

H . O . P . E .

(Hands on Peer Education Limited)

Charitable Status No: CHY 20150

Annual Report 2013



Introduction

H.O.P.E. Hands on Peer Education Limited (hereafter referred to as HOPE) offers our services (free of charge and with no waiting lists) to individuals affected by addiction in Dublin's North Inner City Drug Task Force Area. A few words from our Chairperson:

"In October 2013 we celebrated 10 years since we first opened our office on the North Strand. In January 2008 we merged with ICON Drugs Support Services and in March 2010 moved to a new premises in Killarney Court. We operate out of one room with two fulltime workers, three sessional staff, and volunteers. We operate on an very small and ever decreasing budget, while demand for our services increases year after year. We have a great team and management committee, and it is our positive attitude, desire to make a difference in this community, and the wonderful outcomes for some of our clients, that keeps us going. We are currently developing our 3 year strategic plan. Some of our aims for this year are to expand our services, adopt the Governance Code, and build a professional fundraising team to assure our ability to continue to carry out our services. HOPE is a valuable part of the North Inner City community and we will do everything in our power to continue to provide services in this community for many years to come."

Martin Cooke, Chairperson, HOPE

Our Mission is:

- To offer those who are suffering with drug, alcohol and other addictions an opportunity to become addiction free /abstinent.
- To support families who have been harmed by the effects of addiction.
- Through education/prevention programmes to facilitate young people and adults in the area to remain free from substance abuse.



"The HOPE Project has gone from strength to strength. We started off with a few women in this community in the late 1990s, educating others on the drug problem. We thought maybe our group would run for a year or so.

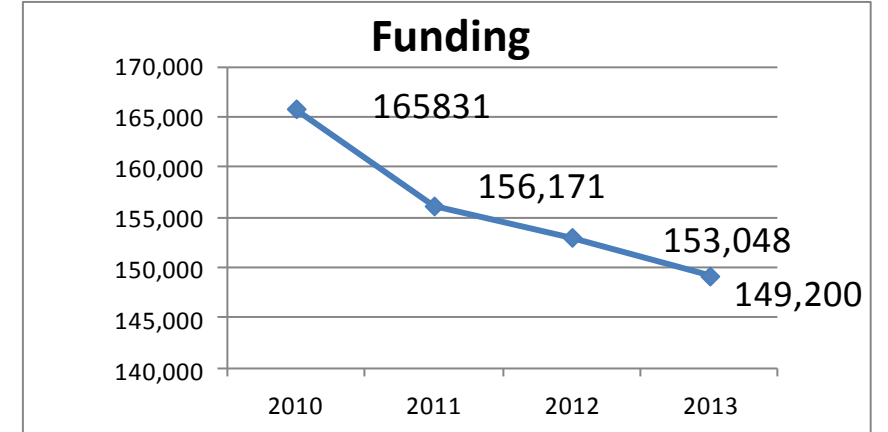
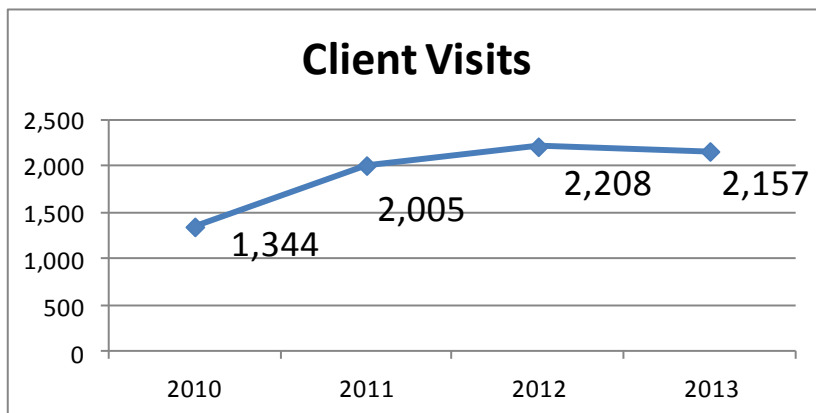
We never imaged all the marvelous work that has happened over the last 10 years and the volume of clients. The staff have so much expertise and dedication not only to clients but to the wider community. Our only difficulty is that the funding we receive does not reflect the volume of work carried out.

We would like more workers and for the project to expand, and will be working towards that in 2014."

Carmel Cosgrave, Management Committee Founding Member

2013 at a Glance

	2010	2011	2012	2013
Client Visits*	1,344	2,005	2,208	2,157*
Addiction / Family Clients*	252	287	366	396*
Became Drug/Alcohol /other addiction free in 12 month period	30	53	61	62
Clients for Drug/Other Addiction/RJP**	129	115	166	180
Clients for Alcohol Addiction	42	45	47	56
Client for Family Issues	52	85	86	96
Clients for Advocacy Issues	29	42	67	68
Funding for the Project	165,831	156,171	153,048	149,200



*Visits and Addiction / Family Clients does not include the 347 people who took HOPE educational programmes off site

HOPE's Services

HAP-Y Programme Community Detox: We support our clients whether it be drug, alcohol, or other addictions to access an abstinence based lifestyle. We feel this provides the greatest quality of life for the individual, their family, and this community. We believe that any addict can attain and maintain freedom from addiction with supports in place. We would like to see this cycle of what is now multi-generational drug substitution, drug abuse, and alcoholism broken in this community. We call our community detox programme the HAP-Y Programme (HOPE Abstinence Programme—Your Choice). This consists of assessment, case management, key working, care planning, building interagency links, helping access a medically supervised detox (either in or out patient) and accessing other therapies if needed. We provide holistic treatments, advocacy, work with families, refer to residential and day programmes, and aftercare support. Our project worker team, Joe Dowling and Frank McGrane, do excellent work.

Advocacy services are provided by Alison Gray. Many of our clients have other difficulties related to their addiction. These include illness, poverty, unemployment, sub-standard housing, legal issues and early school leaving among others. We believe that in order to stay free from addiction an individual needs to see an improvement in their lifestyle. Our current detox clients, as well as former clients who have become drug and alcohol free, and community residents come into HOPE for a variety of issues. HOPE never turns anyone away and if we can not help you with your problem, we will refer you to someone who can. Some of the areas where Alison helps our clients are accessing employment, adult education course, university and the funding to attend. We have had a number of clients this year, who are now several years in recovery from addiction, who have gone on to third level education. **The North Inner City Drugs Task Force offers the Annie Kelly Bursary** to members of this community as well as **Respite** for clients and family members going through difficulties. **The Inner City Local Employment Centre (LES) also helps many of our clients with funding for education.** Alison helps clients with their entitlements, rent allowance, medical cards and social welfare issues. She helps clients look for flats accepting rent allowance and often talks to landlords on their behalf. She has helped many people access crèche places. It is an excellent service which Alison has developed over the years, and she treats everyone she works with the compassion and respect they deserve. Last night she even delivered a client's baby and cut the cord! Please see numbers and success rates on our client outcomes.

Family Support. Many members of this community are affected by addiction. This might be by living with someone in active addiction, bereavement, or have in their care the children of active addicts. There are many issues and damage caused by addiction in this community. Our Senior Project Worker Joe Dowling has been by many families' sides helping them cope.

A Holistic Service has been provided on a volunteer basis by Ann Marie Clancy. In 2013 she worked with dozens of our clients on Monday afternoons, providing Indian head massage and relaxation to our clients going through a difficult time.

Father John Hickey provides **Spiritual Counseling** on a volunteer basis. While HOPE is a secular programme, we greatly respect John's way of working, and many of our clients have drawn great comfort from it. John is a qualified counselor, and PhD, who has many years of experience, particularly with grief issues. He very kindly comes in and offers his services free of charge.

Our Educational Programmes and other community work are covered later in this report

One Client's Experience in 2013

"I first took drugs when I was about 14, at first it was to fit in with my friends. Before I took drugs I felt sad lonely scared and empty. My parents were alcoholics, we lived in the flats. I was the oldest child and from a young age I suffered physical, mental and emotional abuse and then sexual abuse from my father. I went through many traumas, one example is them leaving my 3 month old baby brother in my care while they were out when I was 11, he died of cot death and my dad blamed me. The drugs made me feel good and numbed the feelings. Over the years I have lost so much because of my drug use such as time with daughter, I never got to do the things I wanted to do with her. I lost jobs, relationships, and nearly lost my life. I lost the ability to grieve for my sister who died from her addiction. I missed out on relationships with brothers, sisters, nieces, nephews and I lost all my self worth and confidence.

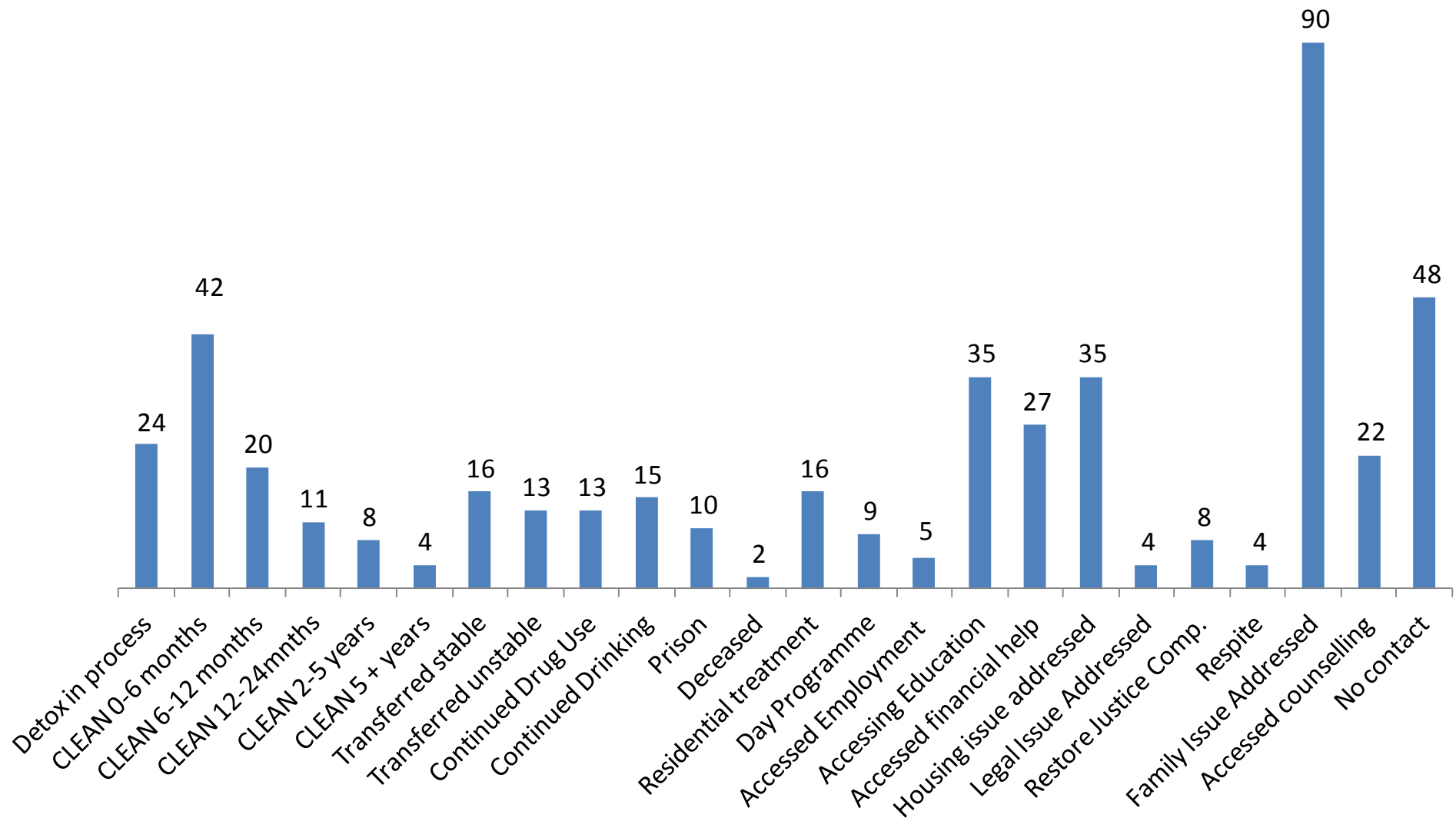
Some of the drugs I used over the years were alcohol, LSD, ecstasy, tablets, cocaine, and snow blow. These brought me to terrible mental states on many occasion, and I had numerous suicide attempts. I was in a psychiatric ward a few times. Over the years I had thoughts of stopping drugs, but my low self esteem led me to believe that treatment was for the rich, not for people like me. I had no family support or encouragement. The one positive thing in my life that I still have is a partner of 20 years and an 18 year old daughter. For some reason they stayed with me. This on one hand helped me have a bit of stability in my life, but on the other hand I put them through a lot.

I first came into contact with Irene from HOPE in 2003, and I knew Joe all my life. When I would meet them they would encourage me to come in and get help, and I made a few attempts but would never follow up on anything. In June 2012 I came back in and did a 17 day detox. HOPE organised for me to get brought to 12 step meetings, relaxation sessions at the Sanctuary and with HOPE's holistic therapist. They put a care plan in place for me, but I wasn't feeling confident and didn't follow it. I went back using for the next 8 months, which were like hell. I was doing a lot of snow blow, and mentally was in very bad shape.

I got a telephone call from HOPE in February 2013 when I was really on the bottom. They talked me into coming back down, and even came and collected me. That was a new beginning. I had one slip but was supported and encouraged and kept coming back. When I went into HOPE I felt like they cared, and I could trust them. They saw something in me that I couldn't see in myself. This time I stuck to the care plan. I went to meetings, holistic therapies, came into HOPE on a regular basis for one to ones and care planning. HOPE also organised for some sessions with myself and my partner, which helped me. They did a referral for me to High Park residential treatment centre, and I went there for 5 weeks. Being there and just working on myself was a great help, and strengthened me. HOPE then did a referral for me to the Soilse day programme which I was on for six months. In Soilse I learned a lot about myself, to isolate less, open up, and share. I also took many FETAC accredited courses, and realised that I could do things with my life. Since finishing Soilse at Christmas, I have stayed working with a counsellor and going to my 12 step meetings and linking in with HOPE. Today HOPE got me a job! I start Tuesday catering, it's the first time I have worked in many years and I am very excited. I am also working with HOPE around going back to college in September.

I would recommend HOPE to anyone, they helped me get a life I never thought was possible. Today I am 11 months drug and alcohol free, and I am able to have a relationship with my daughter and partner and they have their peace of mind back. I feel so much more confident, and that life is full of possibilities."

Client Outcomes* January 1—December 31, 2013



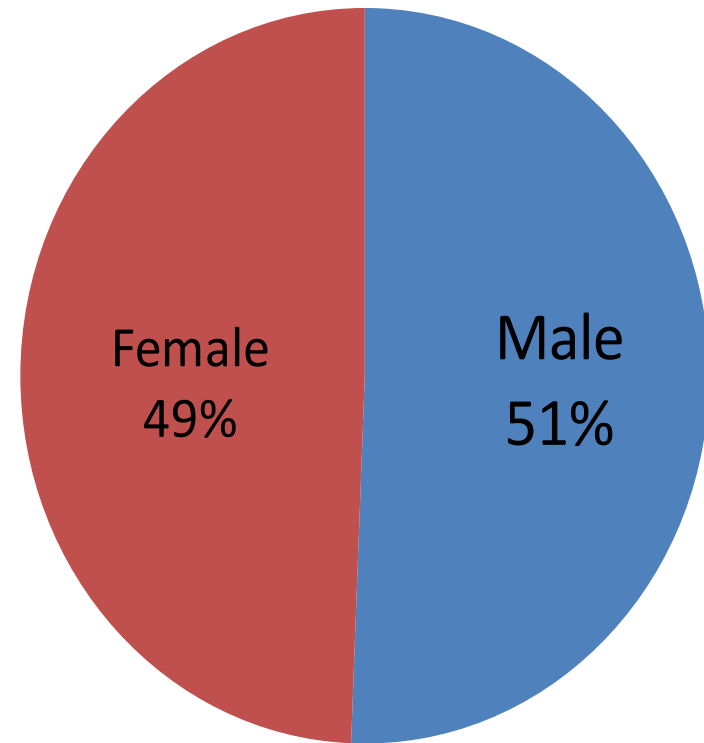
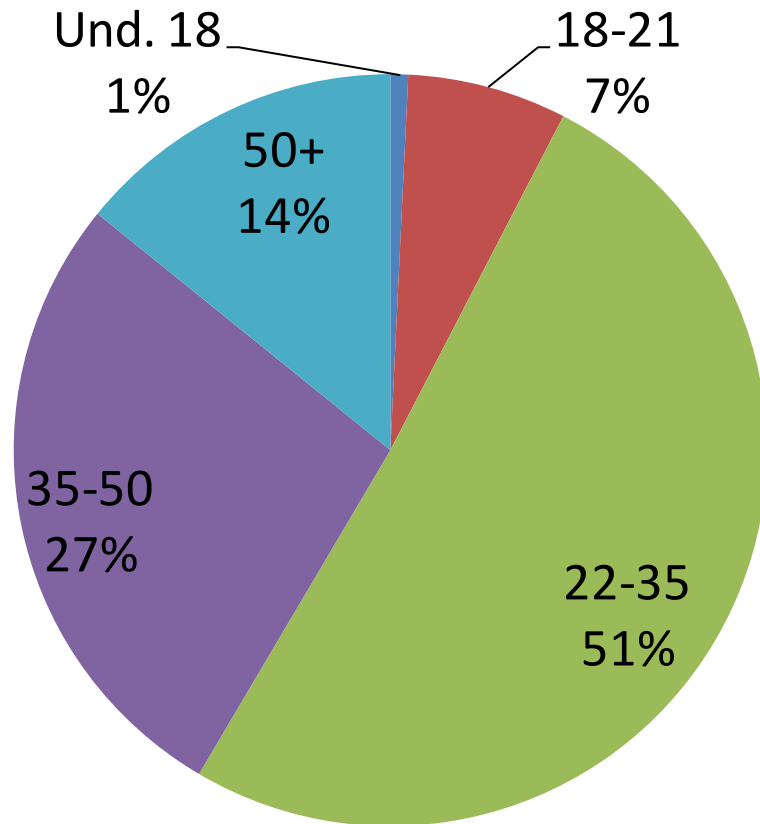
Age Range and Gender Balance 2013

The chart below is of our Addiction / Family Clients only.

In this year 347 people took HOPE educational programmes.

Of those 288 people were under 18 and 59 people were over 18.

For our clients with drug and alcohol issues our remit is adults. When clients under 18 present to us, after an initial assessment (often with a family member), we will refer them on to an appropriate service. The majority of our drug using clients are in the 21-35 age range and alcohol abuse clients often present in the 35-50 range.



Education

HOPE runs a range of unique training programmes per request of community projects in the North Inner City. The courses are developed and delivered by Irene Crawley, HOPE manager. In 2013 the following courses were rolled out to **347 participants**:

- April: North Dublin City GP Training Programme, drug and alcohol issues. 12 participants.
- April: Drug and alcohol prevention education in CBS Brunswick Street with 85 students over four days.
- May : Prevention and Education committee youth event attended by 104 transition year students.
- May: Training for Trainers facilitation skills. Ran for 7 weeks with 10 participants.
- July: Hope's Parenting for Prevention courses in Merchants Quay High Park.
- September: Second Prevention and Education committee youth event attended by 80 transition year students.
- November: Hepatitis C Education day in Open Heart House with 12 participants.
- November: Drug and alcohol prevention education in CBS Brunswick Street, 18 transition year students.

We have started a new programme in conjunction with **Restorative Justice**, and have had 13 participants in 2013. This consists of assessment and education for people who have been arrested for minor offences related to drugs and alcohol. The goal is to take the opportunity to help those who may have a substance abuse issue and prevent recidivism.



We also offer **student placements** and work experience to four members of the community each year.

“I have been on college work placement in HOPE for the last couple of months and was not aware of its services before. On arriving I was made to feel welcome. I noticed this was the case for anybody who came through the door, no matter what their circumstances. I soon realised HOPE is an important service in the North Inner City and is regularly used by the community to access a range of services and supports. I've really enjoyed my placement and the whole experience as it has given me an insight into the importance of these services to a community, and encouraged me to follow this work.”

Graham McNamara, College Placement

Left: Lolly Brennan facilitating at our Prevention Education Youth Day

Some of our other Activities in 2013

In 2013 our staff, management committee and many of our clients who are now in a position to give back to their community, got involved and gave of their time. I would like to thank everyone who helped HOPE to fundraise. Due to budget cuts over the last few years, we no longer have money for additional programmes- our allocated funding covers only daily running of the office.

In 2012 we began a little bit of fundraising, but in 2013 put more energy into it. Due to the current climate, even with a project as small as ours, I want to emphasise that ALL fundraising goes directly to help our clients and our programmes—no staff bonuses here! Due to fundraising this year we were able to have a 10th anniversary celebration and a Christmas Party. We were able to print this report and our brochures, to reach more people. We were able to get some much needed office equipment to help us with our trainings. Funds raised from the Jule Lyons memorial fund and bag packing went directly to help clients in need. We helped several clients under stressful situations to take a respite. Clients of ours often find themselves on hard times, and we were able to give vouchers for clients to get groceries and basic supplies. We also use these vouchers to help clients who are going into a treatment centre to get basics like a new tracksuit or pajamas. We have been able to help people who are coming out of treatment and are struggling to put food on the table with groceries. On occasions a client of ours would have been sleeping on the street for the night, and we were able to get them a B&B.

As well as activities to help our clients this year, we also participated in several other community fundraising activities to help other projects and individuals.

Other community events staff attended in 2013 include the annual Sean McDermott Street Christmas Tree lighting, Saol's Anniversary, Talbot Centre's Open Day, the Sanctuary mindfulness day, Suaimhneas' open day. We also attended the Dublin Inner City Education Fair, Trinity College open day and Independent Colleges luncheon. We attended the media awards and had site visits from several international, national, and student groups.

Sadly in 2013 we also attended (too) many funerals of local residents and former clients.

Right: Advocacy worker Alison Gray, Senior Project Worker Joe Dowling, Manager Irene Crawley, Project Worker Frank McGrane



The Gathering—HOPE's 10 Year Anniversary

In October we celebrated with about 100 guests.

We had two wonderful speakers who shared their experience in HOPE and we got a chance to thank everyone who has supported us over the years. We invited other projects who share our drug free ethos to have a stand to present their information and network.

We would especially like to thank the **Croke Park Community Fund**, who gave us the grant for it and **Minister Alex White** who spoke on our behalf. Many friends of the project and staff helped on the day, and a special thank you to **Elsie Champion** of Killarney Court who helped us with the room.



Top left: Michelle Murphy from PMVT Lantern Detox and John Lonergan from Teach Mhuire

Bottom left: Frank, Joe, Minister Alex White, Irene

Below: Tony Royale, Joe, Alison Butler, Paula O'Connor and Ann Marie Clancy



HOPE Christmas Party for Clients and Staff



We were delighted to be able to invite 90 guests to a Christmas Party for the first time. Current and former clients, supporters of HOPE, staff and management all celebrated a successful year together. Staff and Management spent the morning at our three year Strategic Planning meeting, before changing into Santy hats.

It was held at the **Ripley Court Hotel Talbot Street** through the Generosity of **Austin Kelly**, Owner. We would also like to thank **Darren Cosgrave** for his contributions.

We had a very tasty three course meal and a bit of a sing song. Santy was there and all the little children, about 30 of them got presents. This was made possible by funds raised by staff and supporters bag packing in **Tesco** and **Dunnes**.

This really portrayed the sprit of Christmas, a community coming together, everyone giving so generously, and the laughter of children. We all had a great time and plan on making this an annual event.



Top Left: Alison, Santy, and HOPE Management Committee Chair Martin Cook

Bottom Left: Joe, Eric McCann and Barney Coleman

Our Community's Generosity



Top Left: The family of Jule Lyons present the Jule Lyons memorial fund to HOPE. For the last two years they have thrown a wonderful event, a cabaret fundraiser in her honour, with all proceeds going to HOPE.

Top Right: Michelle Kavanagh of Citco in the IFI presenting their kind donation to HOPE. They held a casual week in their office, participants donated, and all proceeds went to HOPE.

Left: Irene receiving the Croke Park Community Grant from President of the GAA, Liam O'Neill and chairman of the Croke Park Community Fund, Finbar Flood.

Raising our Media Profile.

One of our goals for 2013 was to promote the drug / alcohol free option and the work of HOPE. Irene and friends of the project spoke on NEAR FM twice, Joe and Frank and clients of the project spoke on Newstalk, and Frank spoke on 98FM.

There were two articles in the Sunday World this year, and one in the Irish Times on HOPE.

Right: Kenneth Reilly, Irene, Sabrina Brennan



Below: Staff and Clients of HOPE were involved in an initiative started by Joe Dowling and Darren Cosgrave to raise money before Christmas for warm clothes for homeless men and women. The group went out into the streets and distributed to those in need.

Pictured below: Cllr Christy Burke, Daniel Doherty and Alan Geraghty.



Left: Frank McGrane from HOPE taking part in the community re-enactment of the 1913 Lockout.



HOPE's Fantastic Fundraising Team



Top Left: Irene, Frank, Catherine Mangan, Barbara Hynes Johnston, Paula O'Connor, John Lonergan, Alison Gray and Ann Corcoran about to shake buckets at the 2013 Dublin St. Patrick's Day parade.

Top Right: Sean Kinsella, Paula O'Connor, Jodie Kavanagh and Alison bag packing in Dunnes in Henry Street.

Left: The Ladies getting ready for the Flora Mini Marathon.

Acknowledgments

I would like to extend my appreciation and thanks to the following:

Our Board of Management: Carmel Cosgrave, Angela Hart, Andrew Lomax, Abigail St. John Kennedy, Theresa Brady, Martin Cooke and a special mention to Dimitiris Karagiorgis whose past service to HOPE is gratefully appreciated.

Staff: Senior Project Worker Joe Dowling; Project Worker Frank McGrane; Advocacy Alison Gray; Financial Administrator Elaine Hilliard; Volunteer counsellor John Hickey, and Volunteer Holistic services Ann Marie Clancy.

The North Inner City Drugs Task Force, our funders the HSE and CDYSB, and Dublin City Council for Premises.

Minister Alex White, TD Joe Costello, TD Pascal Donoghue, TD Maureen O'Sullivan, Cllr Christy Burke and Cllr Niall Ring, for their continued support of HOPE.

We gratefully acknowledged the following organisations who provided us with grants or aided us with fundraising in order to carry out our programmes, activities and purchase equipment for our office. Without these our services would have been greatly diminished in 2013.

The Family of Jule Lyons

East Link Toll Fund

The Cork Street Fund

Darren Cosgrave

Tesco, Navan Road Cabra

Dunnes Stores in Henry Street

The Sick and Indigent Roomkeepers' Society

Croke Park Community Fund

Dublin Bus

Dublin City Counsel

Citco, IFI

JC Supermarket Swords

Cllr Niall Ring

Green Shield Security

Finally, many thanks to our colleagues in the North Inner City and all the agencies and individuals we have worked with AND all of our clients for their continued trust in us and their willingness to put in the work. It has been a privilege.

IRENE CRAWLEY, MANAGER

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Open Monday—Friday 9.30 am until 5 pm.

Drop in hours 10 am—1 pm Monday to Friday.

Cover Photo: Staff and Management Committee, Christmas, 2013

Top Row Left to Right: Elaine Hilliard, Alison Gray, Carmel Cosgrave, Angela Hart, Irene Crawley, Martin Cooke,
Abigail St. John Kennedy, Theresa Brady

Seated Left to Right: Joe Dowling, Frank McGrane