

# Dun Laoghaire Rathdown Outreach Project CLG



## Annual Report | 2020

*Supporting people to recover from substance misuse in their own community through the provision of services that are accessible, service-user focused, high-quality, non-judgemental and evidenced based.*



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## Chairperson's Address

It brings me great pleasure to present to you our Annual Report for 2020. This document highlights the work that DROPP has engaged in throughout this most unusual year.

First and foremost, I wish to acknowledge the unceasing diligence and high level of professionalism of the Board and all the staff at DROPP for their unwavering dedication to the vision, mission and values of DROPP. It is a privilege to have worked alongside you through this year of unprecedented change and challenges.

Change is the only constant, and the membership of the DROPP Board of Directors is no different. This year the Board of Directors accepted the resignation of Dr. Rosemarie Keenan. Dr. Keenan joined the Board last year as Clinical Expert, and her experience in clinical recovery has been an asset to DROPP during her tenure. On behalf of the Board of Directors, I wish to extend our gratitude to Dr. Keenan for her contributions to DROPP, and wish her well in her future endeavours.

2020 brought with it a series of unforeseen challenges in terms of delivering services during a global pandemic. From St Patrick's Day onwards, our worlds were united through Public Health Protocols, geographic limitations and social distancing.

Here at DROPP, we pride ourselves at being accessible in the heart of our community and it was very difficult for us lowering the shutter and closing for what was an unknown future for our staff and programme participants. Very quickly DROPP identified and developed an accessible user-friendly online programme to ensure stability and continued service delivery to our participants during the lockdown period.

Reflecting on our achievements throughout the year, special mention must be made of the incredible contribution that the staff here in DROPP have made to ensure the needs of our recovery community were met. I know I speak on behalf of the Board of Directors in commending Mrs. Anthea Carry and Staff in how they overcame every challenge they encountered.

I wish to take this opportunity to acknowledge and express sincere gratitude to the financial support of the funding agencies mentioned within. Your continued support not only funds the Dún Laoghaire – Rathdown Outreach Project, it also provides a sense of hope for women, men and families in our beloved community affected by substance misuse.

Cian Ó Lonargáin  
Chairperson

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## A Note from the Manager

There is no doubt that 2020 has proven a difficult year for all of us as a result of the Covid 19 Pandemic and here in DROPP we have had quite a year overall. We commenced 2020 on an extremely positive footing with the launch of the new Drug Free Programme. This is the 3<sup>rd</sup> and final phase of our Continuum of Care Programme where graduates of our Stabilisation Programme progressed on having successfully achieved their goals in 2019. January and February were positive and vibrant months with little expectation that things were going to change in the manner in which they did. Approaching early March we were facing the prospect of lockdown and unsure of what this would entail or how it would be managed. Just before St Patrick's Day, following Public Health advice and the implementation of a national lockdown, our services moved from on site one to one and group activities to an untried and tested remote way of working. We had not heard of Zoom and the majority of us never attended an online meeting let alone hosted one. Twelve months on as this report is being written, March 2020 seems like a lifetime ago and we have all developed many more skills and coping mechanisms than we ever envisaged the need for.

The following report takes a brief look at an overview of the most recent available picture of drugs and alcohol use as reported to the Health Research Board through the National Drug Treatment Reporting System. Followed by a review of the outcomes for those who availed of DROPP's Services in 2019 and 2020. It is evident that there has been an increase in problematic alcohol use with more people presenting to services for support around their alcohol use than drug use. We also experienced a higher volume of individuals with goals around improving mental health in 2020.

I will finish now with the most important job of all, which is to say thank you. Firstly, to the staff, thank you for your commitment to the continuation of services to those in need at a time when all our lives were disrupted, abnormal and unpredictable. You have been amazing in how you have supported one another and responded to the many challenges that presented themselves for our service users in a rapidly changing environment.

We wish to extend our gratitude to our friends and funders who continued to support the organisation in 2020. The Health Service Executive for their up to date public health advice and clear guidelines to support us in bringing services to our service users along with their ongoing financial support and the provision of PPE for all staff and service users. The Drug Policy Unit for their timely response to providing us with clear, safe and workable guidelines that assisted with the re-establishment of on site groupwork. The Dun Laoghaire Rathdown County Council who supported with grant aid to cover costs associated with safe guards in line with our Covid Risk & Response Plan but more importantly for their implementation of the Community Call which developed a network of supports for those most vulnerable in our communities. The DLR Drug & Alcohol Task Force, most notably the Co-ordinator Barry Cullen, who closely linked in with projects throughout the pandemic to assist with funding for necessary adaptations that facilitated remote working, and for the

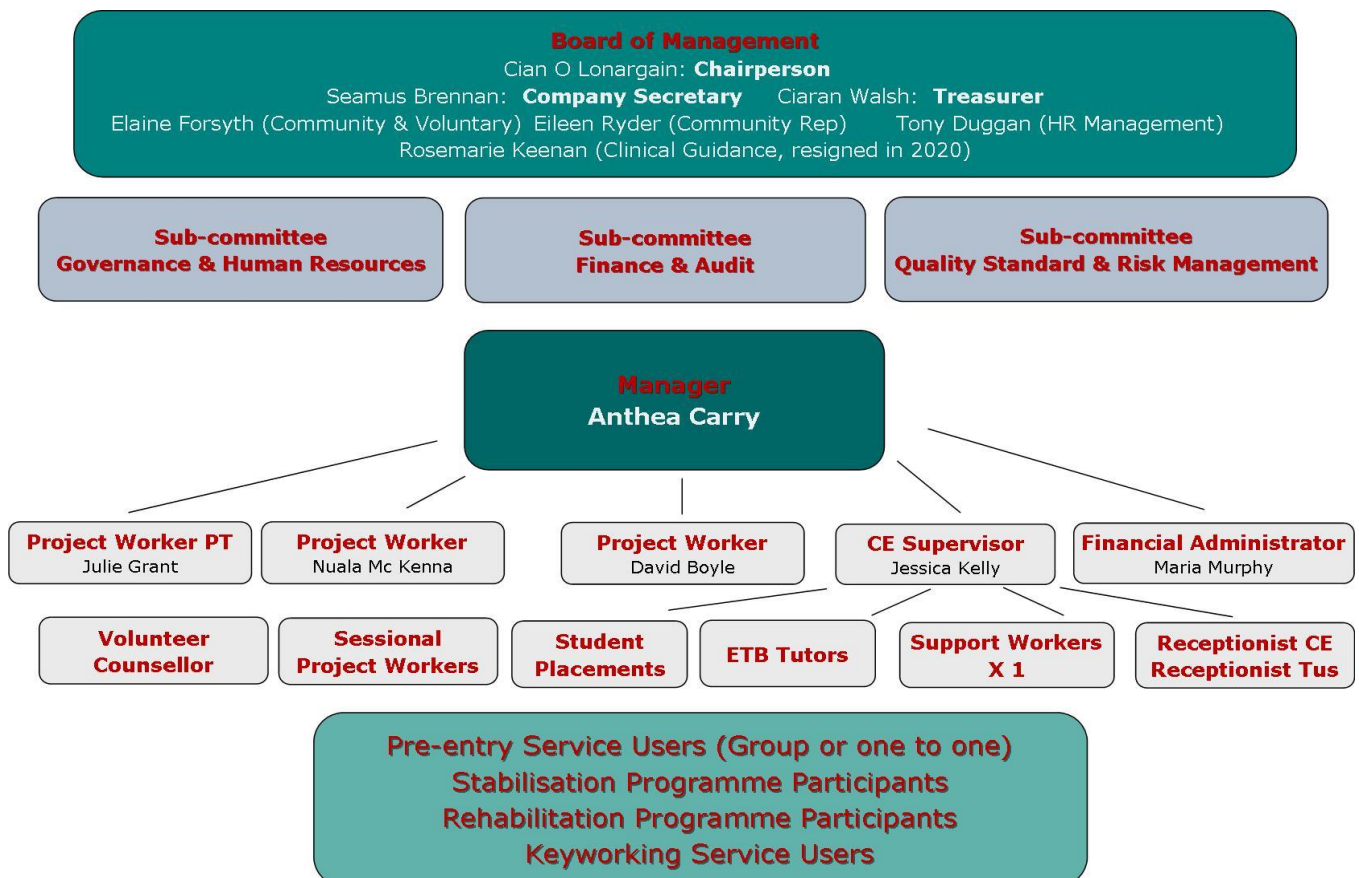
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provision of clear and concise advice throughout. The Department of Social Protection for their continued support throughout such challenging times. To Dr Louise Cleary who generously gave her time and expertise to assist with the development of a comprehensive Covid Risk & Response plan that enabled the organisation return to the premises in a safe and co-ordinated manner. We wish to extend our sincere gratitude to the Court Services who continued, in 2020, to provide the organisation with its only source of unrestricted income. This income stream allows us bridge funding shortfalls, unplanned expenses and provide additional service provision, creating a greater level of sustainability and security for the organisation.

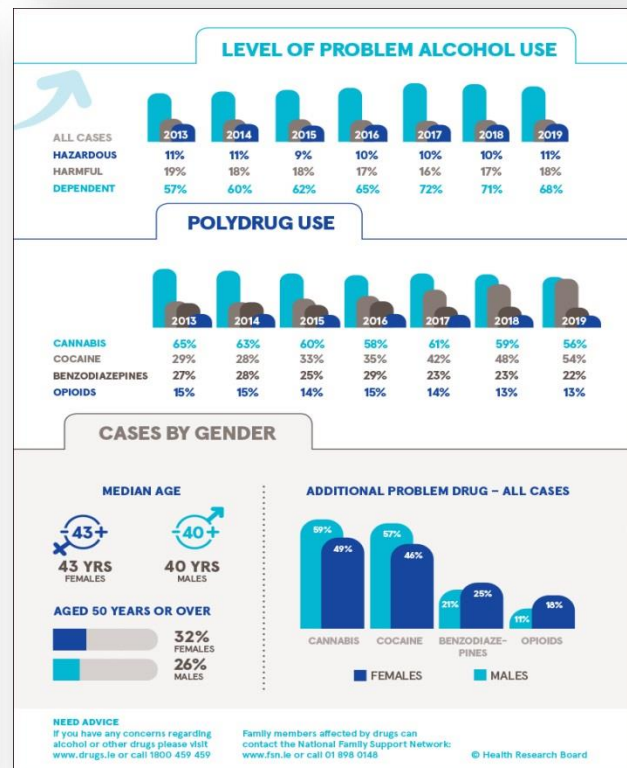
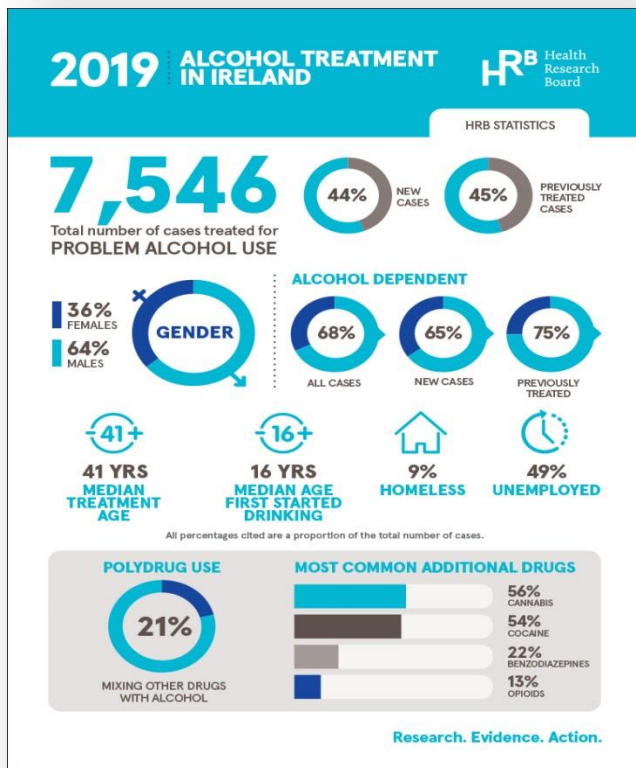
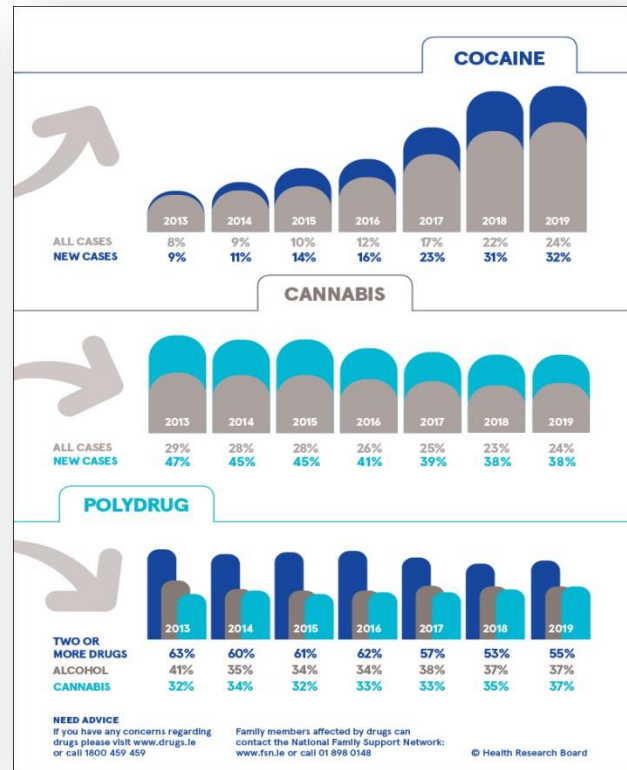
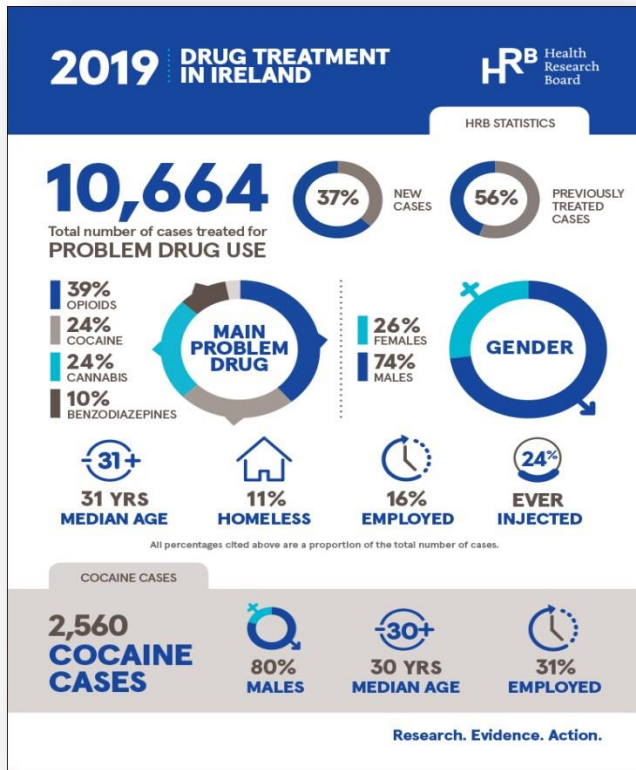
Finally, I wish to say thank you to our voluntary board of management who provided myself and the team with unwavering support in 2020. They demonstrated strong leadership and governance while navigating uncharted waters together. I will be forever grateful to you all for guiding us each step of the way.



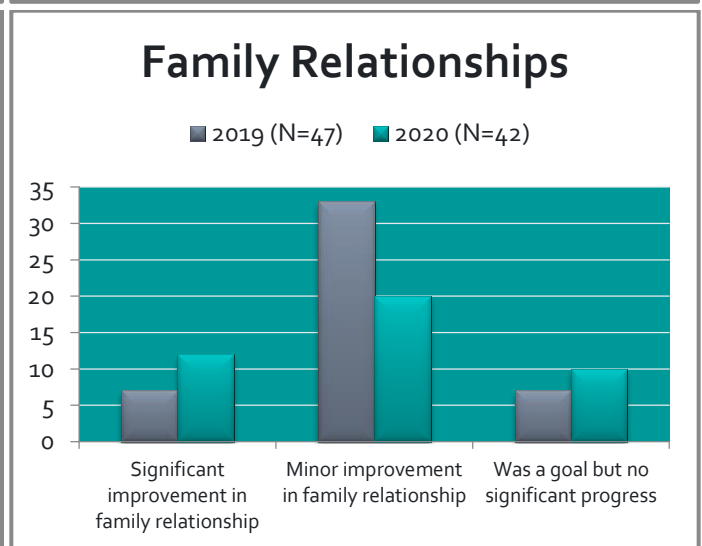
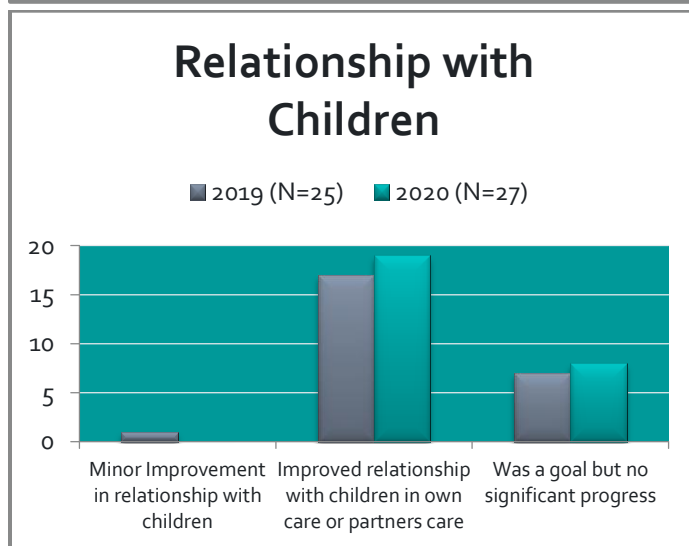
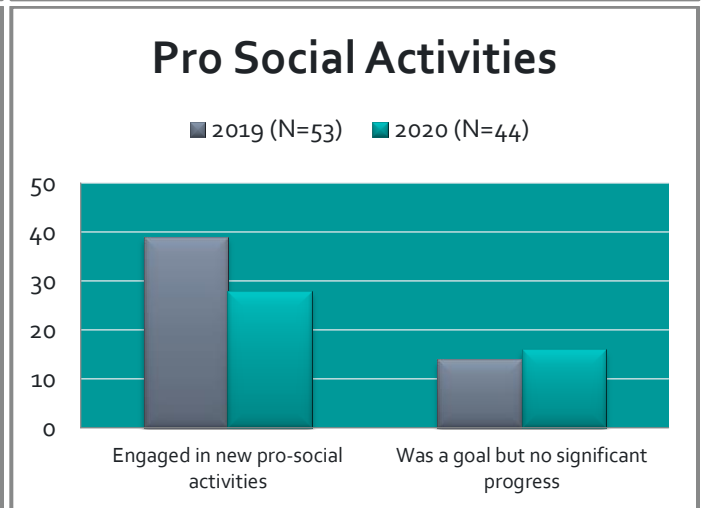
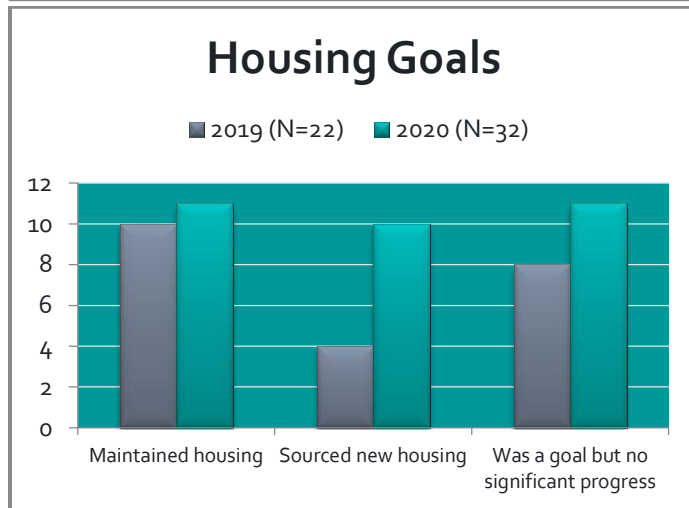
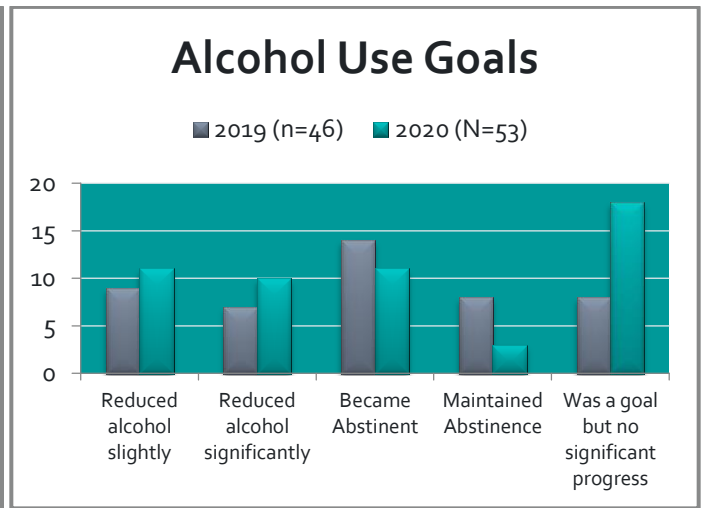
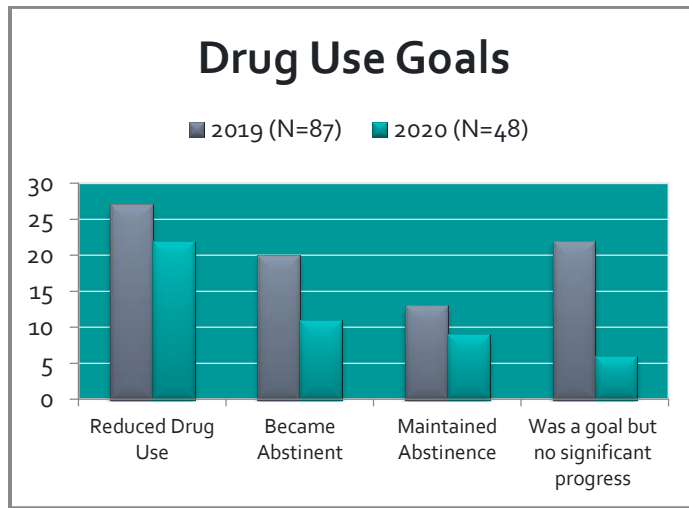
## 2020 Organisational Chart



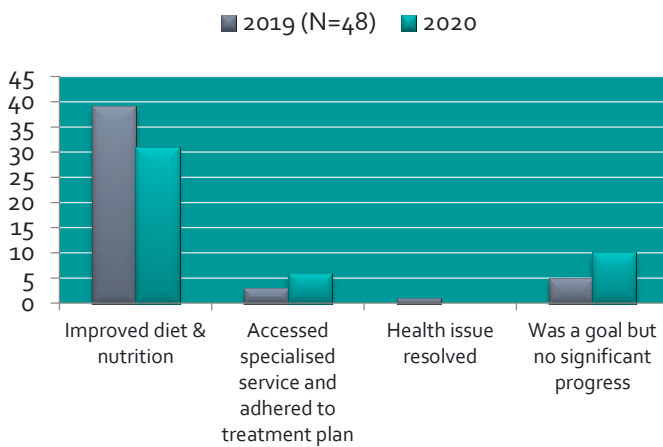
# Substance Use Overview in Ireland 2019



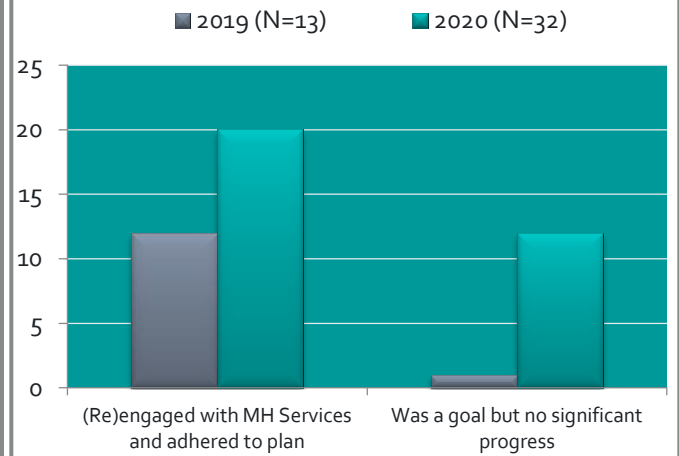
# Service User Care Plan Outcomes 2020 & 2019



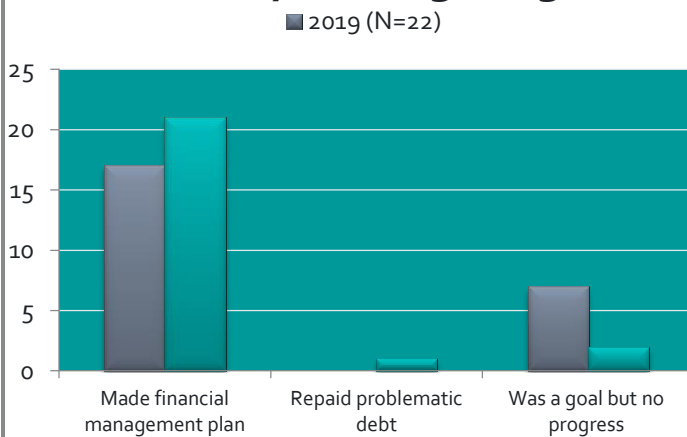
## Physical Health Outcomes



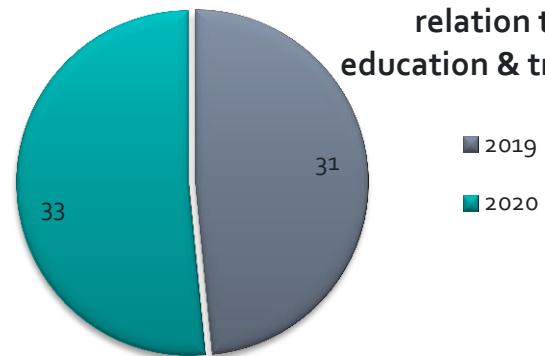
## Mental Health Outcomes



## Money & Budgeting



## Individuals had care plan goals in relation to education & training



## 2020 Case Closure Outcomes



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## Different Perspectives of DROPP

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*The following section is a combination of voices across the organisation in their own words*

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### Getting involved with DROPP

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I first became involved in DROPP having returned to college to study a QQI Level 5 in applied Psychology. Growing up in Dun Laoghaire I was always aware of issues with addiction in the area. This motivated me to volunteer my time towards addiction services in the area. I viewed this as an opportunity to offer some real assistance while also complimenting my studies with front line experience. My research of available services directed me towards the Dun Laoghaire Rathdown Outreach Project.

From the very beginning of my time in DROPP it was evident that the work being carried out was crucial to supporting people with addiction in the area. The team in DROPP offered advice and mentoring using their vast years of experience. I found it both enjoyable and rewarding working with the service users. This allowed me to gain a better understanding of the circumstances and challenges that people in addiction face daily. My role also involved co facilitation of group program sessions. These group programs gave me a better insight into the structured approach of DROPP in the recovery of people in addiction and the importance of peer interaction and support as a corner stone to the program.

The highlight of my time in DROPP was attending a participant graduation. This occasion really reinforced the importance of the work carried out there. In a room filled with family and friends it showed that the participants recovery had a positive effect not only on them but also family and friends. I have had the privilege of meeting some fantastic people on their path to recovery.

My work in drop has allowed me to experience a structured goal directive front line addiction support service. I am currently studying a BSc in psychology and my work in drop compliments my understanding of this subject while provided a sense of personal achievement and satisfaction. The work can be mentally challenging at times but the supports offered by the team help to address those issues.

Based on my own personal experience and development while volunteering with DROPP I would highly recommended getting involved as a student or volunteer. The work is rewarding and enhances your knowledge and experience of working in a front line addiction service. The training and mentoring I have received have allowed me to develop both personally and professionally.

*Darran Goymfy*

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## A personal experience of accessing DROPP's services

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I started seeing Dave as an addiction counsellor at the beginning of January 2020. I was a little under three months in recovery at the time. I was lucky enough to have attended a treatment facility in Cork, had been active in AA since I left there whilst also getting support from an aftercare group. But I needed more help. I was not working at the time and did not have the money to pay for addiction counselling. I will be eternally grateful for the impact DROPP, Dave and all the people there have had on my life.

I had done group counselling in the treatment center and had a little experience of one-on-one counselling. I did not know what addiction counselling would entail. Rating different areas of my life, as I perceived them, was extremely helpful. Discussing with Dave some ideas of how I could move an area from a 3 to a 7 made things, that had once seemed overwhelming, achievable. I would set goals that I was accountable to meet for our next session. Something that I did put the work in to for most weeks, on one occasion, that I can remember, I was doing my homework in the entrance to DROPP. (A place I remember fondly having the chats with Madeleine. A face I miss.) Dave came down to bring me upstairs. I am a stubborn thirty-six year old. Who at that moment needed to hear from Dave that I was not giving my recovery the attention it deserved and that I needed to work harder. Thank you for being honest with me, when the easier thing would have been to ignore it. Setting and sticking to goals is something I had never done before DROPP.

There were weeks that DROPP, secretary ship in AA and my aftercare groups were the main deterrents to a relapse. I would just make it to the AA meeting on a Friday evening to do secretary; just make it to the meeting with Dave on Tuesday morning, which would carry me through to aftercare in the evening. Times were doing what I had done the weeks before were not enough to fill the void deep inside me that substances were no longer allowed to cloud. Talking this through with Dave, I learned that my recovery plan needed to evolve.

I got out completed journals to have a look and see what kind of place I was in before I started in DROPP. My journaling days were born three weeks after I first met with Dave in DROPP. I'm staring at a scribble from our third session together – 'Example of a Diary'! This practice has been so beneficial and is so important to me fifteen months later. I am coming to the end of my first year studying counselling and psychotherapy. A journey that I can see begins on a page in front of me, from our second session together. Dave sent me a link to an over 35s football team that were looking for players. I am still involved with the team and have loved being back in that environment.

There was no issue that we could not discuss. It was a safe space for me to be honest. I had to be honest. I attribute a part of this knowledge to the work I did in DROPP. I had moved back to Ireland to get sober. Moving back meant that I was separated from a marriage. It meant I was back to my childhood home. I was confronted with triggers and trauma. The therapeutic environment created at DROPP allowed me to bring any issue to the table. I was comfortable talking about how I was doing in all my relationships. When meeting in the building became impossible, we talked on the phone at our regular meeting times. We met up for a couple of walks in Dun Laoghaire when restrictions allowed. I found the support was still there

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during lockdown. I was lucky enough to have a bit of time behind me and had other support systems in place. Dave always checked in and I always knew that if I needed additional help, I could reach out.

I have recommended DROP and their services to many people in early recovery. I have just celebrated eighteen months in sobriety. I may have reached this landmark without the help I received from DROP. However, I do not think I would be in as good a place mentally, physically, or emotionally if DROP were not there. I do not think I would have the same tool kit for living life without substance. I tell my fellows who have been through the desperation of addiction that there is nothing to lose. The counsellors and staff at DROP will be compassionate. They will not bring anything to you that you are not able to handle. It will be a safe place. It will help.



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# Notes to the Financial Statements - Treasurer Report

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What a difficult year 2020 was for everyone, our staff, our programme participants and the community at large, let's hope that better times are ahead for all of us.

The excellent continuation of service delivery would not have been possible without the continued support from our State funders and periodic support from the Dun Laoghaire District Court and other donors, we are very thankful to all involved. The Board would also like to express huge thanks to all the staff at DROP for their service and efforts throughout the year.

Whilst the COVID-19 pandemic caused widespread disruption to the charity's operations and the delivery of much needed services to the community, the financial impact was less severe and the charity was able to record a healthy surplus for the year.

Income increased in 2020 to €436k from €422k in 2019, an increase of €14k arising from increased donations, grant income and once-off supports from the Health Service Executive (HSE) for which we are most grateful. 95% of Income is provided by the two principal funders, the HSE & the Department of Social Protection and we'd like to thank them again for their continued support.

Operating expenditure decreased in 2020 to €421k from €427k in 2019, a decrease of €6k. The reduction in operating costs reflects slightly lower participant levels and CES flow through funding as well as the fact that general expenditure was reduced as the charity premises was closed for much of the year.

DROP generated a financial surplus in 2020 in the amount of €15,978 and this result compares with a deficit incurred in 2019 of €5,274. It is the charity's ongoing intention and management ethos to try to generate a small financial surplus annually if possible. As a result of the surplus in 2020, the net worth of the Company consequently increased from €40,254 at the end of 2019 to €56,052 at the end of 2020, a much needed boost to the net worth of the charity.

Finances continue to be constrained but it is hoped that the generation of a small financial surplus will continue for financial year 2021 as we seek to increase the financial stabilisation of the Company and to continue to provide a platform for fundraising activities for the future.

The Covid-19 pandemic has had a huge impact on the Company, staff, clients & programme participants. These are different and difficult times for many people that are associated with DROP in one way or another and the Board will continue to work with all stakeholders to provide a stable base for recovery.

Ciaran Walsh  
Treasurer

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# Annual Financial Statements 2020 in Summary

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## DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE COMPANY INFORMATION

<b>Directors</b>	Eileen Ryder Elaine Forsyth Tony Duggan Ciaran Walsh Seamus Brennan Cian O Lonargain Wendy Philips	(Appointed 14 January 2021)
<b>Secretary</b>	Seamus Brennan	
<b>Company number</b>	298396	
<b>Registered office</b>	45 Upper Georges Street Dun Laoghaire Co. Dublin	
<b>Auditor</b>	HSM 13 Sussex Street Dun Laoghaire Co. Dublin	
<b>Business address</b>	45 Upper Georges Street Dun Laoghaire Co. Dublin	
<b>Bankers</b>	Bank of Ireland Dun Laoghaire Co. Dublin	

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# 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

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#### Opinion

We have audited the financial statements of Dun Laoghaire Rathdown Outreach Project Company Limited By Guarantee (the 'company') for the year 31 December 2020 which comprise the statement of income and retained earnings, the balance sheet and notes to the financial statements, including a summary of significant accounting policies. 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*.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2020 and of its surplus for the year then ended;
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and
- have been prepared in accordance with the requirements of the Companies Act 2014.

#### Basis for Opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the provisions available for small entities, in the circumstances set out in note 9 to the financial statements, and we have fulfilled our ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

#### Other information

The directors are responsible for the other information in the annual report. The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatement, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other

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## DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

### INDEPENDENT AUDITOR'S REPORT (CONTINUED)

#### TO THE MEMBERS OF DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information; we are required to report that fact.

We have nothing to report in this regard.

#### Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that in our opinion:

- the information given in the directors' report is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

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, and the financial statements are in agreement with the accounting records.

#### Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

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 directors' remuneration and transactions specified by sections 305 to 312 of the Act are not made.

#### Responsibilities of directors for the financial statements

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 for such internal controls the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

#### Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at:

[https://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-\(Ireland\)/ISA-700-\(Ireland\)](https://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-(Ireland)/ISA-700-(Ireland)). This description forms part of our auditor's report.

## **DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE**

### **INDEPENDENT AUDITOR'S REPORT (CONTINUED)**

#### **TO THE MEMBERS OF DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE**

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##### **The purpose of our audit work and to whom we owe our responsibilities**

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. 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 opinions we have formed.

**Eoin Hodkinson**

**20 May 2021**

**for and on behalf of HSM**

**Chartered Accountants**

**13 Sussex Street**

**Statutory Audit Firm**

**Dun Laoghaire**

**Co Dublin**

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## DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

### STATEMENT OF INCOME AND RETAINED EARNINGS FOR THE YEAR ENDED 31 DECEMBER 2020

	2020	2019
Notes	€	€
Income	435,956	421,691
Administrative expenses	(421,158)	(426,965)
Other operating income	<u>1,000</u>	<u>-</u>
<b>Surplus/(deficit) before taxation</b>	15,798	(5,274)
Tax on surplus/(deficit)	<u>-</u>	<u>-</u>
<b>Surplus/(deficit) for the financial year</b>	15,798	(5,274)
Retained earnings brought forward	<u>40,245</u>	<u>45,528</u>
Retained earnings carried forward	<u><u>56,052</u></u>	<u><u>40,254</u></u>

## DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

### BALANCE SHEET AS AT 31 DECEMBER

	Notes	2020		2019	
		€	€	€	€
<b>Fixed assets</b>					
Tangible assets	4		462		923
<b>Current assets</b>					
Debtors	5	10,460		26,039	
Cash at bank and in hand		<u>81,361</u>		<u>48,106</u>	
		91,821		74,145	
<b>Creditors: amounts falling due within one year</b>	6	(36,231)		(34,814)	
<b>Net current assets</b>			<u>55,590</u>		<u>39,331</u>
<b>Total assets less current liabilities</b>			<u>56,052</u>		<u>40,254</u>
<b>Reserves</b>					
Income and Expenditure account			<u>56,052</u>		<u>40,254</u>
<b>Members' funds</b>			<u>56,052</u>		<u>40,254</u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with Financial Reporting Statement 102 'The Financial Statement Reporting Standard applicable in the UK and Republic of Ireland'.

The financial statements were approved by the board of directors and authorised for issue on 20 May 2021 and are signed off on its behalf by:

Tony Duggan  
Director

Ciaran Walsh  
Director

## DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

### STATEMENT OF CHANGES IN EQUITY FOR THE YEAR ENDED 31 DECEMBER 2021

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	Income and expenditure €
<b>Balance at 1 January 2019</b>	45,528
<b>Year ended 31 December 2019</b> Loss and total comprehensive income for the year	<u>(5,274)</u>
<b>Balance at 31 December 2019</b>	40,254
<b>Year ended 31 December 2020</b> Profit and total comprehensive income for the year	<u>15,798</u>
<b>Balance at 31 December 2020</b>	<u>56,052</u>

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