



*Pathways to a
Brighter Future*

turas

Annual Report 2021

Chairperson's Statement



The pandemic continued to present many challenges during 2021, however we finally opened our doors again in April of last year and were in a position to work with clients in person.

Clients were greatly appreciative of the efforts and innovation of staff in helping them to maintain their recovery during the pandemic.

We took great learning from the pandemic and reflected on the many, new and innovative ways of working that will now be utilised to find the best approach going forward. The ability of all of the team to pivot and adapt is a testament to their resilience, creativeness and commitment in ensuring that our clients receive the best possible support.

It is also wonderful to see the breath and depth of work now being undertaken by Turas particularly in the area of “social prescribing” as an addition to our core work. This helps to develop all aspects of our

clients personhood and aids them in finding hobbies and interests in support of their recovery.

As Chairperson I would like to thank all of the staff team in Turas for their flexibility, professionalism and positive attitude in the midst of such a globally challenging time. I would also like to thank the HSE and the North East Regional Drug and Alcohol Task Force for their financial support towards funding the service and in particular the Court Services for their donations throughout the year.

As I look to the future I will be stepping down as Chair in September 2022 and I would like to take this opportunity to extend my thanks to our manager, Nicki Jordan, for her tireless efforts since she came into the post, and also, especially to our board members for their work and support to Turas during my term as Chairperson.

Peter McKeivitt

Chairperson

Our Vision, Mission & Values

Turas is a Dundalk based community addiction service offering hope, supports and opportunities towards change to men and women, 18+, struggling with an addiction in the North East.

Our Vision

A society where people overcoming addiction can live fulfilling, healthy and substance free lives.

Our Mission

Turas offers individuals a tailored pathway towards personal recovery from drugs and alcohol by providing a confidential and non-judgmental service for individuals and their families.

Values



Acceptance

We understand the unique challenges and experiences of each individual.



Compassion

We provide a welcoming, compassionate and trusting environment.



Dignity

We respect and support people to develop their own potential.



Health

We promote health and well-being as part of a substance free lifestyle.

Board of Directors and Staff

Board of Directors

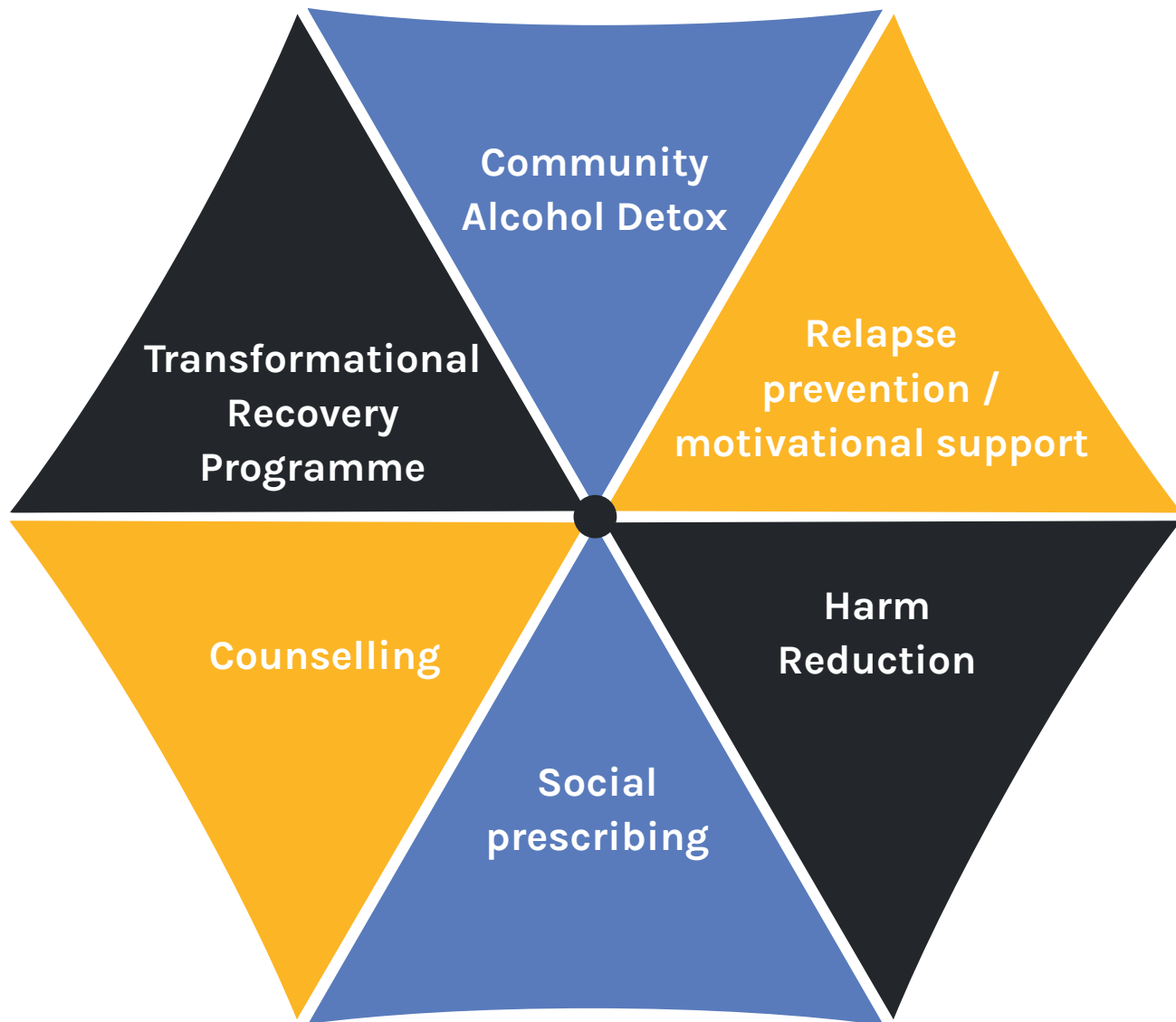
Peter Mc Kevitt	(Chairperson)
Niall Weldon	(Director)
Nicholas Mc Shane	(Director)
Emma Caffrey	(Director)
Michéal O' Murchu	(Director)
Jane Fegan	
Mary McDonald	
Carol McGuinness	
Sheila McGuire	
Stewart Agnew	

Staff

Nicki Jordan	(Manager)
Alan Duff	(Clinical Manager)
Maureen Zeltner	(Administrator)
Lee O'Neill	(Project Worker)
Frank Fitzpatrick	(Project Worker)
Tiina Univer	(Administrator)
Patricia Kelly	(Detox Nurse)
Cian McCooey	(Reception/Admin)
Ciaran Warnock	(Reception/Admin)
Caroline Macken	(Counsellor for Community Alcohol Detox)
Deirdre Murphy	(Counsellor)



Pillars of our Work





Michael's Story

Michael was in denial about his alcohol addiction. He didn't believe that he had a problem but when his GP suggested that he attend Turas he thought he better at least make an appointment.

From working with the alcohol detox nurse he realised the impact alcohol was having on his life and his family.

When he attended the men's SMART recovery group he had a moment of realisation when he could identify with everything all of the other men were saying and it was that moment that ignited his desire to become substance free.

From doing the Transformational Recovery Programme, counselling, attending Turas support groups and anything else that was offered Michael has taken his life back and is living it for himself. He has a much better relationship with his family, more friends and connections and has found purpose in helping others who were in the same situation as Michael.

Since joining Turas Michael has gone on to become a Recovery coach to encourage and support others to find their passions and connect with themselves, just as he did.

2021 in Summary

Operations

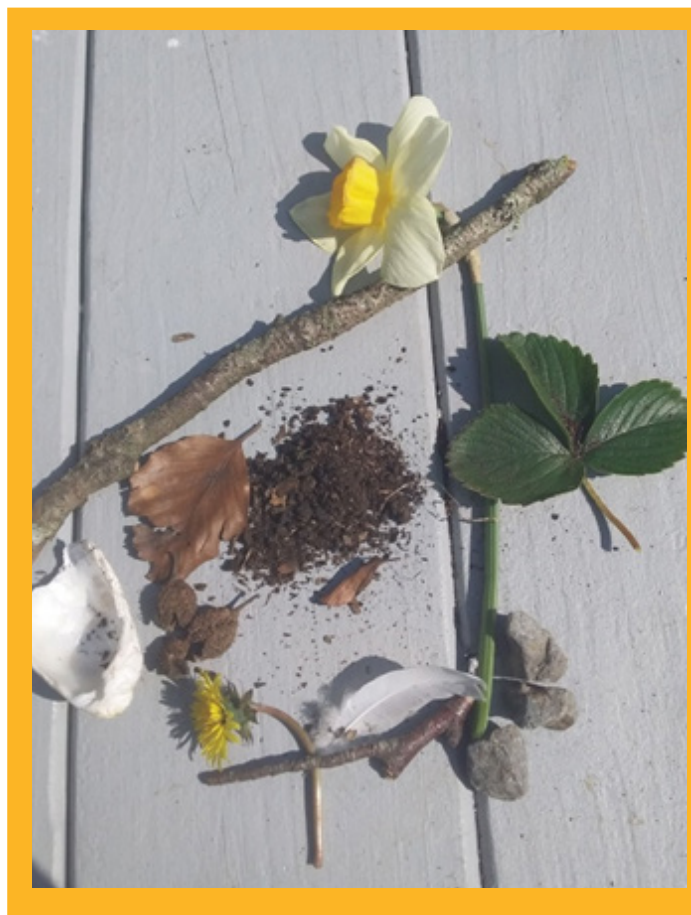
We started 2021 with a reluctant lockdown. As Turas was already well resourced and functioning to support clients remotely we moved smoothly into this last and final lockdown and offered our services using tele-health supports.

We continued much as we had done in 2021 and in June 2021, thanks to funding from RTE Comic Relief, we took some time to pause and reflect on all of the learnings from our service provision during the pandemic. Through engaging a facilitator to critically reflect this period we decided to move forward using a client led hybrid model, where clients can choose their preferred mode of delivery for their supports. Another learning we took from the pandemic was success of 'walk and talk' therapy sessions. Using the same funding opportunity we decided to advance 'walk and talks' where nature is a passive backdrop to using nature as part of the therapeutic process. In April, Six of the team in Turas were trained in Outdoor Therapy and have

been using this, as appropriate with clients since.

We held our inaugural Transformational Recovery Programme, which was a new and reviewed Structured Day Programme. The new programme includes outdoor therapy days, social farming and drama and is well sought after by people in recovery as a support to deepen their own resilience and strength toward longer term recovery.

The team in Turas participated in a number of trainings including: Child law with the Ballymun Community Law Centre, Mindfulness, Our Clinical Manager commenced an international training



programme on supporting parents with addiction needs to parent their children titled “Parenting under Pressure” or PuP. This programme is a year long in duration and will be completed in 2022.

It emerged as need to enhance the support we offer to our clients who are parenting in addiction and need extra support to provide a nurturing home environment as many of them would not have received this from their own parents. We will be the only organisation in Louth to offer this important service.

As the pressure of Covid and working from home was mounting on the team we ensured we took a number of team days out to connect everyone and support each other. We visited the beach for a meditation session and had a breakfast together a couple of times to reflect on where everyone was at and learn from what was happening.

We kept our weekly team meetings up all year on zoom which provided a focal point each week to explore pertinent issues, keep communication channels open, highlight challenges or barriers and work together to keep motivation up during such a demanding time. We continued to run our sober socialising nights in between lockdowns and also held our inaugural Recovery Mass in the redeemptorist church offering an opportunity to acknowledge anyone who has died during the year from addiction and to celebrate the successes of those in recovery.

With funding from the North East Regional Drug and Alcohol Taksforce we undertook qualitative research into the barriers facing client seeking a benzo detox and discovered that their relationship with their GP’s was one of the biggest issues, alongside lack of knowledge and the actual difficult of having to reduce down to such a low dose.



Interviewees cited several ways taking benzo's helped them including to clam down, feel normal, stop anxiety, to get to sleep, deal with trauma, fit in with peer groups and to zone out. We continue to work with GP's to develop our relationship with them and partner to support clients wishing to avail of benzo detox.

We continued all of our groups out Men and Women's Smart Recovery groups and our

groups, one about addiction and one about parenting and addiction with respective funding from Create Ireland and Tusla.

We also continued to engage in the Louth Drug Court, working alongside our partners in the probation service and The Red Door in Drogheda.



preparation for Christmas programme. This year we also offered yoga classes thanks to the LMETB and two different drama

Fundraising and Communications

We made a concerted effort to build our online presence and noted a 400% increase in our FB likes and activity during the period. Using online platforms is not without its challenges and with no dedicated communications staff we managed to slowly build up our presence, in a meaningful way, and connect with people in Louth and surrounds interested in addiction. We excitedly held our inaugural 'Spooky Trail' in St. Helena Park on October 31st and raised 5026 from ticket sales and sponsorship. It was a spooktacular family occasion and in addition to generating new income streams it also introduced our work to a whole new cohort of local people. The generosity of local businesses was phenomenal as were the input of volunteers and staff on the day. Roll on Spooky Trail 2022!



Governance

Turas underwent a full internal audit from the HSE as part of their due diligence with an outcome of some small low to medium risk issues that have now been implemented. This process has strengthened our governance and ensures that we have the highest standards at all times.

We continue to be fully compliant with the Charities Governance Code and use SORP accounting procedures for our audited accounts.

During Covid the board continued to meet bi-monthly via zoom to provide guidance and support to the management and staff of Turas. Turas is committed to the highest standards of governance.



Poem written by the Turas drama group

It's not easy every day.
Not given into darkness.
Exhausted from the fight.
Comfortable and uncomfortable.
Losing everyone, feeling isolated.
Praying for strength from within from someone, from something.
Being deceived by the darkness for so long I never knew I had the light.
But it was always there, inside of me inside of you.
I realized change has to happen there is no choice.
And as long as I know that it will be ok it will be OK.
Is it time to be present. To find peace.
To take my joy.
Find my Strength.
Put up a Fight.
Finally true Love.
Regain my Freedom.
It's the road of which I travel not the destination.
The vessel that can be refilled when empty.
Willing to let go of the bondage.
Break away from the shame that binds my mind, body and soul.
Making time for my wellness instead of my illness.
Regain control.
And you can too. It would not be easy, but it would be worth it.
Every step brings you closer.
Keep going keep going keep going keep going keep going.

Client numbers in 2021





Debbie's Story

I have been attending Turas for three years now, little did I know when my GP referred me there that Turas would change my life, show me a new way of living, renew my faith in myself and in my ability to overcome adversity.

In 2019 I found myself in a very dark place. I had been drinking to deal with stress and to forget, gradually I found myself needing more alcohol to have the same effect. By the time I came through the doors of Turas I was broken, physically, emotionally and my mental health was suffering also. Turas became my security blanket, attending the various courses and gatherings were the constant reminder I needed to keep me on track, I had to remember that alcohol had broken me and could do again very easily. The people there taught me new ways of dealing with stress, of working through past trauma and supported me through all my changing needs.

In Turas I began to heal and was supported and am still supported through this healing process. Alcohol free I could clearly see a brighter future, I've learned the most valuable lesson of my life, how to reach out and take that helping hand. I've received much help and support from all the staff in Turas, but always given with a big dollop of kindness and friendliness.

Last year my family went through a shocking period that will always be with us. Our beautiful, fine, healthy son passed away tragically, we lost him to S.A.D.S, had Turas not helped me to find my own inner strength prior to this horror I believe my family would have had the added unnecessary sadness put at their door by me. I have no doubt in my mind that I would have searched for my darling son in the bottom of a bottle and would have surly died trying to find him. Thanks to Turas I have been able to support them through this awful time in our lives and I have been able to allow myself to be supported by everyone offering the right kind of support. The actions I take in my life are always chosen to do him proud.

Identity has been anonymised

Turas Counselling Services

Legal and Administrative Details

Secretary

Peter McKevitt

Registered Office

Security House
59 Clanbrassil Street
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Registered Company Number

425887

Registered Charity Number

CHY22271

Auditors

CMF
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Dundalk
Co. Louth

Principal Bankers

Bank of Ireland
Clanbrassil St.
Dundalk
Co. Louth

Solicitor

Brian Berrills & Company
18 Francis St,
Townparks,
Dundalk,
Co. Louth

Thanks to all our funders in 2021:

- Thanks to all our funders in 2021:
- Courts Service
- Dundalk Credit Union
- HSE
- Louth County Council
- Dash
- North East Regional Drug and Alcohol Taskforce (NERDATF)
- RTE Comic Relief
- Individual donors
- Tusla
- Create Louth
- Intact
- Louth County Bar Solicitors
- Cathedral Financial Services
- Habitat Property
- Oriel Management Services





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