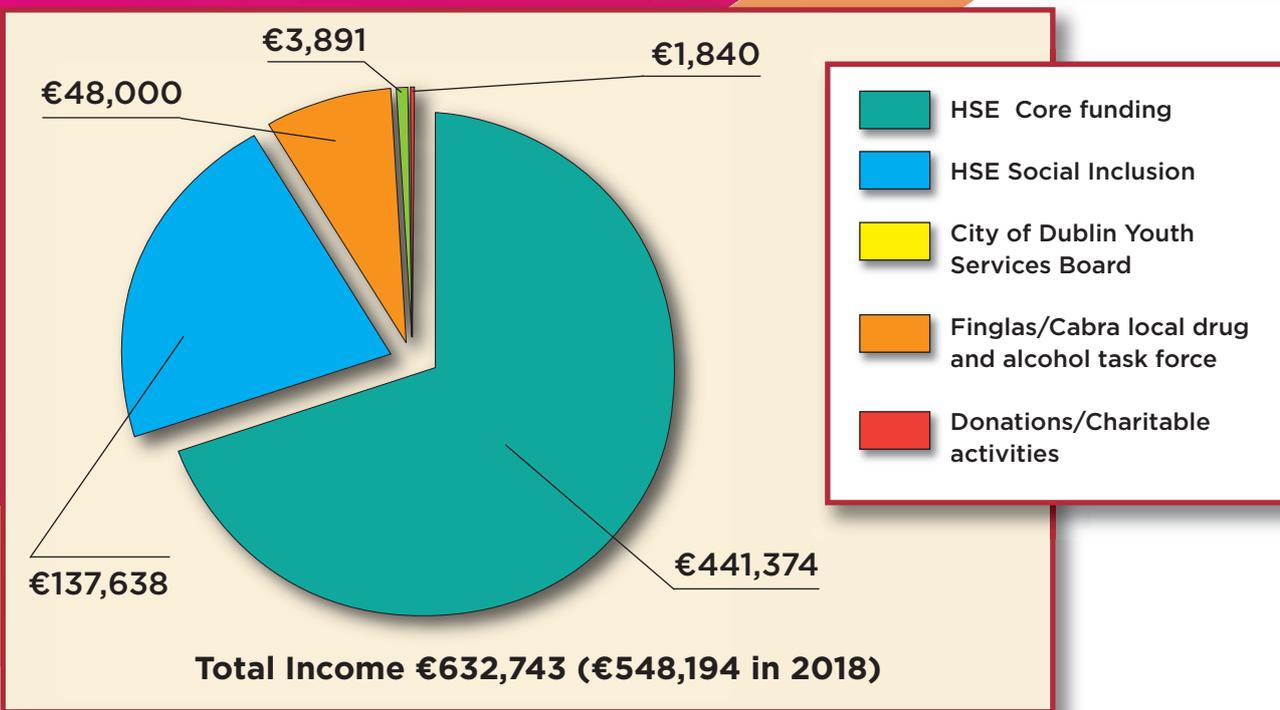
STAFF TRAINING AND DEVELOPMENT

One of the objectives of our strategic plan was to ensure that FAST has a supportive culture, robust organisational structure and suitable competencies

As part of the on-going professional development of the staff, we engaged in the following training in 2019

GOVERNANCE	STAFF DEVELOPMENT	CLINICAL
Children First All Staff	Coaching	Extended Grief
DLP Roles & Responsibilities	Nonprofit Leadership & Management	Mental Health in the Community
Vulnerable Adults	Supervision Skills	Non-Violent Resistance
GDPR Training	Train the Trainer	Respect & Dignity
Clinical Governance & Audit	Social Media	Trauma Informed Care
Charities Regulator Governance Code	Strategic Plan	Review Acupuncture

INCOME & EXPENDITURE 2019



FINANCIAL OVERVIEW 2019

The financial results for the year ending December 31 2019.

FAST shows a total income for 2019 of €632,743 and a total expenditure of €591,139 showing a net surplus of €41,604.

Funding Sources 2019:	
Funding received from State Bodies	
Health Service Executive (Core)	€ 441,374
Health Service Executive (CH09)	€ 137,638
City of Dublin Youth Services Board	€ 48,000
Other Funding	€ 3,891
Total	€ 630,903
Funding generated	
FCLDTF Funding	€ 1, 840
TOTAL FUNDING (2019)	€ 632,743



EMPLOYEES AND REMUNERATION

The average number of persons employed (including executive trustees) during the financial year was as follows:

	2019 Number	2018 Number
Administration	1	1
Project Workers	12	7
Manager	3	3
	16	11
The staff costs comprise:	2019 €	2018 €
Wages and salaries	440,984	437,155
Social security costs	47,710	46,617
Pension costs	16,972	11,107
	505,666	494,879



Statement of Financial Activities For the year ended 31 December 2019

	Unrestricted Funds 2019 €	Restricted Funds 2019 €	Total 2019 €	Total 2018 €
Income				
Donations & Legacies		183	183	-
Grants from Governments and Other co-funders	2847	629,714	632,5614	582,764
Other Trading Activities	-			1,265,982
Other incoming resources	-			1,430
Total Income	2,847	629,897	632,744	1,850,176
Expenditure				
Charitable Activities	4,421	586,718	591,139	592,962
Net Income (expenditure)	(1,574)	43,179	41,605	1,257,214
Gross transfers between funds			-	-
Net movement in funds for the year	(1,574)	43,179	41,605	1,257,214
Reconciliation of funds				
Balances brought forward at 1 January 2019	1,274,889	59,447	1,334,336	77122
Balances carried forward at 31 December 2019	1,273,315	102,626	1,375,941	1,334,336

BALANCE SHEET

as at 31 December 2019

	2019 €	2018 €
Fixed Assets		
Tangible assets	1,265,982	1,265,982
Current Assets		
Debtors	1027	530
Cash and cash equivalents	130,564	106,427
Creditors: Amounts falling due within one year	(21,632)	(38,603)
Net Current Assets	109,959	68,354
Total Assets less Current Liabilities	1,375,941	1,334,336
Net Assets	1,375,941	1,334,336
Funds		
Restricted funds	102,626	59,445
Unrestricted	7,333	8907
General (Unrestricted)	1,265,982	1,265,982
Total Funds	1,375,941	1,334,336

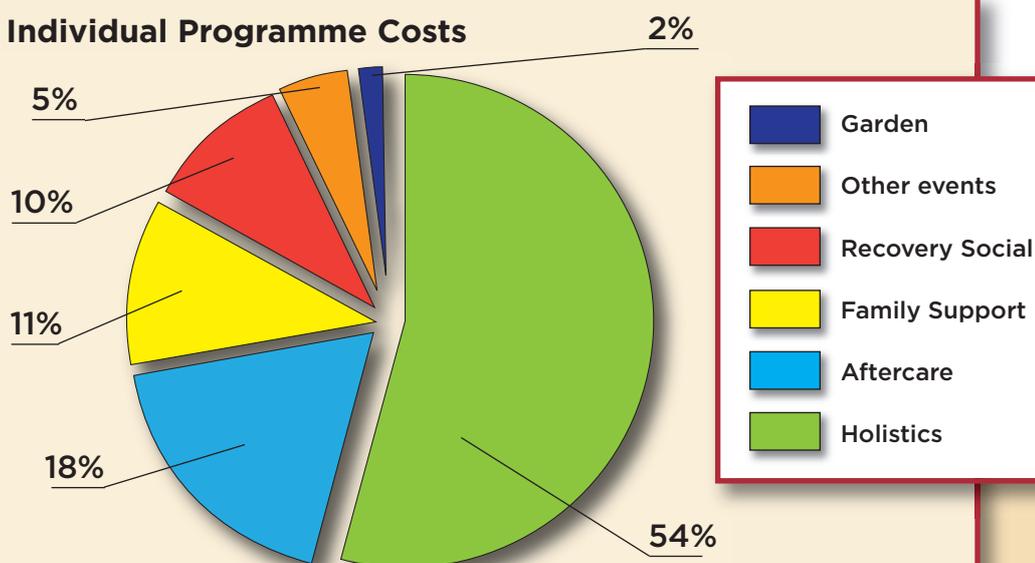


CASH FLOW STATEMENT

as at 31 December 2019

	2019 €	2018 €
Cash flows from operating activities		
Net movement in funds	41,605	1,257,214
Adjustments for:		
Depreciation		343
Amortisation of capital grants received		(1,265,982)
	41,605	(8,425)
Movements in working capital:		
Movement in debtors	(497)	(530)
Movement in creditors	(16,971)	(13,447)
Cash generated from operations	24,137	4,942
Cash flows from financing activities		
Capital Grant		(35,000)
Net increase in cash and cash equivalents	24,137	(30,508)
Cash and cash equivalents at 1 January 2019	106,427	136,935
Cash and cash equivalents at 31 December 2019	130,564	106,427

Individual Programme Costs



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Finglas Cabra Local Drug and Alcohol Task Force (FCLDATF)
Dublin City Council (DCC)
City of Dublin Youth Service Board (CDYSP)
Dublin City University (DCU)
Community Research Group (CRG)
Dublin North West Area Partnership (DNWAP)
Finglas Community
Community, Voluntary and Statutory Agencies
Finglas Tidy Towns
Local TDs & Councillors
Lord Mayor of Dublin Paul McAuliffe
DeLoitte - Charity Impact Day
Bank of Ireland, Finglas Branch
Tesco - Community Benevolent Fund
The Recovery Academy Ireland
David Clarke - Website Developer
Miriam Casey - Graphic Design

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