

H.O.P.E.
**Hands On Peer
Education Limited**



Charitable Status No: CHY 20150

Annual Report 2014

“Hope is something that is worth working for”

Seamus Heaney

Introduction

H.O.P.E. Hands on Peer Education Limited (H.O.P.E.) offers our services to individuals affected by addiction in Dublin's North Inner City.

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.
- To provide advocacy services to help our clients achieve an improved lifestyle through education, employment, better housing and health care.

March 2015 marks 11 years since we first opened our office on the North Strand. In 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 three paid staff, as well as sessional staff, CE placement, students and volunteers. We operate on a very small and greatly decreased 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. H.O.P.E. is a valuable part of the North Inner City community and we plan to continue to provide services in this community for many years to come.



A word from a long time great supporter of our project Lord Mayor Christy Burke

“I believe the H.O.P.E. project is a Catalyst project that could be used as model throughout Ireland in order to address addition issues. I find that the staff deal in a very professional and committed manner with people in addiction. I commend and salute the staff for providing such a vital service on such a very small budget. As Lord Mayor of Dublin I would appeal to the Government Department of Health to review and upgrade the budget in particular to H.O.P.E. and projects like it who provide vital services in Dublin. Once again I personally wish to commend the staff, as I have listened to the success stories of people for the North Inner City who have turned their lives around with the help of H.O.P.E..”

2014 at a Glance

Presenting	2010	2011	2012	2013	2014
Client Office Visits	1,344	2,005	2,208	2,157	2,180
Total Clients (not inc. trainings)	252	287	366	396	421
Participated in offsite training	534	405	140	347	422
Drug or Gambling Addiction	129	115	166	180	177
Alcohol Addiction	42	45	47	56	63
Became abstinent from addiction in the 12 month period	30	53	61	62	61
Family Issues	52	85	86	96	75
Advocacy Issues	29	42	67	68	106
Funding for the Project (Euros)	165,831	156,171	153,048	149,200	145,000

H.O.P.E.'s Services

H.O.P.E. Addiction Services. We support our clients who suffer with addictions to access an abstinence based lifestyle. We feel this provides the greatest quality of life for the individual, their family, and community. We believe that any addict can attain and maintain freedom from addiction with supports in place. We would like to see the cycle of multi-generational alcoholism, drug abuse, and drug substitution broken in this community. Our community detox 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 also work to help people access residential treatment centres and day programmes. When someone is not ready to become addiction free, we refer them to a service where they can find daily maintenance support, and work with them around advocacy issues if needed. Our project workers are Joe Dowling and Frank McGrane.

Advocacy Services. Many of our clients have other difficulties related to, or may be a contributing factor, to their addiction. These include illness, poverty, unemployment, sub-standard housing, legal issues, childhood neglect or abuse, 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 and deal with painful issues from the past. We are a small service, if we can not help with an issue we will refer to someone who can. Some of the areas where our Advocacy worker helps our clients are accessing employment, adult education courses, university and the funding to attend. We have a good number of clients each year who have gone on to third level education. **The North Inner City Drugs and Alcohol Task Force offers the Annie Kelly Bursary** to members of this community as well as **Respite**s 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. We also help clients with their entitlements, redress issues, rent allowance, medical cards and social welfare. We help them look for emergency accommodation, as well as flats accepting rent allowance and often talk to landlords on their behalf. This is an excellent service which our Advocacy worker Alison has developed over the years. She treats everyone she works with the compassion and respect they deserve. 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.

Father John Hickey provides **Spiritual Counselling** on a volunteer basis. While H.O.P.E. 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 counsellor, holds a PhD, and has many years of experience, particularly with grief issues. In 2014 John provided 55 sessions with 10 individuals.

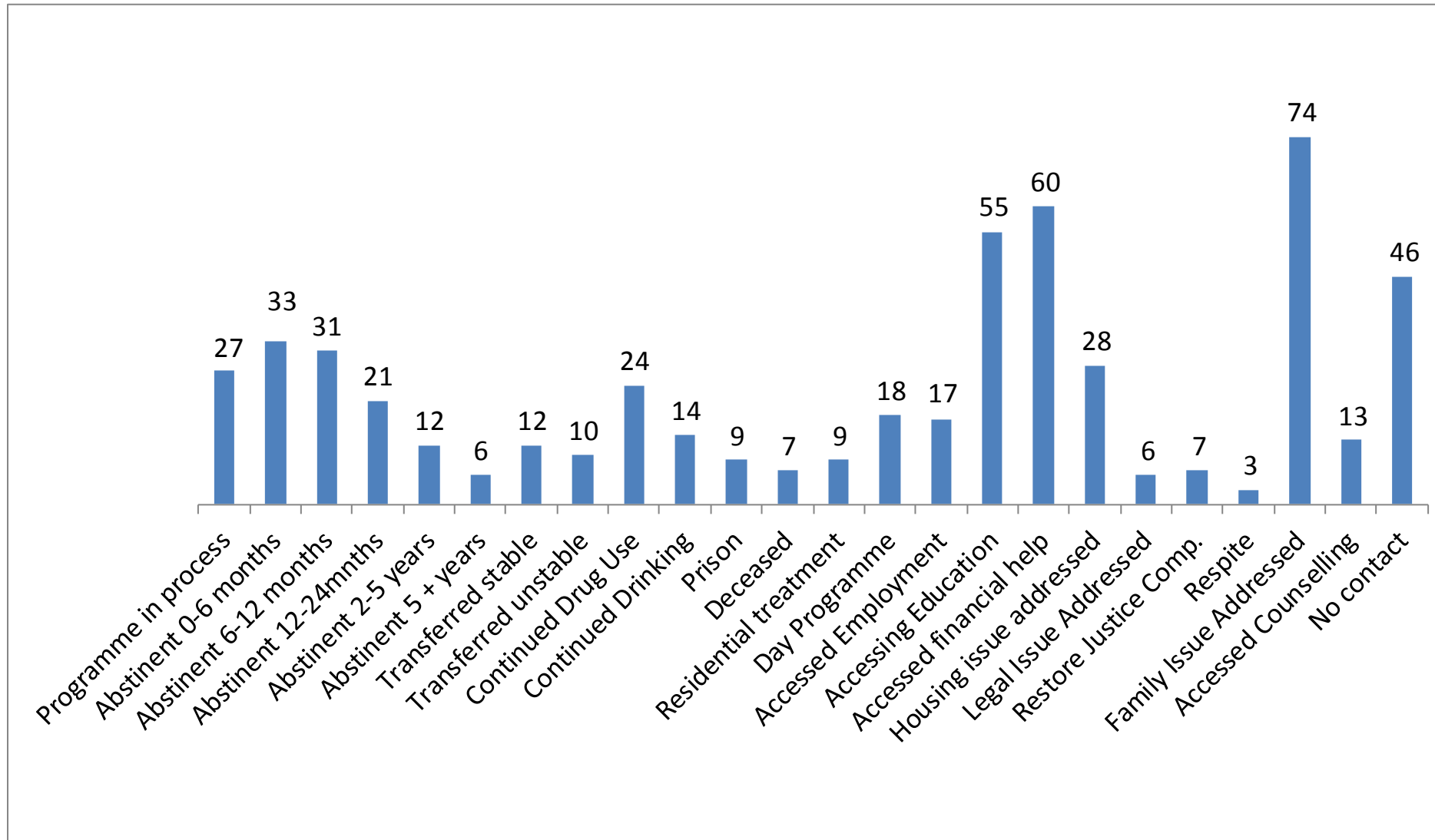
Our Educational Programmes and other community work are covered later in this report

One Client's Experience in 2014

I took drugs when I was 13 or maybe younger. Drugs helped me fit in with my friends and have confidence. I took drugs because I felt alone and scared and didn't feel a part of my family. I always wanted to live in someone else's house my father was an alcoholic we lived in the flats. I was the second youngest of my family, I was the only girl. From a young age I suffered physical, mental, and emotional abuse. I went through a lot with my father, I didn't know how to deal with the feelings. I felt like nobody cared or would listen to me. I kept a lot in and blocked a lot out with drugs and running all the time. Drugs made me feel good and numbed the feelings. I have lost so much because of my drug use such as time with my son, jobs, relationships, homes, and nearly lost my life. I lost the ability to grieve for my son's father who died from addiction. I missed out on relationships with my brothers, my mother, niece and nephew and I lost all my self worth, self respect, and confidence. Some of the drugs I have used over the years were alcohol, ecstasy, cocaine, weed, snowblow and tablets. These brought me to terrible mental states on many occasion and some suicide attempts. I just wanted the pain to go away so I could live! Over the past few years I had thoughts of stopping drugs, but I didn't know how to stay stopped. My low self esteem and pride led me to believe that treatment was for people on heroin and phy, not for people like me. I didn't want people to think I was a "Junkie" as people call addicts. My mother has tried for many years to help me, with my son, with money for apartments which I abused. Every home I had was about having parties and not giving a fuck about anyone just once I had somewhere to use my drugs with so-called friends, and somewhere to sleep all day without someone disturbing me. By the end of my using I lost everyone around me. I ended up living in a woman's refuge for a little while, I was losing my mind. I was paranoid, I didn't want to come out the door. I thought people were jumping out of cars to get me and they would only be parking. So I isolated, I couldn't deal with my life anymore, I never thought I could change, I couldn't see a way out. I was losing the will to live.

I first went into the H.O.P.E. project for help in 2012, my mother suggest because they had helped my brother. I stayed clean for a while, then I relapsed and avoided the project for a while. I hit a bottom and returned to H.O.P.E. in 2013. This time I was ready to put in the work. H.O.P.E. said that the door never closes, and they once again did out a care plan and offered support, and I have gone from strength to strength. H.O.P.E. encouraged me to go to 12 step meetings, and did a referral for me for the Gateway project. They helped me apply for several colleges, and I was accepted into a barbering college, which I am now in. H.O.P.E. helped me get funding through the Annie Kelly Bursary. The next issue was housing, and they helped me access rent allowance, the RAS scheme, and then one day I received the keys to my new flat for me and my son, and I was delighted. I also through H.O.P.E. attended Soilse, and the Strengthening Families programme. I went on a group trip with staff from H.O.P.E. and members of the community to Lourdes. When H.O.P.E. organised the community concert, they got me to push past my fear and get up and sing in front of hundreds. I have now been clean for 16 months. I stop in on a regular basis for tea and a chat, and see John Hickey counselling. H.O.P.E. gave me the opportunity to volunteer and give back to my community. I have participated now for the last few years in their mini marathon, bag packing days, and as Santy's elf. I also come into and have chats with addicts looking for recovery to give them some HOPE.

Client Outcomes January 1—December 31 2014

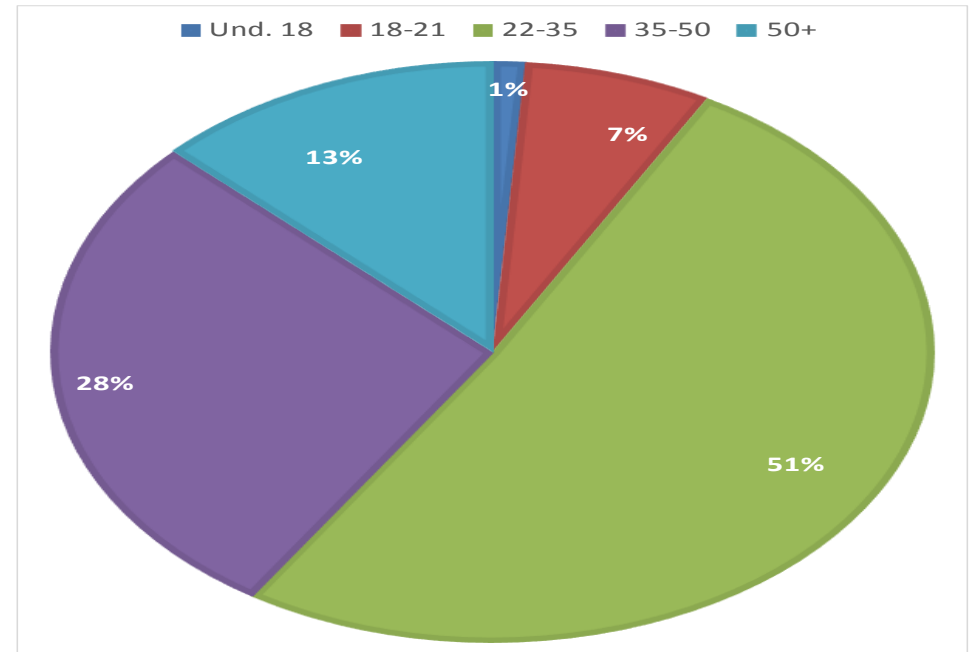
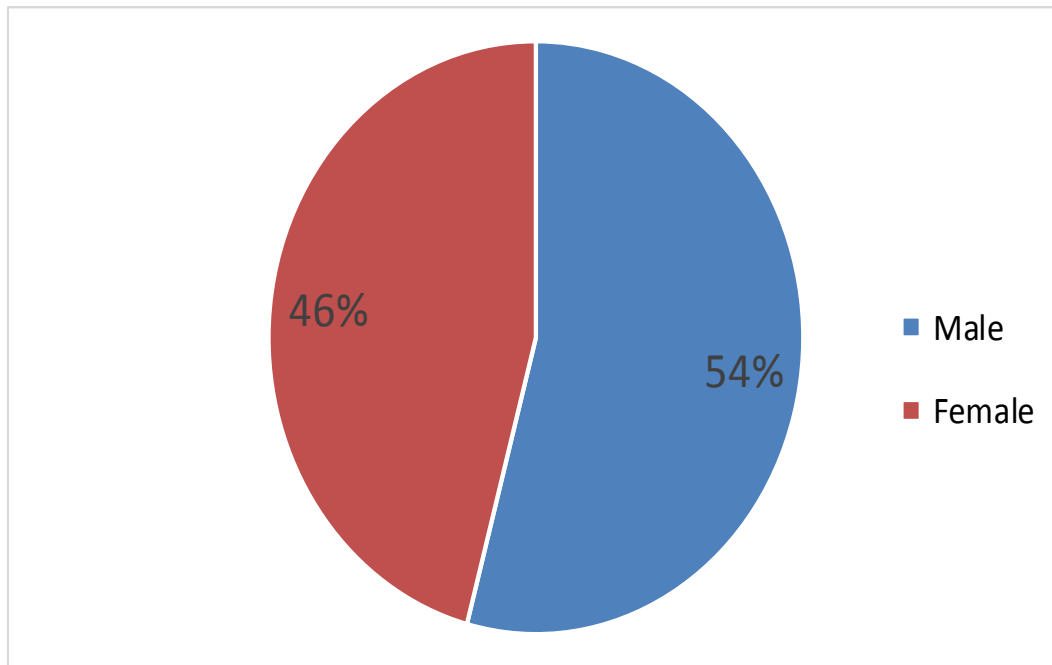


Age Range and Gender Balance 2014

In 2014 422 people attended H.O.P.E. educational programmes.
Of those 217 people were under 18 and 205 people were over 18.

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

For our clients with drug and alcohol issues our remit is adults. When clients under 18 present to us, after an initial assessment (with a family member or responsible adult), 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

H.O.P.E. runs a range of unique training programmes in the North Inner City. The courses are developed and delivered by Irene Crawley, H.O.P.E. manager. In 2014 the following courses were rolled out to 422 participants.

- February: Four sessions H.O.P.E.'s Parenting for Prevention courses in Merchants Quay High Park.
- April: North Dublin City GP Training Programme, working with drug and alcohol issues in a community setting.
- May: Parenting for Prevention for Foundations Project, women from Travelling Community and local residents.
- May: Four sessions of Prevention Education with FAS students, Henrietta Street.
- July: Training to nurses in St. Patrick's Hospital on working with adolescents with addiction issues.
- September: Drug and alcohol prevention education, St. Joseph's Fairview, 47 transition year students.
- September: Prevention and Education committee youth event, Ballybough, 70 transition year students.
- September: Second Prevention and Education committee youth event, Law Society, 100 transition year students.
- October: Designer Drugs Training, Killarney Court.
- November: Designer Drugs Training, Canal Communities.

DESIGNER DRUG TRAINING

We also run a programme in conjunction with **Restorative Justice**. 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.

You may download a copy of the Designer Drug training from our new website, under Education— Resources. Here you will find PDFs of some of the materials we have developed, which we are happy to share, as long you do not remove our name.

www.hopehands.com

H.O.P.E. develops new programmes as demand arises in the North Inner City. In 2014 there was a great increase in this community of the sale of “Designer Drugs” - PVP, MDPV (crystal meth like substances). These drugs act rapidly, with from the first use there being instances of violent behaviour, paranoia, delirium and suicidal thoughts. People who consume these drugs do so compulsively, often for days without sleep, and we have seen a rapid physical and mental deterioration in our clients using these. A Garda operation stemmed the tide for now, but we believe the sale of these drugs will continue, and are easily accessible on the internet, and new drugs are being manufactured all the time.

Some of our other Activities in 2014

As well as activities to help our clients this year, we also participated in several other community activities to help other projects and individuals. We are situated in the heart of the North Inner City, and this community has a great spirit. We feel the events H.O.P.E. organized or participated in really showed this community spirit, were uplifting, and in some cases raised much needed funds for good causes. Some of these included our Designer Drug Training, Matt Talbot HOPE Service, a Christmas Party for our Client's children, Client's recovery celebrations, Michael Jackson Family Fun Day, more information on these on the following pages.

Members of H.O.P.E. joined the Gloucester Diamond Family Fund committee, to help the families who lost their homes and contents in a fire in December. Joe organized a community concert showcasing local talent in Our Lady of Lourdes Church Sean McDermott Street. This event, attended by about 200 community residents, was real showing testimony to our community solidarity and generosity and we were up and dancing in the aisles.

Other community events staff attended in 2014 include the annual ICON Christmas Tree lighting, local project open days and events, We had site visits from several international, national, and student groups. Irene Crawley and Terry Fagan did interviews on FM 103 regarding our Recovery Service. Pod casts are available on our website www.hopehandson.com. Staff attended Lord Mayor Christy Burke's inauguration. Members of H.O.P.E. attended protests and marches on issues affecting those we represent such as homelessness and water charges. Sadly in 2014 we also attended (too) many funerals of local residents and former clients.

Irene is a Community Representative on the Drugs Task Force and a member of its Prevention and Education sub-committee, and the Project Promoters committee. Our Advocacy Worker Alison is on the Community Representative's advisory committee.

WEBSITE

Thanks to the generosity of the National Lottery, we have been able to fund the development of a website. It will be going live this week. Here we will have information on all we do. We will also be running a blog, with news from H.O.P.E., this community, and drug and alcohol issues of interest to our stakeholders.

www.hopehandson.com



Staff photo left to right: Frank McGrane, Irene Crawley, Joe Dowling, Alison Gray.

Matt Talbot HOPE and Recovery Service

This was held on September 17 in our Our Lady of Lourdes Church, Sean McDermott Street. We came together to celebrate Recovery. This was a spiritual service and open to all faiths. The Community Church has been a support to families during the ongoing drug crises, and I thank Father Richard for his support. We included reference to Matt Talbot, an alcoholic from this community who found abstinence, and tried to help others. Terry Fagan, our local historian, put together a fantastic display. The evening was attended by at over 200 individuals, and was uplifting. The Lord Mayor Christy Burke opened the event with a talk on alcohol and its impact in this community, then Father Richard told the Matt Talbot Story. Jason Byrne and Terry Kavanagh sang beautiful songs as people lit candles, with a recovery wish. Two participants of the Soilse programme spoke on what a drug free lifestyle has meant to them, and five participants of the ACRG programme read their own poetry. We concluded with a blessing and released H.O.P.E. balloons, followed by some food and a chat. We will make this any annual event, the feedback was that the community loved it.



Gloucester Diamond Family Fund Concert

The Church was rocking again on December 11 when Joe Dowling organised a community musical extravaganza, feature local talent, including the Lord Mayor and TD Joe Costello, and Singer Jimmy Kelly.

We were all moved at how many from the community came together to support the families in the three homes that were lost in a fire. So many school children, organisations, and individuals came up with ways to fundraise. It culminated with the concert. Being part of this group was a privilege, and we would like to thank all who gave of their time and energy. Most of all we would like to wish the families of Gloucester Diamond well, and a full recovery from their trauma, and hope that knowing they have good neighbours is a comfort.

H.O.P.E. Christmas Party funded by Croke Park Community Fund



Thanks to the generosity of the Croke Park Community Fund, we were delighted to be able to invite 173 adults and children to a Christmas Party. Current and former clients, staff and management all celebrated a successful year together. 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 beautiful cake. Santy and his Elves were there and all the children was given a special gift. We had the of services of **Marta's Magic Show** for the entertainment and face painting

There was a wonderful Christmas spirit, and it was so great to see our clients having fun with the children. We hope to make this an annual

Michael Jackson Family Fun Day

Christina Dowling organised her annual event this year to benefit H.O.P.E.. It was held on a sunny day in June in Halston Street Park, and at least 200 children attended.

There was Michael Jackson music, dancing, and face painting. We had candy floss, popcorn, dunking machines and games, and lots of other fun. All this was MC'd by Joe Dowling, and lots of fun was had by all.



Fundraising and Grants 2014

In 2014 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 H.O.P.E. to fundraise. Due to budget cuts over the last few years, our allocated funding covers only the basic daily running of the office. We apply for grants for equipment and events, and ALL fundraising goes directly to help our clients and our programmes—no staff bonuses here!

Due to fundraising this year we were able to buy 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 occasion a client of ours would have been sleeping on the street for the night, and we were able to get them a B&B, and help several clients under stressful situations to take a respite. Due to grant aid, we were able to fund some trainings, have a Christmas party for the clients, we were able to print this report and our brochures, and develop a website to reach more people, we were able to get some much needed office equipment

We have a fundraising policy which can be downloaded from our website. We recently received our full charity status, the number is noted on the back of this document. Our Fundraising activities this year consisted of the Flora Woman's Mini Marathon, Michael Jackson Family Fun Day organised by Christian Dowling, and two bag packing days. Grants and other donations:

Croke Park Community Fund

Lord Mayor Christy Burke and Mansion House Coal Fund

Dublin City Council (East Link Toll Fund)

National Lottery

Furniture from Dublin Port

Restorative Justice

Darren Cosgrave of the Sunday world

Citco, IFI, staff for generous fundraising event

Christina Dowling

Printwell East Wall donated printed material

Dunnes Stores in Henry Street for bag packing days

Councillor Niall Ring made contributions

Ripley Court Hotel, Talbot Street.

Green Shield Security made contributions

Acknowledgments

I would like to extend my appreciation and thanks to the following: Our Board of Management Carmel Cosgrave, Angela Hart, Andrew Lomax, Theresa Brady, Martin Cooke and Catherine O'Connor. Abigail stepped down in 2014 I would like to thank her for the last four years of service to H.O.P.E.. Her input was invaluable and it is greatly appreciated.

My gratitude to an amazing staff who make it a pleasure to coming into work. Senior Project Worker Joe Dowling; Project Worker Frank McGrane; Advocacy Worker Alison Gray; Financial Administrator Elaine Hilliard; Volunteer counsellor John Hickey, and the students, placements and volunteers, who worked with us this year.

The North Inner City Drugs and Alcohol Task Force, our funders the HSE, and Dublin City Council for our premises. I thank our colleagues in the North Inner City for the great spirit of cooperation, and all the agencies we have worked with to help our clients. I thank local historian Terry Fagan, for his on going collaboration with us in organising events, and for his service in preserving the history of this community. Thanks to Father Richard of Our Lady of Lourdes Church, for opening up the church as a place of celebration for the community. Thanks to Garda from Store Street for their support in our Designer Drug Trainings.

Special thanks to our public representatives Lord Mayor Christy Burke, TD Joe Costello, TD Maureen O'Sullivan, and Councillor Niall Ring for their continued support of H.O.P.E..

Finally, most of all, I thank our clients and the residents of the North Inner City for allowing us to continue to be of service. It continues to be a privilege.

Coming in 2015:

- The Launch of H.O.P.E.'s Website and Blog, giving the latest community news and information on drug and alcohol issues
- Community events such as the Matt Talbot HOPE Service, a Community Concert, Our Christmas Party.
- Evolve new drug / alcohol education trainings as the needs arise.
- Work with the Drugs Task Force Prevention and Education subcommittee to build Peer Educators.
- Continue to advocate for those who want to become drug and alcohol free, and continue to raise issues regarding barriers to this.

Contact Details:

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Open Monday—Friday 9.30 am until 5 pm.

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

“We taste and feel and see the truth. We do not reason ourselves into it.”

W.B. Yeats