



Annual Report 2023

turas



Turas is a revelation for me. With the support and encouragement I have received, I am learning to let go of shame, to value myself, to believe I can be a positive part of society, and to participate in life fully rather than stand on the side-lines looking in. All due credit must go to the wonderful staff who are changing lives in so many good ways, thank you

- Avril



Contents

Chairperson's statement	4
2023 Highlights	5
Who are we?	7
Manager's Reflection	8
Our Impact in 2023	9
Community Alcohol detox	11
Client story	12
Transformations Recovery Programme	13
Dual Diagnosis	15
Women's Group	16
Gambling	18
Recovery Café	20
Deaglan's Story	21
Drug Court	22
Governance	23
Fundraising and Communications	24
Thanks to all our funders and sponsors	26
Board of Directors	27
Staff Team	27
Legal and Administrative Details	28



Chairperson's statement



Turas is a community service based in the heart of Dundalk offering a free, confidential service to people seeking to overcome their addiction. In 2023 we were contacted by 550 people seeking help and 383 of these engaged.

When we support one person we are inadvertently helping their family, wider community and society in general. Turas therefore has a far reaching impact across communities in the region and touches many lives.

Recovery is a multi-layered experience that requires grit and determination to succeed. In 2023 we have continued to provide a range of recovery capital activities. We understand how important having friends and activities where recovery is accepted and understood is in maintaining sobriety.

As a medium sized community organisation our commitment is to our local community. Our size means we are very close to the issues and we can make decisions quickly and respond promptly when a need arises. While we are very proud of the organisation we have built over the last 19 years and aware of daily positive changes in our client's lives, we continue to face many challenges.

In 2023 we worked diligently to increase our fundraised income to bridge the gap between the cost of running our programmes and the funding we receive from the state. We had many successful events including our inaugural Golf Classic, Sky Dives, a Solstice Wellness Gathering and we also saw our regular Spooky Trail return for another blast of fun. However, fundraising is difficult and requires huge work and while all donations received are invaluable our long term financial sustainability remains fragile.

We have continued to fund our dual diagnosis project, which has made positive gains in terms of working with local mental health services. It is a unique project where Turas is working closely with the local HSE community mental health team to give extra support to a group with complex needs. Unfortunately, while the HSE continues to talk nationally about the importance of dual diagnosis no funding for our innovative model is forthcoming.

Our building continues to pose challenges and daily the team struggle to find enough space to see clients. Due to space limitations we have been unable to commence our Drug Rehabilitation Community Employment scheme and hope in 2024 we can progress this.

At the end of 2023 we are warmed by the positive stories we hear and see from our clients, some of which you will read in this report and look forward to being available to help more

Mary McDonald
Turas Chairperson

2023 Highlights

01

January – We formally received approval to open a [Drug Rehabilitation CE Scheme](#) from the Department of Social Protection.

02

February – We celebrated the [first birthday of our Recovery Cafe!](#) To facilitate requests from clients we changed to an evening cafe and haven't looked back. The cafe has grown throughout 2023 to be an important piece of recovery capital for people in sobriety

03

March – We ran our [Parenting Under Pressure](#) programme in partnership with the Red Door in Drogheda.

04

April – A number of volunteers and staff took to the sky to jump for Turas and raise an incredible €6,000 in the process. Thank you!

05

May – 17 people joined us for our [Sober Socialising](#). These nights provide social capital for our clients - a really important element of recovery.

06

June – On June 21st we marked the longest day with our [Solstice Wellness Gathering](#) at Templetown beach. The evening was attended by 50 people who enjoyed reflexology, acupuncture, yoga and chi gong. Thanks so much to all of the volunteers involved.

07

July – We held our inaugural **Golf Classic** which brought immense support from the local community and helped us to raise €5,000 euros towards our work. It was a fantastic day and a great opportunity for people to learn more about our work while also enjoying a game of golf!

08

August – Our clinical Manger completed his training to become a **counselling supervisor** which will help him in his role to explore client issues with the team and provide even better support.

09

September – **Recovery Month** was acknowledged in Dundalk with a range of stalls in public places and we turned Turas purple to highlight the importance of supporting people in recovery. Golf Classic.

10

October –We launched our campaign **Problem Gambling Affects lives** to launch our new gambling service which worked with 14 people in 2023.

11

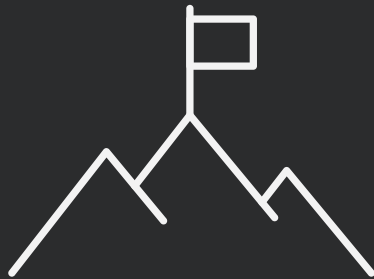
November – We built our relationship with a number of external organisations through doing **presentations and information stands**. These include O' Fiach College, Louth Coco, Volunteer Ireland, GAA, Youthreach and DKIT.

12

December – Our **wonderful Women's Group** enjoyed a Christmas wreath making workshop supported by a local artist.

Who are we?

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.



Mission

Offer a tailored pathway towards personal recovery, by providing a confidential and non-judgmental service for individuals to recover from addiction.



Vision

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



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



Manager's Reflection

Supporting someone to overcome addiction is about helping them to build a new life. There are many aspects to a healthy and fulfilled life: healthy relationships with others and oneself, education, having a purpose and something that gives meaning in life, housing, good health, a community of support, economic empowerment and having any other needs properly met.

In Turas we aim to provide more than just clinical interventions, through our groups and recovery cafe we also provide mechanisms for people to build a community of support around them, who understand addiction and who can support each other. These initiatives have grown over time and are now a central element of our work. Feedback suggests they are as important as our therapeutic offerings and are essential for best outcomes.

In 2023 we had many clients share their painful, harrowing and often heart-breaking stories with us but thankfully there is always hope of improvement and change. That is what we focus on in Turas and what we hold for our clients.

Working in a community addiction setting, sadly, many of our clients have experienced adverse childhood experiences. They have grown up in homes where the experience of trauma was present including violence, addiction, neglect, poverty, grief etc. and when they arrive in Turas they are broken and can't take anymore. We offer them a space where they are accepted, not judged, where they can learn to think differently, to have self-compassion and to see a future without substances.

For the first time, we provided support in relation to gambling, thanks to financial aid from Gambling Awareness Trust and we also launched a billboard campaign to illuminate the devastating consequences of problem gambling. New research in 2023 showed that approximately 1300 people in Dundalk alone



experience problem gambling and we were delighted to offer support for them.

We continued our dual diagnosis project last year that helped to reduce presentations to A and E and ensured that individuals on the programme had a range of social care needs met as well as receiving interventions in relation to both mental health and addiction.

While we were granted a drug rehabilitation CE scheme, due to building constraints, we are still waiting to progress this but hope to in 2024.

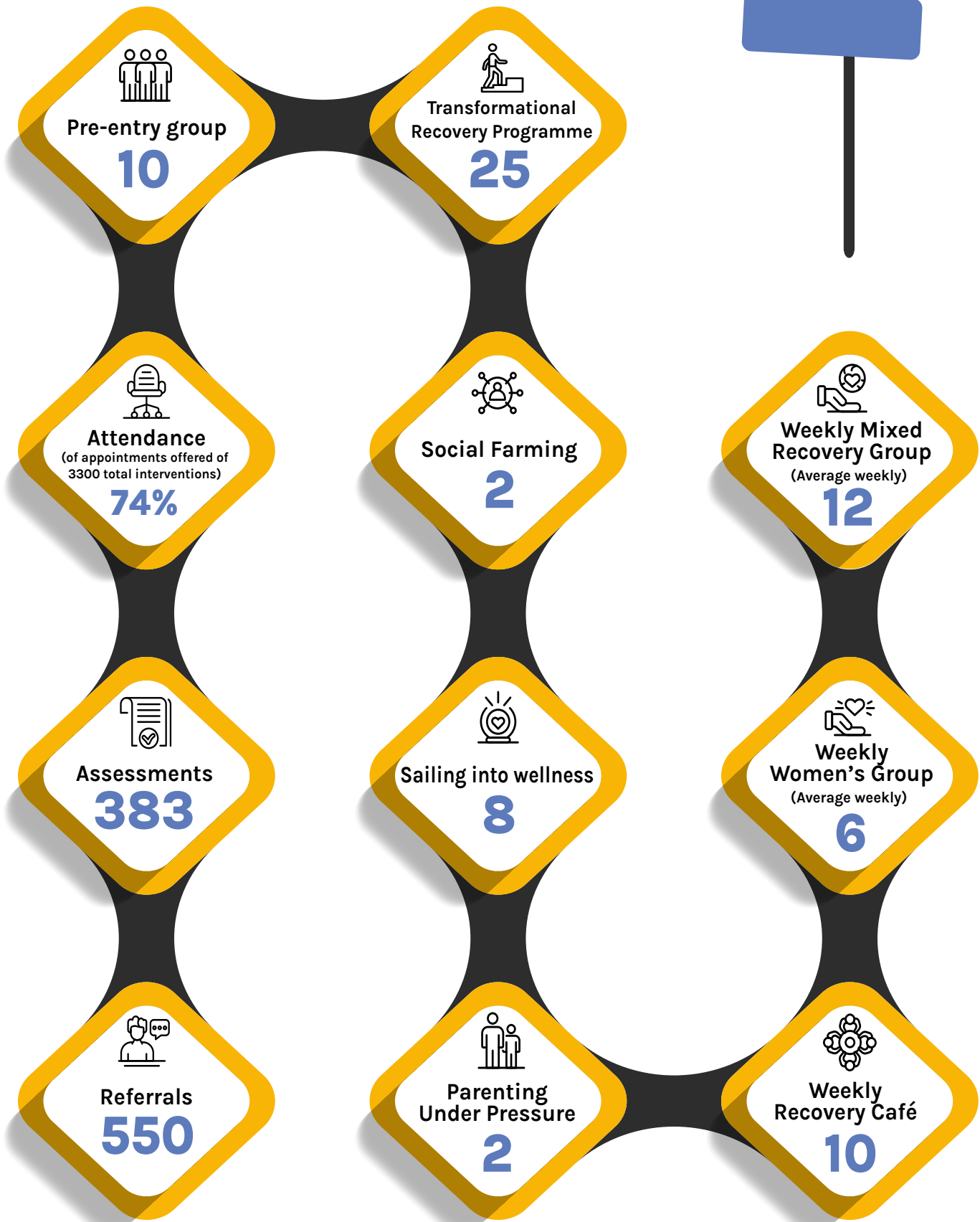
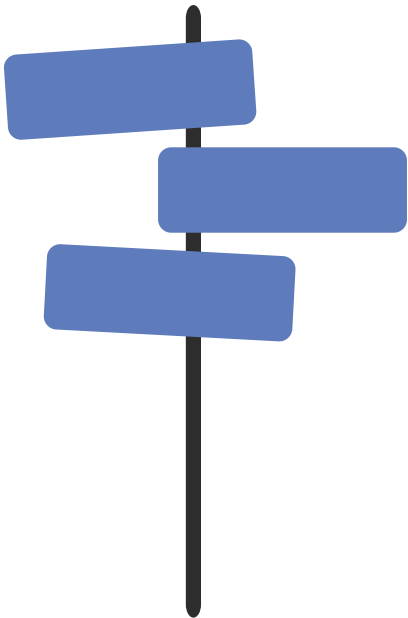
As we enter our 19th year, in 2024, financial struggles remain very real. We poured much energy into fundraising in 2023 to bridge the gap between our costs and the state funding that we receive. Thank you to everyone who organised, attended or donated to one of our events, they were a big success!

I would like to thank all of the team in Turas who do incredible work offering kindness and compassion, to our board that make sure all of our governance is in check and to our clients who trust us and believe in us to keep coming back.

Nicki Jordan

Manager

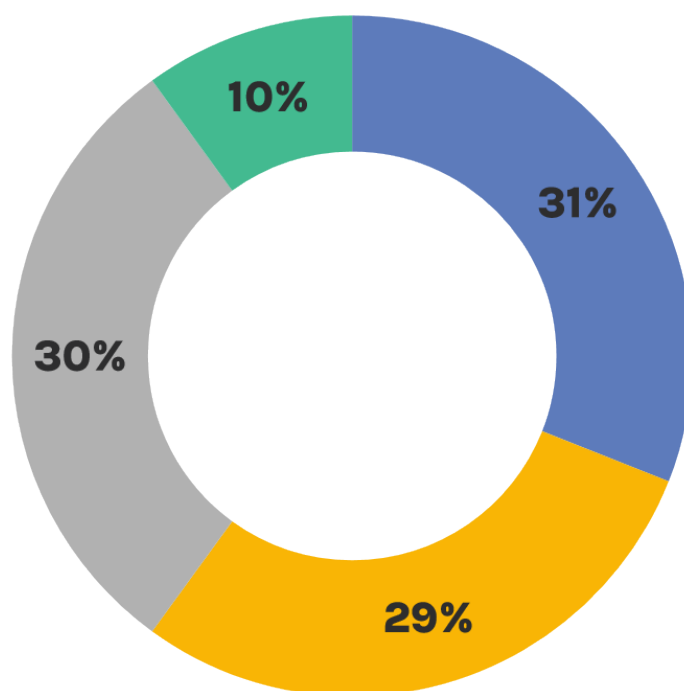
Our Impact in 2023



Break-down of Activities

In the main there is almost equal division amongst the 3 x Core Programme activity

- CAD
- Counselling
- Harm Reduction/Motivational
- Administration incl, Dual Diagnosis and Complimentary Therapies



Programme	No of Interventions
CAD	1,037
Counselling	977
Harm Reduction / Motivation	995
Dual Diagnosis	50
Admin	247
Complimentary Therap	35
Gambling support	18
	3300



Great things are done by a series
of small things brought together -
Vincent Van Gogh



Community Alcohol detox

As the Community Detox Nurse, it has definitely been a busy year, but also a personally rewarding one. I am, and always have been, privileged to work with Turas clients, all of whom engage with some apprehension initially. All from different economic, ethnic, educational backgrounds and all with their own story, but with similar hopes and goals.

Clients usually present with the acknowledgment of how interwoven the ravages of alcohol misuse has led to a negative impact in all aspects of their daily lives. I witness first-hand the recovery journey of all of my clients, the strengths that each possess along with the trust that they freely and willingly place within us. I look with respect as they individually create new lifestyle changes and the positive ripple effects that start to set the foundation of their recovery. Each and every one of my clients work so hard and I watch how happy, proud and confident they are upon completion of their programme.

The Medical CAD programme continues to adapt to reflect evolving best practices and up to date research.

Positive external changes continue to slowly happen, e.g. more clients G.P.'s are engaging if required to assist with aspects of Clients Care plans. Also, more employers are supportive for clients to take time off work to attend their appointments.

Patricia Kelly

CAD Nurse



Client story

Before I attended with Patricia, I was a complete wreck of a human being. I really needed help, but was reluctant to discuss my addiction, depression, and guilt with anyone. If I hadn't met Patricia, I am almost certain that I would be dead now. She believed in me, when I could not believe in myself.

To this day I still remember my first appointment with her. This is when I realised I was no longer alone. I remember being scared of change, but more fearful of staying the same. This is when I started to believe that magic could happen.

She genuinely cares and is strongly invested in your recovery. Professionally, Patricia provided exceptionally knowledgeable treatment along with essential caring, safe, and welcoming supports. There were definitely challenging moments within her programme, but I knew that I needed this, so that I could heal and start to love myself again.

As Patricia explained to me, everything is doable, but you have to put in both the work and practice, including accessing all supports to achieve and maintain recovery.

With Patricia, I was never labelled with the term 'alcoholic'. She always used to describe my addiction as alcohol misuse, which definitely made recovery seem more achievable. Today, I am proud to say that I am still in recovery, day by day, but I am also proud to say that I am once again a husband, a dad, and a son. I have my wife and children back and I am now living in our family home. I have my job back, but I also have me back.

So to say that Patricia saved my life is not an overstatement, it's the cold hard truth. I would highly recommend anyone struggling with addiction to do this programme.



Client quote

“My experience of the programme was excellent. It gave me a different perspective on how to approach my recovery, to rewire my brain. The content was extremely helpful and I found Patricia easy to connect and talk to. The programme covered all aspects of recovery, diet, and exercise. Patricia was excellent in explaining each step to keep moving forward. I will keep in touch and have no hesitation in recommending the programme.”



Transformations Recovery Programme

The Transformational Recovery Programme (TRP) is a unique, person centred 15 week programme which balances group work and personal development alongside individual counselling. The TRP allows individuals to continue with their recovery in a community based setting and involves group support, workshops, outdoor therapy, art therapy and drama. Participants develop skills to stay sober long term and build their self-belief, enabling them to create substance free lives.

As the Clinical Manager for Turas, the TRP is one of the most exciting programmes available for people in recovery. It ebbs and flows to meet the needs of the group, and the individual, and in 2023 we saw the programme grow from strength to strength. Participants in 2023 had the opportunity to engage with activities such as Sailing into Wellness, Nature Therapy, Drama Therapy, Art Therapy and Social Farming in addition to the groups therapeutic process. The group setting, creates a safe environment for participants to share from each others learned experiences and grow together, knowing that they are not alone in their journey.

2023 saw the development of the Pre Entry Programme which has allowed participants the opportunity to experience the group work process prior to entering the programme which has helped us to achieve better outcomes.

2023 was a milestone year for the TRP as some of our past participants have come full circle and we have been able to support them through training and education and they are now supporting us in the facilitation of the programme. Their lived experience, and willingness to support others on their journey, speaks to the true ethos of Turas.

Alan Duff
Clinical Manager



Client quotes

“The parenting under pressure programme changed my life”

“I didn’t have much of a support network in Dundalk, so Turas was everything to me”

“Turas gave me a sense of hope”

“Turas is the only help we have”

“We’re so lucky to have Turas on our doorstep”

“I don’t think Turas gets enough recognition”

“Other supports never worked for me, but every time I engage with Turas I get sober”



Dual Diagnosis

In 2023 22 people engaged in our Dual Diagnosis programme.

The review (based on the Camberwell Assessment of Need) indicates significant improvements in the following areas:

- Accommodation
- Food
- Looking after accommodation
- Self care
- Day time activities
- Information about condition
- Physical health
- Psychological distress
- Safety to self and others
- Alcohol/drug use
- Intimate relationships
- Childcare
- Transport
- Money
- Benefits

Specifically, mothers showed significant reductions in the unmet needs listed below:

- Safety to children and others
- Intimate Partner Violence/Domestic Violence
- Childcare
- Sexual Health
- Sleep

- Company
- Pregnancy Care

The funding for the programme which we received from Mental Health Ireland concluded in March and Turas has been funding this programme from our fundraising since. We believe that it is a vital programme for a group of people who often fall between two services.

One of the biggest outcomes of this initiative is developing a solid working relationship with our local mental health team and co-working clients together so that they simultaneously address both their addiction and mental health to increase their chance of maintaining recovery.

We are grateful to an anonymous donor who has contributed significantly towards this work for 2024. Our aim is to highlight the positive outcomes in clients lives and seek to obtain a commitment from our statutory partners to fund it into the future.

The HSE has a national programme in relation to dual diagnosis and high expectations for introducing new services so we are hopeful it's successes will be noted and the value of the project acknowledged through ongoing funding.



Women's Group

The Women's Group meets every Thursday morning for an hour with a focus on self-care and wellness.

Turas provides a friendly safe space for women to talk about their issues and to support one another.

With a view to encouraging the practice of self-care, building self-esteem and developing healthier coping mechanisms, we have engaged in a variety of activities over the past twelve months.

Some of the women attend Qi-Qong classes and learned how mindful movement can help to deal with difficult emotions.

Creative Spark (Downtown Hub) provided the ideal venue on three occasions for workshops where the women came together to use greenery and flowers to create a beautiful Christmas Wreath. The group enjoyed the creative process alongside encouraging one another and were delighted with the results.

The next workshop used decoupage where the women learned how to recycle containers using glue and paper to decorate various objects. Everyone left the workshop with a decorated candle holder and a smile on their faces.

For Easter the group got together to create a table setting using greenery, and of course the customary bunny rabbits and delicate eggs in bright spring colours. These workshops have given the women ideas and the confidence to use what they have learned at home to continue to create and provide hours of relaxation and fun. Interspersed with the workshops the group have also attended an art exhibition in



the Tain Gallery, have met up for coffee mornings, writing workshops and have supported one another in attending other mixed recovery groups meetings.

Alongside the fun activities we also do some psycho-educational work to assist in building self-awareness and becoming more accountable hence not only helping them to rebuild relationships with significant people in their lives, but also with themselves.

Deirdre Murphy

Women's Group Coordinator

“

I have learned a lot about myself, gained more belief and improved my self-esteem, which was very low. You learn a lot in the group, where Deirdre brings you to recognise things that you didn't realise you were doing. I'm thinking more about my life and background that has shaped me. Counselling and the group helped me realise I am not the only one with addiction and struggle, and I feel that I couldn't do it on my own.

Turas has taught me about addiction and trauma, which I can heal and be happy. I have had amazing support from my counsellor. I graduated the TRP programme, continued with the SMART recovery programme, the recover café, the women's group, and social farming. I have made genuine friendships through this journey.

Going to Turas has given me a safe place to talk through things that would otherwise swamp me when I'm in a dark place. I've grown to be my happy self once more.

I'm going with confidence, I feel very safe and comfortable within Turas. I'm getting my life back on track again, and I've begun to like myself again.

I've gotten great support, and really love the group meetings. You feel like you're not the only one that feels the way I do sometimes. Turas has given me strength.

”



Gambling

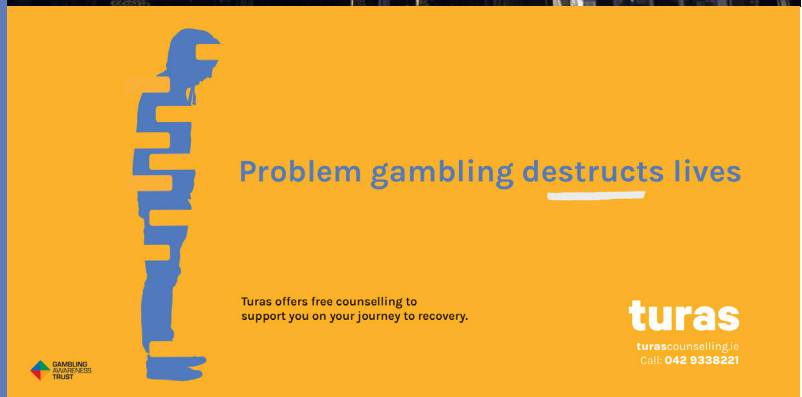
In 2023, with support from Gambling Awareness Trust, we commenced a new gambling specific counselling service. The programme offers one-to-one counselling to individuals impacted by problem gambling.

With expertise from Bonfire, a Dublin based ad agency, we were able to run a thought provoking and challenging billboard and advertising campaign in relation the impact of problem gambling.

To launch the service we had All Ireland winner Oisín McConville, a Crossmaglen native, to talk about his own experience with problem gambling. The event took place in CreativeSpark downtown where Oisín informed the audience of how gambling unfolded in his life and the depths he went to before he sought help and found recovery.

Gambling is an increasingly challenging issue and we are thankful to Gambling Awareness Trust to be able to offer this service.

turas



“

I made contact with Turas during the summer of 2023 with regards to my gambling addiction. I have found the service excellent and look forward to the weekly chats, as they provide me the opportunity to analyse my reasons for gambling and possible triggers. I have found the service very effective in helping me in my struggle with addiction and hope to continue to avail of it along the road to full recovery.


I found the sessions very useful in helping me manage through a tough time and has helped me see that there is a light at the end of the tunnel.

It's a brilliant service and super useful.

It has opened my thoughts, feelings, and realisation of what gambling actually does to those in my life. It takes over absolutely everything. It's not just the action of going in and placing a bet, it's the whole concept that becomes the addiction: The premises, people, environment, escape from reality. It has helped me realise that I have a lot more to get to grips with than just becoming able to not want to walk into a bookies, and at the moment it is very helpful.

turas


”



Problem gambling destroys lives

Turas offers free counselling to support you on your journey to recovery.

turas
turascounselling.ie
Call 042 9338221



Recovery Café

We are delighted to see the strengths our Recovery Café has progressed to in just one and a half years. We have an average of 10 people attending weekly who are happy to have an alcohol free social opportunity. Each week we have a group of dedicated volunteers who host the café, provide support to those in attendance and help to create a warm and welcoming atmosphere.



“The recovery café means a lot to me. It’s something I look forward to every week, and I love how it is midweek, as it breaks up the week for me. I love having another way to be social in sobriety. I have made friends that I will have for life because of the café.”

“The café means the world to my recovery. It gets me through the slump of the week. It’s a fun safe social space to hang out or share.”

“The café is a great place to come to talk to people in the same mindset as myself.”

“Very welcoming and friendly. Great place to meet for a bite to eat and a catch up with friends. “

Deaglan's Story

Life took a turn with my teenage years. I started drinking, it was getting heavier and I progressed on to drugs. I was in a hole and I couldn't get out of it. I felt trapped, felt like I was using against my will.

I tried numerous times to quit taking substances but it was always short lived. Then I got in touch with Turas where I was offered motivational support, then relapse prevention which helped me to get sober while I waited for a place on the Transformational Recovery Programme (TRP).

Before I knew it I was attending the TRP. My thinking started to change; I knew I couldn't lie to myself anymore, that one more drink or drug wouldn't hurt because now I knew that it was the difference between the life I wanted and staying in addiction.

I started meeting new people who were in recovery. I became more sociable and made lots of new friends who were in recovery.

I felt like I had a second chance and I didn't want to lose it. I started using the tools that I learned in the TRP and incorporated them into my life, I tried new things and I didn't quit easily.

To get structure into my life I attended the social farming which was something I really enjoyed and I benefited from.

I was an early school leaver and always had thought of returning to education.



Now that I had practiced not giving up I decided I'd like to go back and give college a try! I have found that it is something I really enjoy and am capable of.

I learned to value myself and now I have graduated from QQI Level 5 in Youth and Community Studies and am waiting to hear which degree I have a place on in September.

When I first started to get off drugs I never thought about changing my life or knew how good life could be. The more I put into my recovery, the easier it got.

I am taking driving lessons and I now have a bank, which I never had.



Drug Court

The Drug Treatment Court (DTC) is a judicial initiative that commenced in 2018. It is underpinned by the support and co-operation of a number of statutory and non-statutory agencies. My role as the designated Drug Court Liaison Worker was funded by the Department of Justice in 2021. The catchment area is for people who reside in Co Louth and areas of East Meath who are willing to engage and participate with the programme. It is for adults over the age of 18 whose offending is considered principally motivated by drug dependence.

The desired outcome is abstinence and rehabilitation for the participants to successfully graduate with no criminal charges. At present there are 11 participants in the DTC. One of the key strengths of the DTC, beyond addressing an individual's substance use, is the focus on progression and their wellbeing. There have been clients that have successfully graduated from the DTC from January 2024 to date. All 3 of the graduates have remained drug free and have not re-offended. Two of those graduates are in full time employment and one went back to full time education.

"It meant everything to me, it saved my life."

"Getting drug free. I was trying to get drug free before I got into the drugs court but I was slipping and sliding. But because of the support I received I was able to get drug free. Also having no charges and being able to go back to education. Thank you for all your help."

It is also very affirming to see that the supports fostered through interagency working are delivering real results for our clients.

Maria Murtagh

Drug Court Liaison Worker

Governance

Turas would like to extend our thanks to our statutory partners the North East Regional Drug and Alcohol Forum and the HSE, Louth County Council, and to our main philanthropic donors including Gambling Awareness Trust.

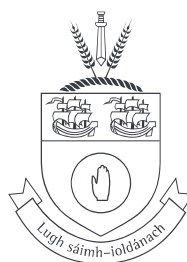
Turas has very robust governance procedures and a range of policies to accompany this. We are fully compliant with the Charities Governance Code. We are also subject to external audit by our funders and in 2022 completed a full external audit by the HSE audit team.

prepare our audited accounts we employ an external auditor with a new one appointed last year to ensure to fulfil the best practice of moving auditor every few years. We have controls and procedures in place to ensure sound and robust financial management and have a finance and governance subcommittee of our board.

We demonstrate transparency and accountability at all levels of the organisation. We have a board of management with 9 people, 7 of whom are directors. We also have 2 sub-committees of our board and are working towards forming a fundraising sub-committee. We have an SLA with the HSE and other funders which set out the terms of the funding we receive and how we must adhere to these terms.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Comhairle Contae **Lú**
Louth County Council



**GAMBLING
AWARENESS
TRUST**.ie



Fundraising and Communications

2023 saw us host two new fundraising events and plenty more new fundraisers and initiatives, all to support the work we do and bolster our state funding.

In July we took our interest in healing and well-being on the road with our Solstice Wellness Gathering on the summer solstice, June 21st. Around 70 people visited us in Templetown beach to enjoy Qi gong, reflexology, acupuncture and yoga. We are so thankful to all of those who volunteered their valuable skills and to those who attended. It was a beautiful summer's evening and all agreed that it was an enriching, grounding and thoroughly enjoyable event. We raised €1,300 from it.

We held our third annual Spooky Trail fundraising event in October, which was a lovely community event and well attended by families from across Dundalk. We would like to thank our staff, volunteers, friends, sponsors, local media and all the families who attended and especially Megan Hughes and Lynsey Marmion whose creative abilities have transformed the event. Everyone who attended helped to make the day so special, and raised over €4,000 to support people in our community who are impacted by addiction.

We also had some fantastic community fundraising with 6 people fundraising for a Skydive. This really brought us out into local communities where together over €6,000 euros was raised. An amazing achievement for all of those involved! Thank you.

To top the year off from a fundraising perspective we had a highly successful inaugural Golf Classic. Our board member, Jane Fegan, led this tremendous fundraising event where we had 24 teams playing in Greenore Golfclub on September 29th 2023 and raised over €5000 euro. We had an incredible mix of sponsors from local, to national to big businesses and small. Thank you to everyone involved and we hope to build on this event in 2024. Thank you to everyone who attended or supported one of our events in 2023.



Thanks to all our funders and sponsors in 2023:

Arabella's Girl
Ardee Golf Club
Balloon Boutique @ Oriel Office
Bellurgan Precision Engineering
Black Bush Golf Club
Blooms Flowers
Brian Berrils & Co.
Brodericks
Callan & Co.
Cooley Distillery
Corderry Fruit Farm
County Louth Golf Club, Baltray
Dash
Dermot Lavery & Co.
Dundalk Credit Union
Dundalk FC
Dundalk Golf Club
Dundalk Lions Club
Felda Spa
Fergus Mullen - State Solicitor
Flynn Park Adventure Centre
Four Seasons Hotel Carlingford
Fyffes
Gardiner Family Apothecary
Ghan House
Gift & Art Gallery
Glenart Framing
Greenore Golf Club

Intact
Irish Life Investment Managers
Kellihers Electrical
Lavery's Garage
Louth County Council
Louth Vintners Federation
Mackin's Leathergoods
McArdle Meats
McLiam Heating & Plumbing
Modern Fashions
Multihog
National Tile Dundalk
Niall Breen & Co.
O'Connor Martin
Peninsula Kitchens
Royal Tara Golf Club
Sean Moriarty Transport
Starbuck's Marshes
Strandfield
Tesco Longwalk SC
The Anchor Bar
The Pantrí
The Spirit Store
Tiernan's Supervalu, Fairways
Tres Belle Hair Design
WuXi Biologics



Board of Directors

Mary McDonald	(Chairperson)
Peter McKevitt	(Director)
Niall Weldon	(Director)
Nicholas Mc Shane	(Director)
Emma Caffrey	(Director)
Michéal O' Murchu	(Director)
Stewart Agnew	(Director)
Jane Fegan	
Sheena Quigley	

Staff Team

Nicki Jordan	(Manager)
Alan Duff	(Clinical Manager)
Maureen Zeltner	(Administrator)
Frank Fitzpatrick	(Project Worker)
Tiina Univer	(Administrator)
Patricia Kelly	(Detox Nurse)
Cian McCooley	(Reception/Admin)
Ciaran Warnock	(Reception/Admin)
Caroline Macken	(Counsellor for Community Alcohol Detox)
Deirdre Murphy	(Counsellor)
Joy Booth	(Fundraising Manager)
Leah Weich	(Dual Diagnosis Case Manager)
Chloe Rowland	(Project Worker)
Maria Murtagh	(Drug Court Liaison Worker)
Margaret McNamee	(Gambling Counsellor)

turas



Legal and Administrative Details

Secretary	Peter McKeivitt
Registered Office	Security House, 59 Clanbrassil Street, Dundalk, Co. Louth
Registered Company Number	425887
Registered Charity Number	CHY22271
Auditors	O' Connor Martin and Company, Blackthorn, Business Park, Coe's Road, Dundalk, Louth
Principal Bankers	Bank of Ireland, Clanbrassil St., Dundalk, Co. Louth
Solicitors	Brian Berrills and Co., 18 Francis Street, Dundalk, Louth



59 Clanbrassil Street,
Dundalk,
Co. Louth

042 9338221
Facebook @TurasSupport
Instagram @turasdundalk.
Turascounselling.ie

turas