

"It's a place where people who have had their participation in life disrupted, discover a new space and become full of hope and joy"

~ President Michael D. Higgins on Tiglin



Photo shows: Brittas Bay, Co. Wicklow



2024-2025

ANNUAL REPORT

Restoring lives through recovery, housing, education, youth work and outreach.

| Mission Statement

To provide individuals with effective and comprehensive solutions to life-controlling problems. Tiglin, operating under a Christian ethos, endeavours to help people become psychologically well, socially adjusted, physically healthy, and spiritually alive.

TIGLIN CHALLENGE LIMITED

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Tiglin Challenge is a Company Limited
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| Impact 2024



220

Residents in our Supported Housing Services



134

Resided in our Residential Rehabilitation Centres



100k

Hot Meals Served via our Frontline Services



531

Family Support Interventions



83

Community Employment Programme Participants



18

Jobs created through our Social Enterprise



111

Residents completed a Third-level Certificate



454

Community Supports Provided



Model of Care

In our rehabilitation programme, each resident receives personalised support through one-to-one key working sessions, where a client-led care plan is developed. This plan focuses on biological, psychological, social, and spiritual well-being, as outlined in the graphic below.

A Holistic and Evidence-Based Approach

Rooted in a Christian ethos and grounded in evidence-based practices, Tiglin provides a comprehensive solution to life-controlling drug and alcohol challenges. Our approach empowers residents to become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive—ensuring a sustainable path to recovery.

Transforming Lives Through Care and Commitment

Through compassionate support, structured interventions, and a faith-driven foundation, Tiglin helps individuals break free from addiction and step into a future filled with hope, stability, and opportunity.

Biological

Supporting individuals physical health through healthcare, nutrition, fitness classes, gym, sports facilities and the promotion of a healthy lifestyle

Social

Improving social health through housing support, advocacy, family support, educational opportunities, work experience, mentorship, coaching and reintegration

Whole person model

Psychological

Supporting mental health and well-being through services such as counselling, psychotherapy, therapeutic groups, hydrotherapy, breathwork and promotion of self-care

Spiritual

Promoting of spiritual health that helps to create a balance between biological, psychological and social aspects of life through a personal recovery that is based upon core Christian Values

Voluntary Board of Directors

With Gratitude to Our Board Members

Tiglin would not be what it is today without the dedication, wisdom, and tireless support of its Board of Directors. We are deeply grateful to Senator Aubrey McCarthy, Keith Flynn, Susan Philips, Dr. Emmanuel Eguare, Jerry Conlan, Marilyn Nyquist, Rachel Harper, and Nigel Bell for the expertise, time, and heart they bring to our

mission. Each one contributes uniquely—from strategic leadership and financial stewardship to safeguarding, health, and community engagement. Their collective commitment ensures that Tiglin continues to grow, serve, and respond to the needs of those who seek our help. Thank you for standing with us every step of the way.



Senator Aubrey McCarthy

Aubrey McCarthy is the founder of Tiglin and an active, hands-on board member who has helped guide the charity from its earliest days. A businessman from Naas, Aubrey's vision and leadership have been key to Tiglin's growth, which now includes seven physical locations across Ireland.

He currently serves as a Senator in Seanad Éireann, where he advocates for social care, recovery services, and homelessness issues on a national level. Alongside his political and charitable work, Aubrey is the Managing Director of several businesses.

His strategic, business-minded approach continues to bring innovation and structure to the non-profit sector, making a lasting difference in the lives of those Tiglin supports.



Nigel Bell

Nigel has been actively involved with Tiglin for over ten years and has served on the Board of Directors for the past five. With a professional background in finance, Nigel brings a wealth of knowledge and oversight to his role as the finance representative on the Board.

He also chairs Tiglin's Finance Committee, which meets weekly to support strong financial stewardship and guide the organisation through planning, budgeting, and resource allocation. His leadership has been especially valuable during a time of significant growth and development for Tiglin over the past five years.



Rachel Harper

Rachel is a principal of St. Patrick National School and Tiglin volunteer since the beginning.

Rachel brings in a wealth of experience in relation to child safeguarding. Rachel is also a founder of 'It Takes A Village' - a positive well-being initiative borne out of concerns expressed by teachers in primary schools located in the Greystones and Delgany areas of County Wicklow. The initiative seeks to build a community of services to assist children, families and teachers in need of help with issues around anxiety in young children in the eight primary schools in the catchment area.

Voluntary Board of Directors

The board members featured here reflect the composition of Tiglin's Board as it stood at the end of 2024. Their collective commitment ensures that Tiglin continues to grow, serve, and respond to the needs of those who seek our help. Thank you for standing with us every step of the way.



Marilyn Nyquist

Marilyn brings much needed on the ground experience to the Tiglin board. Marilyn has worked for many years in leading community addiction teams & family supports groups as well as a training provider.



Keith Flynn

Keith has a masters in engineering; his area of expertise is Corporate Social Responsibility and he has a long history of CSR with large multinational corporations. Keith is serving as the company secretary for Tiglin.



Susan Philips

Susan joined the board in 2017, she is currently a Lecturer with South East Technological University and is a political analyst and broadcaster.



Dr Emmanuel Eguare

Emmanuel, a Consultant Surgeon with a background in medicine and addiction management, leads Tiglin's Health & Safety Committee and also serves as a director of the registered charity Grace Life Ministries.



Jerry Conlan

Managing Director of Venturis Investment Group. Jerry's expertise is in commercial property development with many years of building relationships with state bodies such as the HSE. He brings an entrepreneurial flair to the board.

Meet the Team

Honouring the Team Behind the scenes at Tiglin (2025)

At the heart of Tiglin is a team whose compassion, commitment, and daily efforts make everything we do possible. From outreach to recovery, housing to hospitality, it is the people behind the scenes who carry the mission forward — not for recognition, but out of genuine care for those we serve.

To acknowledge every individual would require a booklet of its own, as each plays a vital role. Here, we take a moment to honour a few key senior managers whose leadership and dedication continue to shape and strengthen the work we do together.



Phil Thompson

Chief Executive Officer



Gary O'Heaire

Chief Operations Officer



Sarah McMahon

Executive Assistant



Ger Ganley

Rehabilitation Services
Manager



Michelle Boyle

Finance Manager



Adrienne Hatchell

Community Employment
Manager



Nigel Nash

Men's Centre Manager



Lara McElroy

Women's Centre Manager



Kevin Burke

Aftercare Manager



Alex Newcomb

Jigginstown Manor
Manager



Fiona Mulvey

Coolnagreina Manager



Allen Bobinac

Outreach Manager



Stephen Flood

Assessment & Intake



Bronagh McBrien

Homeless Link Worker



Erich Fisher

Chaplin



Jay Bobinac

Communications Manager



John Young

Tiglin at the Lighthouse
Manager



Gavin Murphy

Rise at the Cove Manager



Dorine Linn

Family Therapist



Samantha Kirkness

Youth Café Coordinator



Brian Thornton

Community Re-integration
Worker

Chairman's Message

Celebrating 15 years of Impact: Highlights of the Year

2024 marked the 15th anniversary of Tiglin—a milestone that reminds us of how a small group of us came together to create an organisation dedicated to helping those facing addiction and homelessness with dignity. This year was both busy and impactful, filled with events and achievements worth reflecting on as we close the year.

January started the year with two milestone events. We celebrated the success of «transformative education» by marking the first year of delivering SETU's third-level courses to Tiglin students. This event was led by Minister Simon Harris T.D. and SETU President Veronica Campbell. Later that month, Tiglin was invited to contribute to the Citizens' Assembly on Drug Use, bringing our perspective to the national discussion on drug policy.

February brought challenges as the demand for homeless services surged at Tiglin's Lighthouse homeless café. Despite limited resources, the team persevered, distributing essentials to those in need. By May, Tiglin's work received national recognition when I was honoured with the Irish Red Cross Humanitarian of the Year award—a true team effort.



In June, we expanded our reach with the opening of new facilities, including a polytunnel at Jigginstown Manor, and hosted cultural events like Cruinniú na nÓg, featuring a Ukrainian rap performance. In June, I was both surprised and delighted to be presented with the RDS Lifetime Achievement Award for my work with Tiglin.

September marked a turning point with a €1.4 million grant to enhance women's recovery facilities, followed by the October purchase of the Loreto Convent in Bray. In December, An Taoiseach Simon Harris launched LIFE. RESTORED. research report that highlighted the impact of Tiglin's therapeutic programmes.

It was wonderful to end the year with a feature on RTÉ News, where a Tiglin graduate Jenny Harris shared her powerful story, reaching over 300,000 viewers. It is stories like these that remind me of why we started Tiglin.



A Word From the CEO

Reflecting on 2024

As 2024 draws to a close, we are reminded of the transformative power of community, collaboration, and shared purpose. This year has demonstrated how coming together—both within Tiglin and in partnership with others—can create lasting change. One personal highlight was leading a team of Tiglin advocates on a journey to South Africa. This trip brought Nelson Mandela's words to life: «It always seems impossible until it's done.»

Our group comprised individuals who had overcome their own «impossible» challenges, including homelessness, addiction, and family breakdowns. Together, we brought hope, recovery, love, and friendship to some of the most marginalised communities, prisons, and homes. While we didn't have great financial wealth to offer, what we shared was ourselves, and this exchange deeply impacted both the givers and receivers.

Time and time again, impossible situations were transformed, and restoration occurred in the most unexpected places. This year has also been marked by unforgettable moments that underscored the loyalty and dedication of our dedicated staff, supporters, voluntary groups, and government departments. These partnerships have been vital in helping Tiglin ease the burdens of those in our care.



Throughout 2024, creativity, resilience, and generosity shone brightly. Events like the SETU celebration at The Whale fostered creativity and community spirit. The Rise at the Cove National Impact Awards recognised work that inspires change, while Strictly Come Dancing brought joy and crucial fundraising to Tiglin.

The Street Feast and Newstalk coverage highlighted the importance of community connection, while the Homeless Festival in Mountjoy Square raised awareness and support for those most in need. The Salesforce Anniversary Event exemplified meaningful corporate partnerships.

Minister for Health, Stephen Donnelly's launch of the Aftercare centre at Coolnagreina marked the opening of a space dedicated to recovery and hope. The trip to South Africa stood as a testament to the transformative power of outreach, and Santa's visit to Coolnagreina brought smiles and joy to families, embodying the spirit of the season.

We close 2024 with the remarkable acquisition of the former Loreto Convent in Bray. This historic site, currently home to around 40 Ukrainian nationals, opens new possibilities for Tiglin to address housing and healthcare needs for vulnerable populations. Looking ahead, we are excited to collaborate with Wicklow County Council and other state bodies to unlock the full potential of this site.

As we reflect on the past year, we are deeply grateful for everyone who has walked alongside us — our partners, supporters, and friends. Together, we have turned the impossible into the possible, and we look forward to a hopeful and impactful 2025.



Men's Centre

A Place of Change for Men

As we start the new year, we reflect on another extraordinary year at the Tiglin Men's Centre—a year marked by hope, growth, and transformation. Every day at Tiglin, we witness miracles of recovery, as highlighted by Minister for Health Stephen Donnelly during a recent visit:

"I've never seen a model more successful than Tiglin."

This year, our partnership with South East Technological University (SETU) has opened doors for many of our students. Several residents achieved Level 6 Certificates in Adult Learning and Communications, sparking dreams of further education. One resident shared:

"At the start, it was hard because I didn't have a good time in school when I was young. But I told myself, I can do this. All my life, I was told I wasn't good at stuff. I fought through it, and I ended up doing really well. I'm learning to face challenges instead of running away."

Education has become a cornerstone of recovery at Tiglin, providing residents with tools to rebuild their confidence and reimagine their futures. This year's graduates are already exploring opportunities for further third-level education, showcasing how resilience and determination can lead to incredible transformations.



We celebrated a major milestone in May with the installation of new sauna and plunge baths, funded by a Department of Justice grant. These additions enhance our holistic recovery program, supporting residents' physical and mental well-being. Residents have already reported benefits to their overall health, and we look forward to unveiling more updates on this project.

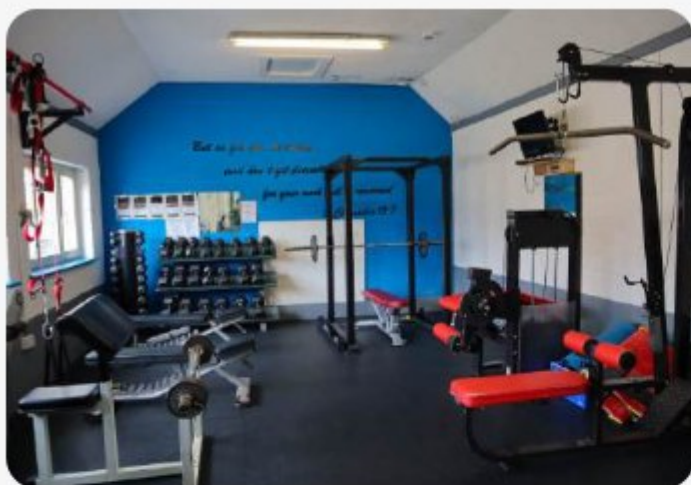




September's Recovery Month was a joyous occasion, highlighted by the Chrysalis Recovery Football Tournament at Grangegorman Astro Turf. Our team, proudly wearing new kits, played with heart and determination, finishing fourth overall. Beyond competition, these events are a testament to the camaraderie and sense of achievement that thrive within our community. Such moments bring not only joy but also renewed purpose to everyone involved.

Most importantly, the stories of our residents inspire us daily. One resident reflected on his journey:

“Coming into Tiglin Men's Centre was scary... but when I got here, I thought, it's gorgeous around here. From being in prison one day to looking at the Wicklow Mountains the next—it was surreal. It's not always easy. You're living with 26 or 27 other men, and sometimes you clash heads. But those moments make you stronger. I remember wanting to leave and calling my partner to collect me. Ger, the manager, gave me words of wisdom: 'If you stay, I can help you. If you leave, all those chances are gone.' I stayed, and I'm so glad I did.



Through challenges, faith, and support, our residents are rebuilding their lives and futures. Community activities such as go-karting, bowling, barbecues, and forest walks have played a vital role in creating bonds and encouraging resilience. One resident shared:

“When I came in here, I struggled with the idea of faith. Now, alongside the other aspects of the program, faith really helps me.



Women's Centre

A Place of Strength, Healing, and New Beginnings for Women

2024 at Tiglin Women's Centre has been a year of healing, growth, and resilience. Together, we have walked through pain and joy, witnessing the beauty of sobriety, reuniting families, and finding peace through faith. Every step has brought us closer to wholeness.

This year was a busy one for those in our care as residents participated in SETU courses, art therapy, Celebrate Recovery, SMART Recovery, RecoverMe, fitness classes, recovery classes, keyworking, and one-on-one counselling. This holistic approach addressed personal challenges from legal issues to medical needs, ensuring that each woman received the care and tools to rebuild her life. One of our primary goals is to empower residents with the courage and confidence for a full and independent life.

The summer months brought a chance to slow down and connect with nature. Residents worked in the garden, spent time at the beach, and shared evenings around campfires. A recovery retreat in Wexford provided a space to step out of routine, focus on recovery, and strengthen community bonds. These moments of shared laughter and connection remind us of the simple joys in life and the healing power of relationships.

New additions to the centre, including a sauna, ice baths and chickens, have enriched daily life. Residents enjoy the fresh eggs and the opportunity to care for the animals. The sauna has been a popular addition for de-stressing in a healthy way, complementing the recovery process. Our garden and yard continue to develop as spaces for growth and reflection.

We continue to face a high demand for our services, with a consistent waiting list and a full centre. This year, we celebrated the graduation of three women, each completing their program with strength and determination. These graduations are a testament to the perseverance of our residents and the support of our dedicated staff. One graduate shared:

“ This place has changed my life. I'm leaving here not just sober but confident in my ability to face the world.

As we move forward, we remain grounded in faith and committed to providing a safe space for transformation. We are deeply grateful for God's guidance and for the support of our community, which makes this work possible. Together, we are ready to face whatever the next season holds.



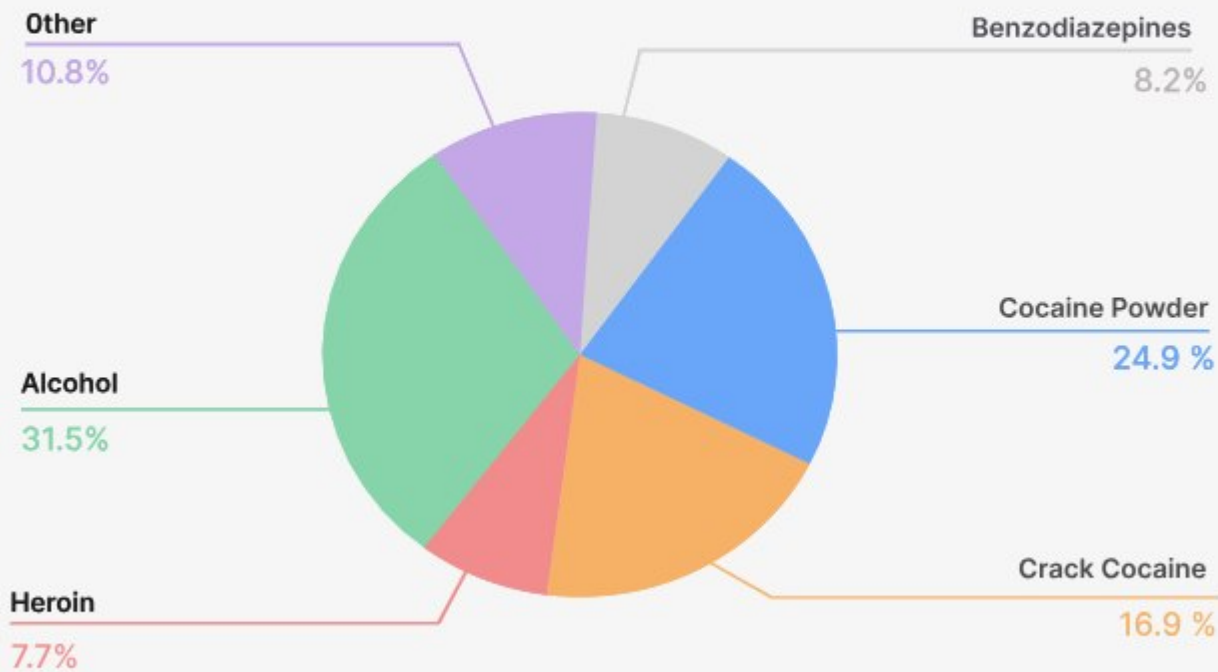
Recovery Services Stats

Men's and Women's Centre Interventions

2024 treatment interventions - Men's	No. of cases	Total No. of sessions
Brief intervention	67	1830
Care Plan	67	71
Case manager appointed	67	67
Family therapy	42	351
Group counselling	37	296
Group education / awareness programme	66	4145
Individual counselling	61	999
Individual education / awareness programme	65	3960
Key working	67	1246
Multicomponent model	66	3946
Social and / or occupational reintegration	66	2915
Teleworking	59	1703
Total	730	21,529

2024 treatment interventions - Women's	No. of cases	Total No. of sessions
Brief intervention	32	155
Care Plan	32	32
Case manager appointed	32	32
Drive interventions	3	20
Family therapy	32	515
Group counselling	32	2998
Group education / awareness programme	31	3016
Individual counselling	26	366
Individual education / awareness programme	32	3142
Key working	32	543
Multicomponent model	32	3148
Social and / or occupational reintegration	32	521
Teleworking	30	2215
Total	378	16,703

Main Presenting Substance



Gender Ration

2024 Gender	
Female	124
Male	289
In another way	1
Total	414

CHO Area of Residence

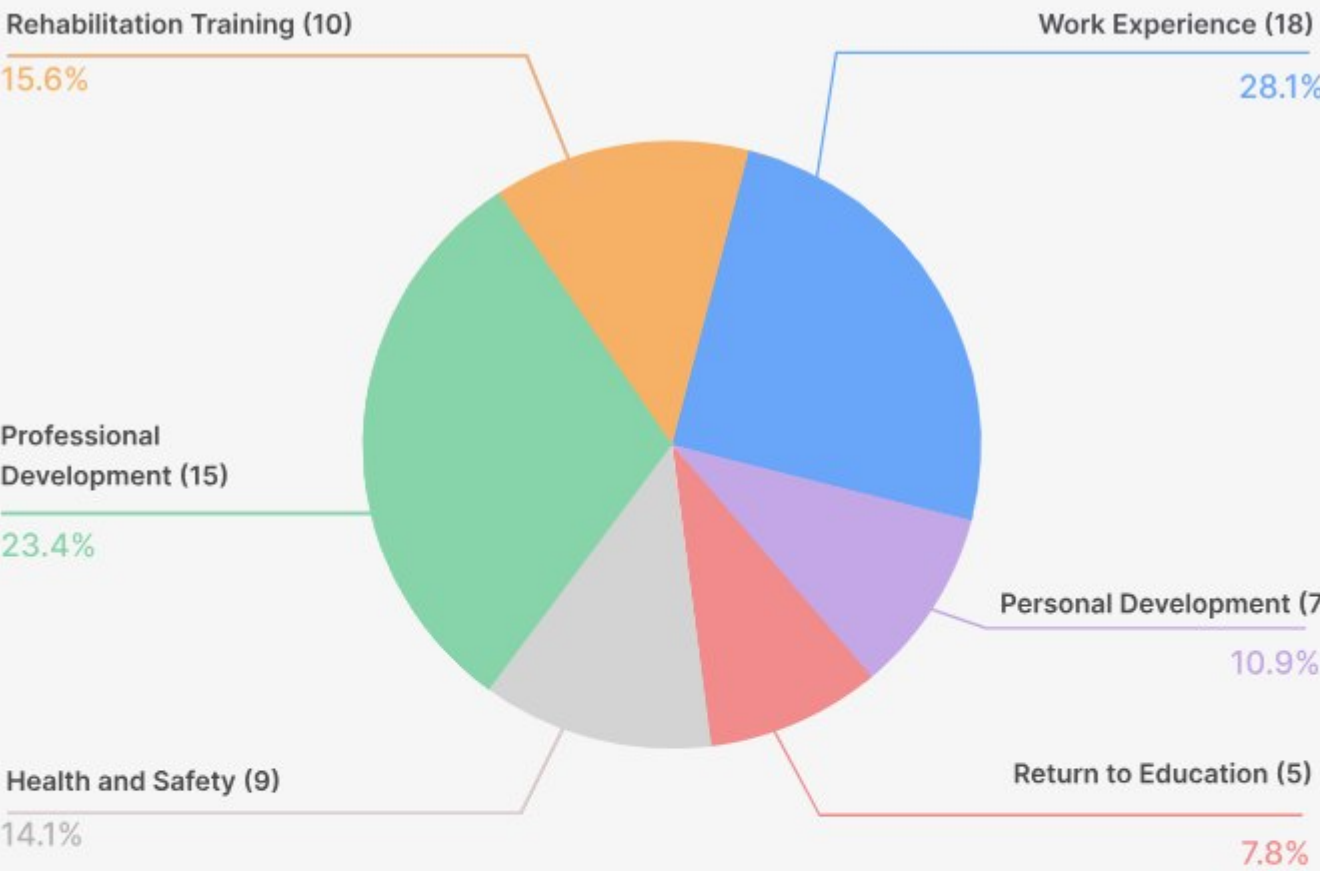
2024 CHO	
CHO 1	2
CHO 2	5
CHO 3	5
CHO 4	12
CHO 5	32
CHO 6	48
CHO 7	175
CHO 8	49
CHO 9	87



Aftercare Programme Interventions

2024 treatment interventions - Aftercare	No. of cases	Total No. of sessions
Care Plan	29	50
Case manager appointed	29	28
Group education / awareness programme	29	4145
Individual counselling	46	280
Key working	29	721
Multicomponent model	28	3124
Social and / or occupational reintegration	29	4164
Structured aftercare	29	4164
Total	249	16,695

Courses & Training Types in 2024 within the Aftercare Programme



Assessment and Intake Team

The “initial contact” is made with the assessment team, setting the standard for the rest of the services

Tiglin Assessment Team: A Year of Impact and Transformation

The Tiglin assessment team plays a vital role in supporting individuals battling addiction. In 2024, they remained on the frontline, assessing and assisting clients on their recovery journey. This report highlights their impact through service usage, treatment referrals, and community support.

Service Usage Statistics

Dolores, an assessment coordinator for Tiglin’s recovery services, explains the significance of pre-entry groups in the recovery process:

“ Tiglin’s pre-entry groups take place at the Lighthouse on Pearse Street every Monday and Friday. Separate groups for men and women provide a safe space to share emotions, struggles, and experiences. These groups are designed for individuals who have been assessed and are on the waiting list for residential care. The goal is to build relationships, offer full support, and help prepare them for the next step in their recovery. Pre-entry fosters structure, encourages regular attendance, and demonstrates commitment to recovery while waiting for a bed to become available.

During this time, participants learn more about Tiglin’s residential programme, receive guidance from group facilitators, and connect with others on a similar journey. They are also introduced to Tiglin’s faith-based programme, which plays a key role in their recovery process.

In 2024, the assessment team worked with a significant number of individuals seeking help:

- Total Clients Assessed: 416

Successful Referrals to Treatment

A key measure of the team’s success is the number of clients referred to treatment and those supported within the community. Through comprehensive assessments, urinalysis, and pre-entry meetings, the team ensures that clients are directed towards the most suitable treatment pathways:

- Clients Referred to Tiglin: 101
 - Men: 68
 - Women: 33
- Clients Referred to Different Treatment Centres or Detox Units: 315

These figures highlight the effectiveness of Tiglin’s assessment team in guiding individuals into tailored programmes, significantly improving their chances of achieving long-term recovery.

Supporting Clients in the Community

For those not requiring residential treatment, Tiglin’s assessment team offers ongoing support to help them maintain a drug-free life. This includes regular check-ins, personalised care plans, and specialised workshops. Many, once marginalised, now contribute meaningfully to their communities. Long-term support is essential in preventing relapse and ensuring sustained recovery.

A Lifeline for Those Seeking Recovery

Tiglin’s assessment team remains an invaluable resource for individuals battling addiction. Through personalised assessments, treatment referrals, and ongoing support, they make a lasting impact, helping more people break free from addiction and build healthier, fulfilling lives.

As Tiglin continues its mission, the team’s work stands as a testament to the power of compassion, structure, and unwavering support in the fight against addiction.



The Aftercare Programme

Helping Those in Our Care Recover and Grow in a Community Setting

2024 has been a year of exciting progress and meaningful moments for Tiglin's Aftercare Programme. We officially opened our new key working building, with Minister for Health Stephen Donnelly inaugurating the space. The event, attended by our dedicated supporters, was an inspiring and joyful celebration of the work we do.

One of the year's highlights was celebrating the achievements of our graduates during the 2024 Graduation ceremony. It was a privilege to encourage their commitment to recovery and encourage them as they embrace a new chapter in their lives.

Our partnership with South East Technological University continued to make an impact, with QQI Level 6 modules delivered throughout the year. In addition to that, our students also participated in another outdoor behavioural therapy course, fostering self-awareness, connection, and emotional and physical well-being through engaging outdoor activities.



We enjoyed a memorable day at Dunsany Castle in Co. Meath, where we collaborated with the EPIC Team and Irish Trees. This experience combined fun, education, and conservation as we learned about rewilding, planted native trees, and enjoyed a forest lunch.

Other highlights included a visit from the Dara Project, where we shared stories and a meal, and a visit from the Celebrate Recovery Team from Tennessee, building relationships during a walk and lunch.

Finally, we extend heartfelt thanks to everyone who supported us throughout the year by delivering groups and resources that added invaluable recovery capital for our students. Your contributions have made a lasting impact on their journeys to transformation.





Carraig Eden

A temporary home for men seeking a new life through recovery and reintegration.

After several years of dedicated service managing Carraig Eden, Ger Ganley has moved on to a new role within Tiglin's recovery services. We are deeply grateful for his invaluable contributions. Today, Carraig Eden is operating under new management, supported by two Tiglin graduates who help run the house, making it proudly peer-led.

This year, Carraig Eden continued to play a vital role in the lives of its residents. Students from our Men's Centre programme transition here to Greystones for the 7-month reintegration programme after completing their 9-month recovery journey. For those not yet able to secure stable housing, transitional housing is available until they are ready to move into long-term accommodation. We were delighted to celebrate with many residents who secured permanent homes this year.

Carraig Eden provides a solid foundation where residents can rebuild their lives, pursue education, employment, and reconnect with their families. Coupled with Rise at the Cove, the Carraig Eden campus is a hub of community interaction, offering a space for gathering, swimming, and work, where residents can feel part of the community once again. This was recognised during a visit by Minister for National Drugs Strategy Colm Burke, who praised Tiglin's services for their essential role in supporting recovery and fostering community reintegration.

Throughout the year, we hosted memorable events, including the Recovery Rocks Festival, which brought the community together to hear residents share their inspiring recovery stories. Residents also took part in the Not at Home Sleepout, raising funds for Tiglin's rehabilitation services. We even had the honour of being a satellite studio for East Coast FM's morning radio show, where our students and staff shared their journeys.

We are proud of all we've achieved this year and remain committed to making a difference in the lives of those we serve.

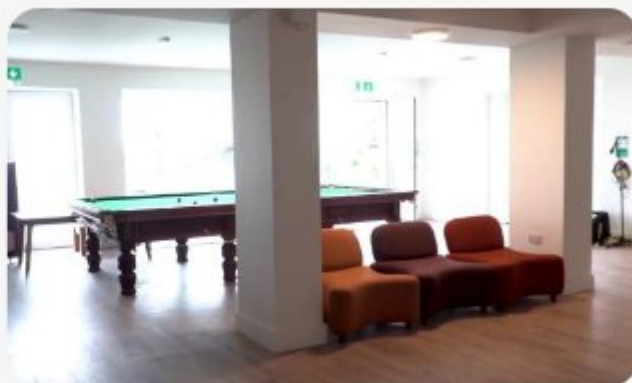
2024 Progressions

1 Transitional Housing

6 Return to the Family Home

1 Community Housing

4 Private Rental





Tiglin Ladies Reintegration House

A Safe Haven for Women to Re-integrate and Grow.

After three years of dedicated service, our women's re-integration house was ready for some much-needed TLC. The ladies had expressed their thoughts about the house becoming cluttered and less inviting over time. In response, we worked together to declutter and completely revamp the communal areas.

Outdated furnishings were replaced with vibrant, welcoming pieces, and walls received a fresh coat of paint. This transformation not only refreshed the space but symbolised the personal journeys of the ladies as they declutter their own lives.

Now, the communal area is a cherished space for socialising, with the addition of festive touches like a beautifully decorated Christmas tree.

Alongside these physical changes, we reintroduced weekly house meetings and improved cleaning rosters, fostering a sense of accountability and growth. As a result, the number of ladies maintaining their recovery in the house has doubled. Their dedication to recovery shines through in their support for one another, their participation in Tiglin and community events, and their embrace of shared experiences like hiking, celebrating birthdays, and volunteering.

The collaboration between the ladies, the aftercare key workers, and our team has created a vibrant, supportive community. This year, the Tiglin Ladies Re-integration House stands as a beacon of hope and transformation.

2024 Progressions

3 Return to the Family Home

3 Community Housing

1 Local Authority Housing





Jigginstown Manor

A Place of Growth, and Fresh Starts for Young People

It has been a busy and transformative year at Jigginstown Manor, where we provided housing and support for 21 young people. Our facility remains at full capacity, reflecting the high demand for stable and nurturing environments for youth. Many of our residents arrived facing significant challenges, including barriers to employment and housing. Without a secure base, gaining work experience or references becomes almost impossible. To address these hurdles, every resident is assigned a dedicated key worker to guide them through a personalised care plan tailored to meet their specific needs.

Career development has been a focal point this year. Our visiting careers guidance counsellor provided residents with valuable advice. As a result, many residents are now enrolled in courses or have secured full-time jobs, marking significant progress toward independence.

Life at Jigginstown is not all about work; we recognise the importance of recreation and community building where we enjoyed activities such as bowling, paint-balling, film nights, pizza nights, and barbecues. The communal lounge, complete with a snooker table, pool table, large TV, and CD player, has become a cherished space for relaxation and camaraderie.

A major highlight this year was the installation of a polytunnel funded by a grant. The project brought residents together to fill beds with topsoil and plant a variety of crops, including strawberries, potatoes, carrots, and peas. The initial harvest has been rewarding, and plans are underway to enrol residents in a horticultural course with KWETB, fostering both practical skills and a sense of achievement.

Our partnership with KWETB extends beyond horticulture, offering workshops and life skills courses to ensure our residents leave equipped for the challenges ahead. This year, we bid farewell to Mohammed, our long-serving night watchman and handyman, whose dedication and care made a lasting impact. We also welcomed a new key worker and trainee support worker, reflecting our commitment to staff development and welfare.

Looking forward, we aim to expand our programs and continue providing a supportive environment where young people can grow and thrive. Our gratitude extends to KCC, Homeless Care, and all our partners who make this vital work possible.





Progressions

9 Private Rental

4 Moved to Another Service

2 Return to the Family Home

Employment and Education Outcomes

1 Work Experience

6 College

17 Employment

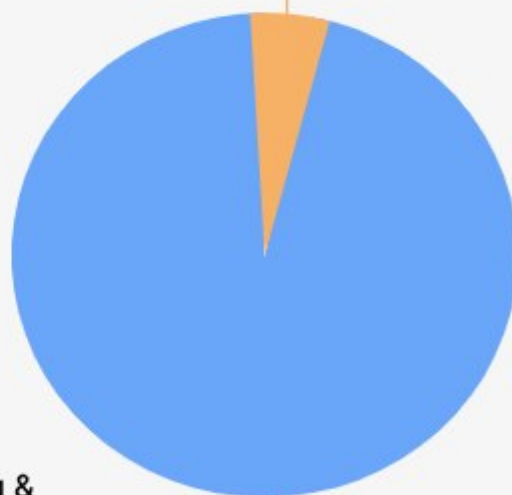
2024 Services

Counselling

1.6%

Keyworking & Interventions

98.4%



Coolnagreina

A Home Away From Home

Coolnagreina has been a place of transformation and connection throughout 2024. Over the year, we bid farewell to several residents who, after two years with us, moved on to create new lives in other countries. Their stories of growth and hope remain a part of the community's fabric.

At the same time, we welcomed new residents who have quickly become part of the Coolnagreina family. This year, the centre was a hub of activity, with visits from TDs, clergy, and other guests, all eager to meet and engage with our residents. These visits highlighted the supportive network that surrounds Coolnagreina and the vital role it plays in fostering community.

One of the year's highlights was a creative collaboration among the resident children. Together, they wrote and produced a rap song about their new lives in Ireland, showcasing their talent and resilience. To celebrate, we hosted a garden party where friends, families, and the wider community gathered to enjoy the premiere of their music video. It was an inspiring event that reflected the joy and creativity nurtured at Coolnagreina.

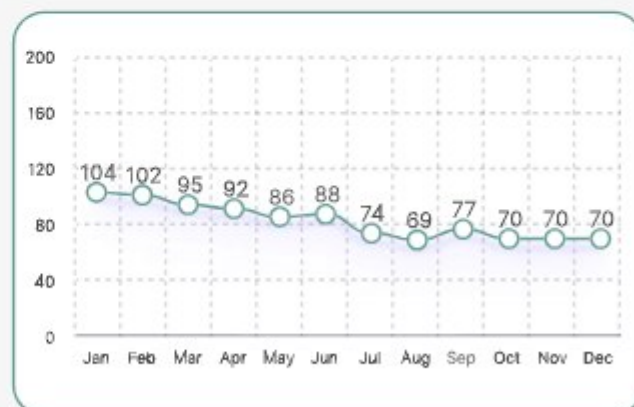
Cultural celebrations were another highlight, particularly during Culture Night. The event featured the fantastic Ukrainian choir from Wicklow and performances by our resident singers, creating an evening of shared heritage and harmony.



These moments of cultural exchange underscore Coolnagreina's role as a space for connection and understanding.

As the year drew to a close, the festive spirit came alive with a visit from Santa Claus. Before turning on the Christmas lights in Greystones, Santa spent time at Coolnagreina, bringing excitement and joy to the children. He chatted with each child and handed out gifts, creating magical memories for all.

Coolnagreina continues to be a cornerstone of community and support, offering a place where residents can find stability, friendship, and opportunities to thrive. As we look to 2025, we remain committed to creating moments that matter and fostering a welcoming environment for all while continuing to deliver our services with the spirit of excellence.



Loreto Bray

Tiglin Expands To Loreto Convent, Plans To Develop Services For The Community

We are thrilled to announce our acquisition of the historic Loreto Convent in Bray, a property with a rich history of education and community service dating back to 1850. This marks an exciting new chapter in our mission to provide life-changing support.

Our vision for this site is to create a hub for community-focused programmes, including education, employment upskilling, and family support. Building on the success of our work in Greystones, we are eager to tailor new initiatives to meet the specific needs of Bray.

While it's still early days, we're committed to working closely with Wicklow County Council and local stakeholders to make this vision a reality.



“ We are excited about the opportunities this property presents and look forward to engaging with others to ensure this project serves as a valuable resource for the entire community.

~ CEO Tiglin Phil Thompson

2024 Breakdown of Loreto residents

Stay at home

28.2%

Children

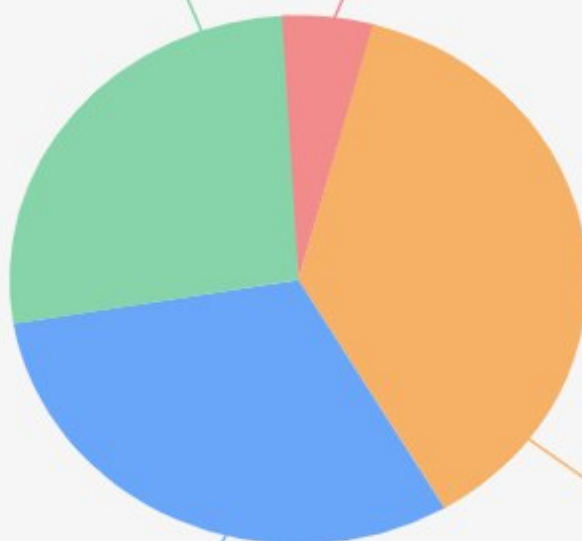
2.6%

In education

38.5%

In employment

30.8%



The Lighthouse

A Shining Beacon of Support, a Place of "Cead Mile Failte"

The year 2024 has been the busiest yet for The Lighthouse, a cornerstone of Tiglin's mission to address homelessness and the ongoing refugee crisis. With unprecedented numbers seeking help, The Lighthouse has been at the forefront, providing safety and stability to those most in need.

One of the year's key achievements has been the formation of an outreach team, which has visited emerging refugee camps in Dublin City Centre. Through these efforts, hundreds of individuals were referred to IPAS and subsequently offered accommodation, providing a crucial lifeline for those displaced. Additionally, The Lighthouse referral team directed over 150 individuals struggling with active addiction to Tiglin's rehabilitation centres, supporting them on their path to recovery.

Beyond its outreach, The Lighthouse has continued to serve as a «living room for those in need of one» offering comfort, meals, and community.

“ | *This year alone, the café served over 100,000 meals.*

Partnerships with international corporations like KPMG and EY have added stability, with staff volunteering to support services four days a week. Collaborations such as these bolster The Lighthouse's ability to meet rising demand.

The Lighthouse has also expanded its community offerings, hosting music performances, guest chefs, plays, and music bingo, creating moments of joy amid hardship. The second annual Grill & Chill Festival in Mountjoy Square was a highlight, attracting 500 attendees and fostering a spirit of togetherness. In late October, The Lighthouse launched a new clothes market service. This initiative allows clients to browse and try on clothing, restoring



a sense of dignity and personal choice.

The café itself underwent a makeover, with church benches from the 1850s installed to increase seating and add a touch of historic charm. These changes reflect The Lighthouse's commitment to both practicality and warmth.

Additionally, the Tiglin assessment team supported 350 individuals this year through personalised assessments and referrals. Of these, 150 clients were referred to Tiglin rehabilitation centres—120 men and 30 women—while another 100 individuals were directed to other treatment centres or detox units. For those not requiring residential treatment, the team provided ongoing community support for 100 individuals.

These efforts underscore The Lighthouse's dedication to sustained recovery and holistic care.

As The Lighthouse looks toward another busy year, it remains steadfast in its mission to provide compassion and care to the vulnerable, ensuring that no one feels forgotten. Many thanks to all those who supported us in this, from volunteers, donors and partner agencies.



Homeless Link Worker

Advocacy and Impact

The Homeless Project has experienced another year of growth and dedication, responding to a steadily increasing number of referrals. Currently, the project supports over 100 clients, addressing a diverse range of challenges, including notices to quit, referrals to St. Vincent de Paul (SVDP), Intreo, MABS, Wicklow County Council (WCC), Bray Domestic Violence Services (Bray DV), HSE Social Inclusion, BCAT, Five Loaves, Tusla, hospital discharges, and prison releases. These clients also include outreach efforts and Tiglin's own referrals, demonstrating the interconnectedness of the support network.

Working directly with Tiglin clients has been a cornerstone of this project, supporting individuals on their unique housing pathways. The role has become a vital link between multiple agencies, aligning efforts to meet a critical need in the Wicklow area. The collaboration among these agencies has strengthened dramatically, with the Wicklow County Council Homeless Team playing an essential role in the project's daily operations.

The project's partnerships extend to the Gardaí in Bray, Wicklow, and Greystones, particularly in managing several complex cases involving dual diagnoses.

These efforts have also included engagement with HSE Social Inclusion to integrate mental health supports, addressing a crucial aspect of holistic care. Informal rough sleeping counts on Bray Head have offered a valuable perspective, conducted in collaboration with BCAT outreach and Dublin Simon staff, ensuring that those most in need are offered guidance and support.

A notable success story from this year involves a client who had been living in a van and then a tent. Through the advocacy of the Homeless Project, this individual secured a housing application, medical card, social welfare card, GP appointments, and hospital visits. This comprehensive support ultimately led to a successful placement in homeless accommodation in Bray—a powerful example of the project's impact.

Additionally, the communal spaces in the Women's Re-integration House received a much-needed transformation. Once dull and cluttered, the house has become a bright and welcoming hub, thanks to resources provided by Tiglin. Freshly painted walls, new furniture, curtains, and a TV have brought life back to this space, and the residents took pride in participating in the makeover process. This effort reflects the project's commitment to creating environments that foster dignity and community.

To date, the Homeless Link Worker has successfully supported eight clients in securing permanent homes, enabling them to exit homelessness for good. Seven of these clients continue to receive resettlement and tenancy support, ensuring a smooth transition into their new lives. These success stories are a testament to the project's dedication and the power of collaboration. The new initiative is a reflection of the collective efforts of Tiglin and its partners. The project stands as a vital resource, transforming lives and providing hope to those in need.



International Protection Applicants Outreach Project



In response to a critical need and with the growing number of the international protection applicants, the collective efforts of Tiglin and IPAS have transformed an urgent crisis into an opportunity for meaningful impact.

Over the past year, our unwavering commitment and collective partnership with IPAS has allowed us to effectively support asylum seekers experiencing rough sleeping. This has led to remarkable achievements that have strengthened the outreach landscape and provided essential aid to those in need.

We successfully developed a structured and comprehensive seven-day outreach programme, ensuring that asylum seekers experiencing homelessness receive support every day of the week. Our team conducted daily outreach visits, reaching rough sleeping locations across the Dublin region. Through these efforts, we provided emergency supplies such as tents, sleeping bags, and clothing, while also referring individuals to emergency accommodations.

Beyond immediate aid, we expanded our services to include a dedicated clothes-only initiative and facilitated stronger inter-agency collaborations. Our partnerships with organisations like SafetyNet (mobile clinic services), St. Vincent De Paul (monthly clothing deliveries), the Irish Red Cross (weekly outreach support), and Cross Care

(monthly trends conferences) have fostered a more interconnected and supportive network.

By strengthening communication with IPAS, we have improved placement coordination and streamlined service and delivery of meaningful change.

Recognising that people are at the heart of service delivery, we prioritised recruitment and successfully assembled a nine-person outreach team. We equipped our team members with essential training and implemented a strengths-based approach, enabling them to leverage their expertise effectively

Understanding the need for accurate data to drive service improvements, we integrated a robust data collection system at the Lighthouse. We enhanced the tracking of demographics, repeat clients, and transient populations. This system now provides valuable insights that inform our outreach strategies and resource allocation.

This year's achievements mark a significant step forward in our mission to support asylum seekers experiencing rough sleeping and strengthen service provision. As we move forward, we remain committed to refining our outreach strategies, enhancing inter-agency cooperation, and ensuring that no individual is left without support.



An Oifig um Chosaint
Idirnáisiúnta
International Protection
Office



Youth Café

Space for Young People

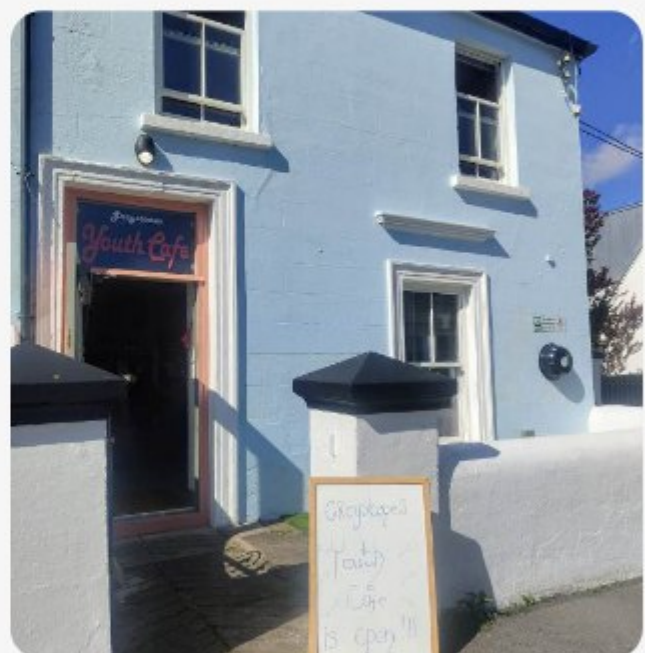
The Youth Café has flourished in 2024, becoming a vital hub for young people in the community. Our core team of volunteers has expanded, and new members have brought fresh ideas and enthusiasm to the program. The Youth Café offers a variety of engaging activities, including T-shirt design workshops, jewellery making, sugar scrub creation, and clay modelling. These programs allow teenagers to express their creativity and build confidence in a safe and supportive environment.

Our reimagined upstairs space, complete with a 70-inch screen, Nintendo Switch consoles, and cozy furnishings, has quickly become a favourite hangout spot. The vibrant atmosphere fosters connection and relaxation, encouraging young people to form positive relationships.



Special events like summer BBQs, movie nights, and quiz competitions have drawn record attendance, with as many as 64 teenagers gathering in a single evening.

As we prepare for 2025, we are laying the groundwork for new initiatives, such as extended opening hours, study sessions for exam preparation, and the formation of a Youth Committee. This committee will empower teens to take ownership of their space and develop leadership skills. We also plan to strengthen collaborations with local youth services to expand resources and opportunities. The Youth Café remains committed to being a beacon of fun, growth, and safety for all who enter its doors.



Community Employment

Tiglin's Community Employment Scheme Recognised Among Ireland's Best

We are proud to announce that Tiglin's Community Employment (CE) Scheme is recognized by the Department of Social Protection as one of Ireland's top three based on approved placements. This accolade reflects the dedication of everyone involved, and beyond job placements, the scheme empowers individuals to secure meaningful employment and personal growth.

At Tiglin, we witness firsthand the transformative impact of the CE Scheme. It is more than an opportunity for work—it equips participants with essential skills, confidence, and experience to build a better future. Many individuals in the programme have overcome significant life challenges, and CE provides them with a second chance to develop their careers and improve their lives. This year, our CE Scheme has expanded with the approval of a new location in Greystones, bringing the total number of programme locations to six: the Men's Centre, Women's Centre, Reintegration Programme, The Lighthouse, and our latest addition at Coolnagreina.

To enhance coordination and efficiency, Adrienne Hatchell has stepped into the role of Supervisor Manager, overseeing all community employment placements and budget management. This transition has streamlined the scheme across multiple departments, ensuring a more cohesive and effective programme.

Men's Centre (36)

27.3%

Women's Centre (14)

10.5%

Greystones (39)

29.5%

Why the CE Scheme Matters

- Restoring Confidence & Independence – Helps individuals rebuild their self-esteem and regain a sense of purpose.
- Providing Work Experience & Training – Equips participants with skills and experience for long-term employment.
- Bridging the Gap to Employment – Supports individuals in transitioning into the workforce.
- Strengthening Communities – Contributes to local social and economic development.

Progressions

11 Full-time Employment

2 Full-time Education

3 Transfers

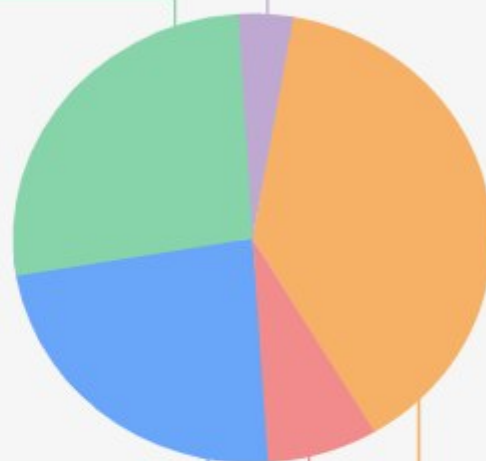
Distribution of CE Placements

Coolnagreina (5)

3.8%

The Lighthouse (38)

28.8%



South East Technological University

Empowering Change Through Education: Resident Success and Impact in 2024

In 2024, 111 residents successfully completed SETU-accredited certificates, equipping them with essential skills and qualifications to support their personal growth and future opportunities. This milestone reflects the impact of education in breaking the cycle of addiction and fostering long-term transformation.

Key Milestones of the Year

- **Enhanced Learning Environment:** The installation of 75" screens and VC kits across four centers significantly improved onsite learning, making education more accessible and engaging.
- **Community Recognition:** The Education Awards 2024 acknowledged the programme innovative approach by naming Tiglin and SETU as finalists in the prestigious Best Education Outreach Award category.
- **Showcasing Success:** A video launch event at the Whale Theatre in Greystones celebrated the program's impact, featuring insights from residents and SETU staff. The event was attended by key figures from the education and government sectors, reinforcing the program's importance.

Looking Ahead

With education at its core, Tiglin and SETU will continue expanding learning opportunities, investing in technology, and strengthening outreach. The focus remains on equipping residents with the skills and confidence to build brighter futures. Plans are already in motion to further develop the program and submit a new entry for the 2025 Education Awards.



Life Story: Impact of Education

“Right now, in the community, I'm not 'Paul the addict' anymore. I'm just Paul. People don't know my past unless I tell them. And for the first time, I see a future—one where I give back and help others find their way too.”

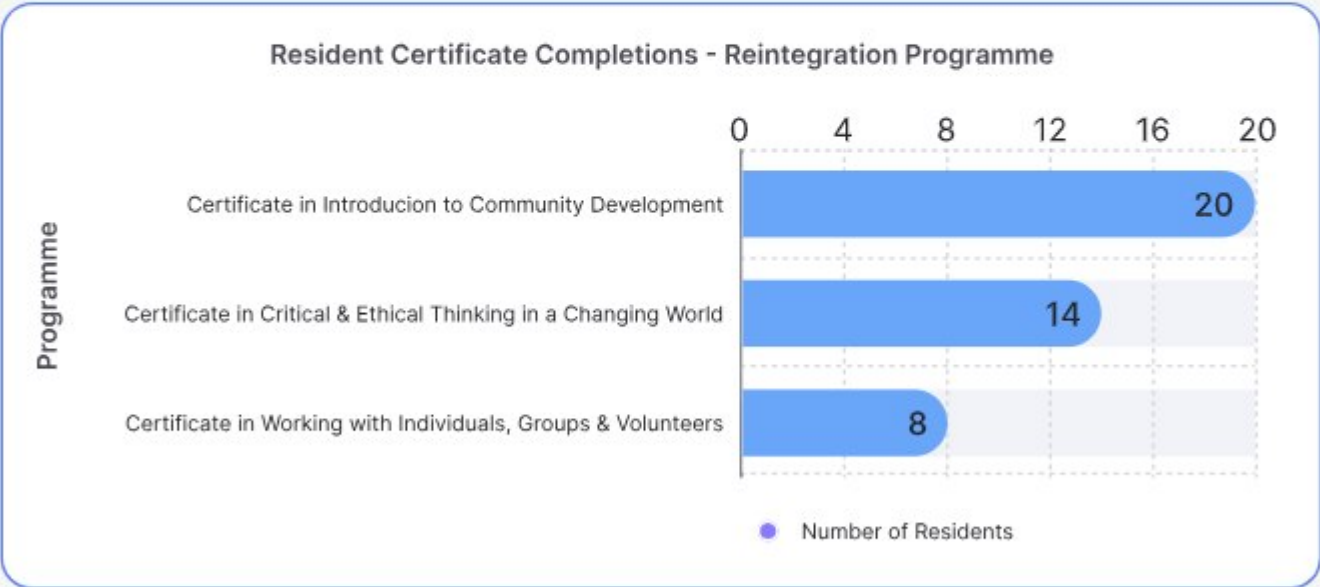
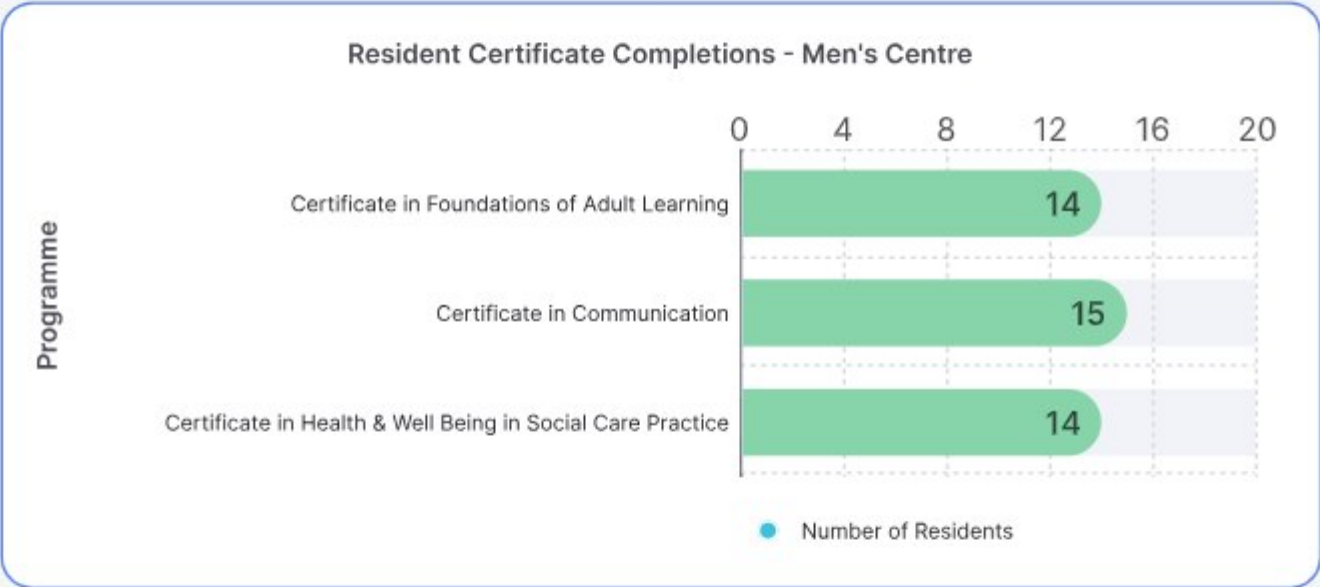
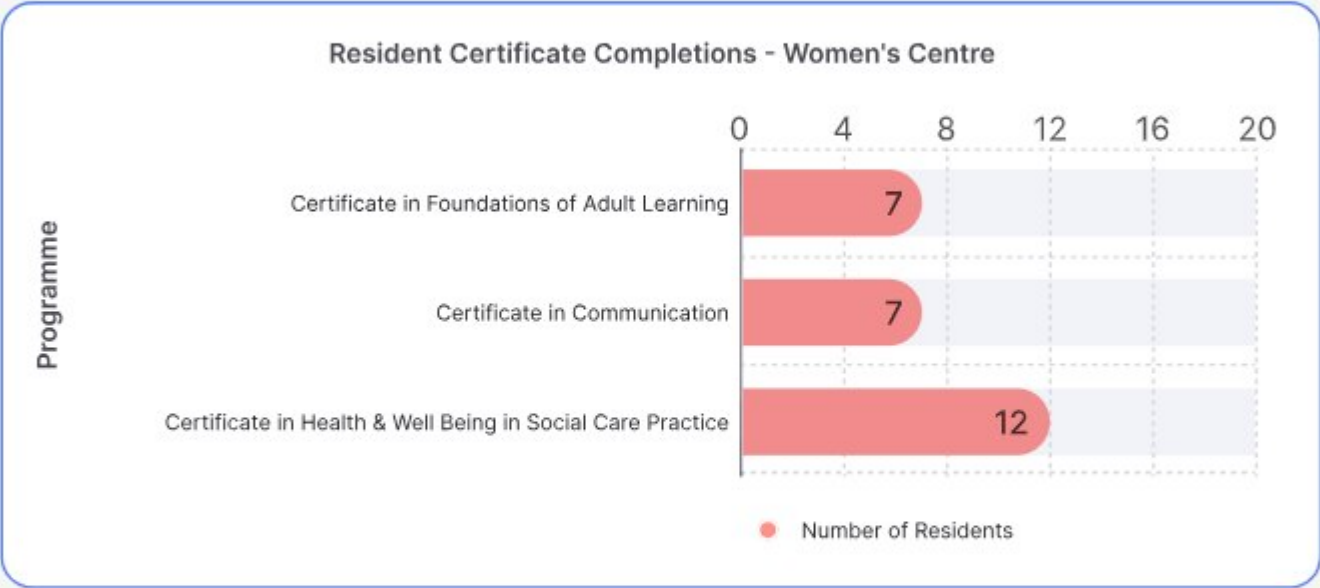
The Road to Recovery

Paul's decision to enter Tiglin came on the back of majority of his life being spent in addiction and the chaos it bring. Paul explains that Ger Ganley, head of Tiglin's rehabilitation services, had encouraged him to seek help, but Paul resisted—until his health forced him to face reality.

"I was hospitalised, my immune system was breaking down. They told me I had six weeks to live. I knew then that drugs had taken everything from me—my life, my family, my future. It doesn't get any worse than that."

At that moment, Paul finally took the leap into recovery, joining Tiglin Men's Centre in the Wicklow Mountains (9-month residential rehab followed by a 7-month reintegration/aftercare programme). Looking back, he now realises that every element of the programme had a purpose—helping him address not just addiction, but the underlying struggles that led him there.

"It's about working on the problems that brought you into addiction in the first place. You stop running and start facing reality. It gives you self-esteem, a voice, and a second chance at life."



Breaking Barriers Through Education

For Paul Killen, education was once a source of fear and frustration. Like many in recovery, his past learning experiences left him lacking confidence and disconnected from the classroom.

A key factor in this was his undiagnosed dyslexia: "When I was growing up, dyslexia wasn't recognised. But I've learned that if you give me time and break things down for me, I can understand. The more courses I took, the more confident I became."

Paul's introduction to education in recovery came while on the Tiglin programme, where South East Technological University (SETU), delivers structured learning programmes to those in Tiglin's care. Initially, he was hesitant—but decided to join the journey with his peers:

"At first, I was terrified of computers. Now, I can send emails, use Outlook, and write a CV. These things seemed impossible before, but through education, I've proven to myself that I can achieve more than I ever thought possible."

As Paul continued through the courses, his self-belief grew. What started as a part of the rehab programme became a pathway to higher learning.

"I recently looked at my CV and couldn't believe how many certs I've earned. I've gone from those courses in aftercare to a Level 5 in Addiction Studies, and now I've been accepted into Level 6 in Key Working and Case Management. That's something I never thought possible."

Paul's story is a testament to the power of education in recovery—proving that learning isn't just about academics; it's about self-worth, independence, and opening doors to a brighter future.

Aftercare: A Bridge to the Future

"Recovery doesn't end after residential treatment" says Paul. The transition back into society is often the most vulnerable stage, and without continued support, the risk of relapse is high. That's why Tiglin's aftercare programme is so vital—it provides structure, accountability, and a bridge to long-term reintegration.

Through ongoing learning and community engagement, Paul wasn't just rebuilding his life—he was rediscovering who he truly was.

"When I spoke with my key worker, I finally understood my problem—it wasn't the drugs. It was rejection. I felt rejected from the day I was born. But at Tiglin, I found my voice. I was believed."

Today, Paul has something he once thought was out of reach—a future. At 60, he is working with Tiglin, pursuing further education, and helping others who are on the same journey he once walked.

"One day, someone told me I should work with Tiglin. When I checked, I saw a job opening for a Community Employment Support Worker. I applied, got it, and now I choose to be here—to help."

For Paul, the programme didn't just help him recover—it gave him his life back.

"At the residential centre, you learn to love yourself again. But aftercare teaches you to leave your problems on that mountain and move forward. At the end of all the work, you realise—drugs weren't the problem. You were."

Looking Ahead

Paul's journey doesn't stop here. Having travelled to South Africa three times as part of Tiglin's outreach work, he now dreams of returning to give back—supporting others on their journey out of addiction and poverty.

"I think that's my thing—helping people. My goal is to give back."

Breaking the Cycle

One of the most rewarding parts of Paul's journey has been rebuilding his family relationships. For the first time in decades, he is truly present in his children's lives.

"I have my family back. My kids had never seen me clean in their lives—they're 33 and 35. But now, I'm there for them. I'm present. And that means everything."

“ Right now, in the community, I’m not ‘Paul the addict’ anymore. I’m just Paul. People don’t know my past unless I tell them. And for the first time, I see a future—one where I give back and help others find their way too.



Family Support

Restoring Bonds and Bringing Families Back Together

What is it like to be a concerned loved one of a Tiglin student? For many, it begins with a profound sense of relief. Once your brother or sister, son or daughter, partner, or friend walks through the doors of Tiglin, you may feel like you can finally breathe again. The weight of addiction is lifted, and for the first time in years, you can sleep, rest, and find a sense of peace.

But peace is often accompanied by worry. Will they be okay? Will they complete the program? What if they leave—can you return to the chaos of before? And what about the children? As they begin to settle, new fears arise about what lies ahead.

Then the phone rings, and your heart freezes. A gentle voice from Tiglin's support team reassures you—nothing is wrong. They invite you to a support group where others understand your journey. Addiction doesn't happen in isolation, and neither does recovery.

You are not alone, and this realisation brings a sense of peace. The team explains that counselling is available for you and your children and that you can call anytime with questions or concerns.

In the weeks that follow, as your loved one settles into their program and calls home more often, you may feel a mix of emotions. Relief and happiness clash with frustration. They are receiving the help they need while you shoulder the daily challenges of managing the household, helping with homework, and calming tantrums. You wouldn't want to return to the past, but the anger surprises you.

Attending an in-person support group becomes a turning point. You meet others who share your feelings and learn that it's okay to have conflicting emotions. You discover strategies for self-care amidst stress and hear stories from families further along in their journey. These insights help restore your peace.



You realise your children could benefit from support too. Through Tiglin, they start play therapy to process the stress they experienced during addiction. Meanwhile, you join the Parents Under Pressure (PUP) course and discover you're a better parent than you thought. Once again, peace returns.

Meanwhile, your partner is also participating in PUP at Tiglin, and as your family grows stronger, you choose couples counseling. As your loved one moves into aftercare, you prepare for the transition back home. Together, you learn to communicate, listen, and build a stronger foundation. Progress is made, even if perfection is elusive.

You have support, and support brings peace.

Family Support Supports in 2024

120 Adult Counselling Sessions

76 Children Counselling Sessions

41 Parents Under Pressure One-on-one sessions

10 Parents Under Pressure Educational Groups

220 Over-the-Phone Family Support Sessions

12 In-Person Family Support Sessions

52 Family Members Support Group Sessions



Rise at the Cove

The Best of Community and Employment Opportunities

The year 2024 marked another incredible chapter for Rise at the Cove, where the café continued to offer training and work experience for both current and former Tiglin students. Many participants successfully transitioned into employment in other establishments, using the skills they developed at the café to build brighter futures.

St. Patrick's Day brought a festive highlight with local JD magicians delighting the crowds. Another milestone achievement was Rise being shortlisted for Ireland's Best Flat White at the prestigious Gym + Coffee «Make Life Richer» Awards, a recognition of the café's commitment to quality.

In March, the café witnessed a heartwarming and life-saving event. A customer suffered a heart attack, but thanks to the quick actions of staff, customers, first responders, and emergency services, her life was saved. This led to a First Responders Appreciation Evening at Carraig Eden, attended by the woman, her family, and the responders. Her daughter delivered a heartfelt

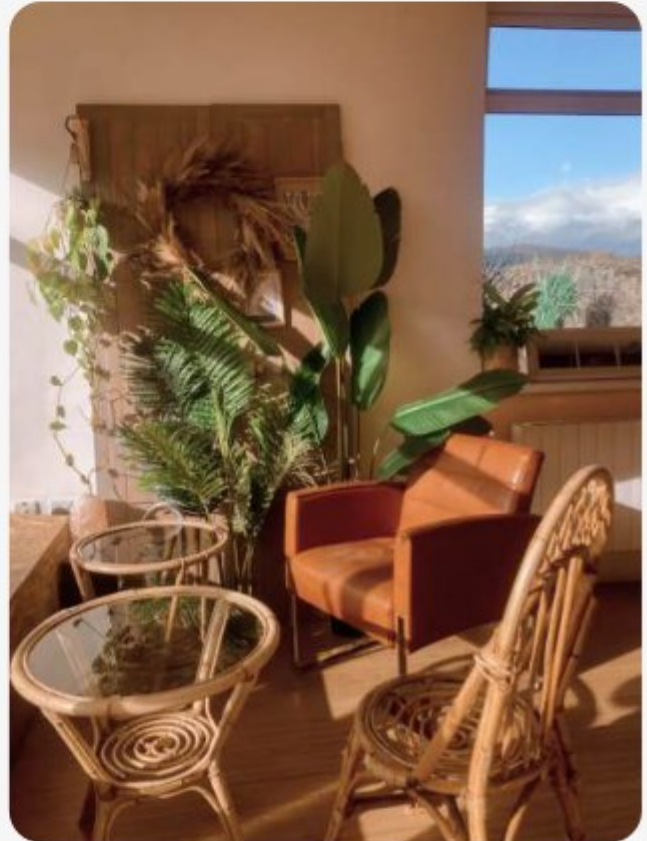
speech, expressing gratitude for having her mother alive and well. The evening saw an incredible turnout, including coastguards, Gardaí, firefighters, and other first responders.

Rise also continued its sustainability journey by introducing a «We Keep Your Keep Cup» shelf, encouraging regulars to leave reusable cups at the café to reduce waste.

The café went fully compostable with its packaging and removed its general waste bin, aligning with its environmental values.

December brought the highly anticipated annual Sleepout event at the Marquee in Greystones Marina. The night featured local musicians and a special appearance by Late Late Toy Show star Abiha Mansoor. The evening concluded with a cozy Home Alone marathon on a 20-foot inflatable screen, creating cherished memories for all who attended.

At its heart, Rise at the Cove remains a community hub. Weekly gatherings like the Coffee Run and mum-and-baby meetups foster connection and camaraderie. Looking ahead to 2025, Rise aims to deepen its community impact, ensuring the café continues to serve as a space where locals can connect, grow, and thrive.



Jobs created by our social enterprise

18 Rise at the Cove

3 The Rise Bakery





LIFE. RESTORED. Service User Evaluation

Our Evidence-Based Approach to Recovery

From 2019 to 2023, we at Tiglin have been gathering impactful data on the effectiveness of our recovery services across our Men's Centre, Women's Centre, and Reintegration Programme. This study, conducted by leading social researcher Janet Robinson, was officially launched by Taoiseach Simon Harris T.D. at Government Buildings. The report highlights how our evidence-based approach empowers individuals to regain control over their lives.



"This is a truly transformational programme. This project is about making sure everyone gets a chance to reach their full potential in life, and it is clear it is working."

~ Taoiseach Simon Harris

Through tools for emotional regulation, self-awareness, and supportive relationships, we've seen lives transformed. Graduates like Owen and Jenny exemplify the life-changing impact of our work. You can read the full LIFE. RESTORED report on our website or contact us to request a copy.



Scan to view
the Evaluation



Extra Highlights

South Africa Continues to Strengthen Recovery



Photo above shows the 'Cara well', Cara 'friend' in Irish is a water pump sponsored by Tiglin students. This well now provides clean water to a under-served community of over 50 people.

In 2024, our partnership with South African non-profit Walking on Water NPC continued with two trips to the region. A key part of our support was helping introduce the Celebrate Recovery programme to their community recovery meetings near Paarl, in the Western Cape.

Led by Johan Groenewald, **Celebrate Recovery** has now been approved and accredited by the Department of Correctional Services. It will be the first programme of its kind to run in several national prisons, and Walking on Water is also preparing to launch a daytime recovery programme designed to build essential skills.

The first 2024 trip was led by Chaplain Erich Fisher and Jay Bobinac, who worked on various community projects. The second trip included CEO Phil Thompson and Aftercare Programme Manager Kevin Burke. These visits continue to strengthen the recovery journey for those in our care- especially through the friendships formed in South Africa.

Not At Home Sleepout

On Friday, 6th December, Tiglin's Not at Home sleepout united the Greystones community at Greystones Marina to raise awareness for homelessness and support Tiglin's services. Despite the cold, warm spirits prevailed as the event raised an incredible €10,895. Attendees enjoyed unforgettable performances, including Late Late Toy Show star Abiha's rendition of All I Want for Christmas, alongside local musicians. The night ended with Christmas films before participants settled in for their sleepout, offering a brief but eye-opening glimpse into sleeping without shelter.



Introduction of saunas, ice baths and breath therapy

In 2024, with a secured grant from the Department of Justice - both the men's and women's centers have been equipped with saunas and ice baths, complemented by structured breath therapy. These additions are already enhancing recovery by reducing stress and promoting overall well-being.

Research shows that contrast therapy (sauna and ice baths) boosts circulation, reduces inflammation, and enhances stress resilience, while breath therapy regulates the nervous system and lowers anxiety.



Ways to Get Involved

There are many ways to help us here at Tiglin and make a difference in seeing lives changed and impacted. If you'd like to get involved, here are a few ideas to get you started.

You can always make an individual donation through our website: www.tiglin.ie

- €10 will provide a hot meal and a care package of toiletries, socks and underwear
- €55 will provide an hour of counselling for someone coming from trauma or facing addiction
- €100 will provide a starter kit for someone moving into a new home)



| Ways to Get Involved

As an Individual:



Could you give an hour or two a month to be a mentor for someone going through our residential rehabilitation program?



Could you give a morning, an afternoon or an evening per week to help serve food and make cups of tea at our homeless service in Dublin?



Do you have a skill you could come and teach vulnerable adults as a one-off, or for a few sessions?



Have you considered including a legacy donation to Tiglin in your will?



Could you organise an event to fundraise for us, or participate in a sponsored event?



Follow us, like and share our posts on social media

As an Organisation:



Could your organisation donate items, such as food or warm clothing for our homeless outreach service at the Light House in Dublin?



Would your staff like to spend a team-building day volunteering in our soup kitchen, gardening, or helping decorate a building?



Does your organisation have a charity partner?



Could your organisation sponsor a building, a service or a project?

If you'd like to get involved, we'd love to hear from you!

To enquire about any of these opportunities, or to suggest another idea, email us at **admin@tiglin.ie**

| With continued support from



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council



The Community
Foundation for Ireland

HEA

HIGHER
EDUCATION
AUTHORITY



Homeless Care
CARING FOR KILDARE'S YOUNG HOMELESS



An Roinn Coimirce Sóisialaí
Department of Social Protection



An Oifig um Chosaint
Idirnáisiúnta
International Protection
Office



SE
TU

Oileolaíocht
Teicneolaíochta
an Oirthuaiscirt
South East
Technological
University



Féilidhearsaíocht um Othaoine ar Easpa
Dáilíne Réigiún Bhaile Átha Cliath
Dublin Region Homeless Executive



Tiglin
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