

H.O.P.E. Annual Report 2021



Reg Charity No. 20079840

Helping Dublin's North Inner City Find Recovery from Addiction since 2003

Mission Statement

To offer individuals in Dublin's North Inner City:

Support to find recovery from addiction;

Support to families affected by addiction;

Case manage and care plan to help our clients achieve an improved lifestyle;

To be a positive force for community advocacy.

Introduction

With the continued Covid restrictions and lock down, our work in HOPE was far more challenging than usual. In 2021 we had to return to remote working between January and April. Difficulties included most services being physically closed, treatment centers and detoxes not accepting clients, and many of the 12 step meetings no longer meeting face to face. Although these services moved on-line, many of our clients do not have smart phones or other ways of accessing these supports.

Some of the trends we noticed throughout the pandemic included increased drug use and depression. Sadly, several people from the community lost their lives to suicide. We also noticed a large increase in street violence in daylight, and troublingly, gangs of young people with anti social and violent behavior. Lack of housing has become a bigger issue than ever, we have seen an increase in poverty, and many of our clients experienced difficulty in accessing spaces as well as funding for education.

We met the challenges with our clients by keeping regular telephone contact, and with our own on-line support groups. When safe to do so, Alison would meet clients for walks and Joe would go out on his bike to work with people. As part of the solution we received funding from the NEIC for a part time support worker, to hire a counsellor for 3 hours a week in 2022, and also for HOPE Recovery Runners. The HSE Addiction Services has been a great support as our base funders, often offering additional help with direct client needs.

In 2022 we look forward to continuing to be of service to the community. As well as our day to day activities, we have a new media volunteer, a new counselling service, and will continue HOPE Recovery Runners club. We hope to return to some of our community events this year for Recovery Month such as the Family Fun Day and Recovery Race. All of these activities involve our clients in addiction recovery and are uplifting to a community that for so long had the dark cloud of addiction hanging over it. A lot has been done, but there is a lot more to do, and we intend to remain part of the solution.

The following pages give an overview of our activities in 2021. Please contact me with any questions.

Irene Crawley, Manager, HOPE

Getting through the Covid 19 Pandemic



H.O.P.E.'s Services

H.O.P.E. Hands on Peer Education (H.O.P.E.) is a unique service. We are proud to be an integral part of the North Inner City community. We are a small charity and offer our services free of charge with no waiting lists to individuals affected by addiction. We were established in 2003 and work out of a small premises in Killarney Court. Our primary funding comes through the HSE Addiction Services.

Addiction Services: We believe people suffering with chronic addiction should have support in finding a recovery based lifestyle, and that this provides the greatest improvement in quality of life for the individual, their family, and community. We believe anyone can attain this with the right supports. We Case Manage clients to help them achieve their goals. We offer assessment and care planning, we help clients access medically supervised detox, we build interagency links, facilitate access to residential and day programmes as well as aftercare and a wide range of supports.

Advocacy Services: As part of their recovery journey, our clients encounter many blocks with housing, education, employment, legal issues, financial entitlements, childcare, as well as emotional and social supports. We support them through these, linking with the relevant agencies.

Family Support: Many members of this community are affected by addiction. This might be by living with someone in active addiction, experiencing bereavement, or by having in their care the children of active addicts. We have been providing family support for many years and have been by their side helping them cope.

Education: We also support members of this community who wish to return to education, which we believe is a big part of ongoing recovery. We take student and CE placements throughout the year to help in their training.

Counseling: One afternoon a week we offer a counselling service to our clients as part of their care plan.

Community Participation: HOPE works with and supports many other projects in this community and as well as being community activists for improved services. We have been involved in the Drugs Task Force, NEIC, Community Coalition and Docklands Forum. We organise a number of events during the year including HOPE Recovery Run, Bloomsday in the Monto, Community Family Fun Day and a Christmas Party.

Research: HOPE's Manager produced a piece of research in 2021 on individuals finding recovery from addiction in Dublin's North Inner City. This is available on our website.

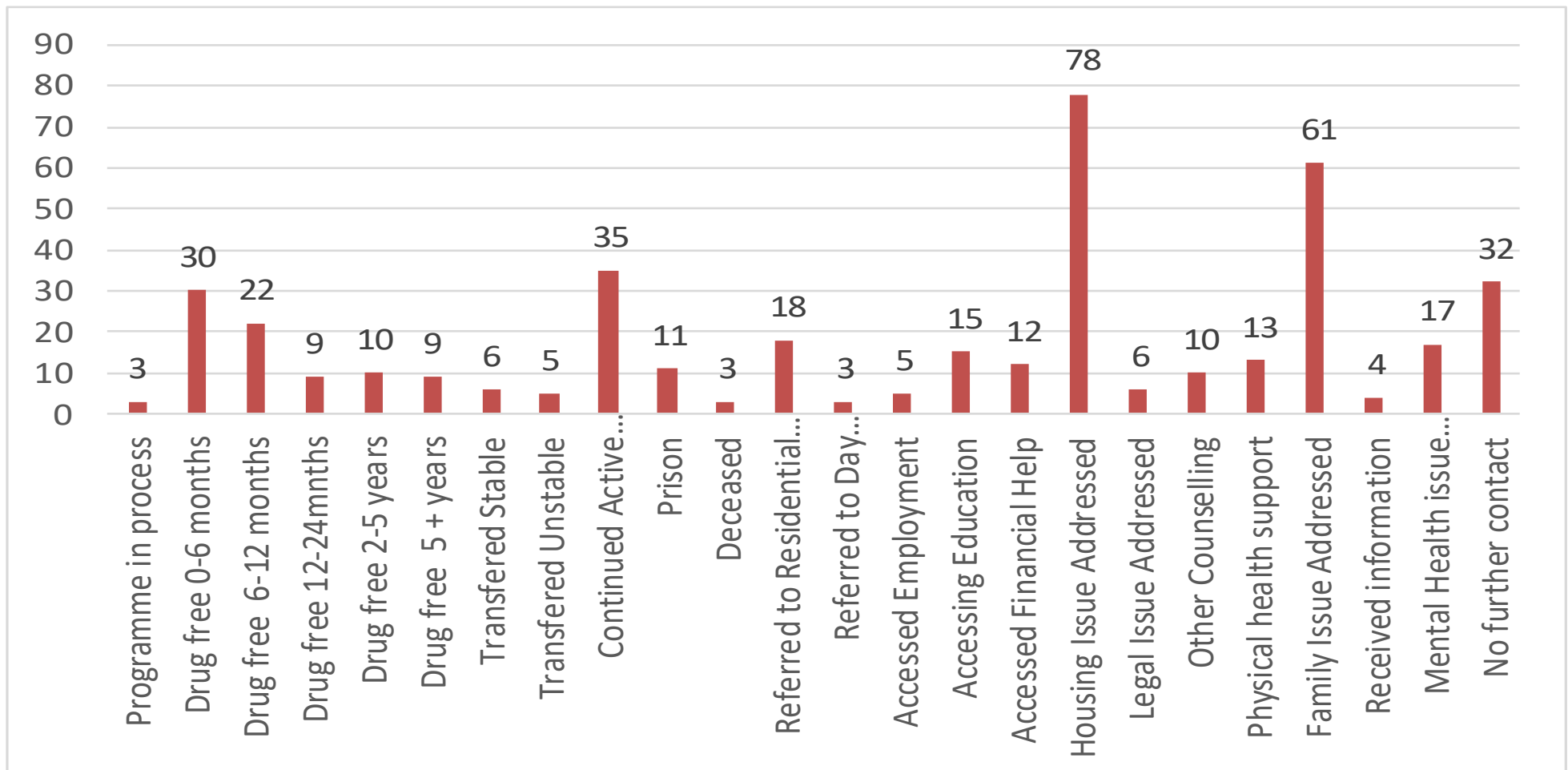
Client Work by the Numbers

HOPE serves adults in Dublin's North Inner City whose lives have been affected by addiction. If someone under 18 arrives we meet with them and their family and refer them to an appropriate service. There is generally a fairly even gender mix. Most of our clients have multiple issues, but those with two prominent primary issues are noted in Initial Presenting.

| Gender | | Age Range | | Initial Presenting | |
|--------------|------------|--------------|------------|--------------------|------------|
| Male | 185 | Und. 18 | 0 | Alcohol Addiction | 37 |
| Female | 163 | 18-21 | 17 | Drug Addiction | 154 |
| Other | 0 | 22-35 | 175 | Gambling Addiction | 1 |
| Total | 348 | 35-50 | 81 | Other Addiction | 0 |
| | | 50+ | 75 | Other Advocacy | 23 |
| | | Total | 348 | Housing | 63 |
| | | | | Education | 11 |
| | | | | Employment | 4 |
| | | | | Mental Health | 12 |
| | | | | Suicide Ideation | 5 |
| | | | | Physical Health | 6 |
| | | | | Financial Supports | 2 |
| | | | | Legal Supports | 1 |
| | | | | Family | 73 |
| | | | | Total | 392 |

Client Outcomes as of December 31, 2021

Each person who comes in the door has a personal story to tell and we work towards for the best outcome for each individual according to their needs. The reason many people come to HOPE is they want to become addiction free and in 2021 we helped 52 people achieve the goal of being abstinent from drugs and alcohol. During the pandemic the housing crises escalated and although we are not a housing service, many of our clients experience homelessness and housing insecurity. As part of their care plan, we helped 78 clients address their housing needs in 2021. Family work is large part of what we do, and we provided supports to 61 family members. The chart below shows where our clients were at year end 2021. Our door is always open, and many will be back to us in 2022.



One Client's Experience in 2021

As far back as I can remember, I always felt odd in my own skin, always felt I wouldn't be liked, I was unhappy. I came to my teens and found alcohol, and that was it, I found my best friend, and my worst. I started drinking at 14 by 16 was already in treatment and AA meetings. I drank to numb myself from day one, and when I came out of treatment took to drugs, it was ten times worse, each time progressing further and further to my addiction.

I went through every substance I could get until I bumped into heroin. This took me to Dublin, within a short time I was hooked, sick and homeless. I was always running from me. I came to Dublin pregnant, and I put myself through a lot of pain. I was 19, pregnant and on the streets, so sick from heroin. My life felt like it was gone. I have never felt so scared in my whole life. When I went onto methadone, I had never even heard of it. After three years of torture I got clean from heroin and methadone, but alcohol came back.

My first child I gave to social services as I didn't want her in that life. Alcohol came back around to me, and that was it. I drank and took cocaine. This was the worst time of my life. My little boy was born. My addiction continued until he was one year old. We experienced chaos, ambulances, guards, and charges. My boy was taken out of my home by social services while I was drunk. This was my rock bottom, I had no more left to give to this addiction, it had stripped me bare.

I made the decision to go to the only place I knew, H.O.P.E.. This was my decision, die or live. I walked through those doors, beaten down, everything lost. I was treated with complete kindness by the H.O.P.E team, and I poured my heart out. They helped me get into treatment nearly three years ago, and now I am living my best life. I am so thankful for what H.O.P.E helped me to achieve. They are my family.

Today, in my own skin, I am proud to be me. I feel a freedom from within myself. I can't describe a peace, I have my son back and he is thriving. I have my home and everything I lost. I'm currently just finishing my first year in addiction studies, as I would love to be able to help young women in the future. I am in the gym, healthy living and I'm currently running with the H.O.P.E Recovery Runners. This is something I thought I would never achieve. We recently done a 10k and are training for a half marathon. I also volunteer with H.O.P.E at their various events, and love being able to give back to the community. H.O.P.E continues to support me, and I know I can go to them if I need help accessing grants or further studies, or any other issues that will come up in my recovery. I know the door is always open as Recovery is a life long process.

One thing I realized through my recovery is that I am important in this world, as important as the next person, and I am here to live. I thank my friends in H.O.P.E for being there for me through it all and I'm looking forward to my future.

HOPE Fest 2021

Funded and Staffed by Urban Soul

Funded and Supported by the NEIC

In September we held our first gathering since the pandemic began. We chose HOPE Fest, a fun day to bring joy to the children of the area and something positive to Liberty Park, once off limits due to anti social behaviour and drug dealing. The event was aimed at toddlers to 7 years old, and many local pre schools and crèches attended, we had over 150 participants. The children enjoyed music, fun and games, face painting, and the comedy of **Denis Wiggly Coffey**. Food was by **George O'Brien**, and music by DJ **Gerard O'Neill**.

Urban Soul funded and staffed the event, along with a small grant from Forsa. The DCC Community Development Office provided a stage, gazebos, tables and chairs and other logistical supports—thank you to **Brian Mongey, Elaine Mangan and Darren Murphy (pictured below centre)** as well as Area Manager **Ursula Donnellan**. **The Community Garda (pictured below right)** were on hand to support the event and we thank them for their participation. **Dublin Lord Mayor Alison Gilliland** came along and got to meet the youngsters.

As well as HOPE staff and volunteers, Urban Soul brought along transition year students from **Belvedere College and Holy Faith Secondary School (some pictured below left)** they were a great help to us, face painting and manning the games and candy floss machine. According to **Amanda O'Shea, leader of Urban Soul**, the organisation is “about answering the great commandment, to love God and others and following it up by our indiscriminate acts of kindness.” They are a wonderful organisation who have helped HOPE at events in the past, volunteering their time and resources to do good in the community.

The event was a great success and we plan to hold it again in 2022.





Left: Amanda O'Shea and the great youth of Urban Soul

Below Left: Dublin's Lord Mayor Alison Gilliland with some of our guests.

Below: Denis Wiggie Coffey and Dumbo work their magic.



H.O.P.E. Recovery Runners — Funding by the NEIC



The running programme started in July 2020 as a way to see our clients outside during lockdown and to help combat depression. For recovery month 2020 we held a virtual run with about 20 participants. As things started to open up again, HOPE's Manager Irene Crawley decided that running could be a great part of people's Recovery Care Plan, so she planned a race for Recovery Month in September. We once again brought on Ruth Barry to coach us. It was a great success and this time we were able to hold the race in person with over 100 people competing. We are now registered with Athletics Ireland and an official club.

Bruce McDevitt and Michael Darragh Macauley of the NEIC were a huge support in getting funding for training and supplies. I also thank all in the NEIC for supporting our Recovery 5K Race Day in particular **Michael O'Riordan, Brian Mongey, Darren Murphy and Elaine Mangan**. We thank also the **Inner City Running Club** for their equipment and support.

HOPE Recovery Runners meet at 1 pm Tuesday and Thursdays outside of HOPE and all in the community are welcome.

Come see what we do on Instagram: [hope_recovery_runners](https://www.instagram.com/hope_recovery_runners)

Ruth Ann Barry HOPE Recovery Running Coach. Ruth is qualified, accredited and experienced for the last three years. Ruth says "Running has a positive impact for the participants in both their recovery and their homelife. Conquering milestones and digging deep impacts the mind, body, and spirit. Finding out how strong you are shows you are capable of achieving anything."

HOPE Recovery 5K Fun Run for Recovery Month 2021



It was a wonderful boost to do a positive activity outdoors after the lock downs. We hope to make this an annual event.

We thank the NEIC who sponsor our programme, and the Inner City Running club for your support.

We gratefully acknowledge the following local business for providing wonderful spot prizes:

- The Address Connelly (Hotel) on Amiens Street
- Freshii in the Chq building, IFSC
- Laine, My Love on Talbot street
- Bakehouse Dublin in the Chq building, IFSC
- Harbourmaster Bar and Restaurant

Above **Michael O’Riordan** of NEIC cheering on great young athletes

Below and right: Members of **Inner City Running Club**



Thank you to our supporters in 2021

Our base funding comes from the HSE Addiction Services and we gratefully acknowledge their on going support for our project. Due to budget cuts over the last few years, our allocated funding covers the daily running of the office. We fundraise for additional activities such as our counselling service, running club, staff training, events such as the Christmas party, Bloomsday Festival, Family Fun Day, Recovery Run. We also fundraise to be able to help clients with direct needs, which could range from clothes when they are in prison or a treatment centre, food hampers at Christmas, or as in the pictures below, helping an elderly local resident clean and paint their flat before they returned home from hospital. We have too many volunteers over the years to acknowledge everyone, but you know who you are, and thank you for your community spirit. In 2021 we received financial support from the following and we thank you:

HSE Addiction Services, NEIC, DCC, Forsa Trade Union, Roomkeepers Society, the Courts Poor Box.



All donations go directly to help our clients.
Our fundraising policy is available on our web-
site at www.hopehandson.com/donate

Registered Charity Number: 20079840.

Please donate at the office or through Pay Pal at
hopehandson@gmail.com

In Memorium - Fergus McCabe and Tony Dunleavy by Joe Dowling

I met Fergus when he was 13 years of age, we were in the Belvedere News Boys club. He was very big into the football, we played together. I got married when I was 16 and my bother would play in a band and Fergus would sing with us. Years later myself and Fergus would be in the Neighbourhood Youth Project working with disadvantaged children around the community.

Fergus was always involved big time in the community. We worked together the last 30 year, in the marches against drugs, and the setting up of the Drugs Task Force. So many people were dying around here, it was mayhem in the 1990s. Fergus became a well-known community activist, he used to be Tony Gregory's right hand man. Fergus would always manage to get a few pounds so we could help people.

I never lost sight of Fergus, I actually idolised him. He was a gentleman, we never had a bad word me and him. We were in more arguments with the government, fighting for this community, all the projects you see around here came about because of the hard work we did 20 years ago. Fergus became chair of the Task Force, and if it wasn't for him, there would be nothing here.

I used to meet Fergus on me walks, him and his wife Helena walk around Clontarf. He was from Fairview, but he dedicated his life to this inner city community. About 3 years ago Fergus was singing in the community hall, I got up on the stage and sang with him. That was me last memory of Fergus.

Me memories of Tony Dunleavy was all when we were growing up. He was a year or two older than me and we grew up in this community, played football up at the back of Our Lady of Lourdes church. Tony was very involved in the community, but people didn't know that. Tony was on the Drugs Task Force, the police forums, on different committees like myself. We were pushing to get the doors to the methadone clinic open to let us in to help our kids, you know what I mean? We got our feet in, and then we wouldn't get out!

Forty years ago he started an idea for the old folks. Terry Rodgers, a very famous book maker used to give him some funding to bring the old people out for the day. Every year we did a summer and winter Do in Donabate. There would be 200 old folks, we'd give them free drink and a meal, all of that. I used to do MC, me brother played as well and we'd bring people down to do a bit of cabaret. The things we used to get up to, you know. A great laugh, Ole fellas of 60 and 70 dancing, we'd be matching them all up and all that. We used to have prizes and all. I remember looking at the joy on those people's faces. They loved that day, they loved it!

People keep asking me now what's going to happen to the old folks now? I tell them I haven't the energy anymore, youse are the people now.

People didn't know the work Tony done around here. He was never in a paid capacity anywhere while I was. Tony was great, just great.



Management Committee



Top Row: Far left Kevin Murray (Treasurer), 2nd Left Yvonne Bambury (Legal Advice), 3rd from Right Martin Cooke (Chairperson)

Bottom Row 3 on Right: Theresa Brady, Carmel Cosgrove, and Angie Hart (H.O.P.E. Founding Members)

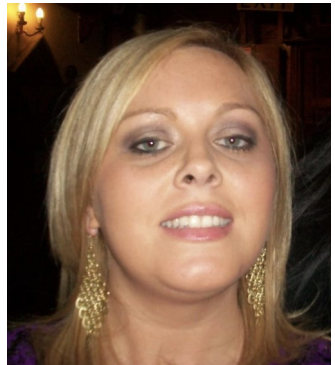
Staff



Irene Crawley, Manager. I have worked in the field of addiction for 25 years, working in treatment centres, prisons, and day programmes in Ireland and France. I have managed HOPE since 2004. As well as being an accredited counsellor, I have a BA in Psychoanalysis and an MSc in Addiction Recovery. The vision for HOPE is to provide a service in Dublin's North Inner City that helps people find freedom from addiction, to lead independent and happy lives, for themselves and their families. I have also developed a wide range of training programmes in the area of youth addiction prevention and training for trainers.



Joe Dowling, Senior Project Worker. I joined HOPE in 2007, and have now worked in this community for nearly 30 years. I was born around the corner and still live in the same building as HOPE. I love working with the people of this community, and it is great to see them getting their lives back. In HOPE we are family, and it's a pleasure to come to work everyday.



Alison Gray, Recovery Case Manager. I have been with HOPE since 2009, first as a volunteer, then on a CE scheme. My position kept improving as I got more education and experience. I now have qualifications in Addiction Studies, Intervention Skills, Case Management, and as a Holistic therapist. I love working in and giving back to the community.



Elaine Hilliard, Recovery Support Worker. I worked in HOPE as an Admin one day a week since 2007, I also worked in Soilse as an Admin since 2001, I have been in the addiction field for 20 years. In 2019 I was offered a permanent position in HOPE, changing roles from Admin to Recovery Support Worker, which I greatly appreciate. Now I am in UCD studying a Level 7 in Community Drug and Alcohol Work. It's great to be part of such a wonderful and caring team and indeed community. Having grown up in Dublin 1 it's great for our clients to know they can walk in the door and see a familiar face, it's doesn't feel as daunting.

David Corcoran, Administrator. I started working with HOPE in July 2020. After 35 years working in the commercial state sector, I was given the opportunity to give something back to the inner city community where my parents were raised. Working with the dedicated and caring team at HOPE, I have learned to appreciate the vital work which HOPE does to support those in need.



Linda Crofton, Media, PR and Wellness. I am currently studying Leadership in Health & Wellbeing in the Workplace. I started in HOPE in January 2022, and HOPE is very different from any other place I have worked. When a client is looking to find recovery from addiction or need support along the journey, HOPE is there. The team at HOPE are so knowledgeable about the system and resources that are available and the people behind those services. All of the team have a long history in the community, so when someone walks in the door in the mornings, they are not an anonymous number, EVERYONE who walks in the door gets called by their name and made to feel welcome.



Last words from H.O.P.E.'s Manager

It has been another year in H.O.P.E. where we have accomplished much, with very little, thanks to the hard work and goodwill of so many. It has been a privilege to manage this project and work in Dublin's North Inner City, a fantastic community. The dedication to making this community, and this world, a better place has driven our work. We have a fantastic team, and I would like to extend my appreciation to the following:

Our voluntary Board of Management for the many years of support and guidance and the time they have given up to help run H.O.P.E. Three of our current management committee are founding members, **Carmel Cosgrave, Angela Hart, and Theresa Brady**. Also with us for many years are **Kevin Murray, Martin Cooke, and Yvonne Bambury**.

Our wonderful staff: **Senior project worker Joe Dowling, Case Manager: Alison Gray, Recovery Support Worker: Elaine Hilliard, Administrator: David Corcoran, Media Volunteer: Linda Crofton**.

I also thank the following without whom our work would not be possible: our funders the HSE addiction services, in particular **Brian Kirwan and Donal Cassidy**, and the North Inner City Drug and Alcohol Task Force.

Thank you to Dublin City Council for our premises, and the team at the NEIC for additional supports with our programmes. The NEIC has been a great addition to the community and I thank in particular the **NEIC programme office: Michael Stone, Michael O'Riordan, Ursula Donnellan, NEIC Sports: Bruce McDevitt and Michael Darragh Macauley, and from the Community Development Office Brian Mongey, Elaine Mangan and Darren Murphy**.

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. We hope to be here for many years to come!



UNIT 5, KILLARNEY COURT, BUCKINGHAM STREET UPPER, DUBLIN 1

WWW.HOPEHANDSON.COM

EMAIL: MANAGEMENT@HOPEHANDSON.COM

FACEBOOK: HOPE HANDS ON PEER EDUCATION LINKEDIIN

H.O.P.E. HANDS ON PEER EDUCATION

INSTAGRAM: HOPE_RECOVERY_RUNNERS

TELEPHONE: 01-887-8404