

H.O.P.E. Annual Report 2018



Reg Charity No. 20079840

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

Our Mission Statement

- ◆ To offer those who are suffering with addiction an opportunity to become addiction free.
- ◆ To support families who have been harmed by the effects of addiction.
- ◆ Through education/prevention to facilitate young people and adults in the area to remain free from substance abuse.
- ◆ To provide advocacy to help achieve an improved lifestyle through education, employment, better housing and health care.

Forward by the Lord Mayor of Dublin, Nial Ring

It is not often that one can say with certainty that an individual, group or organisation saves lives. This is exactly what H.O.P.E. does and has done for the past 15 years in Dublin's North Inner City. I personally know many individuals whose lives have been saved by the intervention of the H.O.P.E. team of professionals.

H.O.P.E. addiction services, advocacy services and family support services have impacted positively on so many individuals and families in the North Inner City. Nelson Mandela once said "Education is the most powerful weapon which you can use to change the world." It is also the most powerful weapon you can use to change yourself and this is at the heart of what the H.O.P.E. service does, teaches people to live addiction free, and be empowered through further education and training.

It often takes a person suffering with addiction to come to a point where they realise their powerlessness over their addiction to reach out for help. H.O.P.E. is there when the person reaches out and supports them to take control of their lives again, live again and realise their potential.

As Lord Mayor of this great city I have come across many great organisations doing wonderful work for the underprivileged, the lonely, the infirmed and those suffering in so many ways. I can honestly say that H.O.P.E. is the best of these organisations.

Thanks to the staff Irene Crawley, Joe Dowling, Alison Gray, Elaine Hilliard, Ciaran McGee and the voluntary management committee Carmel Cosgrove, Angie Hart, Theresa Brady, Martin Cooke, Kevin Murray and Yvonne Bambury for your great work for the people of the North Inner City.

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 2004 and work out of a small premises in Killarney Court. We are funded by the HSE through the North Inner City Drugs and Alcohol Task Force.

Addiction Services: We believe that for people suffering with chronic addiction that finding recovery through an abstinence based lifestyle 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 work with people to help them achieve their goals. We offer assessment and care planning, we help clients access medically supervised detox, we build interagency links, and facilitate access to residential and day programmes etc.

Advocacy Services: We support our clients through a range of issues such as entitlements, housing, crèche places as well as accessing further education and employment.

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. Joe Dowling has been providing family support for many years and has 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.

Holistics: Two afternoons a week we offer holistic therapies. These include acupuncture, reflexology and massages. We offer these to our clients who are detoxing, going through a difficulty, and to their family members dealing with stress.

Counselling: One afternoon a week we offer a counselling service to our clients in need.

Community Participation: HOPE works with and supports other projects in this community and as well as being community activists. We work with the North Inner City Community Coalition, the North Inner City Folklore Museum, and organise a number of community events during the year including Bloomsday in the Monto, Community Unity Day and a Christmas Party.

One Client's Experience in 2018

Too young to understand, uneducated in life and too immature to know the difference, dysfunction, and low self esteem are a few contributing factors that led me down the road of addiction. This torture lasted over 12 years, far too long to be trapped in such a state. I ran through every substance available, I always used excessively and before I knew it, I became addicted. That was my cycle and sadly I cared for nothing else in this world. Temporarily, it would help me forget all my issues but that also didn't last for very long and then, it doesn't work anymore. When I was left with choices like I don't want to live and I don't want to die, when I had no support from family or friends because I had hurt them so much, I felt my choices became very limited. Contemplating suicide was a frequent thought, I hit many rock bottoms, thinking it couldn't get worse then this, but it did. What I am after writing is an understatement of how horrifying drug addiction really is. Only addicts and their loved ones know this pain.

I heard of treatment and I was blessed that I got a bed. As frightened as I was becoming sober for the first time in 12 years, there was still an element of feeling safe as I was in residential treatment. After the 12 weeks I had successfully completed I made the decision to move to Dublin. I knew drugs were more widely available but I knew changing my environment was essential.

When I landed in the capital it was suggested to link in with addiction treatment facilities and that is when I discovered HOPE. I was welcomed with a smile, offered a cuppa and we sat down to talk. It was an initial assessment but in such a friendly way that it was unnoticeable. For the first time I felt a real sense of easiness and I was able to open up and let them in to help. The staff in HOPE really honed in on key issues in my life that were blocking me from achieving long term recovery. They allowed me to go at my own pace and never put me under any pressure. I started believing I could overcome my addiction. Slowly but surely HOPE helped me mould a new life. My core issues were with addiction, housing and education. Each one was dealt with love and sincerity and they really went over the top to help me. When I call into office I see numerous clients coming in and out and every single person is dealt with in the same manner, with love and respect. After years of availing of HOPEs services, I went from being a hopeless addict living in supported accommodation to completing two day treatment programmes, doing my leaving cert, getting a diploma in counselling, and getting a degree in psychotherapy. I then got a place I can finally call home and now I have started my own business. HOPE were with me every step of the way, I would have never had the confidence to go further than supported accommodation. The HOPE team have extensive knowledge and expertise when it comes to dealing with addiction problems and the North Inner City is truly blessed to have such a service.

My life has taken a complete U-turn. Reliving this does make me feel nauseous but the relief and gratitude that I have knowing that I have changed I can't describe. I have done things that I am deeply ashamed of and at times I still find it difficult to forgive myself but that was my journey but now I can see I was a very sick person at that time.

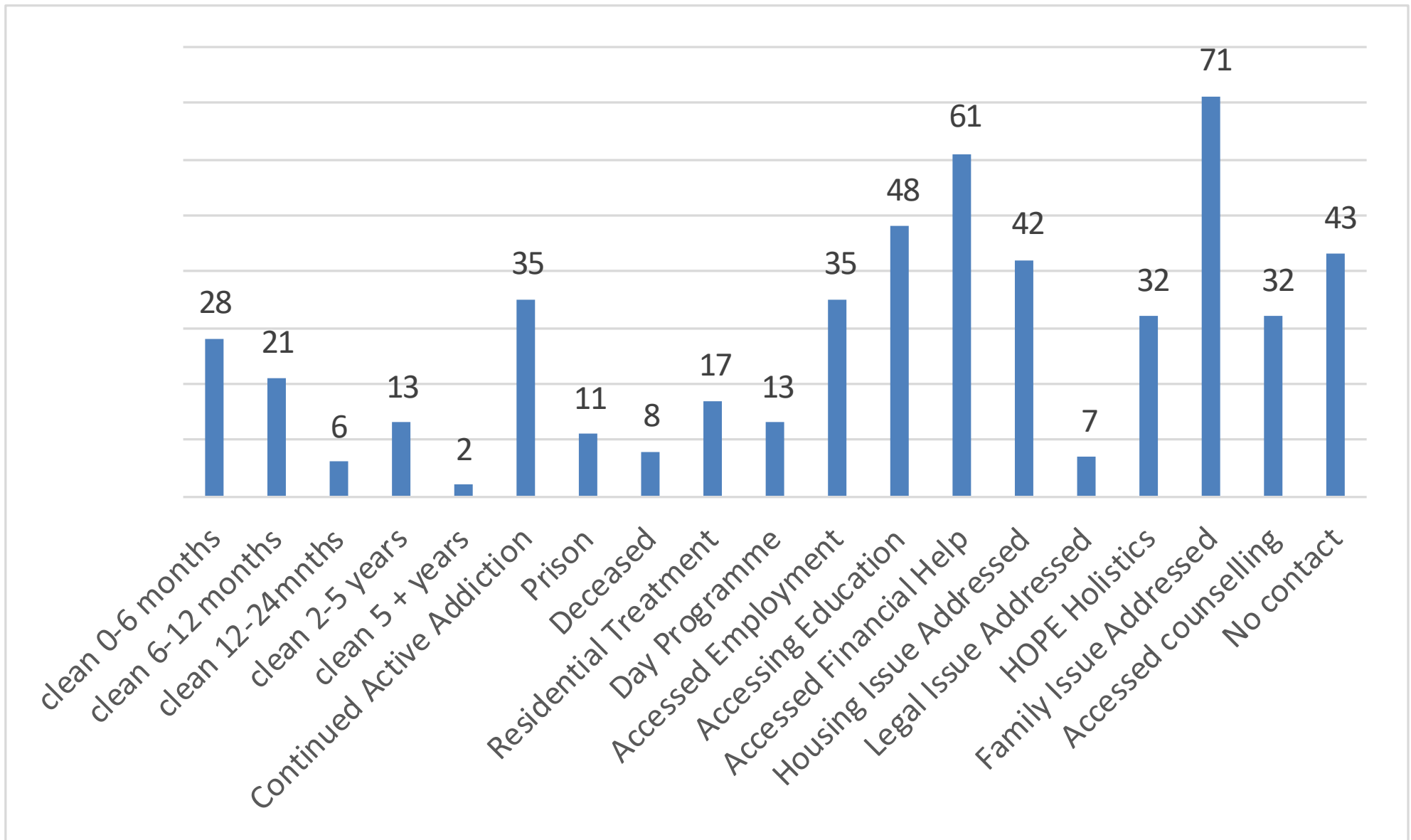
I have gone from strength to strength in my recovery and everything I have achieved has been gifts but very recently I received something even more special, my son. I became a father for the first time and while I write this, there are moments that I look at him and he just smiles at me and it melts me and now I realise that this is the real joy of what recovery is about, for me. I never imagined that I would become a father like I never imagined I would get clean and I have to give all my thanks to my friends in the HOPE project for these precious gifts that I've been given.

I love you guys and keep up the good work.

Client Work by the Numbers

	2010	2012	2014	2016	2017	2018
Client Visits	1,344	2,208	2,180	1,599	1,934	2,184
Clients (not incl. trainings)	252	366	421	355	417	443 (+ 200 in educational sessions)
Addiction	171	213	240	159	189	201
Became addiction free in 2018	30	61	61	38	44	49
Family Issues	52	86	75	46	60	71
Advocacy and Other Issues	29	67	106	150	151	169
Returned to Education						49
Returned to Employment						36
Project Funding (Euros)	165,831	153,048	145,000	145,000	145,000	145,000

Client Outcomes as of December 31, 2018



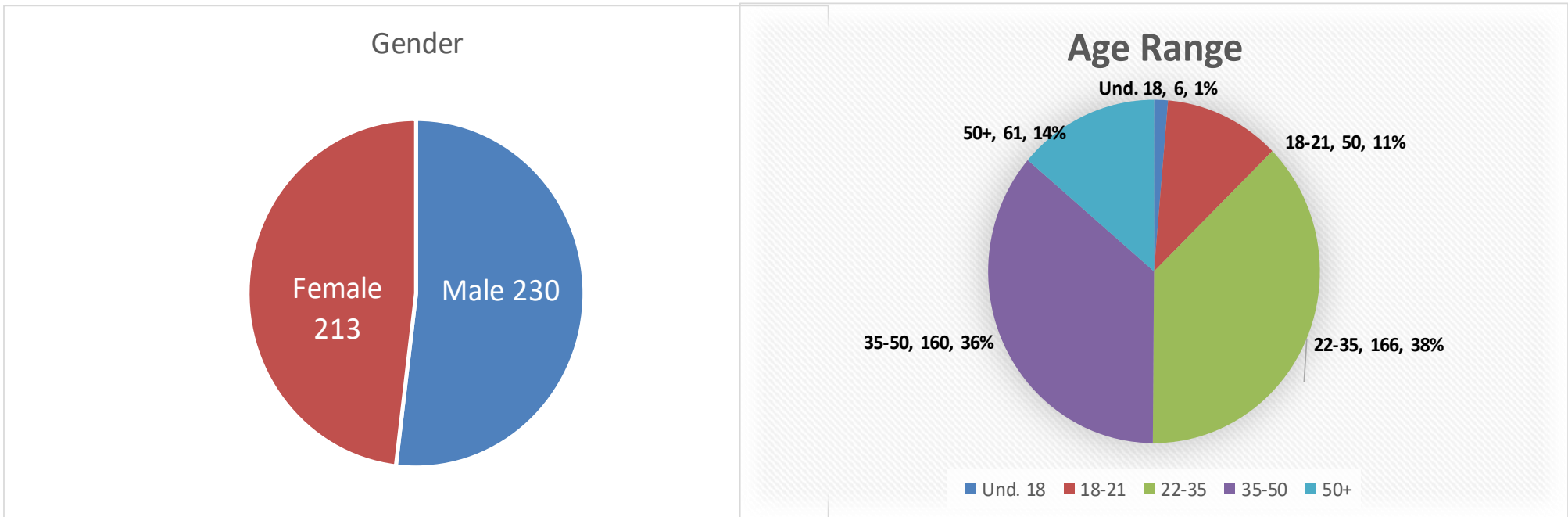
Our Client Profile

The charts below illustrates our work with addiction and advocacy. For our clients with addiction issues our remit is over 18's. We worked with 36 individuals for alcohol, 160 individuals for drug, and 5 individuals with gambling addictions. We worked with 70 individuals regarding family issues. When clients who are under 18 present to us with addiction issues, after an initial assessment with a family member, we refer them on to an appropriate service.

The vast majority of our clients are from the Dublin 1 area, or if not have family links here.

Below are our figures by age range and gender.

In addition to the figures illustrated in the graph, 200 people participated in H.O.P.E. educational sessions. We run these sessions for youth and adults. This year 140 people were under 18 and 60 people were over 18.



Empowerment through Education and Employment

Alison Gray, HOPE Project Worker:

“Over the last 10 years in HOPE my position has evolved into advocacy work, based on needs our clients were expressing. I am from this community and am well aware of the difficulty people face when seeking to return to education and employment. I have found that with the right support, encouragement, and creating interagency links much can be achieved by our clients. In 2018:

49 returned to education, 36 returned to employment and 61 we helped to access financial support from various agencies.

Here are a few typical examples of our work. There is a woman who we supported in becoming drug free and at three years clean she came back into us, wanting to improve her situation. I helped her build her confidence and enrol in a one year access course. She then enrolled in DIT in a social care three year degree course. We applied for the Annie Kelly Bursary for four years to cover support costs and the SUSI grant. She is really enjoying the course as a mature student, she will graduate in 2020 and looks forward to working and giving back to this community. Another young man had both parents in addiction, and is a father himself. He lacked self-belief and initially was going into FAS but I encouraged him to go onto college. He is interested in animals and I helped him enrol in Killester College for Fetac level V in animal care. I helped him get his SUSI, Annie Kelly and Dublin Docklands grants. Next he plans to attend a university access programme, then move on to a degree in a veterinary science.

Career L.E.A.P is a new innovation set up by the NEIC. It is a tried and tested work readiness programme for young people aged 17 to 25 from marginalised backgrounds. It has been uniquely developed through partnership with community groups Swan Youth Service and East Wall Youth, businesses, and Trinity College Dublin. They have come together to tackle youth unemployment in local communities in Dublin's North East Inner City. Six of HOPEs young male clients between the ages of 17-22 took part and all completed the Safe Pass and Manual Handling courses. Three of them successfully got full time apprenticeships and the other three continued to do the 12 week training course with the support of the Swan Centre. One of the boys got an apprenticeship as an electrician.

Of the 36 who returned to employment last year many chose the fields of social care, youth work and addiction counselling, in the hopes of giving back to this community.

I would like to thank the following for facilitating our clients and helping them achieve a new way of life: the NEIC, NICDATF Annie Kelly Bursary, Dublin Docklands, NEIC, SUSI, and educational institutions I have built links with such as Marino College, the Make Up Crew, NSU, Liberties College, Colaiste Dhulaigh Finglas, Maynooth University, Urrus Access Programme, Merchants Quay addiction studies, Galligans Beauty College, and many more.“

H.O.P.E. Education and Trainings

Irene Crawley, Manager: Over the years I developed a range of education and training programmes on addiction, health issues, and peer education. Unfortunately due to lack of staff and funding and high demands on my time, I am no longer able to run the programmes such as training for trainers and peer addiction training for teenagers, which were free of charge and very well received. In 2018 I ran trainings by request, as we never turn down anyone looking for help wherever possible. I provided training for 200 individuals this year:

- ◇ Trinity College GP training in March, and had 30 students here learning about addiction.
- ◇ January and October addiction education with transition year boys from St. Joseph's in Fairview. There were a total of 140 students.
- ◇ Each year we have a group of 30 nursing students from San Jose, California, learning about addiction in Ireland.

Gaining Experience and Giving Back

Through the years our many student placements, volunteers and CE workers have gotten a great front line experience in our office and most have gone on to find meaningful employment.

In 2018, thanks to the generosity of Christy Burke and the DCC discretionary fund, we received funding for a one year fixed term contract for much needed Project Worker Support. Ciaran McGee took this position and has been a fantastic asset to the team.

David "IT Guy" Brown finished up in March 2018 after two years on a CE scheme and went on to find employment in his chosen field. He was a huge help to us and is missed by all, but I believe his life was improved by the opportunity to gain experience. David moved on when he was ready, and this is always the goal.

Each year we take on student placements and in 2018 Karen Mooney, who is studying Social Care, did her placement with us.

Shauna Byrne started off in 2017 as a student placement and now does our office support holiday cover.

Volunteering is a great way to give back to the project and the community, and we run a number of events throughout the year and these would not be possible without the help of many faithful volunteers who are there for us time and again. For 2018 I give a big THANK YOU Paula O'Connor, Terry Fagan, Theresa Brady, Carmel Cosgrave, Elaine Hilliard, Elsie Campion, Marilyn Molloy, Celine Gifford, Sandra Byrne, Gerard O'Neill, Sandra Burke, Cllr. Christy Burke and Connie Murphy.



Top left: Minister Paschal Donohoe presenting Anthony Gray with his Career Leap Certificate.

Top right: Alison at the NIC showcase gathering educational information.

Far left: Shauna Byrne, student placement and volunteer.

Left: The nursing students from San Jose California who visit our project each year.

Our Holistic Service sponsored by NEIC

We gratefully acknowledge the additional funding received from the North East Inner City (**NEIC**) initiative. I would like to thank Dublin City Council, particularly Karl Mitchell for allowing us use of a space on Buckingham Street to carry out our service. Because of this support we are able to provide a holistic and counselling service free of charge for our clients who have been impacted by addiction and bereavement often due to the crime and drugs in this community. There are currently no other projects in this community providing this service and very few affordable counselling options, and there is a great demand. The three strands of our service are:

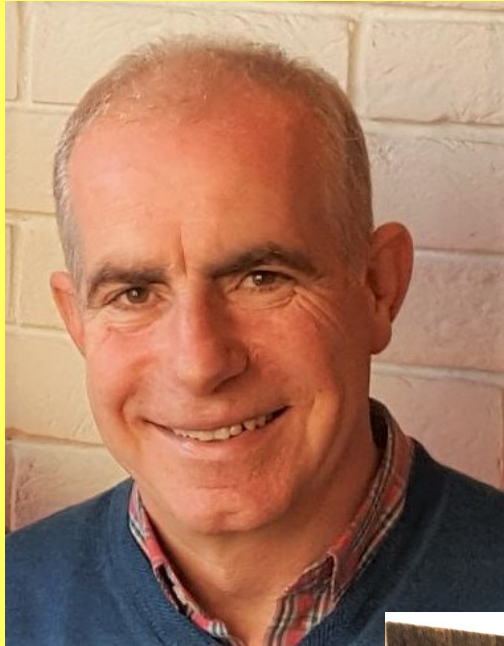
Counselling - Paul Flannery, MIAHIP, ICP Registered, MA Psychotherapy, H.Dipl Counselling & Psychotherapy. His specialities are bereavement, depression, anxiety, and low self-esteem. Paul says “Over the last 2 years the service has offered counselling and psychotherapy to a limited number of clients. It is a space in which they may explore the underlying issues which led them into addiction, and help them build self-awareness and emotional resilience.” Paul provided 71 sessions in 2018.

Acupuncture and Reflexology – practitioner Alison Gray says “These holistic treatments have proven to be effective in the treatment of anxiety, headaches, addictions and pain. We use it for clients in our community detox who are trying to get drug free, those experiencing physical and/or mental health issues.” Alison provided 300 session in 2018.

Holistic Massage - practitioner John Hanamy says “I am a qualified therapist with twenty years experience. I perform Reflexology, Indian Head massage, Hot Stone massage, Deep Tissue massage and give advice on nutrition and postural issues and simple exercises. I find the support that these therapies provide as well as in many cases the caring and attentive presence of a trained therapist is of huge emotional benefit to those using the service. I feel very privileged to work at HOPE and look forward to doing so in the future.” John provided 99 sessions in 2018.

The clients who availed of our service in 2018 suffered from a range of issues. Some examples:

- o Several in early and ongoing recovery to help them maintain their abstinence.
- o An individual to help her break the cycle of domestic abuse and addiction.
- o Several family bereavements.
- o Partner in prison due to addiction in this community.
- o Several detoxing and working towards abstinence and entering a residential treatment centre.
- o A woman undergoing treatment for cancer who lost her child to addiction.



Hope Holistics Team

L: Counsellor Paul

R: Therapist John

Below: Therapist Alison



Launch of Annual Report May 18, 2018

The purpose of our annual report is to showcase what a small project can do and that recovery from addiction is possible and available to all.

We thank Paschal Donohoe TD, Minister for Finance Public Expenditure and Reform for launching our Annual Report 2017. We asked Paschal to launch it as he has always been a great supporter of our work and the North Inner City in general, and he has played a very large part in many of the recent improvements in 2017. I also thank our inspiring speakers John Lonergan and Sabrina Brennan for sharing their journeys and experience in HOPE.

Thanks to all of our volunteers who helped make the morning a very happy and positive event. We thank all who came along and feel encouraged to keep on doing what we are doing, helping people change their lives for the better in this community.

R: Paschal with Micky Fin, below and left John and Sabrina.



BLOOMSDAY IN THE MONTO 2018

FUNDED BY THE NEIC AND A JOINT EFFORT OF HOPE AND THE NORTH INNER CITY FOLKLORE

This was the second year we held our festival bringing Joyce and the Ladies of the Monto back to the North Inner City Liberty Park. Thanks to Terry Fagan for helping keep these stories alive, and all our volunteers who dressed up to dish out afternoon tea.

NEIC funded the event, along with a small grant from Forsa. Dublin City Council provided a stage, gazebos, tables and chairs. Thank you to Brian Mongey. Anto Kelly of Kelly's Carriages graciously donated his time and horses. The community Garda were on hand to support the event. The Uncut Diamond Players gave great performances of scenes leading up to the 'Night-Town' chapter.

Conor O'Mearáin was our professional photographer and did an excellent job capturing the festivities. Susan Porter sourced our costumes and styled our participants as well as signing some songs of the times. Glenda Guilfoyle came along with her mobile costume unit, which was great fun.

Gerard O'Neill's DJ skills added greatly to the atmosphere of the day. Delicious sandwiches were provided by George O'Brien. Management committee members Carmel Cosgrove and Theresa Brady volunteered for the day as well as our regular volunteers Sandra Byrne, Shauna Byrne, Bart Hoppenbrouwers (thanks for the photos), Paula O'Connor, Celine Gifford, and Marilyn Molloy and others.

All of our staff pitched in, many thanks to Alison Gray, Ciaran McGee and "Father" Joe Dowling who was hilarious as usual.

Thanks to our local representative Maureen O'Sullivan TD (Independent) who always participates, and Councillor Christy Burke who, as last year, treaded the boards and played the groom.

We hope in 2019 to make the event bigger and better, with lots of community engagement. As well as Liberty Park we plan to bring activities to the Folklore Museum.





Top left: Mick Rafferty and the Uncut Diamond Players.

Top Right: Father Joe at the Christening with Sue Porter, Christy Burke, and Theresa Brady.

Left: Maureen O'Sullivan TD and Glenda Guilfoyle





H.O.P.E. Fest sponsored by the University of Notre Dame

In August H.O.P.E.'s 3rd annual street party was a great success. We hold this event each year, free of charge and open to all. The sun was out and everyone had a wonderful time. We give a big thank you to the students at the University of Notre Dame (below) and their programme manager, Catherine Wilsdon, PhD. They financially sponsored as well as facilitated this event. They played games, painted faces, danced and brought a great energy to our street. I thank DCC (especially Niall Byrnes) as always their support, our Community Garda, Lord Mayor Nial Ring, Joe for MCing, DJ Gerard O'Neill, Marta's Magic Marta kids show, the great staff in HOPE and all of our friends in the community for coming along.



Christmas 2018

Giving Back. As each year we collected hampers, toys and vouchers to those in need and they were distributed in the weeks leading up to Christmas. Thanks to all who donated, and to Austin Kelly for the 100 hampers. **Danny Cummins** for the second year in a row ran the Drop in the Box, a sleep out on the streets which aided HOPE and other community projects.



Annual Christmas Lunch. Over 100 clients, staff, supporters and their children celebrated together with a great meal, Santy and a sing song. As always, it was held at the Ripley Court Hotel, and sponsored by its owner **Austin Kelly.**



North Inner City Folklore Project

Irene Crawley and Theresa Brady of HOPE are on the Management Committee of the North Inner City Folklore Project which is run by local historian Terry Fagan. Over the years we have participated in many events with Terry. The project was set up to document life in Dublin's North Inner City and preserve it for generations to come. The museum houses a large archive of recordings, photographs and artefacts from tenement life. The museum is open every afternoon and Terry gives walking tours detailing subjects from Dublin tenement life, scenes from Ulysses, the Monto red light district, the 1913 lock out, 1916 Easter rising, and Matt Talbot. It was the interest of **Enda Kenny and Paschal Donohoe** which led to the setting up a museum on Railway Street in 2018. We thank Ursula Donnellan and all at the NEIC for supporting this project which we hope will go from strength to strength in 2019.



Terry would like to thank the voluntary management committee Lord Mayor Nial Ring (Treasurer), Irene Crawley (Chair) H.O.P.E., Bernie Pierce (Secretary) from Lourdes Day Care Centre, Ursula Donnellan of the NEIC, Theresa Brady and Rhona O'Connell.

Terry is taking bookings for his walking tours which are very entertaining and educational. To book individually or in groups, please contact Terry on 087-9210673, email: folklore@eircom.net, or friend him on Facebook: Monto Walking Tours.

Community Generosity 2018

Our base funding comes from the HSE, through the North Inner City Drugs and Alcohol Task Force, and we gratefully acknowledge their on going support of our project. Due to budget cuts over the last few years, our allocated funding covers only the daily running of the office. We need to fundraise for anything additional. Because of individual and group's generosity, we were able to run our programmes. These include our counselling and holistic service, training, events such as the Christmas party, Bloomsday Festival, HOPE Fest, and daily office needs such as equipment, maintenance and software. Also, we allocate certain funds raised to go directly to help clients with respite, food and clothing vouchers, and toys for their kids. Much thanks to:

- ♦ Anonymous Donation through the Community Foundation of Ireland
- ♦ Councillor Christy Burke and Dublin City Council Discretionary Fund
 - ♦ NEIC Community Fund
 - ♦ Croke Park Community Fund
 - ♦ Tesco Community Fund
 - ♦ Forsa small grants
 - ♦ Lord Mayor's Coal Fund
 - ♦ University of Notre Dame Dublin Global Gateway
 - ♦ Maura Sheerin from the Lions Club
 - ♦ Danny J. Cummins, Tom O'Connor
 - ♦ Roomkeepers Society
 - ♦ Niall Byrnes from DCC for all the flowers
 - ♦ Steven Ducie for the food parcels for the community



Clockwise from top left: Kirsty Edgar from Tesco Jervis street with Ciaran presenting Tesco Community Fund check.

Irene with Julianne Savage from the Croke Park Community Fund.

Danny J Cummins and Tom O'Connor who helped out our clients at Christmas.

Danny also organised a charity football match in Dalymount Park, League of Ireland All Stars vs H.O.P.E. There were some silky skills on display and lots of quality goals as well as banter between the players and supporters. This raised much needed funds to help our clients at Christmas.

Community Participation

We believe in giving back to the community wherever possible so to this end we are involved in the following:

Irene Crawley is a Convener for the North Inner City Community Coalition, was the Community Rep on the Docklands Forum, on the board of Management of North Inner City Folklore project and the Old Folks Group.

Joe Dowling and Tony Dunleavy have run outings for the last 40 years for the elderly in this community. Each June about 150 old folks from NIC go to the Waterside Hotel in Donabate for a fantastic night out. They would like to thank the sponsors NEIC, especially Karl Mitchell, Ursula Donnellan, Michael O’Riordan, and Mick Stone. Paschal Donohoe, Ray McAdam and Christy Burke have always been great supporters of the event. Joe also organises two trips a year to Lourdes and has often taken our clients as well as community residents.

Our Project Worker Alison Gray volunteers in fund raising for Belvedere Football Club.

As well as running a number of events ourselves, we attend whenever we can other projects events, and have welcomed visitors from many local, national and international organizations to visit our project.



The NICCC Conveners Sarah, Irene and Triona with Ray McAdam, Taoiseach Leo Varadkar and Minister Paschal Donohoe at the NEIC report launch



North Inner City Older Persons Group, Chairperson Tony Dunleavy, Member Mary Byrne, Secretary Irene Crawley, Member Maggie O’Dea and Treasurer Joe Dowling.

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, Yvonne Bambury, and Catherine O'Connor.

Our wonderful staff: Senior project worker Joe Dowling, Project Worker Alison Gray, Project Worker Ciaran McGee, and "IT Guy" David Brown. Counsellor Paul Flannery, holistic therapist John Hanamy. Our intern for 2018 was Karen Mooney.

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

Thank you to Dublin City Council for our premises, and the team at the NEIC for additional supports. Also, thanks to Cllr Christy Burke for making us his chosen cause for the DCC discretionary fund which allowed us to have much needed extra staff member for one year. Thanks to Lord Mayor Nial Ring for his ongoing support. Thank you to the other public representatives Enda Kenny, Paschal Donohoe, Maureen O'Sullivan and Joe Costello for their continued interest in our work and support to this community over the years.

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.

Irene Crawley, Manager

Photo front page: Darren Kinsella

Photo back page: Conor O'Mearáin



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