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FINGLAS ADDICTION SUPPORT TEAM

2024 ANNUAL REPORT



CELEBRATING 20 YEARS OF FAST

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Welcome Introduction

“Building a Legacy,
Embracing the
Future.”

Introduction from the Chairperson

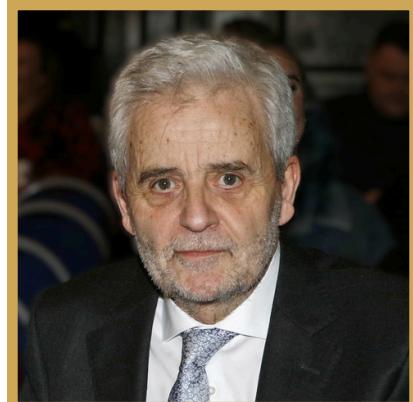
I am delighted to present FAST's annual report, reflecting on another year of growth, achievement, and dedication to our community.

This year has been a remarkable one for FAST, as we celebrate our 20th anniversary. From our humble beginnings, guided by the vision and dedication of our founders, we have grown into a purpose-built centre that continues to serve the Finglas community with compassion, professionalism, and commitment. It is a testament to the dedication of so many who have contributed to our journey over the last two decades.

Our focus remains firmly on community work in Finglas, and the response to our initiatives, particularly the Family Support Programme, has been overwhelmingly positive. Families have engaged with us in large numbers, and it is inspiring to witness the impact this support can have on lives. We are equally excited about the addition of our services in Cabra, which represents a new chapter in extending our reach and responding to community need.

Collaboration continues to be at the heart of our achievements. Our strong partnership with the HSE has enabled us to deliver high-quality services across our programmes. Building on this collaboration, we also launched an innovative social media campaign this year, which successfully raised awareness of the supports available to those affected by cocaine use. This initiative demonstrates FAST's commitment to using modern tools to engage with the community and share vital information in a timely and effective way.

Our work would not be possible without the generosity of the community. The donations we receive play a vital role in sustaining and expanding our programmes, and to all who contribute, we extend our heartfelt thanks.



Equally, I want to acknowledge the incredible dedication of our staff, whose commitment and professionalism ensure that FAST delivers meaningful support every day.

While we have much to celebrate, we cannot ignore the challenges facing our community—notably the continuing growth of drug and alcohol misuse. These issues demand resilience, adaptability, and innovation, and we are committed to meet them. To this end, we are developing a new strategic plan in collaboration with key stakeholders, ensuring that FAST continues to meet the evolving needs of the communities we serve.

Finally, I want to thank all of our voluntary board members, who generously give their time, expertise, and advice. Your guidance is invaluable in steering FAST towards a strong, sustainable future.

As we look forward, I am confident that, with the continued support of our staff, partners, funders, and community, FAST will continue to make a lasting difference in the lives of those we serve.

Peter Brennan

Peter Brennan
Chairperson

Message from the CEO

Looking back on 2024, I am struck by both the scale of work FAST has delivered and the extraordinary commitment of our team. This was a year of reflection, learning, and strategic change — guided by our mission, our community, and the values that have shaped FAST over the past 20 years. As we mark two decades since our founders established this organisation from humble beginnings, it is inspiring to see how their vision continues to guide and strengthen everything we do.

In 2024, we shifted from broad outreach to targeted in-reach programmes, supporting hard- to-reach groups such as employed individuals with problematic cocaine use, those at rising risk from alcohol, and vulnerable women in maternity care. We strengthened evidence-based, high-quality one-to-one support and staff training, including CRA and 5-Step accreditation, while maintaining the breadth of group work that remains a cornerstone of FAST's services. In many ways, 2024 was a year of thriving through change.

The Cabra team continued to grow under a new Team Leader, despite challenges with accommodation. Service numbers increased on 2023 levels, and the team successfully rebranded as the Cabra Alcohol and Drug Team, focusing on specialised one-to-one work. We are excited for 2025, having secured new premises and looking forward to expanding services in the community.

One of our highlights in 2024 was the development of our cocaine-specific work and social media campaign. I vividly remember the day the LUAS advertisement went live — the atmosphere in the building was electric. This initiative demonstrated the team's creativity and willingness to try new approaches, pushing boundaries and finding innovative ways to reach people who may not otherwise seek support.



I am deeply proud of the FAST team. Their compassion, commitment, and professionalism are the reasons our organisation continues to make a meaningful difference. I want to sincerely thank them for embracing change, trusting the process, and bringing heart and integrity to their work every day.

I would like to express my gratitude for the ongoing support FAST receives from the HSE and the Finglas and Cabra Local Drug and Alcohol Task Forces, which is essential to the success of our work. In particular, I wish to acknowledge the collaborative initiatives undertaken with HSE Addiction Services in 2024, which we look forward to continuing in 2025.

As we celebrate 20 years of FAST, it was wonderful to reconnect with the original founders and former CEO during the anniversary film. Their stories were both inspiring and humbling, and it is a privilege to continue building on their vision and legacy in partnership with our team, our community, and those we serve.

Finally, I want to thank our service users. Their courage, honesty, and determination inspire us all and continually remind us why this work matters. By placing their trust in us, we are privileged to support them on their journey.

Deborah Morgans

Deborah Morgans
Chief Executive Officer

Vision, Mission & Values

Vision

Every person experiencing drug and alcohol problems, and their families, will be offered the help they need, when they need it.

Mission

We will provide fair and inclusive access to high quality care delivered in a professional and seamless way to every person experiencing problematic drug and alcohol use. We will support every family impacted by problematic drug and alcohol use, so that everyone has an equal opportunity for recovery and to lead a fulfilled life.

Values

We will provide fair and inclusive access to high quality care delivered in a professional and seamless way to every person experiencing problematic drug and alcohol use. We will support every family impacted by problematic drug and alcohol use, so that everyone has an equal opportunity for recovery and to lead a fulfilled life.

At FAST we have a set of five core values that shape and inform everything that we do:

Dignity

We create a respectful, supportive and confidential environment for people who use our services, for our staff and for our volunteers.

Integrity

We demonstrate integrity, transparency, and accountability in our practices, organisational systems and structures.

Empowerment

We support individuals to achieve their personal recovery goals and to connect positively with their families and their communities.

Quality

We are committed to evidence-based practice and continuous improvements in service delivery.

Compassion

We listen carefully, have empathy and act with positive intent.

Our Impact In Action

“Turning insight into
action and action into
impact.”

Cocaine Social Media Campaign

2024 marked an exciting and innovative period for the FAST team as we launched a new social media campaign aimed at raising awareness of cocaine-specific supports. Recognising that traditional advertising methods were no longer effective in reaching our target audience, we made a strategic decision to adopt a more contemporary and creative approach.

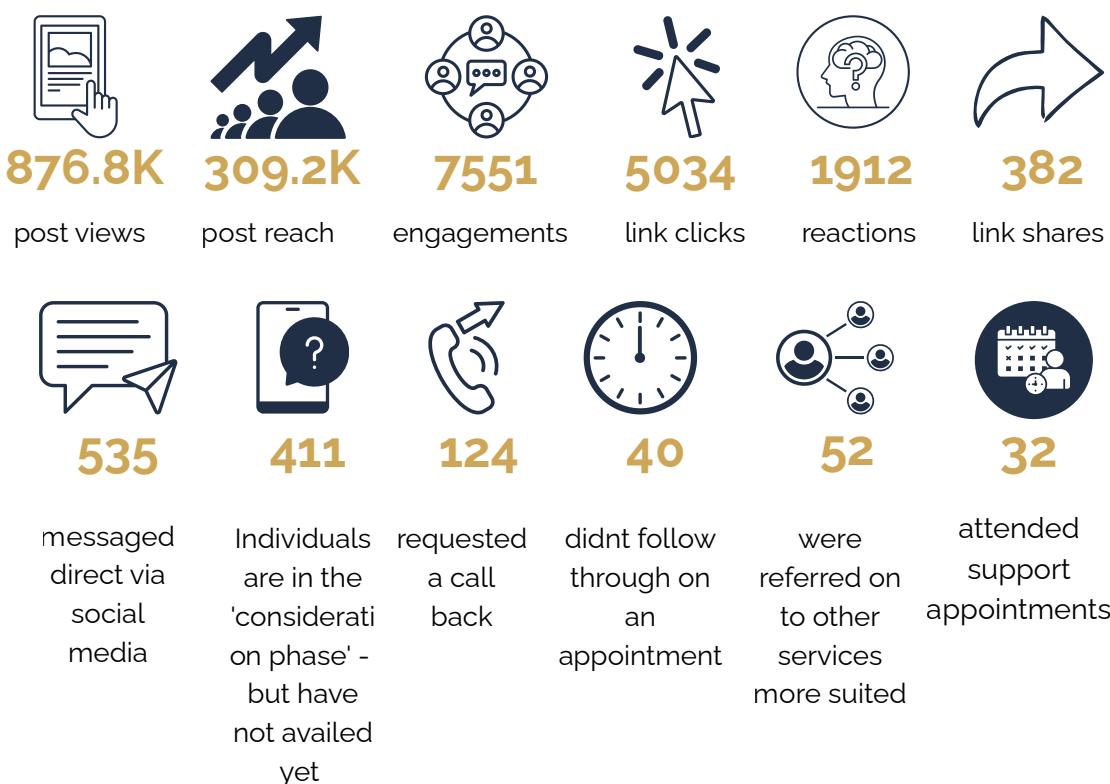
The campaign kicked off starting with an advertisement across 100 straplines on the Luas red and green lines in January. In February it was rolled out across FAST's Facebook and Instagram platforms on behalf of the HSE and Section 39 organisations across North Dublin and county. Weekly advertisements were posted throughout the year. While engagement was initially slow, the campaign steadily built momentum. Considering the well-documented challenges of engaging people who may be reluctant or ambivalent about seeking support, the overall response to the campaign was exceptional.



Building on this success, FAST explored additional innovative methods of engagement and collaborated with Conor Ryan, also known as The Buddy Cup. A QR code linking directly to the cocaine services section of the FAST website was printed on coffee cups used in his North Dublin outlets. Customers who scanned the QR code were immediately directed to information on available supports. Conor also promoted the campaign through his own social media channels, resulting in 380 visits to our cocaine support page via the QR code.



Over the course of the year, FAST received 535 direct messages through social media requesting information on cocaine services. All messages were actively monitored and responded to by FAST staff.



Targeted Cocaine Interventions

Cocaine Service Provision: Innovation, Partnership & Impact

Cocaine service provision was a key focus of FAST's work throughout 2024. In close collaboration with the HSE, Section 39 organisations, and HSE clinical addiction services, we continued to respond proactively to the evolving challenges associated with cocaine use, delivering targeted, evidence-informed programmes directly within the community. The standardised manual used in our cocaine groups was co-developed by Section 39 organisations which FAST represented along with Coolmine, HSE clinical addiction services, and HSE management, ensuring consistency, quality, and best practice across all delivery.

Reduce the Harms from Cocaine Group

FAST delivered structured cocaine group programmes using this manual for individuals in employment who were experiencing problematic powder cocaine use. These groups provided a supportive, non-judgemental space for participants to reflect, learn and make meaningful change. In 2024, 30 individuals completed the FAST cocaine groups, reporting significant positive outcomes including improved relationships, better financial stability, enhanced mental health, and a marked reduction or complete cessation of cocaine use.

72%

Completion rate

100%

Reported positive behavioural change

74%

Increased knowledge of harm reduction techniques

47%

Referred to further treatment

“

"This programme came to me at the right time and I needed it"

”

“

"This place (FAST) is the best thing to happen to the Finglas community"

”

“

"I learnt to think about the consequences of every decision no matter how small"

”

100%

Demonstrated increased awareness of cocaine

75%

Reported decrease in cocaine use

28%

Number of people who withdrew from the programme

44%

Referred to other groups

Targeted Cocaine Interventions

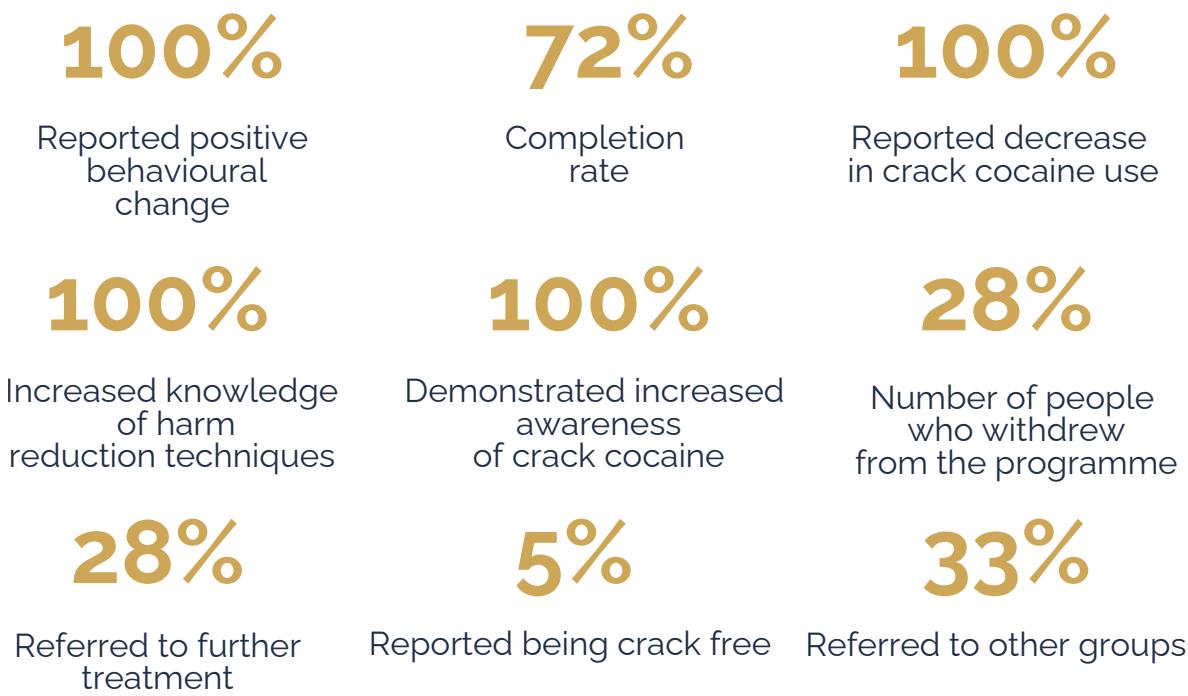
Contingency Management Programmes

FAST's outreach team also delivered crack cocaine contingency management groups to women residing in Tus Nua, which provides accommodation for women leaving The Dochas Centre, many of whom have complex needs and are vulnerable within the community.

Contingency management is an evidence-based intervention designed to reduce drug use by offering voucher-based incentives in exchange for drug-free urines. In this context, vouchers were exchanged for group attendance, reflecting our belief that engagement is the first step towards considering choices and behaviour change. By recognising the challenges crack users face including physical, emotional, and mental health difficulties, this approach provided a structured, supportive space to encourage participation.

The team also collaborated with The Voyagers Programme to deliver the programme within the community, aiming to positively influence the drug-using behaviour and choices of peers.

Participants also reported an increased satisfaction over several key areas including: Relationships, physical health, emotional wellbeing, motivation and general happiness.



Targeted Cocaine Interventions

HSE & Rotunda Hospital Collaboration

FAST further demonstrated its commitment to innovation and early intervention by collaborating with the HSE and the Rotunda Hospital to pilot a new initiative supporting pregnant women using crack cocaine. This pioneering approach brought specialist addiction support into maternity care settings, strengthening pathways between services and ensuring women received timely, compassionate, and coordinated care during pregnancy.



Across all cocaine-related initiatives in 2024, FAST continued to push boundaries, test new approaches, and work collaboratively to reduce harm, improve outcomes, and respond to emerging needs in a dynamic and evolving drug landscape.

Irish Healthcare Awards

FAST, in partnership with the HSE and other key organisations, was shortlisted for an Irish Healthcare Award in Innovation in Primary Care for our three-year cocaine programme. While we did not win, being shortlisted from approximately 500 entries was a significant achievement. The programme's innovation comes from our cocaine social media campaign, using creative messaging to reach people who may need support and services. The event also gave us valuable opportunities to network and strengthen relationships with our funders.

Attending alongside the FAST CEO were partners from the HSE, Soilse, Coolmine, and Tolka River Project, reflecting the strong collaboration and commitment behind this initiative



SAOR EBI

Pilot Programme

SAOR Extended Brief Intervention

This is a pilot programme across North Dublin, developed in collaboration between Section 39 organisations and the HSE, aiming to standardise alcohol supports across the region. Training for practitioners began in 2023 and was completed in Q1 2024, with 15 practitioners trained across the pilot sites.

The Integrated Alcohol Service receives referrals from GPs, 250 referrals were received in the first year of the pilot and these are filtered to trained SAOR practitioners, providing a free, person-centred, community-based service to support healthier alcohol use.

The FAST Cabra team has actively embraced this new and exciting initiative, delivering support at Ballygall Health Centre (80 clients), Navan Road Primary Health Centre (65 clients), and Grangegorman Primary Health Care Centre (45 clients). This demonstrates their commitment to meeting community needs, identifying service gaps, and contributing to a standardised, accessible approach to alcohol support.



190

Individuals referred for EBI



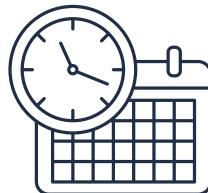
190

Individuals contacted and offered appointments or referred to more suitable services



34

Individuals attended



178

Appointments offered



151

Appointments attended

Development of Cabra Service

CAD's - Cabra Alcohol & Drug Service

2024 marked an exciting period of growth and new beginnings for the Cabra team. Andy Robertson took on the role of Cabra Development Lead and alongside Project Worker Shaen Delany, continued to expand caseloads, further develop the SAOR Brief Intervention programme, and strengthen connections across the Cabra community.

Temporary office space was secured at Broombridge, along with counselling facilities on Cabra Road, while plans for permanent accommodation were explored, laying the foundation for future expansion.

This year also saw FAST Cabra re-branded as the Cabra Alcohol and Drug Service, with a fresh new logo and an active social media presence, signalling a bold step forward in raising awareness and engagement within the community.

Towards the end of the year, we agreed to collaborate with the Northwest Partnership and secured new accommodation to house both Cabra-based teams. The opportunity to share space with the Partnership signals a new approach to working together, enabling the teams to provide services collaboratively and opening opportunities for significant referral pathways. This marks an exciting new chapter for the service as we move into 2025.

With these developments, the Cabra team is well-positioned to build on its achievements, broaden its reach, and continue making a meaningful difference in the lives of those it supports.

Removing Barriers to Support

When a client began missing appointments due to her child's anxiety during the transition to secondary school, CADS acted quickly to find a tailored solution. With the client's consent, we engaged the local Cabra for Youth service and successfully secured a dedicated youth worker to support her daughter while the client attended her sessions. This allowed both mother and child to engage with services at the same time, reducing stress and improving accessibility, showcasing CADS' flexible, client-focused approach.



Supporting Individuals And Families

“Empowering
individuals, supporting
families.”

Outreach & Family Support Team

Outreach

The FAST Outreach Team provides essential support and resources to individuals facing addiction, with a focus on vulnerable people who might not otherwise reach out for help. The team works closely with each person to create practical care plans, offering one-to-one and group support to encourage recovery, resilience, and successful reintegration into the community.

A key part of our work is connecting with organisations like Tus Nua supported accommodation for women, offering tailored support to women dealing with addiction. The team also runs pre-release and Treatment and Recovery Support groups within the Irish Prison Service and provides one-to-one support on request, helping people prepare for life back in the community and ongoing support after release.

We also support individuals with addiction issues while in hospital, helping ensure care continues smoothly when they return to the community.

FAST Outreach is committed to creating a safe, compassionate, and non-judgmental environment where people feel supported to make positive changes. By helping individuals take steps toward healthier lives, the team contributes to stronger, healthier communities and long-term recovery.

Family Support Service

The FAST Family Support Service provides vital support to families and concerned others in our community who are impacted by a loved one's problematic alcohol or substance use. Our team of highly skilled Family Support Workers deliver evidence-based interventions, alongside education and information, to support family members in managing challenges that are often beyond their control. FAST offers both one-to-one and group supports, ensuring families can access help in a way that best meets their needs.

Group supports include psychoeducational programmes and the internationally recognised 5-Step Method, stress-strain-coping and support model (SSCS). These programmes equip family members with practical tools and skills to reduce the impact of problematic alcohol or substance use on their own wellbeing and daily lives.



Stigma and shame are significant challenges for many family members affected by substance use. Engagement with FAST Family Support greatly reduces these feelings, as individuals connect with others who have shared experiences and realise they are not alone.

As part of Recovery Month in September, FAST hosts an annual Family Support Conference. This event provides family members with opportunities to access information and education through keynote speakers, alongside holistic therapies that promote self-care and wellbeing. By coming together in a supportive environment, the conference fosters connection and empowerment, core principles at the heart of the FAST Family Support Service.

FAST Outreach is committed to creating a safe, compassionate, and non-judgmental environment where people feel supported to make positive changes. By helping individuals take steps toward healthier lives, the team contributes to stronger, healthier communities and long-term recovery.

FAST Services

Team

Services Team

FAST Services team offers a variety of in-house supports to people wishing to make changes in their drug and alcohol use. In 2024, we continued to engage "hard-to-reach" populations through targeted programmes, including alcohol and cocaine services, with a strong emphasis on one-to-one support work.

Our Recovery Pathways programme consistently supports individuals seeking positive change, helping them to reduce or stop drug and alcohol use.

This year, the programme undertook a special art project in collaboration with CDETB to honour Christy Dignam, a much-loved figure in the Finglas community. Work with women's groups and the Aftercare programme continues to thrive and remains in high demand.

We have strengthened collaborations with the HSE, including the Alcohol Brief Intervention Programme and cocaine-specific initiatives.

Our dedicated cocaine practitioner Trish Mestres has played a pivotal role, delivering cocaine-specific training to other organisations in the local and surrounding areas, facilitating four cocaine specific groups, and adapting their workload to support vulnerable women in collaboration with the Dove Clinic at The Rotunda Hospital.

Cocaine-specific one-to-one casework has also increased, with Trish taking a keyrole in the North Dublin cocaine awareness campaign, acting as a triage point for local service provision.

A strengthened referral pathway has been established between FAST and the Connolly Psychiatric Team in Blanchardstown, ensuring timely access to psychiatric support for service users.

Amidst many changes in 2024, the FAST team has thrived, demonstrating adaptability, commitment, and resilience, ensuring services continue to meet the needs of those most in need.

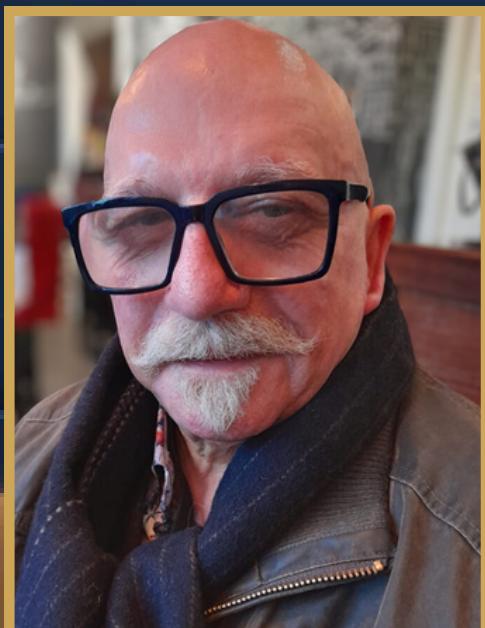


Celebrating Volunteer Tony McCarthy

Tony McCarthy has been a valued volunteer with FAST for over seven years, providing dedicated family support to our participants. His expertise, compassion, and commitment have made a meaningful impact on the families we serve.

Tony brings a wealth of skills to his role, including his musical talents, which have enriched our programmes and fostered joy and connection within our community. His strong interagency and networking abilities have strengthened partnerships and enhanced service delivery. Known for his professionalism, positive attitude, and approachable nature, Tony is a truly inspiring presence within our organisation.

Throughout his time with us, Tony has continuously invested in his professional development, expanding his skills and knowledge to better support the families in our care. His dedication and generosity exemplify the values of FAST, and we are deeply grateful for his ongoing contribution to our service and the wider community.





In Memoriam

Lorraine Giltrap

We remember with great sadness Loraine Giltrap, a dedicated and valued member of our team who passed away in December 2023. Loraine's work had a profound and lasting impact on the many clients she supported, and she was a true asset not only to our organisation but to the wider community.

In 2024, alongside Loraine's partner John and her children, Clara and Andrew, staff and members of the community came together to hold a swim in her honour, celebrating her life, compassion, and commitment to others. Loraine will always be remembered for her warmth, dedication, and the difference she made, and she remains firmly in our thoughts.



Behind The Scenes

“Quiet Work, Lasting
Impact”

Administration, Finance & Maintenance Team

Behind The Scenes

You see our frontline teams in action, but there's a quiet group making it all possible every day. Here's a glimpse of what life looks like behind the scenes.

Administration

"People don't always see what we do, but we're the first point of contact," says one team member. From answering sensitive calls and emails to managing systems and reports, the admin team, Bernie, Liz & Johanne keeps everything running smoothly. They also make sure our story is heard online and in the community, helping people know support is available and that they're not alone.

Maintenance & Caretaking

Morning walks through the building, fixing a leaky tap, tending gardens, checking safety equipment, the Jimmy & Joe's work is everywhere, even if it goes unnoticed. "We want people to feel calm, safe, and respected the moment they arrive," one team member explains. Every clean space, every repaired room, every cared-for garden makes a difference.

Finance

Behind every service is careful planning. "We make sure every euro is used wisely so the teams can do what they do best," shares a finance team member. They track budgets, manage funding, and provide the oversight that keeps the organisation sustainable.

Board of Directors

Guiding it all is our Board of Directors. They provide governance, strategic oversight, and support to ensure the organisation stays true to its mission. Their work may be mostly behind the scenes, but their decisions and guidance help make sure our services are safe, effective, and sustainable for everyone who depends on us.

Together, our admin, caretaking, and finance teams form the backbone of the organisation. Their work happens behind the scenes, but its impact is felt in every interaction, every space, and every service we provide. This is the work that makes our work possible.



FAST Garden & Finglas Tidy Towns

FAST Garden & Finglas Tidy Towns

We would like to warmly acknowledge our dedicated staff, Jimmy and Joe, for their ongoing commitment to maintaining our gardens and keeping the polytunnel thriving throughout both summer and winter.

Their care extends beyond the space itself, thoughtfully supporting wildlife, insects, and biodiversity, and creating a welcoming, holistic environment for our staff and clients to enjoy.

We are deeply grateful for the continued care of the gardens and grounds.

We would like to warmly acknowledge our valued partnership with Finglas Tidy Towns, who care for and enhance our garden in FAST, as well as green spaces throughout the Finglas community.

Their commitment to creating and maintaining welcoming outdoor spaces plays an important role in supporting wellbeing across the area.



Learning, Growth & Engagement

“Growing skills,
strengthening care.”

Staff Training Development

Staff Training & Development

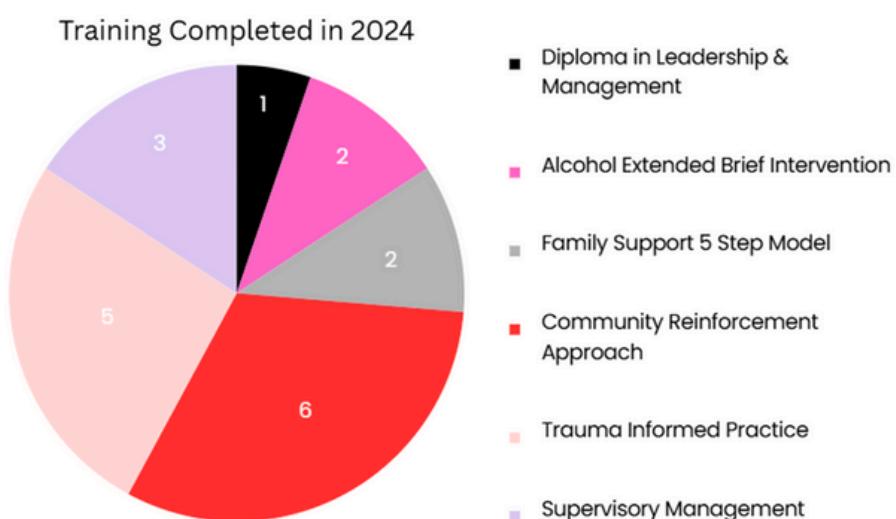
Ongoing staff development remains a core priority for the organisation, recognising that a skilled, well trained, and supported workforce is essential to delivering high-quality services.

Throughout 2024, staff participated in a wide range of accredited, evidence-based training programmes designed to strengthen leadership, enhance practice skills, and support effective responses to the complex needs of individuals, families, and communities. These programmes supported both frontline and management staff, strengthening leadership capacity, improving service consistency, and embedding best practice approaches across the organisation. Training in trauma-informed practice and evidence-based intervention models further enhanced staff ability to respond appropriately to complex and sensitive situations.

Key training areas included leadership and management, trauma-informed practice, substance use interventions, family support, and supervisory skills.

In total, 19 individual training completions were recorded across six core programmes, reflecting both continued professional development for existing staff and upskilling to meet evolving service demands. This investment ensures staff have the knowledge, confidence, and practical tools required to deliver safe, responsive, and person-centred supports.

The organisation remains committed to investing in staff learning and development as a key pillar of quality, sustainability, and staff wellbeing, ensuring that staff feel empowered to deliver the highest standard of service.



Events & Key Moments Throughout 2024

“A year of connection,
celebration, and
community.”

Events & Key Moments In 2024

FAST 2024: A Year of Connection, Recovery and Community

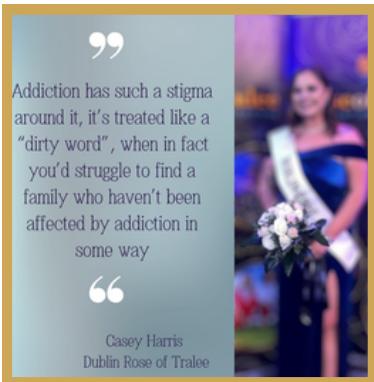
Throughout 2024, FAST continued to strengthen its commitment to recovery, wellbeing and community connection through a wide range of meaningful events and initiatives that brought together service users, families, staff and the local community.

Jan Cocaine Services campaign commences with the luas advertisement. & Visit to FAST from Minister Paschal Donohoe



Feb Cocaine Services campaign grows to include social media.

May A Memorial Tree Planting in our garden in honour of Christy, attended by his wife Kathryn, daughter Kiera, and brother Brian. Christy's life and music symbolised resilience, authenticity, and hope. He had deep compassion for people experiencing addiction and marginalisation, challenging the stigma they often faced. The tree now stands as a lasting symbol of hope and renewal, reminding us that even in difficult times, growth is possible.



July we had the honor of meeting Casey Harris, the recently crowned Dublin Rose. Hailing from Finglas, Casey was enthusiastic about using her time on the Rose of Tralee stage to highlight the vibrant community she cherishes. She won everyone's hearts during her appearance at the Rose of Tralee festival in August, where she graciously acknowledged the services offered by FAST.

Casey said of her visit to FAST "The team at FAST are doing amazing work, and I was so delighted to be invited to meet their team and some of their service users recently. The staff here are providing essential services to people in addiction or going through addiction recovery. They see past the addiction and keep to the fore that behind every person struggling is someone's child, someone's brother or sister. They help their service users through difficulty, and continue their support throughout their recovery journeys and beyond.

I was honoured to meet some past service users who have come back to work on the team at FAST, using their invaluable lived experience to help others through similar struggles as their own. Addiction has such a stigma around it, it's treated like a "dirty word", when in fact you'd struggle to find a family who haven't been affected by addiction in some way.

FAST are working hard to break this stigma through their incredible work. I am grateful for the opportunity to have visited!

Events & Key Moments In 2024



Staff wellbeing remained a core priority for FAST throughout 2024. FAST actively promotes staff wellness across the organisation, encouraging connection, balance and mutual support. This commitment was brought to life through our inaugural FAST Staff Olympics, held as the annual team-building event. The day celebrated teamwork, fun and inclusivity, while also marking Jimmy's 70th birthday, honouring a much-loved colleague and central figure within FAST. Celebrations concluded with a glitzy Oscars-style staff awards ceremony in the garden, recognising the dedication, passion and achievements of staff across FAST.



FAST was proud to have a presence at several major public wellbeing events during the year. Staff attended The Lovestock Festival, which promotes mental health and wellness, and the MindBody Experience, Ireland's largest holistic health event. These events offered valuable opportunities to engage with the wider community, raise awareness of FAST's work and promote recovery, balance and wellbeing.

The Family Support Service hosted its annual Family Support Conference, providing a vital space for families to come together, share experiences and access information, support and connection. The conference reinforced the essential role families play in recovery and the importance of inclusive, family-centred approaches.



Events & Key Moments In 2024



Recovery Month in September was marked by a vibrant programme of activities across services. Events included an interagency quiz night that strengthened collaboration and partnership, a men's recovery fishing trip offering space for connection and wellbeing, and hosting the Phoenix Warriors as one of the stops on their annual recovery run, celebrating resilience, hope and the power of recovery.



As the year drew to a close, FAST hosted a large Christmas celebration for service users across all programmes, which proved to be a wonderful success. The event brought together individuals and families in a spirit of inclusion, joy and community, marking the end of the year on a positive and uplifting note.



Evidence, Accountability & Governance

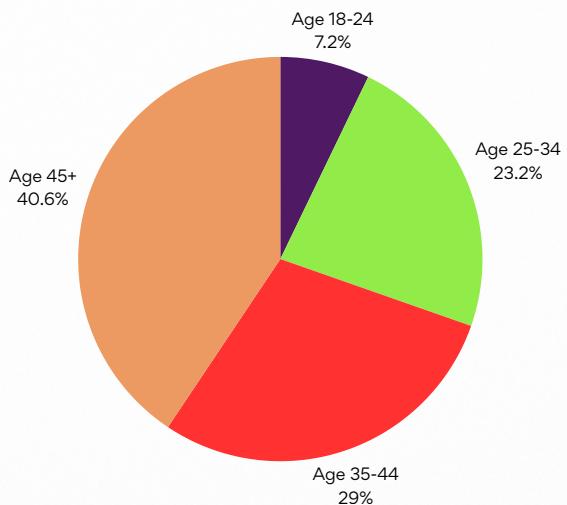
“Evidence guides us,
accountability
grounds us”

FAST Finglas

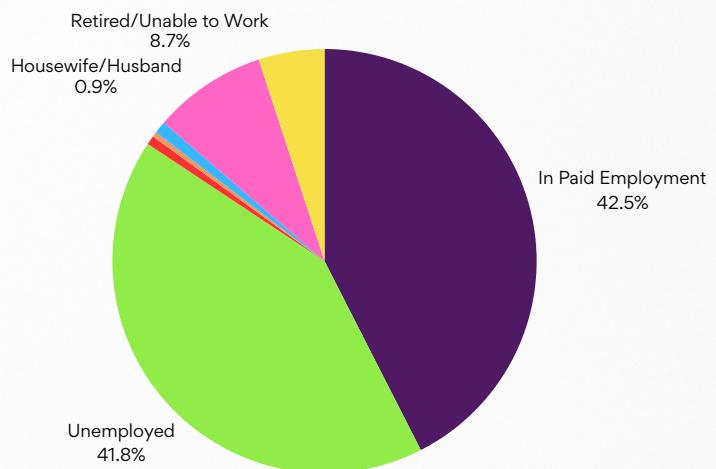
Statistics



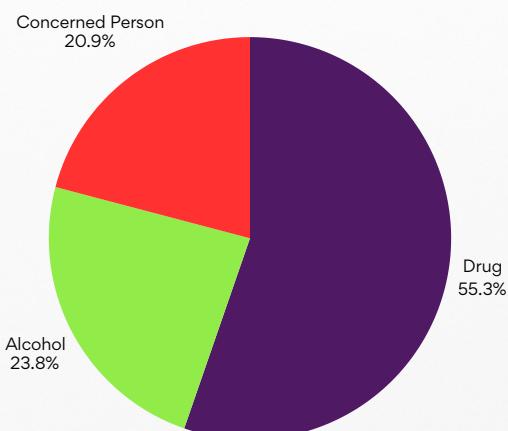
AVERAGE AGE



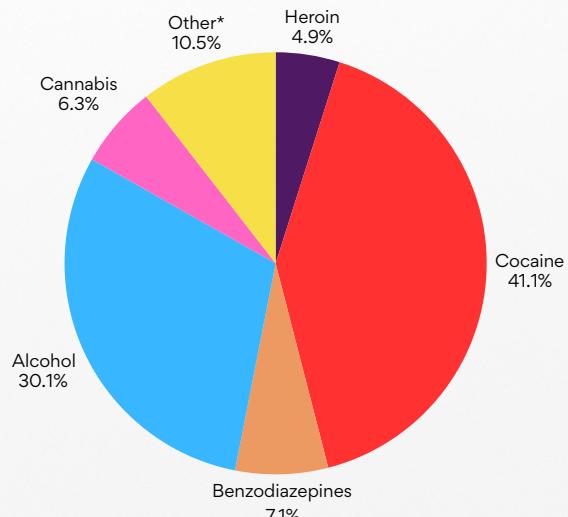
EMPLOYMENT STATUS



PRESENTING ISSUES



SUBSTANCES PRESENTING

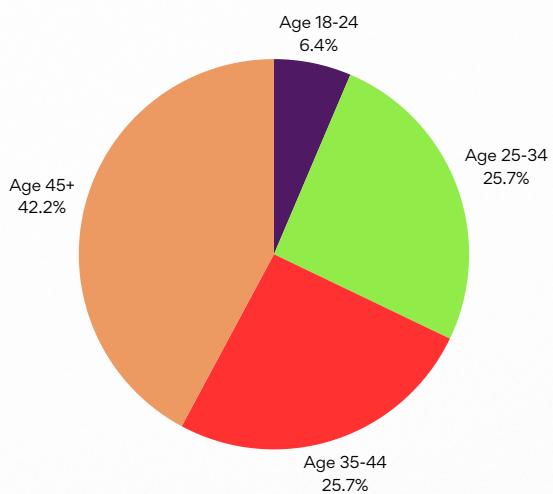


FAST Cabra

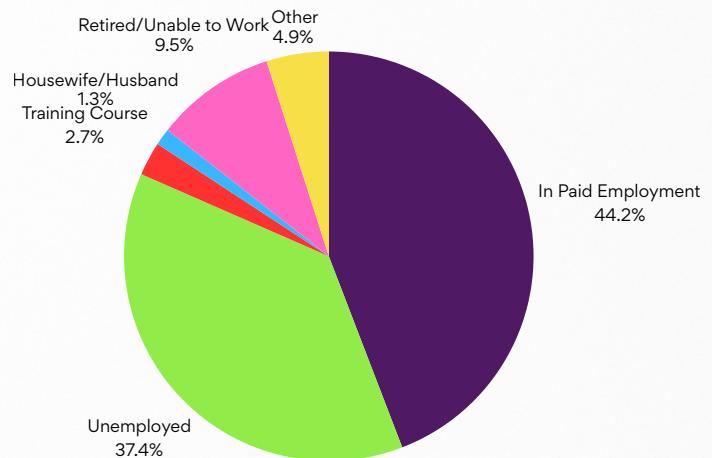
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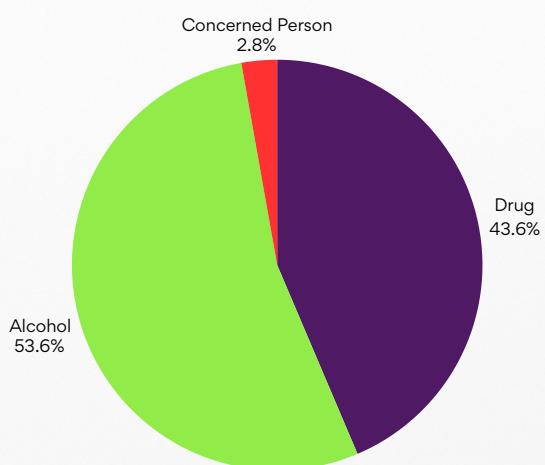
AVERAGE AGE



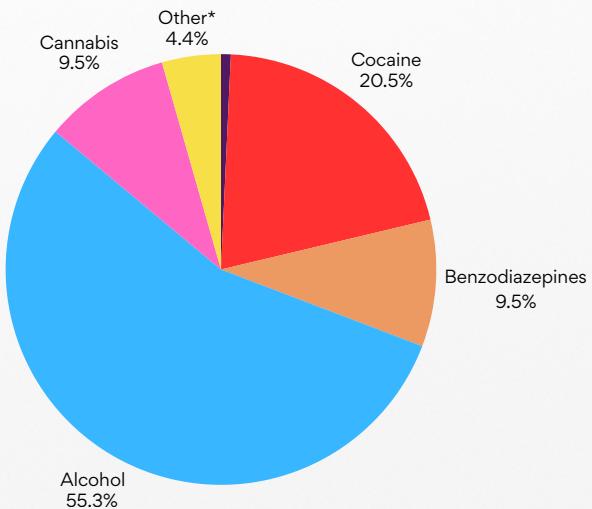
EMPLOYMENT STATUS



PRESENTING ISSUES

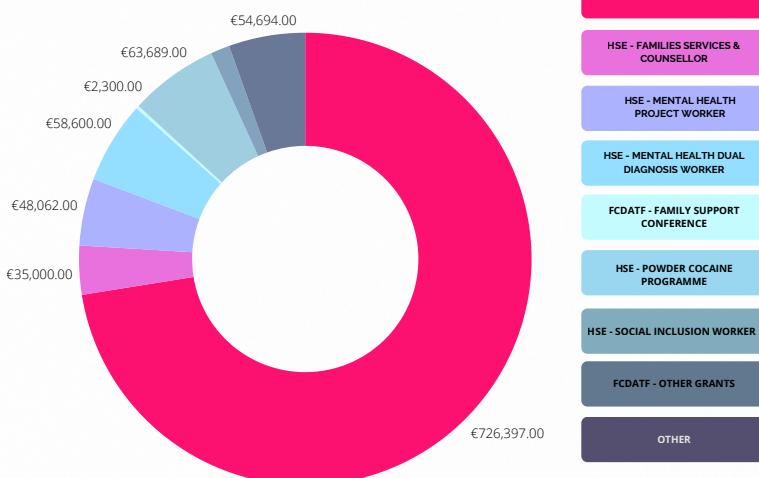


SUBSTANCES PRESENTING



Financial Overview

Funding Sources 2024



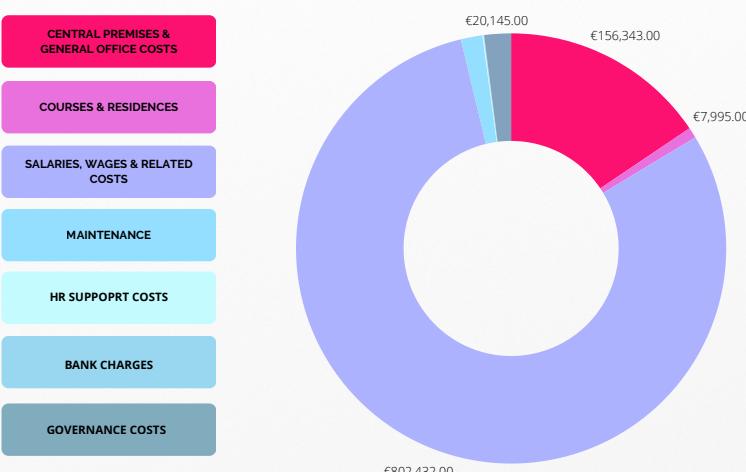
Funding from State Bodies	
€	
Health Service Executive	€945,361
Finglas/Cabra Local Drug & Alcohol Task Force	€56,994
Total	€1,002,355

Funding Generated	
€	
Donations Received	€900
Fundraising	€1,145
Total	€2,045
Total Funding 2024	€1,004,400

Expenditure 2024

Staff Costs	2024	2023
Wages & Salaries	€714,827	€688,463
Social Security Costs	€74,407	€71,540
Pension Costs	€28,042	€20,418
Total	€817,276	€780,421

Employees & Remuneration	2024	2023
Administration	4	2
Project Workers	9	14
Managers & Team Leaders	6	5
Total	19	21



Expenditure	
€	
Central Premises & General Office Costs	€156,343
Courses & Residences	€7,995
Salaries, wages & related costs	€802,432
Maintenance	€16,287
HR Support Costs	€840
Bank Charges	€448
Governance Costs	€20,145
Total Expenditure 2024	€1,004,490

Financial Overview

Statement of Financial Activities - for the year ended 31st December 2024

Income	Unrestricted Funds 2024 €	Restricted Funds 2024 €	Total 2024 €
Donations and legacies	€2,045	-	€2,045
Charitable activities	€4,220	€998,135	€1,002,355
Other income	€90	-	€90
Total Income	€6,355	€998,135	€1004,490
Expenditure Charitable activities	€4,750	€999,740	€1,004,490
Net Income/(Expenditure)	€1,605	(€1,605)	-
Net Movement in Funds for the Financial Year	€1,605	(€1,605)	-
Reconciliation of Funds Total funds beginning of the year	€1,299,033	€184,122	€1,483,155
Total Funds at the end of the year	€1,300,638	€182,517	€1,483,155

Balance Sheet - As at 31st December 2024

Total Funds	2024 €	2023 €
Tangible assets	€1,265,982	€1,304,311
Current Assets		
Debtors	€13,360	€24,049
Cash at bank and in hand	€332,583	€199,959
	€345,943	€224,008
Creditors: Amounts Falling Due Within One Year	(€128,770)	(€45,164)
Net Current Assets	€217,173	€178,844
Total Assets Less Current Liabilities	€1,483,155	€1,483,155
Funds		
Restricted trust funds	€182,517	€184,121
General fund (unrestricted)	€1,300,638	€1,299,034
Total Funds	€1,483,155	€1,483,155

Statement of Cash Flows - As at 31st December 2024

Cash Flows from Operating Activities	2024 €	2023 €
Net movement in funds	-	(€55,843)
Adjustments for: Depreciation	-	€11,604
Gains and losses on disposal of fixed assets	€38,329	-
	€38,329	(€44,239)
Movements in working capital: Movement in debtors		
Movement in debtors	€10,689	(€17,588)
Movement in creditors	€83,606	€15,713
Cash generated from operations	€132,624	(€46,114)
Net Increase in Cash and Cash Equivalents	€132,624	(€46,114)
Cash and Cash Equivalents at 1st January 2024	€199,959	€246,073
Cash and Cash Equivalents at 31st December 2024	€332,583	€199,959

Evidence of Accountability & Governance

Evidence of Accountability & Governance

The organisation is governed by a Board of Directors, which provides strategic leadership and ensures effective oversight, accountability, and compliance with statutory and regulatory requirements. The Board is responsible for setting strategic direction, monitoring performance, and ensuring appropriate systems of governance, risk management, and internal control are in place.

Board and Committees

To support the effective discharge of its responsibilities, the Board operates through two sub-committees with delegated authority under approved terms of reference:

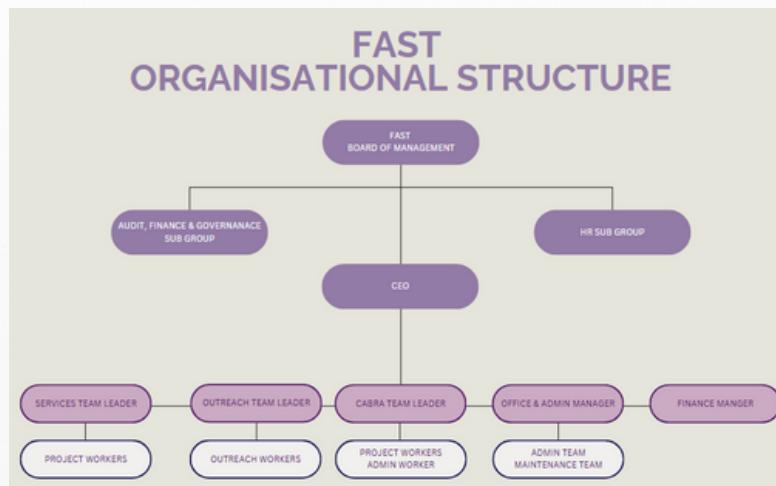
- Audit, Finance and Governance Committee, which oversees financial management, audit processes, risk management, and governance compliance.
- HR Committee, which oversees people-related matters, including workforce strategy, performance, and organisational culture.

Meetings in 2024

During 2024, the Board and its committees met as follows:

- Board of Directors: 7 meetings, including the Annual General Meeting (AGM)
- Audit, Finance and Governance Committee: 7 meetings
- Joint Audit, Finance and Governance / HR Committee: 2 meetings
- HR Committee: 4 meetings
- Annual General Meeting: 1 meeting

Peter Brennan	Chair Person
Ciaran O'Ceallaigh	Director
Cliona Dalton	Director
Denise Bronwen Maher	Company Secretary
Philomena Murphy	Director
James Kirrane	Director (Resigned May 2024)
Gerard Fallon	Director
Collette Cotter	Director
Gerard Gill	Director (Appointed May 2024)





Looking Back Looking Forward

“Twenty years rooted
in community, growing
together into the
future.”

Celebrating 20 Years

In 2024, the Finglas Addiction Support Team (FAST) proudly marked its 20th anniversary, celebrating two decades of commitment, compassion and community-driven support. Established in late 2004, FAST was founded by a small group of dedicated volunteers from the Finglas community who recognised a lack of accessible services for people experiencing drug use and for families affected by addiction. Their response was rooted in care, solidarity and a belief that local solutions matter. From these early beginnings, FAST has grown into a vital community resource.

A significant milestone in the organisation's development came in 2011 with the move to a purpose-built facility on Wellmount Road, Finglas. This space enabled the service to expand and respond more effectively to the evolving needs of individuals and families within the community. Over the years, FAST has continued to adapt, grow and strengthen its services in line with changing patterns of drug and alcohol use.

To commemorate its 20th anniversary, the Finglas Addiction Support Team (FAST) commissioned a short film documenting the organisation's journey over the past two decades, from its grassroots beginnings to its current role as a key community-based service in Finglas.

The film celebrates the courage and determination of local volunteers who, driven by a deep care for their children and their community, came together to address the need for addiction supports. It traces FAST's journey from its early days in the Janelle Shopping Centre to the purpose-built facility on Wellmount Road, highlighting the challenges overcome, the milestones achieved, and the collective energy that sustained the service. The story reflects the lasting impact of this community-driven initiative and its continued focus on supporting those in need. This anniversary film not only records FAST's history and achievements but also honours the resilience, leadership, and collaboration within the community that have underpinned the organisation's work over the past 20 years. It will be launched at a special celebratory event in 2025.

As FAST celebrates this important milestone, we acknowledge and thank the volunteers whose vision and dedication laid the foundation for the service, and the staff, past and present, whose professionalism, commitment and compassion continue to shape its work every day. We also extend sincere appreciation to our funders, partners and supporters, whose ongoing trust and collaboration make our work possible. Above all, we thank the individuals and families who engage with FAST and allow us to be part of their journey.

This 20th anniversary is not only a moment to reflect on how far FAST has come, but also an opportunity to reaffirm our commitment to supporting individuals, families and the wider Finglas community into the years ahead.



Celebrating

20 Years

Fast Beginnings - Andy Robertson

I joined manager Barbara Condon, project worker Grainne Delaney and family support/community worker Marie Kearns. In April 2005, 6 months after FAST had been founded as an initiative to provide drug and alcohol support to the Finglas Community, home was a portacabin at the back of St Helena's resource Centre with one main room, one 1-1 room and two offices.

Most of the early clients were from three main groups: Heroin users, those on methadone from Wellmout and the Barry Clinic, street drinkers who we provided a breakfast for as well as some encouragement and family members of those affected who needed to come together to support each other and these were the driving force in getting something new for the Finglas area. We tried different ideas some of which still survive today such as the Aftercare recovery group as well as Family support which will always be needed.



Most of those who drank in that really destructive way are long gone, but I would remember great laughs in the cabin, bacon butties, quizzes and karaoke. Looking back to times in this working with people there is always a mixture of remembering the laughs as well as sadness for those who did not make it either by suicide, overdose or simply that their bodies just gave up to the punishment inflicted on them. Reflecting on the early days makes me think about the power of just being interested and caring about others who may not experience that anywhere in their life.

I think a CDT has to offer, above all else, willingness to show a positive regard in all the negativity, aggression and judgement that can feel like the norm in a struggling community. We often just let clients know about other ways to live and more productive ways to behave and this alone can be enough in itself. Its an invitation to something better that is not always taken or cannot be grasped by some of those seeking help. When trends in helping strategies come and go the foundation of being willing to offer respect stays as a constant from which all good work comes from

Fast Beginnings - Michelle Quinn

I have been involved with FAST since 2007, when I was completing my counselling hours as part of my degree at St. Helens. At that time, FAST was operating out of a prefab and was experiencing significant growth, making it clear that a larger facility was necessary to meet the increasing demand for services. The Board, along with local politicians and FAST management,

worked tirelessly to secure funding for a purpose-built facility to accommodate the expanding needs of the community.

During this period, I was invited to join the FAST board as a community representative. I recall the relentless efforts and lobbying that were involved in bringing the project to fruition. Finally, in 2011, the new building was officially opened. It was a moment of great pride for me to witness President Michael D. Higgins perform the official opening. This milestone marked a significant achievement for both the organisation and the Finglas community.



Over the years, FAST has continually strived to provide the best possible service and practice. Our highly trained staff are consistently upskilling to stay abreast of emerging drug trends, ensuring they deliver the most accurate information and support to clients on their recovery journeys. What I particularly enjoy about working at FAST is the meaningful impact we have on individuals and the community. Being part of an organisation that genuinely makes a difference, providing vital support and hope to those in need, is incredibly rewarding. The dedication and passion of my colleagues also inspire me daily, fostering a positive and collaborative environment that I am proud to be part of.

Looking

Forward

As we look to the next 20 years, FAST recognises that the challenges facing our community—persistent drug use, social inequalities, and rising demand for support—are not going away. Staff may come and go, boards change, and structures evolve, but the heart of FAST—the Finglas community—remains steadfast. These enduring connections inspire us to do things differently, to innovate, and to achieve real, lasting impact. We are committed to delivering high-quality, evidence-based services that make a tangible difference in people's lives, empowering

Individuals and families, and strengthening the resilience of our community. With a focus on outcomes, collaboration, and continuous learning, FAST will continue to adapt, grow, and lead, ensuring that, for the next generation, hope, support, and opportunity remain at the heart of Finglas.





FINGLAS ADDICTION SUPPORT TEAM

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