ANNUAL REPORT
2017

Dun Laoghaire Rathdown Outreach Project

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CHAIRPERSON’S REPORT

First and foremost, I wish to begin by thanking all staff, past and present, for their incredible contribution to the essential community based asset that DROP continues to be. Following a year of great change in 2016, DROP has continued to evolve in a highly professional manner to meet its service user needs while maintaining the highest standards to ensure Stakeholder service level agreements are met.

Board Review & Development
The past year has brought about much change to the structure of the Board of Management here in DROP. Following years of dedicated service, Ms Margaret Kenny, Chairperson and Dún Laoghaire Rathdown County Council representative, retired from her position as Chairperson of the Board. Ms Kenny has been with DROP since it was founded in 1998 and has been instrumental in developing DROP to what it is today. Following this retirement, Ms Eileen Ryder stepped into the role of Chairperson and has contributed immensely to the restructuring of the Board since taking up the role. Ms Heileann Rosenstock Armie has replaced Margaret Kenny as the Dún Laoghaire Rathdown County Council representative on the Board. Ms Collette Byrne also retired from her position on the Board. As part of this restructuring process, a Board review and development process was undertaken. The Board review process contained an essential skills audit element. Relevant trainings were identified and delivered to enhance and increase board effectiveness. These newly acquired skill sets will ensure that the Board are fully equipped to drive DROP forward in the coming years.

The newly formed Board got straight to task and a review of all organisational policies commenced. Policy review continued throughout the year and is expected to continue throughout 2018. The journey towards Governance Code compliance is ongoing. This cyclical journey is well underway and will continue throughout 2017-2018, and then the journey shall begin all over again. At present DROP is working through the self-assessment of our governance process in line with the checklist for a Type C organisation. The Board created two subcommittees to ensure its commitments to Governance Code compliance are met. The sub committees meet regularly to review and deliver on Human Resources & Governance and Finance, Quality Improvement & Risk Management.

DROP underwent a successful audit process in 2017. The 2016 Annual Report was produced for the that year’s activities and the Annual General Meeting was hosted on 21st September with funder and community representation present.
Highlights & Key Achievements
One of the Key highlights and achievements for 2017 was that DROP was in a position to secure a new manager in Ms Anthea Carry. Ms Carry’s evergreen enthusiasm has been a creative driving force in implementing necessary change within the organisation. The role of leading organisational change is never an easy task, yet the staff here at DROP have been inspirational in their approach to implementing the required changes.

In spite of all the changes that occurred throughout the past year, a solid foundation has been laid upon which to build. DROP is a testament to overcoming adversity. This has been achieved through a consistent and cohesive approach to all challenges that emerged in the past 12 months and beyond. Looking forward, 2018 brings with it the development of a new 3 year strategic plan, to include a full review of service provision ensuring that DROP remains a service leader in community based recovery.

I would like to take this opportunity to thank the current Board members for generously donating their time and expertise and to acknowledge the dedication of the Staff in steering the organisation through what has been a tumultuous time for many community based service providers. Because of you DROP continues to go from strength to strength.

Cian Ó Lonargáin
Chairperson

“Without continual growth and progress, such words as improvement, achievement and success have no meaning”

Benjamin Franklin
**MANAGER’S UPDATE**

Having held the position of Manager since 2009, Sandra Kelly resigned in November 2016. An interim Manager, Chris Gordon, was recruited and tasked with undertaking an internal review of the organisation. The result of this review was an interim manager’s report with recommendations for improvement across a number of Principles. It is not to say that the organisation was non-compliant but that there were areas that more formal improvements could be made. These principles were grouped as follows: Leading the Organisation; exercising control over the organisation; Transparency and Accountability; Working effectively & Behaving with Integrity. All recommendations within the Interim Manager’s Report formed the basis for the work plan for the new manager, Anthea Carry, on commencement in post in February 2017.

In August 2017 members of the board of management and the HSE Addiction Services met to discuss this report, it’s recommendations and progress made to date. This meeting formed the concluding part of DROP’s restructuring with the HSE being satisfied with the progress to date.

“It is important to note that without the hard work, dedication and relentless commitment to the organisation from the Staff and the Board of Management this would not have been achievable.”

With reduced resources it is a huge ask to continue to operate the organisation at the capacity it has done throughout 2016 and 2017. We have demonstrated the demand for our services within the DLR area but to continue to provide services at this level now requires greater input from our funding organisations to increase our human resource capacity. This has been highlighted to both the Department of Employment Affairs and Social Protection and the Health Service Executive.

**Strategic Planning**

2016 saw the completion of DROP’s Strategic Plan 2013-2016 and renewed motivation to look strategically to the future. Having undergone huge change in a short period of time, significant loss of funding and a reduction of HR resources the next logical step was to determine where DROP is now and to strategically plan for the next 3 years. The strategic planning process allows the organisation to review recent changes, determine how they have impacted on the organisation both positively and negatively and to really think about where the organization wants to be several years from now. The process commenced with a stakeholder survey of the organisation. This survey would determine community visibility, accessibility and public perception of the organisation and service provision. The outcome will inform where we should invest our time and efforts over time to improve and really get to the heart of responding to the
needs of individuals negatively impacted by substance misuse within the community of Dun Laoghaire Rathdown.

Following a tender process and with financial support from the DLR Drug & Alcohol Task Force Quality Matters were contracted to provide external facilitation to produce the organisations three year strategic plan for 2018-2020. Staff and board sessions will commence early 2018 with the plan developed by the second quarter and implementation commencing by quarter 2 of 2018.

The key areas for improvement and development in 2017 have been in Governance and operations and this work is ongoing will continue to grow and evolve alongside the organisation. The focus for 2018 will be the review and implementation of improved policies across the areas of Governance, Human Resources, Operational Procedures and Service User involvement and inclusion thus ensuring compliance with the Governance Code, National Standards for Better Safer Healthcare, Quality Improvement & Risk Management and our Duty to Equality and Human Rights within the Public Sector.

A lot has been accomplished in a short time with restricted resources and 2018 will be a continuation of this work. For further information on the impact of the work of the organisation in the lives of those we serve and the involvement of those who support our work please read on.

Anthea Carry
Manager

“It’s beyond my wildest dreams to be sitting in a room with all of you. I have found the way of life I want to live. I’m going to carry on fighting my addiction. Every night when I get home I’m going to thank my mum for getting me through the day.

Not being locked in a cell and screws barking at you. I won’t be hiding my feelings. I want my life to take shape.

Remembering where I was, the people I care about having to visit me. Now I can sleep soundly at night knowing that I wont hear the cell door close behind me.”

Extract from Creative Writing Class booklet “Old Haunts” produced by participants on the Stabilisation Programme
INTRODUCTION TO THE TEAM

Staff Team

Manager  Anthea Carry
CE Supervisor  Patrick Fitzpatrick
Financial Administrator  Maria Murphy
Project Worker  Paul Cunningham
Project Worker  Natalie Houston
Project Worker  Dean Ward
Project Worker  John O Donnell (resigned)
Support Worker  Loraine Quinn
Support Worker  Samantha Hempenstal
Support Worker  Martin Joyce
Reception  Antoinette Coffee
Reception  Aldo Byrne
Reception  Brian Lennox
Volunteer Counsellor  Nereko Lekuona
Student Placements  Jessica Kelly, Maria Higgins & Victoria Kenna

Board of Management

Chairperson  Eileen Ryder
Treasurer  Ciaran Walsh
Secretary  Seamus Brennan
Director  Elaine Forsyth
Director  Tony Duggan
Director  Donal Geoghegan
Director  Cian O Lonargain

Margaret Kenny, DLR County Council representative, retired from her position on the board in 2017 having been involved with the organisation since its establishment in 1998. Colette Byrne, Community representative, retired from her position on the board also in 2017. The Board and staff extend thanks to both Margaret and Colette for their commitment to the Board and the organisation during their tenure and wish them all the best in the future.
SUPPORTERS OF THE ORGANISATION

The organisation does not and cannot work in isolation and it is only through collaboration and with the support of funding agencies and stakeholders that we can continue to deliver our services to those in need within the community of Dun Laoghaire Rathdown. This is something that we are continuously aware of. The annual report affords us the opportunity to give acknowledgement and thanks to those supporters.

Our sincere thanks for their continued support is extended to the

- Health Service Executive (HSE)
- Department of Employment Affairs and Social Protection (DEASP)
- Dun Laoghaire Rathdown Drug & Alcohol Task Force (DLRDATF)
- The Court Service
- Dublin & Dun Laoghaire Education & Training Board (DDLETB)
- Southside Partnership
- Dun Laoghaire Rathdown County Council.

In 2017 we undertook numerous projects to enhance our service provision, operation of the organisation and the experiences of our service users and without the support of external agencies and businesses they would not have been possible. The Court Services have been a supporter of the organisation for numerous years now through the provision of unrestricted income from the Poor Box. Recent media reports have highlighted the use of the poor box within the court services in a controversial and negative manner due to its use in areas across the country and new legislation is now currently being developed to change how this system operates. For DROP this is an area of concern as the proceeds received annually from the local court services provide valuable income towards our service provision and operating costs.

In 2017, DROP received €9,620 from the court services and without this income would have encountered financial difficulties. The income received from the Court Services went directly towards the provision of counselling services, purchase of educational materials, Pro-social activities for our service users, training, venue hire, volunteer expenses and to bridge the shortfall in operating costs across the organisation. It is hoped that moving forward there will be consultation with recipients of monies from the court services in planning for new legislation.

In 2017 we upgraded the IT equipment in our computer room as the equipment we had was obsolete and not adequate for the provision of IT based learning. Metlife, an insurance company in Dublin 2 with a commitment to Corporate Social Responsibility donated 15 reconditioned laptops; the DLRDATF provided a grant for the purchase of Windows Operating Systems and MS Office Software through the Enclude IT/Microsoft charities donation programme. Microsoft’s Tech Team in Sandyford, an organisation also committed to Corporate Social Responsibility, installed and upgraded all of the laptops with the new software at no cost to the organisation. It is important to note that none of this would have been possible within the current budgets so we are extremely grateful to all of those who supported
this project. Moving forward we plan to provide IT based learning opportunities to all our service users across the organisation.

**Fundraising and Grant Support**

*Carriglea Football Club* selected DROP as their charity partner in 2017 and on 16th December organized a charity football match in conjunction with the staff from Irish Rail. The match was in memory of Simon Brandon who had sadly passed away and aimed to highlight the need for mental health and support services in Dun Laoghaire Rathdown. The event raised a fantastic €1,020 and we are extremely grateful to all who took part in the event.

Club members from *Cuala GAA, Dalkey* and players from the *Cuala Ultra Supporters Group;* Ukulele players from the *UkuHooleys Dun Laoghaire Group* and *Residents* of the DLR Community came together outside St Michael’s Church in Dun Laoghaire on 16th December to participate in a combined fundraiser for DROP and the Dublin Simon Community. Singing Christmas Carols from 11am-4pm raised a fantastic €2,455.48 which was divided equally between both charities.

45 Upper Georges Street has served us well over the years, however as groups grow and service provision changes we encounter difficulty with the building. Having been built in Victorian times the needs of the building back then differ greatly from today. In 2017 it was agreed that the group space needed to be bigger to accommodate larger group sizes and to ensure that it could accommodate as a multi-function space for the delivery of rehabilitation groups and educational workshops like art and drama. An opportunity arose to apply for a *Local Community Development Committee (LCDC)* grant through the DLR County Council to enhance our premises and were awarded €5,000. These monies will be used to expand the size of the group room out into the reception area and decorate both spaces to enhance the space for all users of the building.

We would also like to extend our thanks to *Southside Travellers* who supported us by kindly providing use of their bus for outings thus making pro-social activities possible as we do not have access to our own transport and this is a significant cost when bringing groups on outings.
SERVICE PROVISION
Service User Outcomes
In 2017 DROP provided services to 116 individuals an increase from the 97 that accessed the previous year. Of the 116 individuals 17 accessed for initial assessment only and did not return when a keyworker was appointed. A further 2 individuals were in assessment as the year ended and at that stage no care plan had been developed. 97 of our service users developed individualized care plans and the following graphs display the outcomes across 10 areas where the area was identified by the service user as an area they wished to make progress in.
During the year there was a total of 54 case closures; 41 were male and 13 were female. For 39 it was their first time to engage with DROP and the remaining service users were re-engaging with the services having previously accessed. Below is a record of the condition on discharge for the 54 case closures during 2017. This data is captured within our returns for the National Drug Treatment Reporting System\(^1\).

\(^1\) The NDTRS is an epidemiological database on treated problem drug and alcohol use in Ireland. Compliance with the NDTRS requires that a form be completed for each new client coming for first treatment and each previously treated client returning to treatment for problem drug or alcohol use in a calendar year.
COMMUNITY EMPLOYMENT UPDATE

The Department of Employment Affairs and Social Protection (DEASP) approved DROP’s third and final year of a three year project which commenced 3rd of June 2017. The scheme is approved for 21 Places on Community Employment (CE) broken down into 17 T-coded Placements (ring-fenced for Special Drugs Projects) and 4 support Workers. Throughout 2017, 16 participants availed of t-coded places for varying lengths of time. We also had an additional 3 participants taking programme places that did not utilise CE due to their own personal circumstances. This effectively means that they wished to avail of a rehabilitation programme but did not meet the criteria for CE and therefore do not get included in the t-coded figures but can still access the programme.

During the restructuring of DROP it was agreed that all t-coded places would be programme participant placements within DROP where in the past our placements were both internal on the programme and external within other community service agencies. In 2017 we had 2 external placements; one support worker in Bentley House who finished up in June and secured a full time position as a Care Attendant with Crosscare. The other position is a caretaker in Park House who will complete in February 2018.

Our Financial Administrator utilises one of the 4 support worker places and will cease her final year in January 2018 and it is hoped that she will progress into a paid position within the organisation once the funding can be secured.

During 2017 two of our support workers vacated their positions with one moving on to a full time paid position with youths and the other progressing into full time education. Throughout 2017 we actively sought out replacements but with no success. This results in added pressure on the Service to support staff and support ETB tutors to deliver workshops. We will continue to actively recruit for these positions in 2018 as these roles are valuable learning experiences for the support worker and also vital in the delivery of our programmes.

Education and Workshops

During 2017 had a number of educational workshops on the programme, mainly provided through the provision of tutors from the DDLETB and Southside Partnership; some accredited and some non-accredited. The QQI Modules included Art & Design; Personal & Interpersonal Skills; Computer Applications; Communications & Intercultural Awareness. We also provided learning opportunities in Healthy Eating; Health & Fitness and Boxing with Monkstown Boxing Club. As an activities based learning opportunity within the Recovery Capital Module participants partnered with Sallynoggin Estate Management Forum to support them in preparations for the IPB Pride of Place Awards. The feedback from the participants was so positive citing a real sense of pride in being able to give back to the community. We would most definitely partner up again with local community organisations if the opportunity arose and there were no barriers to doing so.
During the restructuring it was decided that DROP would improve accessibility of the programme by changing the criteria for entry. This allows for people to access a programme while in the process of stabilizing their drug use rather than this being the expectation and criteria for entry. In practice this will take some adjusting as there is a need for participants to be regular attendees to meet the requirements of QQI awards. Through exploration of the evaluations completed during the year it is evident that the chaotic nature of drug use had an impact on the delivery of QQI modules and working towards awards. We had discussions with the DDLETB and are exploring options around provision of non accredited modules to allow participants the experience of engaging in education with less emphasis on achieving the award at the end.

The delivery of the Computer Applications class was impeded due to the equipment available in DROP. The computers were well past their prime and had to be replaced. As mentioned previously we have been extremely fortunate in replacing the computer equipment and intend to provide IT based education modules in the near future.

Within the programme there is a focus on development of Life Skills and building pro-social activities into your everyday life. Some areas we included during the 2017 programme were relaxation through auricular acupuncture and mindfulness. Health awareness through workshops on Hepatitis C, delivered by Community Response and workshops on Money Advice and Money management, delivered by MABS. Our pro-social activities included a visit to Farmleigh House, The National Maritime Museum, a viewing of the film Irish Light V Tony developed by Recovery through Arts and Drama Education (RADE), a visit to the local DLR Leisure Swimming Pool and a team challenge at Go Quest. A trip on the Rinn Voyager was planned however it was cancelled due to mechanical problems with the boat.
The programme participants attended the 6th Annual Recovery Walk Ireland which took place on Saturday 9th of September. The event is held annually to celebrate the achievements of people in recovery from addiction and to highlight that recovery works! September is International Recovery Month and thousands of people from all around the world take part in recovery walks and other events to show that prevention works, treatment is effective and recovery from addiction is a reality. All those taking part met in Dr Steeven’s Hospital and marched together to the Garda Boat Club in Islandbridge. Where there was a family fun day filled with music, food and plenty of entertainment for adults and children. Feedback from all of those that attended was extremely positive.

Moving forward the main challenges envisaged for DROP’s Community Employment scheme is recruitment of support workers and adequate human resources to deliver a robust rehabilitation programme. Late 2017 saw the approval to recruit an Assistant CE Supervisor which is extremely positive and it is hoped that this new employee will be recruited early 2018. As always filling numbers can present difficulties, a lot of time is required to build relationships with external referrers but with such a small team delivering front line services it is difficult to commit the time required for this. However, with a new member on the team there is hope that we can shift the focus and work on building referrals and retaining participants on our programmes.
HOW DROP CHANGES LIVES

I was engaged with DROP for 6 years as a family support service user and a further 2 years leading the group. I guess I should go back to the start and explain how addiction has impacted my life. My brother died 20 years ago of an overdose when he was 28 years of age. When he was 19 we discovered he was on speed and got him help in the Boylan Centre. Then later on my sister walked into a flat and found him being injected by another person. He had been using heroin for over 3 years. I was one of 5 children and had 2 brothers and 2 sisters. Both my parents would have drank when we were growing up and my 2 sisters would have dabbed in drug use over the years whereas I never did. I think I was afraid that I could have an addictive personality and where it may lead.

Myself and my husband Derek have six children and early on we decided to move to the country to raise our children. I think in the back of my mind I wanted to take them away from the city and give them a better chance of not getting involved in drugs. Then when my daughter Sarah was a teenager I found out that she was using drugs. For all her childhood everything was great in Wicklow. When she hit her teens she started to come up to Dublin and stay with my parents and sister. We noticed things began to change at that point. She was going out at night when I thought she was in. It’s only now I realise that at 14 she was smoking hash with a group of friends she had made in Dublin. The first 2 years in secondary school were great but then things started to slide. I started to spend my life in the school being called in for bad behaviour. She had a new boyfriend and her behavior changed a lot. She began to isolate herself from us and there was increasing conflict at home.

My eldest daughter Amanda suspected that my Sarah was using drugs. She was going out one night with Amanda and her friends and it became apparent that things weren’t right. She looked stoned. Amanda and her friend spoke and they both agreed that she had taken something. Amanda then came to her dad and myself and told us. Myself and Derek husband sat with Sarah and asked her was she using drugs suspecting that it was ecstasy or cocaine. Never did I think she would say heroin. Everything is a blur from then on. Sarah then took up a lot of our time and I have since apologised to my other 5 children for this. Doing the sibling support group later on as a facilitator I realised that so much of our time was taken up with addiction unknowns to us at the time. We were just trying to survive as a family and keep her alive.

About 2 years before I found out Sarah was using drugs I had re-established a friendship randomly when I bumped into an old friend and this relationship became one of my biggest supports over the years. Dave is a real friend and part of the family. As much as he saved us we in turn saved him too. Both of us are affected by addiction and have come out the other end. Around this time Sarah was living at home with me and I was trying to keep her in and mind her. Dave had noticed that her and her fella were using before myself and Derek did. Dave supported her and she went to AA with him and she then later on came to DROP to get support.
In the midst of all this a flyer came into where Dave worked about a new family support service in starting in Dun Laoghaire. They had an information night taking place in the Rochestown Lodge and myself, Dave and Derek decided to go along. This is where we met Christy and John for the first time. As follow on from the information session interviews were held with those interested in joining a group of families affected by addiction. Myself and Derek attended the interview and we were later asked if we would be interested in joining a family support group which we agreed to do. During this time Sarah was also participating on DROP’s Morning Programme to address her addiction issues.

Myself and Derek attended the group together from the start. I remember walking in that first night and saying in my head “tell me how to fix her and I’ll be grand”. I remember Stephen Rowan being here at the time. He was very good but very tough in his approach. Joining this group was a life saver for my family. I think if I hadn’t have come here my marriage would have been over. When my brother died my husband was there to help. My head is like a washing machine where Derek is good at sitting back and watching what is going on. For me it was so hard, I couldn’t stand back! I had lost my brother all those years ago and was terrified of losing my daughter.

I will never forget telling my mam that Sarah was using drugs. Having lost her son she just sat there and bawled. She couldn’t speak. She was transported back all those years ago. She automatically thought that was it. Still now she says I can’t believe Sarah did it. She never thought that she was going to make it. I guess services have changed and evolved so much over the years that there are now options. Options that weren’t around for my brother back then. We didn’t know back then what to help or what was available.

My 2 eldest children were so angry with Sarah for so long. She isolated herself from everyone because of this. Knowing now what I didn’t know then I could have offered more support to them. They were worried about their mam and dad and if their sister was going to die. When my Sarah self-harmed she called her older siblings before calling me. The only people she spoke to normally was myself, her dad, my mom and my sister. At one point she went to stay with my mam because she didn’t want to be judged. During these times if a knock came on the door I would be afraid to open it in case I was going to be told that she was dead. Supporting the family through this is hugely important. If I was to do it again I would do things different with my middle daughter Anna. She new that there was something wrong but we hid it from her to protect her. If I could do it again I would have sat with her and told her what was happening. Friends have since come to me and I have advised that they tell the siblings so that they know what was going on. It helps them understand and deal with it. Sarah’s older brother and sister tried so hard help and protect her. One person’s addiction affects the entire family. You learn this through family support and education.

I can never repay for the help I got out of DROP. I got the tools to understand that I can change me and how I respond and not her and the decisions she makes. The tools to cope with her decisions and be there to support her and my family in the best way I could and to try
make sense of it all. It’s hard to put into words what having that support meant for me and my family. The amount of peace I got and education and information. The confidence around addiction and understanding why someone uses drugs. I did a level 5 which was about understanding why a person does what they do when they take drugs.

As a family, we often talk about how far we have come. Although the group is no longer in operation and meeting weekly the family support friends still meet as a group once a month to support one another. We go over our experiences and how things have changed and not changed in some cases. Although I can never say she will not use drugs again she has come so far and done so well. Myself, Derek and my eldest son thought we could never trust her again. But today I can honestly say I trust her with my life. I am so proud of her. There are no words that can really describe how proud I am. At times in the midst of all we have gone through together I never really thought I would see this day. She has a partner, 2 fabulous kids and a baby on the way. Before I would not have thought 2 people in recovery could be in a relationship. But for them it works and it works so well. They know how to support each other.

Through all of this I have learned that to keep what you have learned you need to give it away – to give something back. I meet people who share their stories and I can pass on support services to people and tell them about my experiences. Even though DROP was a life saver for me and my family, Sarah is in recovery but my brother is still in active addiction, the tools I have learned along the way I still implement today. I cannot change him but I can accept and love him for who he is.

Sarah has not used drugs for five years and her journey of recovery continues. Life is a journey and addiction can just be a part of that. It doesn’t have to be the end. Research has shown the financial value to family support. This however doesn’t give it the full worth that it deserves. No one will love the addict or support the addict more than the family. However families cannot and should not have to do it alone. They need support and services like DROP. These services support those wishing to recover from addiction and the families that want to support them. A gap now exists in Dun Laoghaire since the family support group closed in 2017. My heart goes out to all those living and suffering with nowhere to turn. Giving the community a service of support and taking it away is wrong. I hope in time DROP will be in a position to establish a family support service again.

Both me and Sarah owe a debt to DROP for saving our lives. It is because we walked through the doors of DROP that our lives changed and we now have many options available to us.

The names in this piece have been changed to protect the identity of the service users.
EXPERIENCE OF A PARTICIPANT ON THE STABILISTION PROGRAMME

I heard about DROP and the programme through a partner of mine who was here before and that’s how I knew about the organisation. How I came here was through an addiction counsellor in prison. The referral process started while I was in Mountjoy. On release I did my initial assessment and highlighted that it was the programme I was looking for. I wanted a programme to better my life for myself and for those around me, like my family and community. I needed structure coming out of prison and knew this from past experiences, I couldn’t just come out and do nothing.

I had a good experience when I made contact. It was a friendly atmosphere and it was nice to know that there were people there to help. The assessment takes place over 4-5 different interviews or appointments and I always got a nice feeling with any of the keyworkers I met I found them friendly and approachable. I couldn’t wait to start. I have been involved with the programme for almost a year now as I started the assessment in October 2017.

I am learning a lot about myself like new coping skills and life skills. I have Started to do a lot of work to build external supports outside of DROP. Trying to keep busy and that’s helping a lot. My thinking has changed. I don’t do as much other people’s thinking anymore. My confidence and self-esteem has grown. I don’t blow things up as much as I used to. This is new to me. I have a long term goal that I want to go to college in September next year. I can set small achievable goals in my care plan and work on them if I want to get there. I am starting to believe now that I can change. I have been involved in using drugs since I was 14 at 37 now it is a long long time of just going around and around and nothing changing. This can be hard for me now looking back, I wish I had of known all of this back before I started using. I don’t dwell on it and I have learned a lot from this programme. When I started here I had no routine – now I go to the gym every second day, I love reading, joined a chess club and play every Wednesday and attend CA meetings weekly. In DROP I have a keyworker and a counsellor so have a lot of supports.

All of this has had a positive impact on family life. Being able to sit down and do simple things like having my dinner with the family, having a laugh and a joke, not being on the edge. I have a better relationship with my parents and kids now. My kids come to me now when they have problems and it’s good to talk to them and help through it. We’re making good memories.

On the programme I have found it difficult when I was being challenged around my drug use and getting honest has been a big challenge for me. With that comes freedom now too. I can just talk. Don’t have to think too much and just open up and talk. From being pulled up on behavior – pointed out – again and again I have learned, didn’t like what I was facing or how I was being perceived but it’s made me want to look at this more closely and change.
A year from now I would like to be in college, be drug free from all drugs illicit and prescribed. This would mean everything. I have never had a plan this big long term and made it. If it doesn’t happen as I see it in my head I will keep fighting for it. Its important to me because I want to spend the rest of my adult life around my family and kids and be there for them. I want to be a better role model for them. I would like to study addiction and I feel I would have a little bit of a head start. I get that feeling of wanting to give back and the good feelings that come from that. Achieving these goals would be huge for me. My confidence would be through the roof. I would have the tools to achieve it. I would feel proud and it’s exciting to think about it. It would be a whole new challenge and a whole new world for me.

BEING A CE SUPPORT WORKER IN DROP

I decided in the years before taking up my role with DROP that I wanted to pursue a career in social care. I initially took up a community employment position in unemployment services. During this time I completed a certificate in Community Addiction Studies and also in Mental Health. I wanted to move onto a part-time University Diploma in Community Drug & Alcohol work in UCD and reasoned that a role in addiction services to compliment my diploma and interests in mental health, addiction and homelessness would be beneficial. Luckily at this time DROP were advertising for support workers on their rehabilitation programme. I saw an opportunity for me to explore my interests and progress with my education, and so applied straight away. I was successful at interview and transferred to DROP in May 2016.

Learning from and working alongside the team at DROP was definitely a highlight on my time with the organisation. From the initial days of planning meetings I was struck by the small size of the team in relation to the vision for the service. I’d be lying if I said it wasn’t overwhelming but the team displayed a passion and dedication to both service users and the community which impacted on me from day one. I learnt much in terms of the nuts and bolts of operating community based services, of the challenges community based addiction services face in terms of funding and lack of resources but also of the team work and adaptability that are essential components of service planning and delivery.

I worked on the rehabilitation programme and later I also worked with drop-in or referred clients to the service, carrying out initial contact appointments and assessments. Having the experience of both group work/facilitation and one to one work, as challenging and difficult as it could be, was a hugely formative and rewarding learning curve. I felt incredibly privileged to be meeting and working with the individuals whom presented to or were engaged with DROP.
during my time there. To have the opportunity to build positive proactive relationships, offer support and assistance and be trusted in that space, to share in people’s journeys, and their day-to-day experience was truly humbling.

Overall, my hopes for my time at DROP were to build on my confidence, have the ability to merge my studies/interests directly with work practice and to continue progressing with my career and education. These objectives were definitely achieved.

Alongside highlights came challenges one being the scale of the work for the size of the team. Maintaining the service, whilst handling the pressure of developing and implementing a new rehabilitation programme with limited resources was stressful. Though, through this I came to really appreciate the value of team work and resilience. I battled my own confidence at times, and questioned my abilities. In areas such as delivering drug specific and psycho educational workshops, I felt out of my depth at times. I found the work could be mentally, emotionally and of course physically draining. These day to day stresses and challenges in hindsight were surmountable and have increased my confidence and skill set going forward. They have also allowed me space to explore my own self-care and reflective practice and so this for me was an essential piece of learning which I will carry with me throughout my career.

I would say to someone considering a support worker role with DROP if you want hands on, practical, community based drugs work experience in a supportive environment and want the ability to study and build on your CV at the same time- apply. Having an idea of what you want to get from the role, what learning outcomes you want to achieve, and seeking support and advice around this will help you get the best from the role. Take advantage of training opportunities and financial support to take up relevant courses and training. Also, fully utilize the expertise and experience of colleagues, get stuck in and ask questions. You will get as much out of the position as you are willing to put in. Coming into a support worker role for the first time as I did with no addiction specific work experience can be daunting, self-care and seeking support around work issues as they arise is integral.

In May 2017 I obtained a GPA in my diploma which allowed me direct entry into year two of a full time Bachelors degree in Social Science. For this reason I did not seek an extension on my community employment contract. However, I continued working with DROP in a voluntary capacity until I went back to college full time.
NOTES TO THE FINANCIAL STATEMENTS

The excellent service delivery would not have been possible without the continued support from our State funders and periodic support from the Dun Laoghaire Court Services, we are very thankful to all involved.

Income reduced in 2017 to €437k from €517k in 2016, a reduction of €80k arising from the curtailment of funding and operations referred to in other parts of this report. Management and the Board are committed to growing the income from State funders to prior levels over coming years. 97% of Income is provided by the two principal funders, the Health Service Executive & the Department of Employment Affairs & Social Protection.

Operating expenditure net of other operating income decreased in 2017 to €442k from €547k, a reduction of €105k. The reduction in operating costs arose due to lower income levels, lower staff numbers and the incidence of certain one-off costs relating to premises and staff terminations in 2016.

We are concerned that DROP continues to operate a financial deficit and are continuing efforts in the current financial year to encourage our State funders to support the full cost of service provision. We are pleased that the operating deficit reduced to €5,090 in 2017 compared with an operating deficit of €30,434 in the prior year.

A fundraising strategy development initiative will commence in the 2018 in support of the new Strategic Plan. The aim of the fundraising strategy is the development of income streams to support improvements to ongoing services and the creation of a fund to support longer term goals and objectives of the organisation.

Ciaran Walsh
Treasurer
FINANCIAL STATEMENTS

Our financial statements are contained in summary format within our annual report. The full accounts can be downloaded from the Companies Registration Office or our Website www.drop.ie in the Board & Governance Section

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

COMPANY INFORMATION

<table>
<thead>
<tr>
<th>Directors</th>
<th>Eileen Ryder</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Elaine Forsyth</td>
</tr>
<tr>
<td></td>
<td>Tony Duggan</td>
</tr>
<tr>
<td></td>
<td>Donal Geoghegan</td>
</tr>
<tr>
<td></td>
<td>(Appointed 21 April 2017)</td>
</tr>
<tr>
<td></td>
<td>Ciaran Walsh</td>
</tr>
<tr>
<td></td>
<td>(Appointed 6 July 2017)</td>
</tr>
<tr>
<td></td>
<td>Seamus Brennan</td>
</tr>
<tr>
<td></td>
<td>Cian Ó Lonargáin</td>
</tr>
<tr>
<td></td>
<td>(Appointed 16 March 2018)</td>
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| Secretary                  | Seamus Brennan     |

| Company Number             | 298396             |

<table>
<thead>
<tr>
<th>Registered Office</th>
<th>45 Upper Georges Street</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dun Laoghaire</td>
</tr>
<tr>
<td></td>
<td>Co. Dublin</td>
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<table>
<thead>
<tr>
<th>Auditor</th>
<th>HSM</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>13 Sussex Street</td>
</tr>
<tr>
<td></td>
<td>Dun Laoghaire</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Business Address</th>
<th>45 Upper Georges Street</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dun Laoghaire</td>
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<td></td>
<td>Co. Dublin</td>
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<table>
<thead>
<tr>
<th>Bankers</th>
<th>Bank of Ireland</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dun Laoghaire</td>
</tr>
<tr>
<td></td>
<td>Co. Dublin</td>
</tr>
</tbody>
</table>
INDEPENDENT AUDITOR’S REPORT

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR’S REPORT
TO THE MEMBERS OF DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

We have audited the financial statements of Dun Laoghaire Rathdown Outreach Project Company Limited by Guarantee for the year ended 31 December 2017 which comprise the Income and Expenditure Account, the statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity, the Statement of Cash Flows and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 the financial Reporting Standard applicable in the UK and Republic of Ireland issued by the Financial Reporting Council.

This report is made solely to the company’s members, as a body, accordance with section 391 of the Companies Act 2017. Our audit work has been undertaken so that we might state to the company’s members those matters we are required to state to them in an auditor’s report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company’s members as a body, for our audit work, for this report, or for the options we have formed.

Respective responsibilities of directors and auditor
As explained more fully in the directors’ Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and otherwise comply with the companies Act 2014. Our responsibility is to audit and express an opinion on the financial statements in accordance with the Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with Auditing Practices Board’s Ethical Standard for standard for Auditors.

Scope of audit of the financial statements
An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This included an assessment of: whether the accounting policies are appropriate to the company’s circumstances and have been constantly applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the annual report to indentify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies’ we consider the implications for our report.

Opinion on financial statements
In our opinion the financial statements:

- give a true and fair view of the state of the assets, liabilities and financial position of the company as at 31 December 2017 and of its deficit for the year then ended; and
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland issued by the Financial Reporting Council and, in particular, the requirements of the Companies Act 2014.

Matters on which we are required to report by Companies Act 2014

- We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
- In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited.
- The financial statements are in agreement with the accounting records.
- In our opinion the information given in the Directors’ Report is consistent with the financial statements.
Matter on which we are required to report by exception
We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of director’s remuneration and transactions specified by sections 305 to 312 of the Act are not made.

Eoin Hodkinson (Statutory Auditor)
For and on behalf of HSM
21 June 2018

Chartered Accountants
Statutory Auditor
13 Sussex Street
Dun Laoghaire
Co. Dublin
# INCOME & EXPENDITURE ACCOUNT

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

FOR THE YEAR ENDED 31 DECEMBER 2017

<table>
<thead>
<tr>
<th></th>
<th>Notes</th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income</td>
<td>3</td>
<td>€437,064</td>
<td>€516,760</td>
</tr>
<tr>
<td>Administrative expenses</td>
<td></td>
<td>€(442,154)</td>
<td>€(565,173)</td>
</tr>
<tr>
<td>Other operating income</td>
<td></td>
<td>-</td>
<td>€17,979</td>
</tr>
<tr>
<td><strong>Deficit before taxation</strong></td>
<td></td>
<td>(€5,090)</td>
<td>(€30,434)</td>
</tr>
<tr>
<td>Taxation</td>
<td>6</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Deficit for the financial year</strong></td>
<td></td>
<td>(€5,090)</td>
<td>(€30,434)</td>
</tr>
</tbody>
</table>

The Income and Expenditure Account has been prepared on the basis that all operations are continuing operations.
## STATEMENT OF CASH FLOWS

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

FOR THE YEAR ENDED 31 DECEMBER 2017

<table>
<thead>
<tr>
<th></th>
<th>Notes</th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cash flows from operating activities</strong></td>
<td></td>
<td>€</td>
<td>€</td>
</tr>
<tr>
<td>Cash absorbed by operations</td>
<td>14</td>
<td>(1,198)</td>
<td>(12,616)</td>
</tr>
<tr>
<td><strong>Net cash used in investing activities</strong></td>
<td></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Net cash used in financing activities</strong></td>
<td></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Net decrease in cash and cash equivalents</strong></td>
<td></td>
<td>(1,198)</td>
<td>(12,616)</td>
</tr>
<tr>
<td>Cash and cash equivalents at beginning of year</td>
<td></td>
<td>68,251</td>
<td>80,867</td>
</tr>
<tr>
<td><strong>Cash and cash equivalents at end of year</strong></td>
<td></td>
<td>(67,053)</td>
<td>(68,251)</td>
</tr>
</tbody>
</table>
## BALANCE SHEET

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

AS AT 31 DECEMBER 2017

<table>
<thead>
<tr>
<th>Notes</th>
<th>Current assets</th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>€</td>
<td>€</td>
</tr>
<tr>
<td>Debtors</td>
<td>9</td>
<td>16,677</td>
<td>10,733</td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td></td>
<td>67,053</td>
<td>68,251</td>
</tr>
<tr>
<td></td>
<td></td>
<td>83,730</td>
<td>78,984</td>
</tr>
<tr>
<td>Creditors: amounts falling due within one year</td>
<td>10</td>
<td>(40,974)</td>
<td>(31,138)</td>
</tr>
<tr>
<td>Net current assets</td>
<td></td>
<td>42,756</td>
<td>47,846</td>
</tr>
<tr>
<td>Reserves</td>
<td>Income and expenditure account</td>
<td></td>
<td>42,756</td>
</tr>
</tbody>
</table>

The financial statements were approved by the board of directors and authorised for issue on 21 June 2018 and are signed on its behalf by:

Eileen Ryder          Ciaran Walsh  
Director             Director