



Tallaght Rehabilitation Project

2024
ANNUAL REPORT

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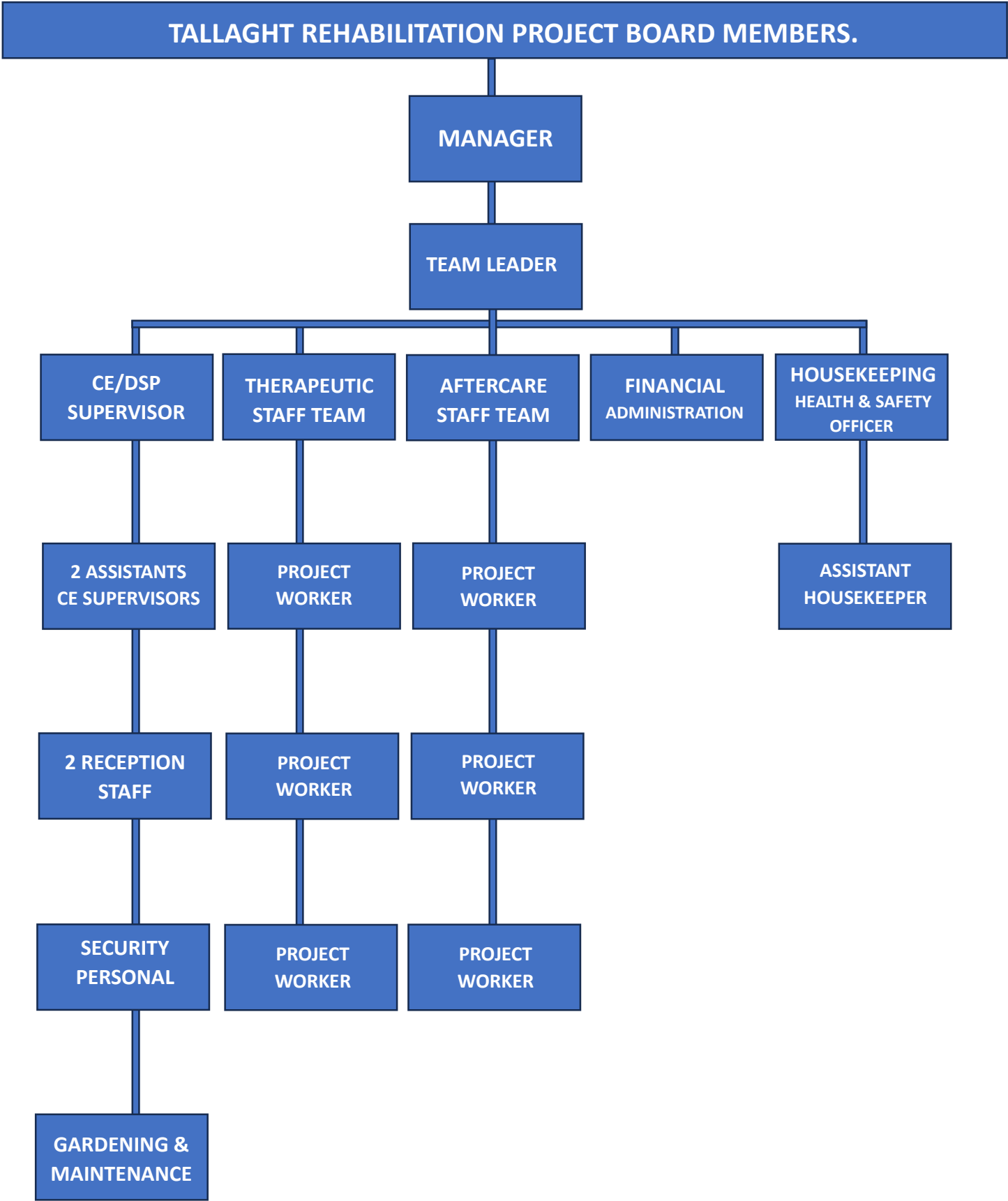
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A thank you to everyone who has supported the programme throughout the year.



TALLAGHT REHABILITATION PROJECT CLG

MISSION STATEMENT:

We believe in the advantage of rehabilitation within the community, as addiction does not happen in isolation. TRP provides a supportive and nurturing environment where participants are encouraged to work in a therapeutic process on their previous drug/alcohol use. TRP promotes a healthy lifestyle in a structured and safe way, through education and training. From this, participants are encouraged to make an informed choice to ultimately become and remain drug/alcohol free.

Values:

Tallaght Rehabilitation Project values and respects the rights and confidentiality of all our participants who engage in a recovery process that is, honest, dignified, supportive, compassionate, positive, and strives to meet the needs of our clients through evaluation and development.

Commitment and Vision:

The TRP organisation is committed to providing quality services for people who are in recovery from drug and alcohol addiction. Our organisation and programmes strive to provide quality services that are evidence based and promote good governance TRP aims to become a leader in community therapeutic rehabilitation in the Dublin 24 area.

TRP is a company limited by guarantee, CHY Number – 13829

Introduction and Background:

Tallaght Rehabilitation Project CLG is a community-based rehabilitation day programme and aftercare service for people in recovery from substance use. We provide therapeutic and holistic recovery services for the Tallaght Wide area. TRP, Kiltalown House is based in West Tallaght, and we also cover the Whitechurch (Rathfarnham) areas in our service provision. Working from a therapeutic and holistic ethos, the programmes aim to provide opportunities to enable participants to actively address behavioural issues which underpin addiction problems and to develop and enhance life skills to facilitate personal growth and recovery. TRP was established in 1997 as a community response to the spiralling substance use problems in the Tallaght wide area.

TRP is supported and funded by Tallaght Drugs and Alcohol Task Force, The Department of Social Protection, The Health Service Executive and South Dublin County Council. According to the 2016 census, Tallaght at that time had a population of 76,119. This figure is still rising along with high unemployment, early school leaving, poverty and social deprivation. Initially Tallaght Rehabilitation Project was originally given a space in the local church of St. Thomas in Jobstown to provide rehabilitation for people in the Tallaght area who wanted to enter a recovery process. In July 2005 TRP moved into Kiltalown House which is ideal for the Day Programme and Aftercare services which we provide today.

MEET THE BOARD OF TALLAGHT REHABILITATION PROJECT Clg



Chairperson & Director Seamus Massey



Secretary Joan Neville



Director
Mr. Patrick Doyle



Treasurer & Director
Mr. Frank Sage



Director
Fr. Val Martin



Director
Mr. Charles O'Connor



Board Member
Mr. Cathal King



Board Member
Ms. Louise Dunne



Seamus Massey
Chairperson Report 2024

It is a privilege for me to present this report for Tallaght Rehabilitation Project's (TRP) Annual Review 2024. This year has been a very busy and productive one for TRP. The two-day review of our strategic work plan early in the year, involving staff and management, was a great success. Our structures, programmes and schedules were reviewed and evaluated, and this informed our forward planning.

Our day programme therapeutic and holistic programmes and our aftercare programmes provided our clients with excellent opportunities to progress and achieve a drug and alcohol-free status. Five clients graduated this year and then returned to further education and employment. When clients graduate, places are offered to those on the waiting list who will have completed an induction programme.

The Box Smart Programme took place again early in the year. Congratulations to the 10 clients who successfully completed this challenging physical, mental and dietary

programme. They fully deserved their certificates at the end of the 14-week programme.

Connecting communities through recovery cycling event took place again this year with cyclists from Ballymun, Clondalkin and Tallaght taking part. Clients from the three areas cycled from Ballymun to Clondalkin and finished at Kiltalown House here in Tallaght, escorted by our local Gardaí. TRP staged our Family Day and Children's Sports day to coincide with this event. Our thanks to the Local Drug and Alcohol Task Forces, to the clients who participated and to the local Gardaí who ensured that all participants arrived safely.

"Celebrating Recovery" night took place to a full house during September, International Recovery Month, at the Tallaght Theatre on the Greenhills Road. The night full of drama, fun and music was a great success. The drama piece was particularly powerful. Congratulations to all our clients who took to the stage and a big thank you to the management and staff who worked tirelessly to make this event such a success. Some weeks later TRP was delighted to return to the Tallaght Theatre to perform the Celebrating Recovery Drama for 4th year students of TU Dublin, Tallaght. This was followed by an excellent Q&A session. We look forward to further collaboration in 2025.

The Residential: After six weeks of intense preparation involving clients and staff the four-day residential took place again at Ovoca House among the beautiful Wicklow hills. This four-day residential respite for clients is an essential component of our continuum of care. It is very beneficial for the clients who attended. Lots of fun and great work was done. Our thanks to the staff members who gave so generously of their time.

During the year we said goodbye to our longtime colleagues, Joan Cleere and Dawn Brown. Joan was our financial administrator for over 20 years and Dawn was a staff member for 18 years. Joan retired while Dawn went on to further employment. The Board appreciates and is thankful for the enormous contribution they have

made to TRP over the years, for their dedication, professionalism and commitment. We wish them well and hope to see them every now and then. Subsequently, Joan has volunteered to serve on the Board and will act in the role of secretary.

Our thanks: I wish to acknowledge and thank the following for their enormous contributions in helping to make TRP the success that it is, enabling our clients to become drug and alcohol free.

- The hardworking, dedicated staff and management of TRP led by their passionate and committed leader, Pat Daly.
- Board members for their support, wisdom, good governance and attendance at meetings.
- Volunteers from local colleges and students from TU Dublin, Tallaght on placement in Kiltalown House.
- TU Dublin, Tallaght for ongoing collaboration.
- All the local projects in the area who collaborate with TRP.
- All the statutory, community and voluntary agencies who work and collaborate with TRP.
- Our main funders HSE, DSP and TDATF and our other funders and sponsors who make it all possible.
- Lastly our clients. Thank you for believing that recovery is possible. Thank you for putting your trust in TRP. Thank you for the honest efforts you make while participating in the programmes, strategies and supports that TRP provide. You will succeed in becoming drug and alcohol free. I wish you every success.

Seamus Massey
Chair 2024



retirement party



Manager's Report

Pat Daly 2024

I would like to welcome you all to view our annual report for 2024, and to view the managers' report below.

Doing our annual review gives the Board, the team, and myself the time and space to reflect over the previous year (2024) and comment and evaluate all the tremendous work that our organisation has facilitated through the services we offer for our clients and their families. Every time I sit down and apply myself doing my managers' report I do be still amazed and proud of all the great work and achievements that we have completed the previous year.



Manager Pat and DJ Savo at the family fun day

I am now into my 23rd year working for Tallaght Rehabilitation Project and I have to say I am still as enthusiastic and as energised as I was when I began working in this great organisation all those years ago. I think one of the main reasons that keeps me motivated is the great staff team that I currently work with and of course all those previous staff members who I also had the pleasure of working with and who were part of building and moulding Tallaght Rehabilitation Project CLG and its services into the excellent community organisation it is today.

2024 was another very positive year for all the people who engaged with the TRP programme, not only did our participants greatly benefit from our services, but so did their families and friends, and the overall community.



Staff and participants during the summer of 2024

The ongoing demands on our services in 2024 were as busy as ever, as you read on through the review you will see the demand for services in the statistics provided and as a community rehabilitation project, our response to those demands.

On going continued funding and resources as per usual are always a main priority for our organisation, and 2024 was no different. TRP engaged with all our main funders through various service agreements, audits, and contracts to ensure consistency for all our permanent funding streams, and again a special mention must go out to the financial team here at TRP, Ann Marie and Joan, who ensured that the funding we received was consistent, well governed, monitored and spent appropriately and in accordance for the purpose we receive it.

Our collaboration with other statutory, voluntary, and community organisations was again very positive and

cohesive, I would like to take this opportunity to thank all the agencies who worked with the TRP staff, board, clients, and client's families in 2024. There were so many different organisations we collaborated with it would be hard to mention them all in my report.



Chairperson Seamus, Manager Pat and the financial team Joan and Ann-Marie at Joans retirement party

We completed our yearly strategic work plan for 2024 and all tasks that the team and I committed to throughout the year were followed and responded too accordingly and lots of excellent initiatives were actioned throughout the year, which can be viewed further on in this review. We also had a very busy client orientated structure and schedule throughout 2024, and again I would like to thank all the team here at TRP for working cohesively together to make sure that all our workshops, seminars, training, and education modules were completed and well facilitated. I am looking forward to moving into 2025 with the same enthusiasm and energy as I had in 2024 and hopefully improving and adding extra quality to the services and programmes we provide here. TRP is all about our clients and supporting their needs, both physically, emotionally, and psychologically to ensure that people who engage in the services have a very healthy and positive experience within their own personal recovery process and with the services we provide at TRP.

Finally, in December 2024 my good friend and colleague, Joan Cleere our long-time financial administrator retired from TRP after 20 years of

loyal service. We had a lovely retirement party arranged for Joan with all past and present staff and friends at the event, and lovely words were spoken of her dedication and commitment to TRP CLG. She was a stalwart within the TRP organisation, always loyal and committed and in the early days of TRP Joan was one of the people who were a real driving force behind the scenes. She always had the organisation at heart and went beyond the call of duty many times to ensure that the organisation financial needs were adhered too.

On a personal note, Joan was a great support to me here and I wish her happiness in her retirement. I am delighted to announce that the good news is that Joan will now remain on the board of TRP as company secretary. I would also like to take this opportunity to thank Seamus Massey the chairperson of the board of TRP and all the other board members for their ongoing support, guidance and assistance throughout 2024.

I would also like to mention Dawn Brown, our former team leader, who also moved on in November 2024. Dawn was another long-time friend and colleague of mine. Dawns dedication and commitment to the various roles she facilitated here at TRP were second to none, she had an excellent rapport with clients and staff alike. When staff of Joans and Dawns calibre move on from an organisation, they are very hard to replace. However, I think we have been lucky in the fact that we had two great people to step in Joans and Dawns shoes, and I would like to wish Ann-Marie and Tracy all the best in their new positions.

Well, that's about it, I hope you enjoy our annual review and my report.

Thank You.





Financial Administrators Report 2024
By Joan Cleere Neville & Ann-Marie Wall

Tallaght Rehabilitation Project Clg values efficient use of resources and aims to ensure that all expenditure utilises effective planning and decision making. Ensuring that the most economical options have been sourced. TRP accounts are audited by Murphy/Mahony Ltd, Certified Public Accountants and Registered Auditors and submitted on time to the Companies Registrations Office (CRO).

Tallaght Rehabilitation Project Clg is compliant with the Charities Regulatory Authority Governance Code. TRP Clg Audited Accounts and Annual Reports are available to view on the TRP Website which can be found at www.tallaghtrehabproject.ie



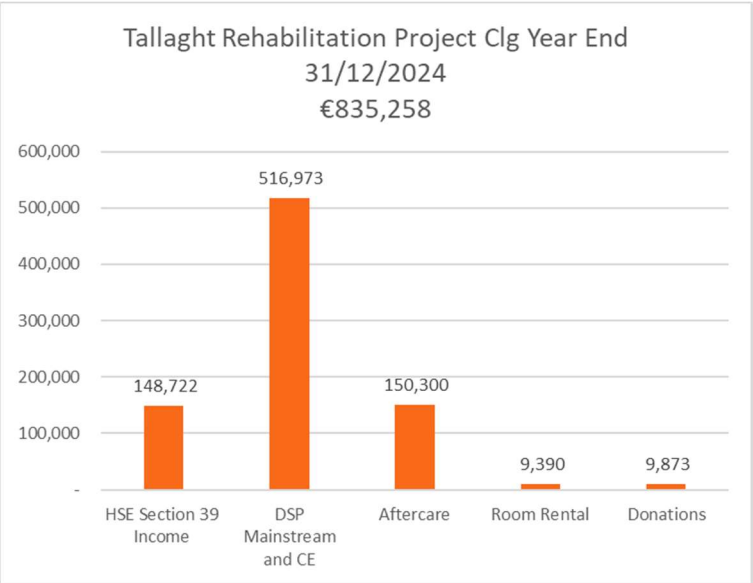
Saying goodbye to Joan after her 20 years of service

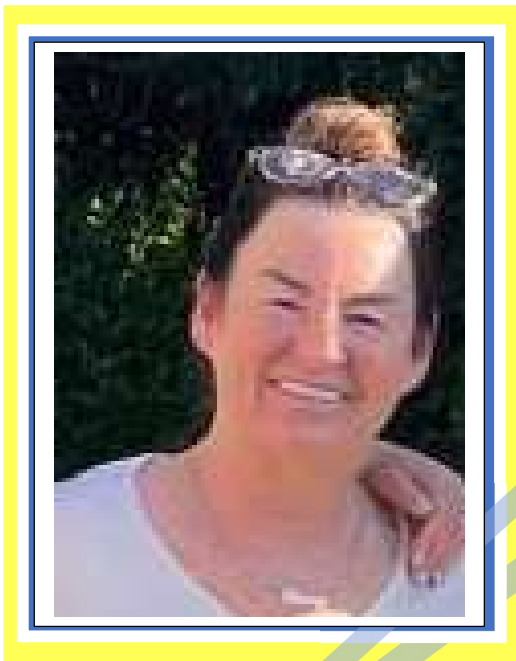
an open and transparent manner to ensure the best value for money.

Throughout 2024, TRP received donations from the Store House Project, Courts, Hooked on Recovery Angling Group, South Dublin County Council, Tallaght University Dublin, Tallaght Theatre Drama Piece and the Jobstown Running Club.

Kiltalown House Room Rental amounted to €9,390 and this was used to supplement statutory funding to maintain a quality service here at TRP.

Below is a breakdown of the grants TRP received in 2024 from the Department of Social Protection (both Mainstream and Community Employment), the HSE, LDATF Local Drugs and Alcohol Task Force.





Interim team leaders report annual review 2024 Tracy O'Halloran

Hi, my name is Tracy O'Halloran. I am the interim team leader here at Tallaght Rehabilitation Project CLG. I am delighted to give you the team leaders report for the annual review 2024. I will focus on the various services that we provide at TRP. Just to note our previous team leader Dawn Brown moved on to a new organisation in September 2024. We wish Dawn well, since this I have taken over as interim team leader. Currently I am privileged to lead a well-functioning staff team and my hope going into the new year is to attain the team leader role and to lead the staff team and maximise all our skills and provide quality services for our clients. I will mention the various activities workshops and modules that we facilitated here at TRP during 2024

The Day Program Schedule Boxsmart 2024

"On the 12th of April, 8 clients—3 males and 5 females—began the Boxsmart initiative, successfully graduating on the 28th of June.

The physical component of this 12-week module not only enhances fitness levels and health awareness but also challenges negative self-image, fostering self-efficacy and self-esteem. These elements are crucial as they provide a strong foundation that supports the therapeutic processes of positive change.

Witnessing this transformative process during the box smart module, as clients push through challenges, work hard, and embrace the rewards of a healthy lifestyle, is truly inspiring. I would like to extend my heartfelt thanks to Craig for his skilled and encouraging facilitation throughout the box smart.

Horticulture Module

We also facilitated our Horticulture Module throughout the summer and winter months. This module brought clients closer to nature, allowing them to get their hands dirty sowing seeds, maintaining and nurturing growth, and eventually reaping the rewards of fresh organic vegetables and fruits from our beautiful gardens. The horticulture module we facilitated in 2024 serves as a powerful metaphor for the recovery process. A special thank you to Joyce for all her excellent advice.



The participants nurturing the gardens.

Annual Residential

In October of 2024, we hosted our Annual Residential in the serene and picturesque setting of Ovoca Manor in County Wicklow.

Over the course of four days, 7 participants engaged in a holistic and therapeutic process. This transformative journey focused on their Life Story, the process of acceptance, and empowering them to envision and create the next chapter of their recovery—fostering a stronger sense of their future self and family.

The respite setting provided a unique opportunity for clients to process past traumas, grief, guilt, and shame, while simultaneously addressing core needs such as love and belonging, freedom, power, and fun in healthy and supportive ways. This was a special module that greatly benefited the clients who participated in this process.



The staff at the residential in Wicklow 2024

Connecting Communities Through Recovery Cycling event and Family Day (The Trip to TRP)

We were happy to collaborate with YAP and Tus Nua again for the second year running in organising the trip to TRP. Which was facilitated on the 18th of May 2024. Advocates and participants of recovery took part in a cycling journey that began in Clondalkin. The Tus Nua group then cycled to link up with the Ballymun group and both groups then made their way to Kiltalown House in Tallaght.

A huge thank you to An Garda Síochána for their invaluable participation and for escorting the cyclists safely along the route.

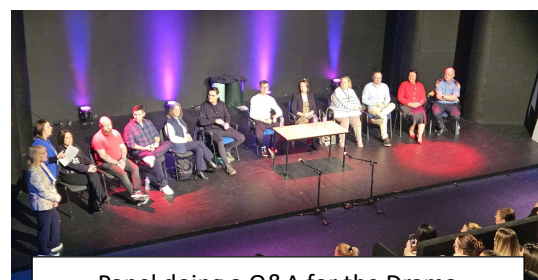
This event also marked a special occasion as we combined it with our annual participants and children's family fun and sports day. It was a fantastic opportunity to bring people together, celebrate community, and support recovery in a meaningful way.

Make sure to check out the promo video on the Tallaght Drugs and Alcohol Task Force web site capturing the energy and spirit of the day! We're already looking forward to collaborating with Tus Nua and YAP again.



Connecting Communities cyclists

Celebration of Recovery; Challenging Stigma show. Also, in 2024 we created our annual play and drama piece related to recovery and performed by the TRP participants. The audience consisting of family and friends of clients were also joined by community members, other projects, our funders, and dignitaries of the Tallaght community to view a performance from a play that our clients put together with drama tutor Elaine Ryan in relation to celebrating recovery, this was an amazing piece of work.



Panel doing a Q&A for the Drama

Collaboration with TRP & Tallaght University

The drama piece was performed for 80 3rd and 4th year Social Care students on the 4th of November 2024, requested by Tallaght University. This was an excellent collaboration for both organisations, after the play TRP hosted and facilitated a Q&A workshop. The theme being substance use in the community, and the services and interventions available in the Dublin 24 area.

Recovery Month

Recovery Month was officially launched on the 2nd of September 2024 by Tallaght Drugs and Alcohol Task Force, and TRP were honoured to host the event. Representatives from all the services in Tallaght attended, making it a truly collaborative and meaningful occasion.

These events play a vital role in highlighting that recovery is not only possible but also achievable within our community. They raise awareness of the recovery journey and emphasize the importance of collective efforts. We are especially proud that the clients here at TRP were an integral part of this initiative, contributing to its success and impact.

Christmas Family Day

The TRP annual Christmas family day was facilitated at Kiltalown House on Friday, December 19th, 2024. The event brought together clients from the Day Programme and Aftercare, along with their children and staff, for a festive celebration of Christmas time.

The atmosphere was filled with Christmas spirit, featuring festive decorations, seasonal music, and a variety of treats. A key highlight of the event was Santa's Grotto, where children had the opportunity to meet Santa and his elves. The children eagerly shared their Christmas wish lists and received gifts from Santa, adding to their excitement.

End of year report for the day programme

In 2024 TRP received 55 referrals from people wanting to access our Day Programme, of which 33 were males and 22 were females. 30 assessments were carried out, and 24 three-week inductions were facilitated by the therapeutic team.

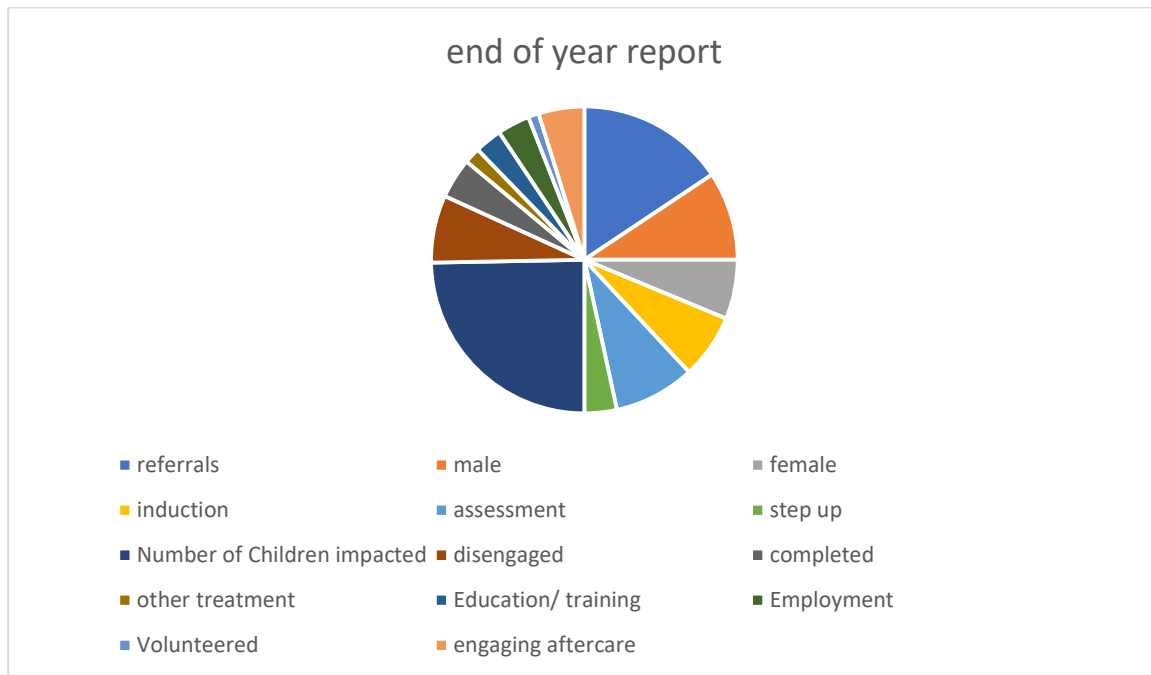
87 children were positively impacted by parents accessing the day programme or being referred to our aftercare service and or signposted onto other support services.



Staff and participants in the aftercare



Staff and participants visiting Santa

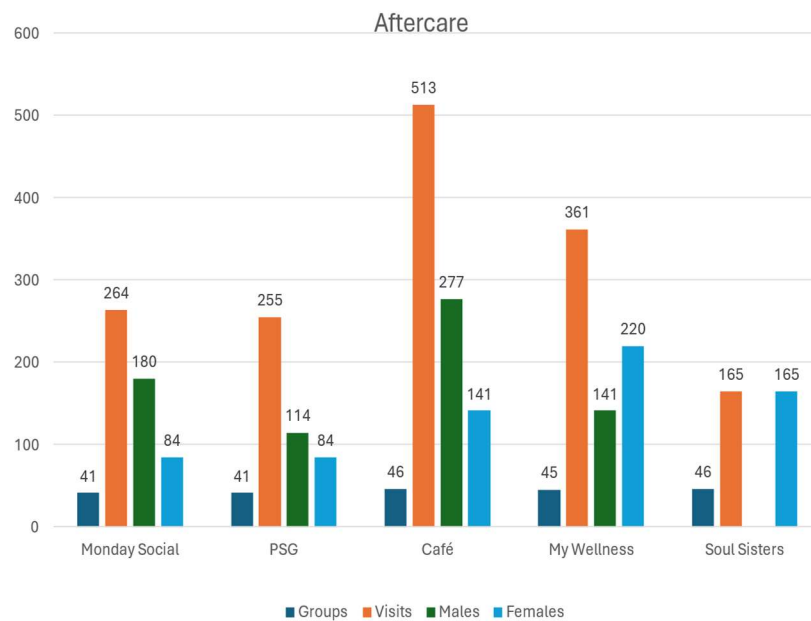


Aftercare

The Aftercare Service was functioning five evenings a week during 2024, focusing primarily on Recovery needs, including social inclusion, peer support, wellness and fun activities, and personal development.

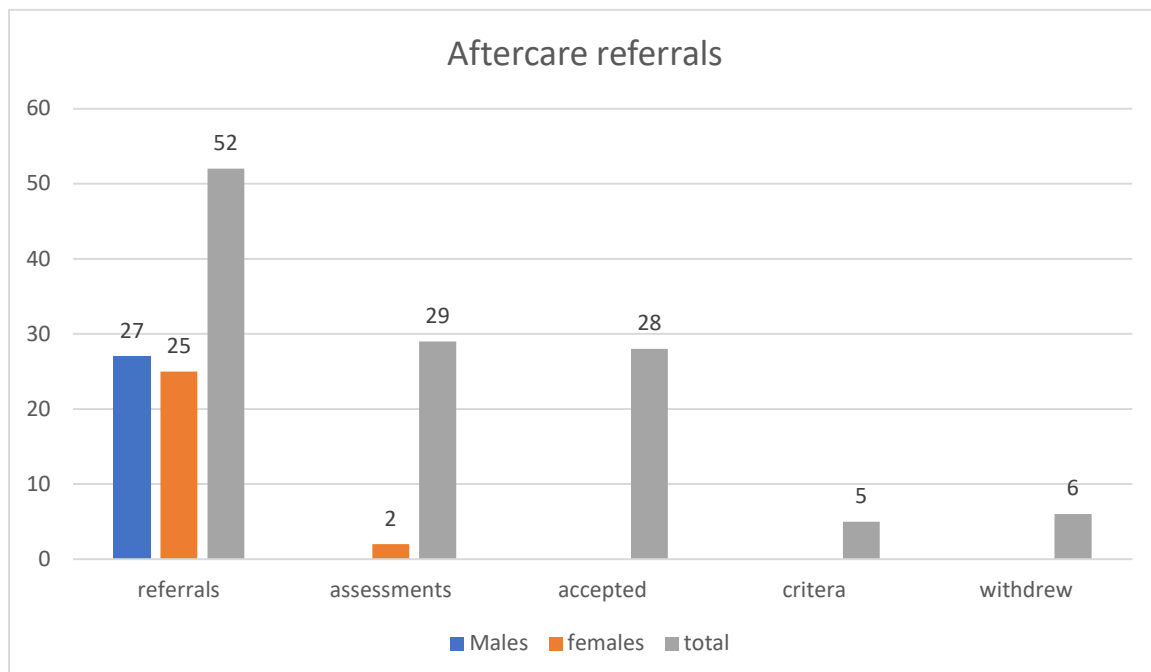
Key Programmes & Impact:

- Monday Social: hosted 41 groups with 264 visits social. Social fun activities and holistic treatments were available in this social setting.
- Peer Support Groups (PSG): 41 groups with 255 visits. Peer support group for people transitioning from treatment to work, education, and reintegration.
- Wellness Café: Provided a supportive space for 513 individuals in recovery.
- My Wellness My Recovery: facilitated 45 mindfulness and holistic workshops, attracting 361 visits to this module.
- Soul Sisters: A gender-specific group supporting women, facilitated a total of 45 therapeutic group settings and fun activities.



Aftercare Referrals for 2024

We received 52 referrals from people wanting to access our aftercare service, of which 27 were males and 25 were females. 29 assessments were carried out, and 28 accepted into the aftercare.



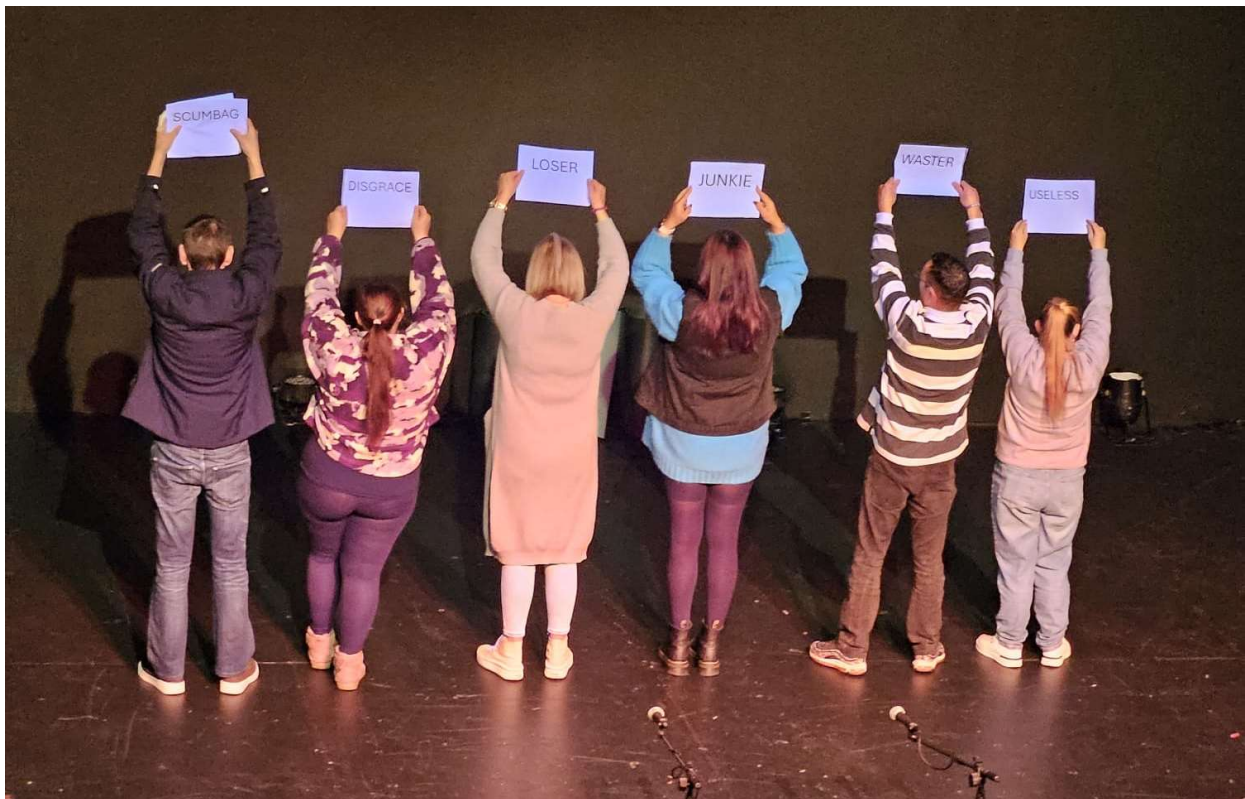
As we reflect on the impact of Aftercare Services in 2024, we extend our deepest gratitude to the dedicated Aftercare Team. Their unwavering commitment ensures a supportive and welcoming environment for all participants.

Most importantly, we offer heartfelt appreciation to the peers of the Aftercare Services. Their courage in engaging with programs, seeking the resources needed for their ongoing recovery process, and giving back what they have learned and gained through active participation is truly commendable.

It is because of their contributions that the Aftercare space remains a special and transformative place for all the clients who engage in this service.

It has been an honour and a pleasure to work alongside such a dedicated and passionate group of individuals in 2024. Together, we have accomplished so much, and I am excited to continue building on this foundation of quality services as we move into 2025. I also look forward to working with our current client group and welcoming new participants into our services in 2025.

Tracy O'Halloran





Evelyn McCall
Community Employment Supervisor.

My name is Evelyn McCall, and I am the Community Employment Supervisor here in Tallaght Rehabilitation Project Clg. I am delighted to present this Annual Review report for our Community Employment (CE) department for the year 2024. I am supported by a dedicated team, including assistant CE supervisors, Patrick Ryan and Rebekah Hayden, who joined us in March and April 2023 respectively.

The CE scheme is funded by the Department of Social Protection, which provides the necessary resources to facilitate twenty-one coded special category rehabilitation places and eight community employment support staff positions. These positions are spread across various roles, including reception, gardening and maintenance, security, and housekeeping. Support staff are integral to the community as they help individuals in long-term unemployment upskill and reintegrate into mainstream employment or further education. We are fortunate to have maintained a full team throughout 2024,

ensuring continuous support and guidance for our participants.

At Tallaght Rehabilitation Project, we deliver an extensive therapeutic day programme tailored to the unique needs of our special category participants. Throughout 2024, our commitment to providing high-quality therapeutic support remained unwavering. CE supervisors work closely with the therapeutic staff team to identify the educational and training needs of our participants through comprehensive Individual Learner Plans (ILPs). These plans are instrumental in helping clients progress in their recovery journey. As clients advance, we implement structured plans to facilitate their transition into employment or further education. One of the key components is the 12-week structured step-up programme which is tailored to individual client needs who are getting ready to graduate the day programme. The step-up which includes therapeutic sessions as well as practical sessions. The practical sessions cover essential skills such as CV building, mock interviews, career guidance, and applications to colleges or jobs. Utilising SMART goals, we ensure that the objectives set for our clients are attainable and achievable. Upon completing the step-up programme, clients are encouraged to join our peer support group and take advantage of TRP's comprehensive aftercare services. Our aftercare services, available five nights a week, offer a variety of activities, including wellness workshops, recovery cafes, and other activities aimed at supporting individuals in their recovery.

The CE scheme, is designed to support individuals in long-term unemployment by providing opportunities to upskill, gain work experience, and reintegrate into the workforce or education. Through individual learner plans (ILPs), we facilitate and assist participants in identifying and pursuing

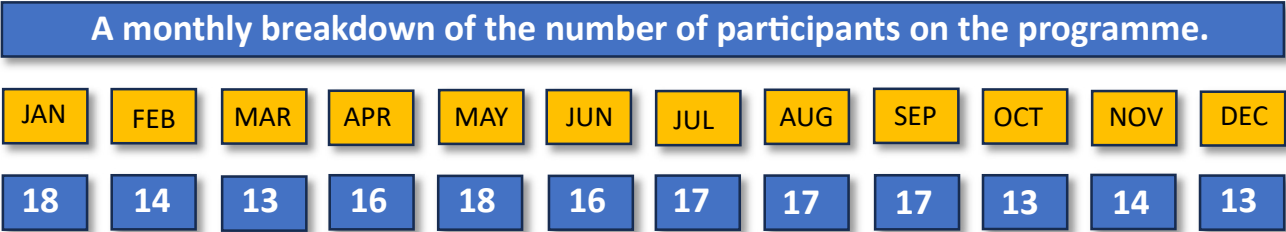
training and educational courses, all funded by the CE training/educational fund.

In 2024, we appreciated our collaboration with the Dublin and Dun Laoghaire Education and Training Board (DDLETB) to be able to introduce a new qualification: QQI Word Processing. As a result, participants of the day programme will now graduate with QQI qualifications added to their CVs, enhancing their employability and career prospects. We expect to continue this collaboration in 2025.

During the year, we saw significant progress in the outcomes for our participants. Eleven special category clients completed and graduated our day programme. Four of our special category clients found employment as well as returning to education while two special category participants found employment and two returning to education. One of our community employment mainstream employees gained employment. These outcomes highlight the effectiveness of our practical sessions and the dedication of our CE supervisors in supporting our participants' growth and development.

At Tallaght Rehabilitation Project, we firmly believe that providing placements for college students is crucial in fostering their professional growth and development. Throughout 2024, we continued our tradition of supporting students from various colleges and programmes, helping them gain valuable experience in fields such as social care, addiction studies, psychology, and community work. These placements are an essential part of our mission, as they not only benefit the students but also enrich our organisation with fresh perspectives and new ideas. Volunteers play an indispensable role in our organisation, contributing their time and skills to various areas, including reception, therapeutic services, and holistic therapy. Their dedication and commitment are vital to our resources and success, and we are incredibly grateful for their energy, commitment and efforts. Our volunteers bring a sense of community and support, helping us create a nurturing environment for everyone involved. We hope to see more placements and volunteers in 2025.

We would also like to extend our thanks to all our funders and sponsors who have supported us throughout the year. Your contributions enable us to continue our work and make a positive impact on the lives of those who attend our services. We look forward to collaborating with you all again in 2025.



Activity	Men	Women	Total
Accessed Individual Learner Plan with Community Employment Supervisor	18	22	40
Remained on the Programme	6	4	10
Completed the Programme	6	5	11
Engaged in Step Up Programme	4	2	6
Progressed to Employment or Education	5	4	9
Participated in Group Training	13	19	32
Participated in Individual Training	4	4	8
Accessed Financial Supports	13	19	32



Some staff and family members enjoying the family day



The participants and staff all ready for the Box Smart module showing off their new kit

Testimonial Aftercare Participant:

I wanted to take a moment to express my deepest gratitude for the support and care TRP has provided me during my recovery journey. The staff's dedication and commitment to helping individuals like me are truly inspiring and have made a significant positive impact on my life.

Throughout the recovery process, your guidance, encouragement, and understanding have been invaluable. Your ability to create a supportive and safe environment has allowed me to progress in ways I never thought possible. I am incredibly thankful for the aftercare program and resources that you and your team have made available to me, which have played a crucial role in my healing and growth, in particular the reiki and auricular acupuncture courses I have completed recently, I have thoroughly enjoyed and am looking forward to completing so many more courses this year.

Once again, thank you for your exceptional support and for being an integral part of my recovery. I look forward to continuing this journey with your guidance and support.

Warmest regards,

Audrey

Testimonial Day Programme Participant:

Hi, my name is Dylan, and I joined TRP in May 2024.

I started my recovery journey in WASP and when I heard about TRP I knew I wanted to join. I had only heard great things about it and was excited to get up there.

I remember on my induction I was a nervous wreck, couldn't look anyone in the eye, I was a shell of the man I was before addiction. But from day one I was made feel welcome and a part of something bigger in TRP. I instantly felt like part of the family. When I met the group for the first time and looked around the room at my peers who were able to hold their heads up proudly and walk around with their shoulders no longer slumped and their chests bursting out with pride, I knew I was in the right place for me.

I wanted what they had I was going to do everything to get it. I have everyone at TRP to thank for showing me who Dylan was. From the house keepers friendly smile every morning, the unbelievable staff who have done nothing but support and push me to be the man I knew I could always be and to my amazing peers both past and present, TRP has truly saved my life. I went into TRP with the mindset of whatever was suggested to me I would never say no to.

I had tried things my way for too long and it never worked for me, so it was time for something different. In my time at TRP I have taken part in the play in Tallaght Theatre taking up the Oscar winning role of "Bobby bottle", I have joined the "Get hooked on recovery" fishing group and had the pleasure of taking part in the 2024 RES and now started therapy to delve into issues that I had suppressed with drink and drugs for so long!

Every staff member in TRP makes a positive impact on my life on a daily basis. I look up to each one of them. They have shown me nothing but support throughout my time in TRP. Its honestly like a family. Every day no matter how good or bad I feel, no matter how off the wall my thinking can get, the staff team always offer me support. And a special shout out to my key worker and team leader Tracey for helping me get through my biggest challenges I've faced not only in recovery but in life. Overall TRP has changed my life drastically and finally showed me how to live a fun and fulfilled life without drink or drugs.

I have made friendships for life in this building.

Testimonial Day Programme Participant:

I started in TRP in March of 2024, from the minute I walked in the doors I felt welcomed.

I struggled at the start and the team, with my key worker supported me through it all. It was the first place in a long time where I felt heard, understood, and not judged.

They have an amazing structure, group process, and encourage me to better myself in every way possible. I have completed a residential where I felt I was able to deal with some past traumas The support I receive is amazing.

I've done a drama play in the theatre around the stigma of addiction, I never thought I could or ever would achieve anything like that. I have done the Boxsmart initiative, Acupuncture, CPR, Manual handling, and currently I am doing level one Reiki training. I am loving being here every day as I learn something every time I come through the doors. I also attend the aftercare service which benefits me so much. At the start of my recovery, I struggled, but there was always a staff member in TRP to listen to me and help and let me talk without being judged. I really have achieved so much in such a short time here.

TRP has been amazing to me; from the day I walked through the doors of TRP I felt like I had landed home.

This place believed in me when I couldn't believe in myself.

Katie.



Staff and participants at the start of the Box Smart module.



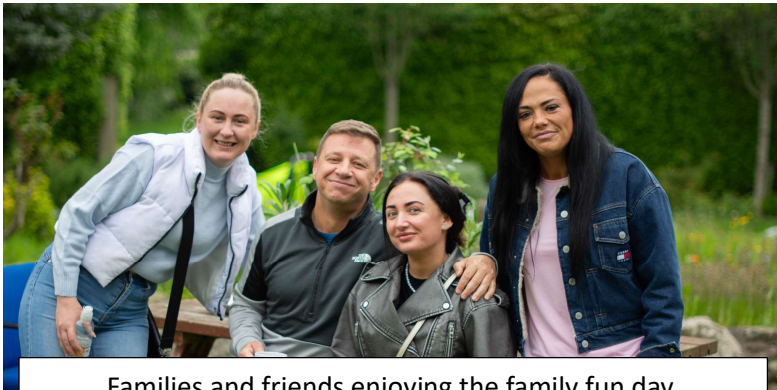
Participants collecting their cert from the TRP chairperson Seamus Massey at the end of the module.



Pat with the Gardaí, staff, and the cyclists of the connecting communities through recovery event



Staff and participants of TRP enjoying the sun and fun.



Families and friends enjoying the family fun day.



The kids cuffing Tallaght community Gardaí



Children and families all enjoying the fun and games at our family fun day, Lots of fun in the sun.



Participants prepping for a scene of the Drama play in Tallaght Theatre during the celebration of recovery.



The panel for the Q&A after the show



Preparation for the show with Elaine.



It is a full house, Students of Tallaght Uni.



A very generous donation from TUD.



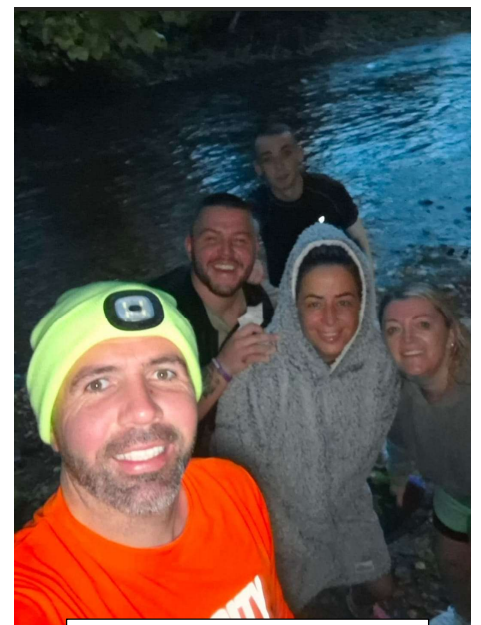
All ready for the residential module in the Ovoca House Wicklow



And away we go!



Back to school in Wicklow



An early morning run.

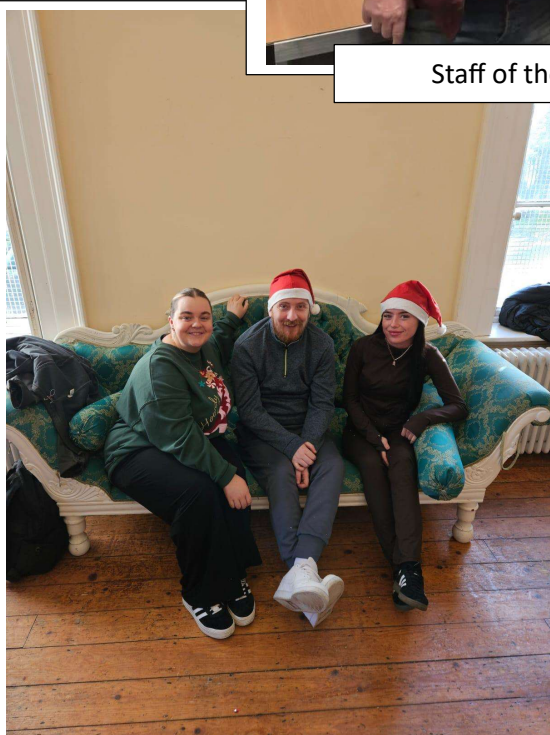
A sing song before the Christmas lunch.



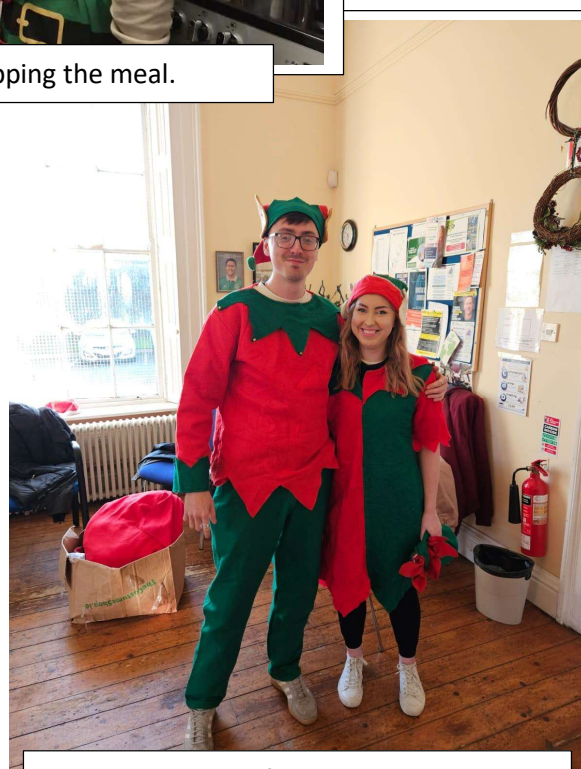
Enjoying the evening



Staff of the aftercare prepping the meal.



Good company and good chats.



A couple of Santas helpers.



Tallaght Rehabilitation Project CLG would like to acknowledge and thank the following for their support throughout 2024 and without whom Tallaght Rehabilitation Project would not thrive and grow.

- The TRP Voluntary Board of Directors
- The Health Services Executive
- The Department of Social Protection
- Tallaght Drugs and Alcohol Task Force
- TRP Volunteers
- South Dublin County Council
- South Dublin County Partnership
- Tallaght Theatre
- Tallaght University Dublin
- Tallaght District Court
- Hooked on Recovery Angling Initiative
- Jobstown Running Club
- All our colleagues and other community projects we have collaborated with in 2024.

Tallaght Rehabilitation Project CLG would also like to acknowledge and thank the following friends of TRP in the corporate sector and the local area who donated to the TRP Events in 2024

- ***Cinelli's Takeaway Brookfield***
- **The Storehouse Project for Hampers**
- **Amazon Ireland**