

personal mother challenge
care help daughter support
community father laoghaire
son freedom drugs alcohol
wedorecover recovery
change employment family dun
brother live plan
rathdown rehabilitation
education relationships
development

2021

ANNUAL REPORT

Dun Laoghaire Rathdown Outreach Project CLG

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Chairperson Foreword

I would like to welcome you and thank you for taking the time to read our Annual Report for 2021.

First, I would like to thank the Board and staff for their diligence and high level of professionalism and dedication throughout the past year.

During the year we said goodbye to Cian O’Loughlin who served for 4 Years on the Board. He was our DLR Council representative and played an important part as both Board member and chairperson during his time with DROP. We thank him for his contribution to DROP and wish him well in his future endeavors.

2021 was a year of two halves, the first half we were in Covid lockdown and in the latter part of the year we set about reinstating full operations in DROP. We are very proud to say that from August 2020 we provided a one to one service for our clients despite the lockdown and this was due to the dedication of our staff. By year end our full Programme of services to clients was back up and running thanks to our professional and highly motivated staff team.

I would like to take this opportunity to especially thank our manager, Anthea Carry for her hard work and the vital contribution she has made to DROP over the past year. She has been responsible for leading the team during a difficult year and has shown great initiative and professionalism in revising and revitalizing the work of DROP, all the time making sure that our client’s needs were met.

I also want to thank our funding agencies for their financial support. Their support funds DROP and allows us to provide hope to the people within the community who are affected by substance misuse. DROP has been in operation in the Dun Laoghaire Rathdown area for over 20 years, and we are aware that our services are as needed as much now as in the past and we hope to continue providing a full and relevant service for the years to come.

Thank you,
Eileen Ryder

Manager's Update

Looking back on the year 2021 I find it hard to contextualize what can only be described, in the words of Aslan, as a Crazy World. It was another year of significant change internally and externally for the organisation with the continuation of Public Health Guidelines in response to the international Covid 19 pandemic, its impact on service delivery in drug rehabilitation services and almost a full personnel change. Our core focus in 2021 was to work in line with Public Health Guidelines in the restoration of services on a gradual basis, while taking an optimistic view, we decided to utilize the pandemic as an opportunity to evaluate what works well and what we would like to change as we reestablish our group work programmes.

HIGHLIGHTS

In 2016, DROP lost its service team leader positions due to cuts in funding and a core objective since that time was to secure funding to reinstate a clinical team leader to support the team in direct service delivery and assist the manager in coordinating and directing the organisation in fulfilling its vision and mission. Following a comprehensive proposal submission in 2021, the HSE supported the recruitment of a Clinical Team Leader with commencement in early 2022. Dean Ward, who had previously worked for the organisation was successful at recruitment and takes up the gauntlet in 2022 and will provide clinical leadership to the team in transforming the programme and fully reinstating DROP's Recovery Pathway Programme which was proving to be very successful in pre pandemic 2019/2020.

In late 2021 we reviewed DROP's Strategic plan 2019-2021 and it was agreed that in consideration of the external environment and the ever changing public health responses to Covid 19 a continuation of the plan made much more sense than looking too far ahead at this moment in time and this will be reviewed again in 2022 with a new team in place and settled in. However, it must be noted at this point that the identification of a more suitable premises was and is an ongoing priority and much work continues in this area.

CHALLENGES

The most challenging changes of 2021 were the loss of key personnel during the year and the recruitment of their replacements. I would like to take the opportunity now to thank David, Julie, Maria, Nuala, Aidan, Alison & Michael, who moved on from the organisation in 2021, for their commitment to the organisation and their collective years of service, saying goodbye is never easy. It is with sadness that we also acknowledge the loss of Madeleine who was such a huge asset to the DROP community and a loss we were not prepared for. We miss her greatly.

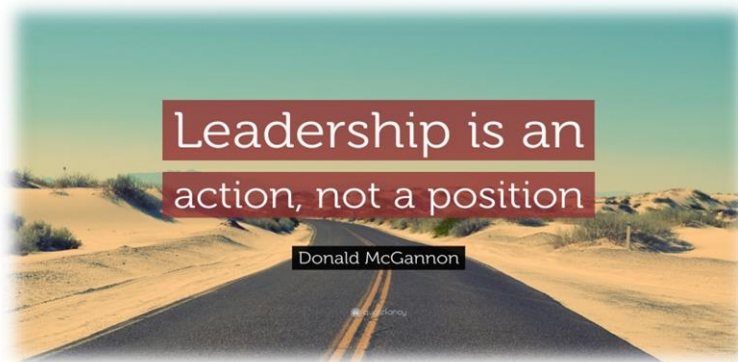
I would like to commend the staff of the organisation for all their work during such uncertain times

that created consistent disruption to both work and home lives. Your dedication to the organisation and the participants is to be commended and for those of you that have moved on to other opportunities we wish you all the best in your future career. A huge welcome those who joined us in 2021 Magdalena, Karen, Sinead, Siobhan, Zoe, Gerard, Eoin, Sinead, Saoirse & Dean. I would like to thank those in our Community Employment Scheme, the Supervisor, support workers and the Volunteers who stepped up and kept services operational during the many changes to personnel and the induction of those who joined the team as they provided the back bone while the resources were sparse and the jobs were many. To the participants that continued to show up and work with us to continue with your recovery journey you should be extremely proud of your efforts, on behalf of the team in DROP we commend you for your courage and consistent drive to change, and the support you give to one another. Some of those outcomes can be seen later in this report.

As a manager I have found the last number of years to be extremely difficult at times. The loss of such valued members of staff was difficult on a personal and professional level. This process was made a lot more manageable through the continued support of the Board of Management. The boards hands on approach and reliability has provided the organisation with strength and leadership as we continue to move forward in a positive direction. There is no denying that for board members the level of work that was expected of them increased dramatically and was undertaken with grace and purpose.

THANK YOU

Finally I will finish by thanking those who support the organisation from within, the staff and board of management who continue to support one another and champion the organisation to succeed and the participants who show up every day to create a recovery journey for themselves and their families. Externally I would like to thank the Health Service Executive, Department of Social Protection, DLR Drug & Alcohol Task Force and the DLR County Council for your continued support each year which facilitates us to provide a much needed service in our community. To the community of Dun Laoghaire Rathdown, the Methodist Church and the Court Services for their continued support with unrestricted funds that enable us to bridge any shortfalls in funding and allows us to provide additional services which we would otherwise not be in a position to do.



For who the Birds Sing By Adam Kavanagh

*For who the birds sing
Watch him staggering, stumbling home
mumbling*

*At some ungodly hour
Crippled by chemical combinations
He is not alright*

*For who the birds sing
Crawling out of bed, nine o'clock start
"Work, work, work, that's all your good for"
He forces a smile through clenched teeth
"Do I look tired? Don't worry I'm fine"*

*For who the birds sing
Boredom, Boredom, Boredom!
"No better reason to get on it"
He passes the baton to his shadow
He cannot bare the guilt*

*For who the birds sing
Alarm bells are blaring, as a rolled up
Device of delivery enters his nose, allowing
access
A prolonged scream inside begs him to stop
Ye is silenced harshly with a single sniff*

*For who the birds sing
Grasping at straws to remain in control
He battles the face in the mirror,
unrecognisable*

*With pale skin and dilated pupils it mocks
"Well, well, well, look who's grown"*

*For who the birds sing
He returns painfully like a deflated balloon
Without fuel to feed the hungry machine
He becomes lifeless in bed
As his thoughts begin their blitzkrieg*

*For who the birds sing
ENOUGH IS ENOUGH
Hearing a distant eureka, he falls to his
knees
Surrendering to his crumbling ego
A third eye opens, he can see again*

*For who the birds sing
A new path makes itself present
Baby steps, he climbs hills, then mountains
Once in a while, he trips and falls backwards
However, he's come too far to return to the
bottom*

*For who the birds sang for
No longer sing for no more
The mocking bird is long gone
Replaced by a phoenix and it's forever song
Cycle, after cycle, after cycle.*

The DROP Team for 2022

Chairperson:	Eileen Ryder
Treasurer:	Ciaran Walsh
Secretary:	Seamus Brennan
Board Member:	Elaine Forsyth
Board Member:	Tony Duggan
Board Member:	Wendy Phillips
Board Member:	Cian Ó Lonargáin (resigned in 2022)
Manager:	Anthea Carry
Financial Admin.:	Magdalena Bialek Ola
Team Leader:	Dean Ward
CE Supervisor:	Jessica Kelly
CE Supervisor:	Saoirse Jennings
Case Worker:	Siobhan Brennan
Case Worker:	Karen Carter
Case Worker:	Gerard Delaney
Case Worker:	Eoin Donnelly
Case Worker:	Darran Gormley
Case Worker:	Dymphna Whitehouse
Case Worker:	Mark Dowdall
Student:	Danny Geoghegan
Recovery Advocate:	Eoin Barnes
Reception-Admin.:	Sinead Kerr
Reception-Admin.:	Terry Mc Guinness

Service Delivery Summary

REFERRALS & ASSESSMENT

Our referrals and assessments continued to be busy as we worked to return to normal operation throughout 2021. A total of 299 assessments were attending which represents 62.5% of all 479 allocated assessment appointments. 25.5% of those appointments that were allocated were No Shows which is a common theme in organisation's like ours. This can be a result of the initial crisis that had prompted contact no longer being one of priority or that the person at this time does not wish to engage in a process of supported recovery along with a host of other reasons. However, when there are waiting lists of people referred to access services this can be a point of frustration as we are unable to reallocate the appointments when appointments are not cancelled. We do work in early stages of intake to try and minimize this and hope with time this is something that can be reduced. For the remaining allocated appointments 9% were cancelled by the client and 3% were cancelled by staff.

ONE TO ONE SUPPORT SERVICE

Following assessment, where it is identified that a one to one support will adequately support individuals, and they have expressed that they are unavailable to, or do not wish to, participate on group programmes, we offer a time led one to one support service. Participants will be allocated a case worker who will assist them to develop care plans with SMART goals utilising evidence based interventions which include but are not limited to Community Reinforcement Approach (CRA), Motivational Interviewing and Resonance Factor whilst operating under the NDRIC Framework. In 2021 a total of 53 [33 Males and 20 Females] participants availed of a one to one support service and 577 appointments were allocated. Of those allocated 63.5% were attended, 19% were No Shows, 13.5% were cancelled by client and 4% were cancelled by staff.

PROGRAMMES

During 2021 we worked towards the reinstatement of our 3 tiered continuum with the continuation of our Stabilisation Programme and the introduction of a Pre Entry Group in April. In line with our Recovery Pathway Strategy, the overall goal is to have a three tiered programme which commences with a Pre Entry Programme that is fluid and facilitates the introduction to groupwork for participants and focuses on early stages of care plan development. In 2021 the Pre Entry launched in April on a three day per week basis and ran for periods of 12 weeks. On completion participants moved on to the Stabilisation Programme which is a more comprehensive five day per week programme and participants take up a Community Employment Rehabilitation place. The next phase of the continuum is for participants to graduate the Stabilisation Programme and move into a Drug Free Group Programme. Unfortunately in 2021 we did not launch our Drug Free which was due to staffing issues in one part and there was not an expressed need at that time.

COMMUNITY EMPLOYMENT & INTERAGENCY PARTNERSHIPS

With continued support from the Department of Social Protection (DSP) we hosted another successful year of our Rehabilitation Community Employment Scheme. This partnership allows access to training through the DSP procurement process facilitating the hire of venues and use of external trainers for modules which included Drama with Thomas and Yoga with Heather in Ways of Wellbeing in 2021. In line with assisting participants to build their recovery capital and working from a Biopsychosocial approach we introduced weekly gym attendance at Énergise Dun Laoghaire to the programme. This was possible with the support of a CE training grant. Some participants went on to sign up for their own membership so that they could continue with their fitness journey and build their recovery capital.

DDL Education and Training Board continued to work closely with us in line with their own procedures relating to Covid 19 and safety of their tutors and our staff and participants. Due to room sizes and group sizes we were restricted in bringing group programmes back with ETB tutors in person and although they offered we decided not to provide classes online. In order for us to bring back in person classes we utilized external venues where possible and this enabled us bring back a basic computers class and later in the year we reintroduced Yoga and Creative Writing. We are extremely grateful to Mary Mc Manus for her unwavering support, and working closely with us to reestablish classes with our learners.

The Southside Women's Action Network (SWAN) provided their Toolbox for Life programme to the females on our programme. This programme was delivered online and was received with a lot of positive feedback from the ladies. There is a growing body of research that evidences gender as playing a crucial role in understanding how individuals progress through treatment, relapse and recovery with less than one-third of individuals accessing drug and alcohol treatment in the UK between 2019-2020 being female.¹ Women are significantly underrepresented within treatment and recovery populations which may be due to barriers faced by then due to gender which can include stigma, mental health issues and caring responsibilities.² It can also be argued that gender not only impacts on access to services but also treatment outcomes for women.³ In line with this need for gender specific approaches to treatment and recovery we intend to focus our energies on some new innovative ways to engage females into our service going forward and also to plan to adapt our services so that they are also informed by gender differences.

Cahill's Centra of Ballinteer, Marley Park and Black Glen sponsored a six week walking group with the objective of improving overall health and emotional management. The sponsorship enabled us provide warm hats, trackers, waterproof coats and healthy snacks for the six weeks and we are very grateful for the support.

¹ Abreu Minero, V., Best, D., Brown, L. *et al.* Differences in addiction and recovery gains according to gender – gender barriers and specific differences in overall strengths growth. *Subst Abuse Treat Prev Policy* 17, 21 (2022). <https://doi.org/10.1186/s13011-022-00444-8>

² Andersson C, Wincup E, Best D, Irving J. Gender and recovery pathways in the UK. *Drugs Educ Prev Policy*. 2021;28(5):454–64.

³ Groshkova T, Best D, White W. The Assessment of Recovery Capital: Properties and psychometrics of a measure of addiction recovery strengths. *Drug Alcohol Rev*. 2013;32(2):187–94.

2021 Outcomes for those who used our services

Care Plan Outcome report from 82⁴ (48 Males & 34 Females) case work participants from January – December 2021. The following outcome data is in relation to participant care plan goals and outcomes across ten areas of their lives. There was a total of 1504 appointments allocated during the reporting period 955 (63.5%) of these were attended.

Drugs

65 (79%) service users had goals in relation to drugs, of these:

- **Became abstinent: 7 people**
- **Reduced drug use: 35 people**
- **Maintained abstinence: 9 people**
- **Was a goal but no significant progress was made: 14 people**

Alcohol

67 (82%) service users had goals in relation to alcohol, of these:

- **Became Abstinent: 6 people**
- **Reduced alcohol use slightly: 20 people**
- **Reduced alcohol use significantly: 18 people**
- **Maintained abstinence: 10 people**
- **No significant progress on care plan goal: 13 people**

Housing

53 (65%) service users had goals in relation to housing, of these:

- **Maintained housing in line with care plan goal: 33 people**
- **Sourced new housing in line with care plan goal: 9 people**
- **No significant progress on care plan goal: 11 people**

New Pro-social activities

57 service users (69.5%) of people had care plan goals in relation to pro-social activities, of these:

- **Engaged in new pro-social activities: 43 people**
- **No significant progress on care plan goal: 14 people**

Children

23 service users (28%) had goals in relation to children, of these:

- **Improved relationship with child(ren) in own or partners care: 14 parents**
- **Improved relationship with child(ren) in care: 3 parents**
- **No significant progress on care plan goal: 6 parents**

⁴ NOTE: The total data corpus is 121 people who attended appointments in DROP during the reporting period of which 43 were female and 78 were male, *However 43 Service Users referred to DROP either by agency or self-referral, did not complete or move beyond the assessment to be appointed a keyworker and develop a care plan.*
(Figures have been rounded up to the nearest percent) This data has been prepared using a file and eCASS audit)

Family Relationships

56 service users (68%) had goals in relation to family relationships, of these:

- Significant improvement in one of these relationship(s): 22 people
- Minor improvement in other family relationship(s): 22 people
- No significant progress on care plan goal: 12 people

Physical Health

54 service users (66%) had goals in relation to physical health, of these:

- Improved fitness & nutrition: 37 people
- Accessed specialised service and adhered to treatment plan: 5 people
- No significant progress on care plan goal: 12 people

Mental health

28 service users (34%) had goals in relation to mental health, of these:

- (Re) engaged with MH services: 21 people
- (RE) engaged with MH services and adhered to treatment plan: 1 people
- No significant progress on care plan goal: 6 people

Money and budgeting

36 Service users (44%) had goals in relation to money and budgeting, of these:

- Made financial management plan: 27 people
- Repaid problematic debt: 4 person
- No significant progress on care plan goal: 5 people

Education and training

26 people (32%) had set goals in relation to education and training

During the above reporting period there was a total of 58 case closures. The outcomes recorded were as follows:

- 30 Treatment Complete having reached priority goals in care plan and satisfied with achievements
- 20 Declined further treatment/ did not return to service
- 6 Transferred/referred on to another service to continue treatment
- 2 Died: One while homeless on the streets and one from terminal illness

Experience of being on DROP's Programme

“Before coming to DROP I knew I had had enough.... I had hit rock bottom, I tried suicide on more than one occasion and had just given up. DROP has shown me how to live.”

I went to the doctor and he told me about DROP and made a recommendation to link in as I was in such a bad way at the time. They were discussing medication options and I didn't want to take any other medications as I was on enough drugs over the years.

Coming to DROP I started to live again. Before all I ever did was work and take drugs and never really did anything. Now feel like I like I am living my life. I had forgotten what living was like. Work and drugs came hand in hand and work was really important for money and now work is not that important to me. Before coming to DROP I knew I had had enough.... I had hit rock bottom, I tried suicide on more than one occasion and had just given up. DROP has shown me how to live. When I stopped using I had no idea who I was, but now I do and I don't want to use again.

The most beneficial thing for me about coming to DROP has been the discovery of myself, it has not been easy but it is rewarding today. I know love for myself and everyone does like to be around me which is not something I felt before. I was pushing everyone including those I love away because I chose drugs. They were taking my life. I never thought I had a voice. Would be confident in abilities in work but never really spoke. I was always on a come down and drugs were never really out of my system for about 10 – 11 years. Everything was negative. I wake up now and am excited for what will happen today. The love my son has for me and how he looks at me is amazing and I have time to invest myself in that now, he gets a better version of me because I don't have anger constantly brewing inside of me. I went swimming in waterfalls with friends this weekend and while I was there and now I am thinking I would never have done that while I was using drugs. Even with work I know I can swap work around my life now as work is flexible and living life matters more than just working all the time.

During my time with DROP the things I found hardest was trying to mix, communication skills. I am learning today to communicate more effectively but I have found it really hard, even before I got to DROP. Another thing I found to be a struggle was that I was in a programme with people using drugs for nine months of my time here because there was no Drug Free Programme. I kept showing up because I was told that a Drug Free Programme was going to be established but the Covid 19 pandemic was having an impact on the organisation and bringing programmes back. I knew that if I had of left then I would have gone back to using again. There were times when I wanted to leave because I didn't have people who I could relate to or find support from but I knew I had a lot of work still to do on me. When

I get angry I don't explode I implode and if I cant find constructive ways to manage that it is likely I will go back using. Although fellowship meetings are encouraged I have avoided them for the last year but I did my first chair recently and before it I was up in my head and was avoiding going to meetings altogether. I got support from someone in NA where I explained to him that I needed to learn to communicate better. He took the time to listen and then he advised me to do a chair at a meeting and I took the leap and did it with the plan to talk for five minutes and then when I got up I spoke for five minutes from the heart and I was buzzing after it. I felt a real sense of identification and it was amazing. I can't really believe I am saying this but I honestly cannot wait for the next one.

So far for me the biggest experience has been realising that I had no idea who I was and when I was challenged on this in my group by my peers I liked how this happened – it was uncomfortable. Realising that I had no idea who I was came as a shocker and this lead me to cry solid for days. But is also where the journey for me started. Another thing that I have learned is how important exercise is to me in my recovery.... It has been a great help.

I would recommend DROP to others looking for support because it gives an opportunity to discover yourself, not use drugs and live again. A gym module was introduced on the programme and I really got into it and then I signed up myself building my recovery capital. DROP has opened many doors for me so far. Although I haven't enjoyed everything – I really wasn't a fan of healthy eating made easy groups, this just wasn't for me but other than that I have enjoyed trying new things. Coming to DROP has been the best decision I ever made. I've learned tools to stay off drugs and am open to discovering myself. It is important to come in with an open mind, be 100% honest with yourself and the staff and then all the help you need is there. I like that with it being a day programme you get to work on yourself while still being in society which helps you work on things as they happen. Can problem solve as you go.



Experience being on Tus with DROP

“I also had the feeling of the unknown on what each day would entail and this put me outside of my comfort zone but also taught me I can work just as well during uncertainty.”

How I got involved in DROP was I was unemployed for about two years and was going to meetings with SOLAS and I had done my ECDL. I then went on to TUS where they set up an interview with DROP and I met Anthea the Manager of DROP. After the interview I was offered the Caretaker Role with some Reception practice.

In my role in DROP what I have found most enjoyable is meeting clients that come in as everyone of them is different I like to see people make change in their life and I've enjoyed the different interaction with people and wide variety of Jobs I've done around the building that I've done from hanging shelves to plastering and painting and making toasties and ordering Office supplies

During my time with DROP what I've found least enjoyable was when I was solely doing the Caretaker role as there many a times I was uncertain of what the next task would be as I may have completed some jobs in a quicker than allocated time frame. During this time I also had the feeling of the unknown on what each day would entail and this put me outside of my comfort zone but also taught me I can work just as well during uncertainty.

When I was working in the role as DROP's receptionist I felt my training was self taught and at that time I would have liked the Training Manual we now have in place for new employees. Many times I have had to think outside of the box in order to solve situations and go with my own judgement on how best to handle scenarios. Unfortunately I also feel there is no room for job progression within my current role and position and always have a sense that I will end up where I started again and my time here will not have been fruitful.

I feel the most impact is the Staff that I've meet have all been very friendly and have always had time to listen to you on personal level even if they have been really busy themselves. Social gathering between staff and clients are something that stood out to me as you can see the relationship between them that they have developed over their time here.

I would recommend the role of receptionist as you meet clients and you have busy mornings greeting people as they come in and also making follow up calls to clients to ensure attendance. Afternoons are slow some days but there still tasks to be done and also a smaller amount of clients to deal with in the

afternoon. I also enjoy the organisation of the miscellaneous roles of my jobs such as creating shopping list for Snack cupboard and the office supplies list too.

As a receptionist looking to learn more about the role of a receptionist I would say it is a great place to learn the skill on your own terms as there is no real pressure put on you and there are not many ways you can make mistakes. Good phone manner is must though as in any receptionist role also some typing skills as well as organisation to.

Rear View – Produced in Creative Writing Class by Paul

*All the good memories that I should have had,
They are all a bit hazy and make me sad.*

*I would love to go back and cut and paste,
And show my life was not a waste.*

*Because the past it hurts my pride,
It's like I flushed like a landslide.*

*Look in front more than the rear view mirror,
Because when you keep looking past,
It's a real fucking killer.*

*I lost some memories so horribly,
I take responsibility as I pissed them away morally.*

*Now all the new memories I keep inside,
My love for my family I cannot hide.*

Experience of being a CE Support Worker

“I would definitely recommend other people to get involved in this type of work. It is incredibly rewarding and can change one’s whole perception around people who are caught up in the web of addiction. Working here has helped me get to understand myself as a person too.”

Since coming into recovery in 2016 it has always been an ambition of mine to get involved in addiction services. I have worked in many different industries but never felt completely fulfilled in these jobs. I started in DROP as a volunteer in 2020 working in the reception area, when the opportunity came up to work as a Support Worker I was delighted to take it up. I have really enjoyed getting to know the clients, hearing their stories and encouraging them on their recovery journey. Watching the change in a person as they get their self-esteem and dignity back makes this a very rewarding career choice. The team in DROP are a fantastic group of people and we all have different qualities which are encouraged by management to be incorporated in our work. I have found on a personal level the management have given me wonderful support. I enjoy the holistic therapy angle which I hope to learn more about as this is something that I have found benefitted me in my own recovery. Recently I enrolled in a Mindfulness Approach for Professional Practice course which I am very excited about completing. On a personal level I have struggled with my confidence especially around case work. Sometimes I need to pull myself up to realise I have the ability to be a good Support Worker and not to let my self-sabotage thoughts kick in.

Unfortunately I allowed this aspect of my character to take precedence recently and did not link in with my line manager to talk about how I was feeling. I had to take some time off work which helped me realise I have a lot to offer this team and I need to slow down my head and start enjoying my work as I had been doing in previous months. The realisation of how vitally important it is for me to check in with my line manager during the day became very apparent to me and this is definitely something I have started to do again and will continue to do regularly. I am really glad I returned to the team as I missed them and I missed the clients, this is such a big part of my life now and I want to contribute to this community again.

There are numerous events which I have enjoyed. Unfortunately I was on leave when the team and clients went to the Cavan Centre for a couple of days. The feedback afterwards was amazing and I saw a real difference in both the team and the clients as they all bonded so well. A positive experience for me is the new dynamic within the team we have a wonderful group of people working here. A Halloween Party is being planned for the clients at the end of October which will be great fun and a Christmas Party

for the children of clients in December. It will be wonderful to see the clients in a different light with their families.

I would definitely recommend other people to get involved in this type of work. It is incredibly rewarding and can change one's whole perception around people who are caught up in the web of addiction. Working here has helped me get to understand myself as a person too. I do believe one should not enter this line of work with a romantic notion of what it entails, there will be clients who will fall by the wayside and it's important to acknowledge this and not be overwhelmed. DROP is a wonderful organisation that is changing and developing all the time. Over the course of time I've worked here it has gone from strength to strength.

There is a fantastic level of support given to both clients and staff and a feeling of strong community exists between everyone. As I previously noted it is important to accept that not every outcome is going to be what one would hope for a client and not to take this personally. We are here to support the client and should they take on board what is being offered to them they will go forward to lead a much happier, fulfilled life.

Voice in my head!

Do I really know you
at times I get a fright
you are me, as I am you
fused together locked in tight

Mistakes made, bad decisions
plan's made together
birds of a feather, we didn't always flock together
big regrets that hang around forever

I'd always hear you
Inside my head, leave me alone
let me sleep, need my bed
radio instead, will I won't, won't I
let me decide, it's my will not your ego or pride
Torture you are, I've nowhere to hide

Thinking, blinking, emotionally stinking
Go away, leave me head to be
you're my enemy
I cannot see, who are you?
ME!

Produced in Creative Writing by Robert

A Word from the Treasurer

2021 saw the return to some element of normality for the service users and staff at DROP and we are thankful of being able to resume the provision of the much needed support services to the community. The Board would like to express huge thanks to all the staff and volunteers at DROP for their service and efforts throughout the year.

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.

In 2021, there was resumption of a more normalised level of activity and service following widespread disruption during the extended COVID-19 period. The more normalised state of operations is reflected in the financials with the company incurring a small deficit of €525 for the full year 2021.

Income decreased in 2021 to €383k from €436k in 2020, a decrease of €53k arising from reduced inflows for CES participant payments, reduced court donations, offset by additional grant income and increased support 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 2021 to €383k from €421k in 2019, a decrease of €38k. The reduction in operating costs reflects slightly lower participant levels and CES flow through funding offset by additional operating costs from having the charity premises open again all year.

The small deficit of €525 incurred by DROP compares with a surplus generated in 2019 of €15,978. It is the charity's ongoing intention and management policy to try to generate a small financial surplus annually if possible. As a result of the small deficit in 2021, the net worth of the Company consequently decreased from €56,052 at the end of 2020 to €55,527 at the end of 2021, a manageable reduction and not one that gives cause for concern.

Finances continue to be constrained in 2022 and DROP is absolutely feeling the effects of inflation. The Board continues to focus on the continued financial stabilisation and security of the Company and hopes to continue to provide a platform for fundraising activities for the future.

Ciaran Walsh
Treasurer

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

Directors Eileen Ryder
Elaine Forsyth
Tony Duggan
Ciaran Walsh
Seamus Brennan
Wendy Philips (Appointed 14 January 2021)

Secretary Seamus Brennan

Company number 298396

Registered office 45 Upper Georges Street
Dun Laoghaire
Co. Dublin

Auditor HSM
13 Sussex Street
Dun Laoghaire
Co. Dublin

Business address 45 Upper Georges Street
Dun Laoghaire
Co. Dublin

Bankers Bank of Ireland
Dun Laoghaire
Co. Dublin

INDEPENDENT AUDITOR'S REPORT

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

Opinion

We have audited the financial statements of Dun Laoghaire Rathdown Outreach Project Company Limited By Guarantee (the 'company') for the year ended 31 December 2021 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 2021 and of its deficit 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 other 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

In auditing the financial statements, we have concluded that the director's use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

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 included 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 misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this information, we are required to report the 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 purpose of the 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 of 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 control as 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.

**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**

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 of material misstatement, whether due to fraud or error, and to issue an auditor’s report that include our opinion. Reasonable assurance is a high level of assurance but it 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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent of which our procedures are capable of detecting irregularities, including fraud is detailed below.

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.

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 purposes. 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
For and on behalf of HSM
Chartered Accountants
Statutory audit firm

31 May 2022

13 Sussex Street
Dun Laoghaire
Co. Dublin

STATEMENT OF INCOME AND RETAINED EARNINGS

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 €	2020 €
Income		376,409	435,956
Administrative expenses		(383,222)	(421,158)
Other operating income		<u>6,288</u>	<u>1,000</u>
(Deficit)/surplus before taxation		(525)	15,798
Tax on (deficit)/surplus		-	-
(Deficit)/surplus for the financial year		<u>(525)</u>	<u>(15,798)</u>
Retained earnings brought forward		56,052	40,254
Retained earnings carried forward		<u><u>55,527</u></u>	<u><u>56,052</u></u>

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 €	€	2020 €	€
Fixed assets			-		462
Tangible assets	5				
Current Assets					
Debtors	6	21,718		10,460	
Cash at bank in hand		123,376		81,361	
		<u>145,094</u>		<u>91,821</u>	
Creditors: amounts falling due within one year	7	<u>(89,567)</u>		<u>(36,231)</u>	
Net current assets			<u>55,527</u>		<u>55,590</u>
Total assets less current liabilities			<u><u>55,527</u></u>		<u><u>56,052</u></u>
Reserves					
Income and expenditure account			<u>55,527</u>		<u>56,052</u>
Members' funds			<u><u>55,527</u></u>		<u><u>56,052</u></u>

These financial statements have been prepared in accordance with the provision 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 31 May 2022 and are signed on its behalf by:

Eileen Ryder
Director

Ciaran Walsh
Director

STATEMENT OF CHANGES IN EQUITY

FOR THE YEAR ENDED 31 DECEMBER 2021

	Income and expenditure €
Balance at 1 January 2020	40,254
Year ended 31 December 2020: Surplus and total comprehensive income for the year	<u>15,798</u>
Balance at 31 December 2020	56,052
Year ended 31 December 2021: Deficit and total comprehensive income for the year	<u>(525)</u>
Balance at 31 December 2021	<u><u>55,527</u></u>

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

DETAILED TRADING AND INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

	€	2021 €	€	2020 €
Income				
Funding		365,834		413,047
Sundry Income		10,575		22,909
		<hr/>		<hr/>
		376,409		435,986
Other operating income				
Government grants receivable and released		6,288		1,000
Administrative expenses				
Wages and salaries	259,295		315,970	
Social security costs	20,819		21,756	
Staff training	730		4,605	
Staff supervision	3,260		2,860	
Materials costs	958		420	
Health and safety	2,591		1,111	
Rent and rates	32,501		32,501	
Cleaning	4,416		2,768	
Power, light and heat	8,994		5,972	
Repairs and maintenance	12,692		5,998	
Insurance	8,770		7,275	
Computer running costs	6,178		5,585	
Hire of equipment (not operating lease)	2,205		2,205	
Motor, travel and subsistence	44		610	
Legal and professional fees	2,576		2,346	
Audit fees	984		984	
Bank charges	378		462	
Advertising	720		-	
Telecommunications	2,567		2,977	
Office supplies	2,737		1,862	
Refreshments	3,394		1,883	
Sundry Expenses	1,951		547	
Depreciation	462		461	
		<hr/>		<hr/>
		(383,222)		(421,158)
Operating (deficit)/surplus		<hr/> <hr/>		<hr/> <hr/>
		(525)		15,798

*full set of accounts can be reviewed at www.drop.ie/wp-content/uploads/2022/07/Financial-Statements-2021-revised-in-line-with-DPER-circular-1.pdf