



H.O.P.E. Annual Report 2015



Hands on Peer Education Limited
Charitable Status No: CHY 20150
Registered Charity Number 20079840

**Helping people in the North Inner City find
Recovery from Addiction since 2003**

Introduction

H.O.P.E. Hands on Peer Education Limited (hereafter referred to as HOPE) offers our services (free of charge and with no waiting lists) to individuals affected by addiction in Dublin's North Inner City.

HOPE is a small community project and charity funded by the HSE through the North Inner City Drugs and Alcohol Task Force.

Our Mission is:

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



Introduction to HOPE by our community's Parish Priest, and friend, Father Richard Ebejer SDB

When I initially came to the Parish last year, one of the first activities I was involved in was the *Matt Talbot HOPE and Recovery Service*. Ever since then I have been working in collaboration with HOPE, in which I found an organization that is immersed in the reality of the people and addressing the issues that people face.

My years of study in Maynooth have taught me that one had to hold the Bible in one hand and the newspaper in the other. In other words, one had to be involved in the reality of people if one wanted to live out the Gospel values. Those were the days when rallies against apartheid, and the rights of street vendors dominated the headlines.

Now, in HOPE I have discovered an organization with a hands-on experience that is connected with the people and gets involved in their reality, using education as a powerful tool to stand up against a culture of addiction. Indeed, HOPE is a source of empowerment to the people they reach, transforming their desperate situation into one of hope.

HOPE's Services

We support our clients whether it be drug, alcohol, gambling or other addictions to find **freedom from addiction**.

We believe that for people suffering with chronic addiction, finding **recovery through an abstinence based lifestyle** provides the greatest improvement in quality of life for the individual, their family, and community and that anyone can attain this with supports in place. We would like to see the cycle of multi-generational long term drug substitution, drug abuse, and alcoholism broken in this community. We work with people to help them achieve their goals, which may not be abstinence at this point. We provide assessment, case management, key working, care planning, building interagency links, helping access a medically supervised detox, residential and day programmes, and other therapies as needed. Our Senior project worker is Joe Dowling, assisted by placements and volunteers and the team

Many of our clients have additional difficulties such as illness, poverty, unemployment, sub-standard housing, legal issues and early school leaving among others. Alison Gray runs our **Advocacy Service**. This includes helping our clients access a whole range of further education, university and the funding to attend, and employment. Alison also helps clients with their entitlements, rent allowance, medical cards and social welfare issues. She helps clients look for flats accepting rent allowance and often talks to landlords on their behalf and has helped many people access crèche places. She has developed this excellent service over the years, where everyone is treated with the dignity and respect they deserve, and as you see from the previous page, the numbers rise year on year. Alison welcomed her own baby girl in October, and Sandra O'Connor has been covering on maternity leave.

Many members of this community are affected by addiction. This might be by living with someone in active addiction, bereavement, or having in their care the children of active addicts. Our Senior Project Worker Joe Dowling has been providing **Family Support** for many years, and been by many families' sides helping them cope.

HOPE Manager Irene Crawley has written and runs a range of very successful educational programmes over the years. Unfortunately from 2014 we were not longer able to run the Youth Peer Education or Training for Trainers. This is due to understaffing, and the volume of client numbers for our addiction services. Following successive budget cuts over the years we lost a part time admin post, a part time project worker, and holistic therapists, the Manager has had to take on some of these tasks. She does roll out other trainings as covered later in this report and hope in the future to bring our popular trainings back.

2015 at a Glance

	2010	2011	2012	2013	2014	2015
Client Visits	1,344	2,005	2,208	2,157	2,180	1,690
Clients (not inc. trainings)	252	287	366	396	421	431
Participated in offsite training	534	405	140	347	422	316
Drug or Gambling Addiction	129	115	166	180	177	159
Alcohol Addiction	42	45	47	56	63	38
Became abstinent from addiction in the 12 month period	30	53	61	62	61	44
Family Issues	52	85	86	96	75	69
Advocacy Issues	29	42	67	68	106	141
Funding for the Project (Euros)	165,831	156,171	153,048	149,200	145,000	145,000

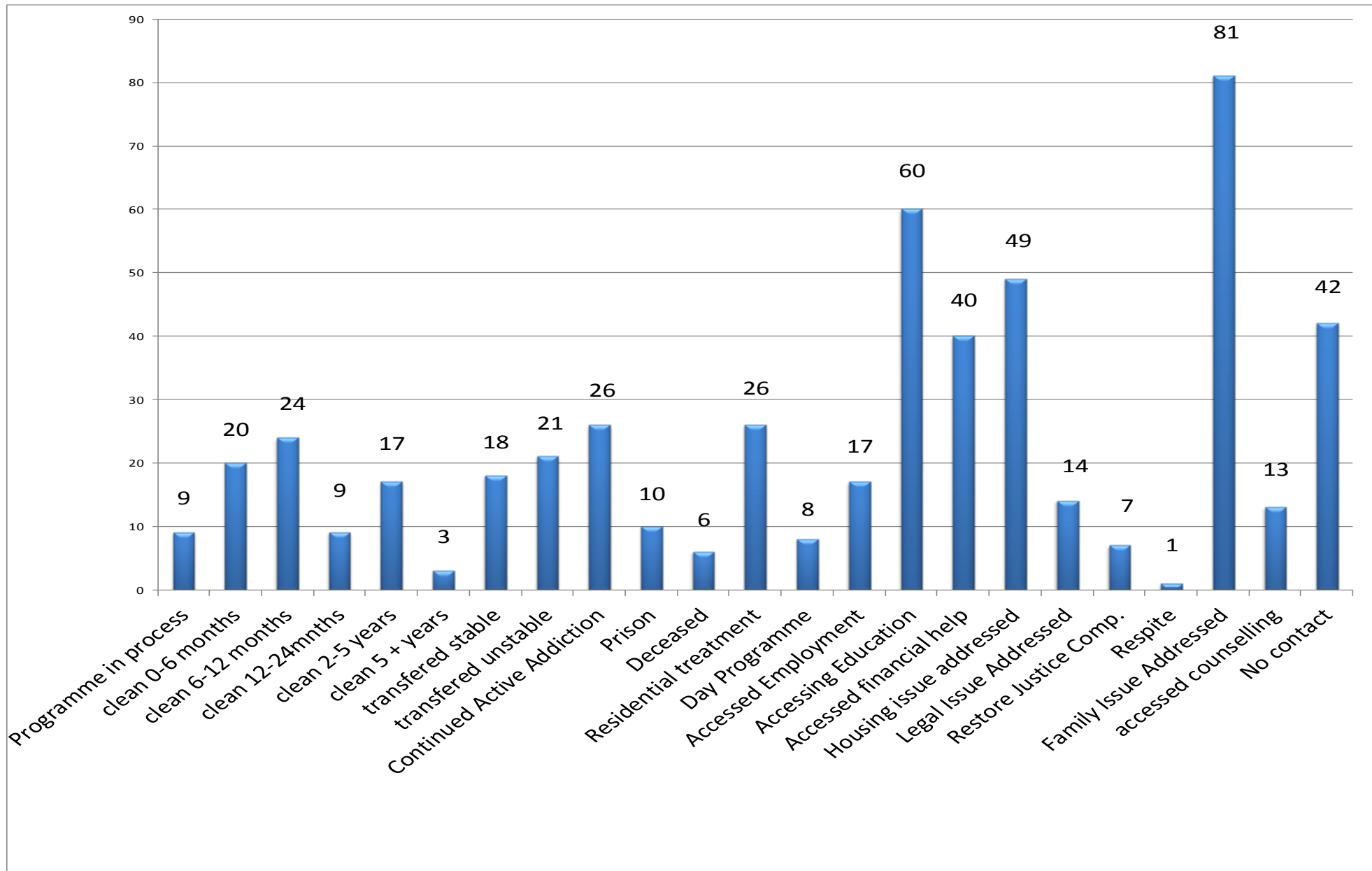
One Client's Experience in 2015

I come from the North Inner City, and had been addicted all my life. I come from a dysfunctional family. My father was a docker and an alcoholic, and my mother a street trader. I'd be sent down to him on a Thursday to get his wages, or the money would be drunk. Times were hard and my mother struggled to put food on table, so I went out robbing and I loved it. I didn't like school, and ran with all the older people. My first experience with drugs came after my best friend fell through a hole in the roof catching pigeons, and my family blamed me, said I murdered him. I found his body, and was given an injection and sent to live with my Grandmother who lived in the old diamond. I could do whatever I wanted, and I was a street devil and a house angel. She sent me up one day to collect her valium, and I started taking them. I could face things then, and at 14 I got introduced to heroin. I skin popped it, got sick, and said never again – but it took my worries away. I eventually got strung out, and didn't stop for 20 years. I was in and out of prison all the time. I loved prison – three meals a day, no bills. I've a conviction for everything, all kinds of crimes, and some very serious charges. One time when I was locked up, I was taken down to a methadone clinic and offered a maintenance. I thought "great free drugs!" - I didn't think 20 years later I would still be on it, but I was. I disagree with maintenance, I think it should be a three month detox max. I lost my oldest brother through methadone, and my youngest through heroin, and my mother through cancer. Today I feel this, my feelings aren't numb any more, and I realise how I wasted so much of my time. It was a miserable life on drugs.

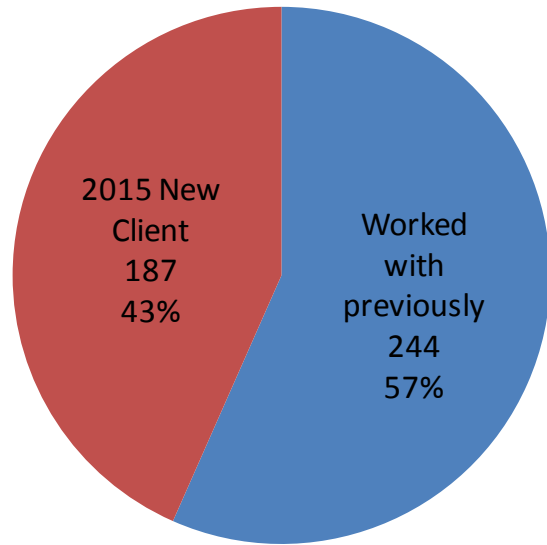
I got introduced to HOPE, and became willing to follow the suggestions – and I am coming up on 5 years clean. HOPE has helped me since over the years, with housing, legal, and financial issues. They helped me with basic things that were hard for me, like getting a passport and a bank account. I call into HOPE about once a week for chat. I do NA meetings in this community, I pray and mediate, and I give back to the community and volunteer. I love the life I have today, I look after my health, and I just got back from an amazing holiday, and I have learned to laugh. I have members of my family still on drugs, and I visit my brothers in prison on a weekly basis - the staff there has been amazed by me and I am an inspiration – most people never thought I would never make it.

Today I can function and I am happy, and I am not closed minded liked I was. If I can get clean, anybody can—but you got to put the work in. At least 15 people I sent down to HOPE are clean now. If you are reading this, give yourself a chance.

Client Outcomes January 1—December 31, 2015



Our Client Profile: Addiction and Family Issues

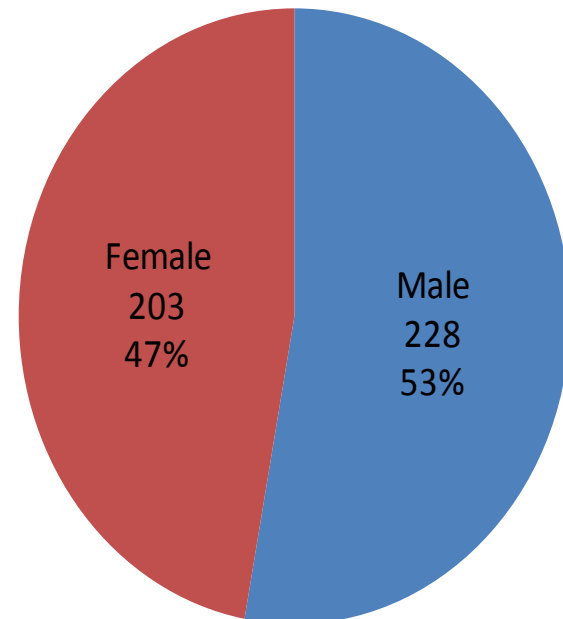
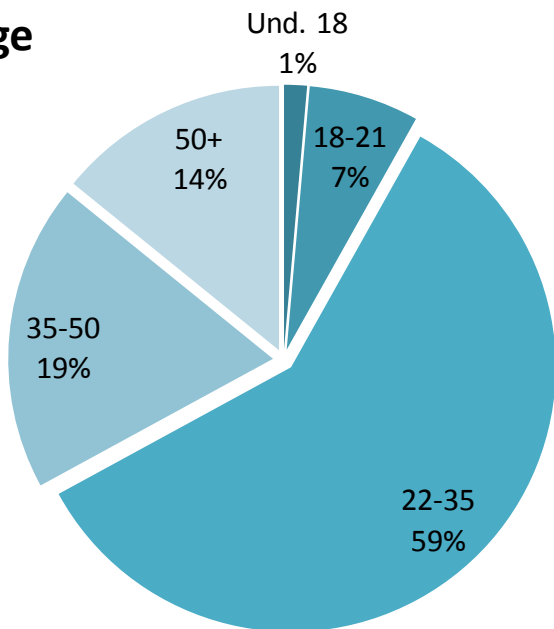


For our clients with addiction issues our remit is adults. We worked with 266 individuals on these issues alone: 38 for alcohol addiction, 8 gambling addiction, 151 drug addiction, and 69 Family Issues.

When clients under 18 present to us, after an initial assessment with a family member, we usually refer them on to an appropriate service.

Outside of these figures, In this year 316 people took HOPE educational sessions. Of those, 80 people were under 18 and 236 people were over 18.

Age Range



Education

HOPE runs a range of unique training programmes per request to groups in the North Inner City. These are written and delivered by Irene Crawley, HOPE manager. Rolled out in 2015:

- Training with GP medical students on working with addicted clients
- Four weeks at FAS Sherriff Street. Prevention and Education with 16 – 21 year olds:
- Dublin Adult Learning Centre drug awareness
- Daughters Of Charity social workers, training on dealing with clients in addiction: 15 adults
- Gave a talk on addiction issues at a Gala Fundraiser for the Inner City Trust: 100 participants
- A second GP student training: 22 adults
- HOPE's Parenting for Prevention course at High park treatment center. 8 adults
- St. Joseph's Girls school. Drug prevention with 30 transition year students. .
- CBS Brunswick Street. Drug prevention with 40 transition year students.

HOPE has developed a Restorative Justice programme, working with the probation services.

This consists of assessment and education for people who have been arrested for minor offences related to drugs and alcohol. The goal is to take the opportunity to help those who may have a substance abuse issue early on, and to prevent recidivism, and "nip in the bud" problematic substance users before they develop an addiction.

The Prevention and Education Network of the NICDTF.

Irene is a member of this committee chaired by Maureen O'Sullivan TD. We meet regularly to develop strategies to address drug and alcohol related issues facing youth. Over the last few years we ran a series of Youth Conventions gathering information from about 400 students, on what young people feel is effective prevention and education. A report was compiled and launched in 2015. We strongly feel the need to highlight the importance of resources being allocated to Prevention and Education in the upcoming National Drugs Strategy for 2017.

We offer **student placements** and work experience to help people get back into employment. Here is one experience: My name is Tracy Clarke, I am a full time mature student, studying Counseling and Psychology I was lucky enough to get a work placement with H.O.P.E. I started in October 2015 and from the first day I felt a strong sense that we are all equal and united working toward the same goal. You will often hear on the news or radio about doing something about the "addiction problem" or "homeless problem" Well at H.O.P.E. I've seen those words in action. Clients come through these doors and there is no where else that will take them. They are at their lowest point. I remember the first Client I seen walk through the doors. He was shaking, pale, frightened and very unwell. He sat with Joe got a care plan and worked it well. A couple months past and I seen him and his Mother walking down the street, they looked happy and healthy.

Lord Mayor's Award 2015

Since 1989 the Lord Mayor's Awards have honoured individuals and groups who have made a special contribution to Dublin and its citizens either at a local or city wide level. These Awards are Dublin City's way of acknowledging and congratulating the extraordinary work they do.

On April 27th 2015 H.O.P.E., along with five other recipients, was proud to collect the award presented by Lord Mayor Christy Burke in the Round Room of the Mansion House.

We were very honoured that our small project was chosen, and we thank Cllr. Christy Burke for his great support to us over the years. We were delighted to be among Aine Lawlor, Finbar Furey, Pete St. John, Desi Farrell, and Inner City Helping Homeless collecting our award this year.

Former recipients include Veronica Guerin, Sister Consilio, Sister Stanislaus Kennedy, Maeve Binchy, Brenda Fricker, Jim Sheridan, Neil Jordan, and Eamonn Coghlan.



2nd Annual Matt Talbot Recovery Celebration



This was held on September 30th in our Our Lady of Lourdes Church, Sean McDermott Street. We came together to celebrate Recovery. This was a spiritual service and open to all faiths. The community church has been a support to families during the ongoing drug crises, and I thank Father Richard for his support. Father Richard spoke of Matt Talbot, an alcoholic from this community who found abstinence, and tried to help others. Terry Fagan, our local historian, put together a fantastic display. The evening was attended by at over 140 individuals, and was uplifting. We had a person in recovery tell her story, poems from participants in ACRG, and Emma O'Leary provided beautiful music as people lit candles, with a recovery wish. We concluded with a blessing and released H.O.P.E. balloons.



Top Left: Emma O'Leary, Christy O'Brian, Musicians who kindly gave of their time.

Bottom Left: Kenneth, Connie and Karen helping with the candle ceremony.

Right: Paula O'Connor, our key note speaker.



Fundraising in HOPE 2015

I would like to thank everyone who gave of their time, and their support to HOPE this year. Our staff, management committee and many of our clients who are now in a position to give back to their community, got involved and gave of their time, both to bag pack for fundraising, and help us put together our community events.

I would like to thank everyone who helped HOPE to fundraise. Due to budget cuts over the last few years, we no longer have money for additional programmes - our allocated funding covers only daily running of the office. I want to emphasise that ALL fundraising goes directly to help our clients and our programmes! Due to bag packing days and grants this year we were able to help clients with respite, and some with food and clothing vouchers, and toys for their kids. We were able to get some much needed office equipment, and have a Christmas Party and several other community events. Much thanks to:

AON Global Insurance Managers

Green Shield Security

Mr. Darren Cosgrave

Cllr Niall Ring

Lord Mayor's Coal Fund

Inner City Trust Fund

JC's Supermarket, Swords

Dunnes Stores in Henry Street

East Link Toll Fund

Dublin City Counsel

Joe Lucy Fund

The Ripley Court Hotel

Croke Park Community Fund-

Mr. Joe Nolan

The National Lottery



Right: Pupils from CBS Brunswick Street helping us bag pack in Dunnes Stores Henry Street

Left: Michelle Manley, Leah, Joe and Jacking Dowling



Our Corporate Sponsors 2015: Aon Global Insurance Managers

The Metropolitan Building, James Joyce Street, Dublin 1

We were lucky to be chosen by AON this year as their community charity. They were amazing to work with, and we had so much fun. We are very grateful to community building events, as well as the funds raised for HOPE. This report is from the staff in AON:



“We kicked off our first fundraising event of 2015 on Friday 13 March, with St Patricks day looming we decided to wear green and host an Irish coffee afternoon.

Our next event was partnered with our Global Service Day on 12-13 June. Aon's passion is to make a difference in the communities where we do business. So on Global Service day our colleagues from across the globe unite to volunteer their time and efforts to support local charities. On the particular day we volunteered hours painting and cleaning the residents' community facility area in the Killarney Court Complex on Sean McDermott Street, as well as cleaning, gardening, decorating and much more in the local Our Lady of Lourdes Church.

Our fundraising activities included Breakfast Sandwiches and Bake Sale, followed by our “Spin for HOPE” where Volunteers from each Aon Ireland Business unit had to cycle for 7 hours straight, totting up a distance as they cycle. The total distance was 658km. As you can see from the photos the competition was fierce!! A lot of pride was at stake. Our Rugby World Cup Event was held on Friday 18 September. We had a Jersey Day and held a raffle for some Rugby Goodies including Tickets for one of the 6 Nations Games.

Our final event was held on the 18th December, and got everyone into the Festive Spirit. “



HOPE Annual Christmas Party



We were delighted to be able to invite 100 guests to a Christmas Party on December 17. Clients, staff, management and children all celebrated a successful year together. g into Santy hats.

It was held at the **Ripley Court Hotel Talbot Street** through the Generosity of **Austin Kelly**, Owner. We would also like to thank **AON Insurances**, **East Link Toll Fund**, and **Darren Cosgrave** for their contributions and making this possible

We had a very tasty three course meal and a bit of a sing song. Santy was there and all the little children got their pictures taken with Santy and a little gift.

This really portrayed the sprit of Christmas, a community coming together, everyone giving so generously, and the laughter of children. We all had a great time—this was our second year to be able to do this, and we plan on continuing on an annual basis.



Top Left: Alison, Santy, and HOPE Management Committee Chair Martin Cook

Bottom Left: Joe, Eric McCann and Barney Coleman

Other Community Activities



Left: Rt.Hon. Lord Mayor of Belfast Cllr. Nichola Mallon, HOPE Manager Irene, Former Lord Mayor of Dublin Cllr Christy Burke.

Right: President of Ireland Michael D. Higgins with Irene.

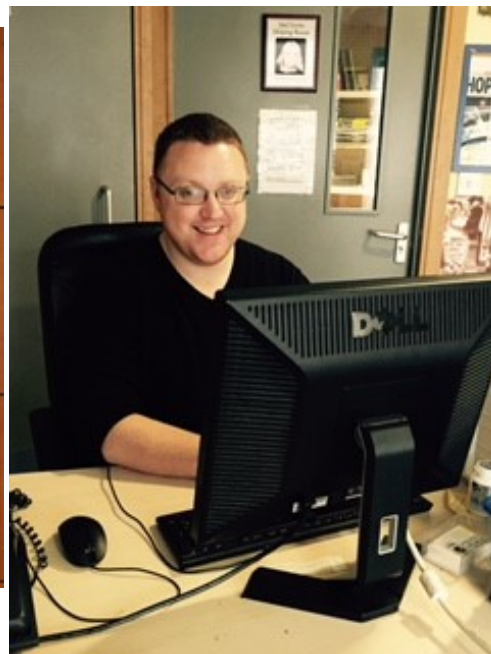
Preparations for 2016

Bottom left: Irene and Terry Fagan

Bottom right: A member of 1916 reenactment Irish Volunteer, Joe, Christy and Sandra Burke.



Staff, Volunteers, Student Placements 2015



Clockwise from left: Charleen, Katie and Jennifer accepting the Croke Park Community Fund on HOPE's behalf.

David Brown our IT and Media CE placement.

Tracy Clarke and Sandra O'Connor

Alison and Connie receiving their Diploma in Addiction counselling and Intervention Skills.

Alison's new baby Libby.



Acknowledgments

I would like to extend my appreciation and thanks to the following:

Our voluntary Board of Management (pictured) who give of their time on a volunteer basis to oversee the work of HOPE. Back row from left to right: Yvonne Bambury, Carmel Cosgrave, Kevin Murray (Treasurer), Catherine O'Connor (Secretary), Front row left to Right: Angela Hart, Theresa Brady. Chairperson Martin Cooke not pictured.

Andrew Lomax stepped down as Treasurer this year, I thank him for his service..

On the front page of this report is a picture of our staff by the front door of HOPE.

From Left to Right: Administrator Elaine Hilliard, founding member Carmel Cosgrave, Manager Irene Crawley, Advocacy Alison Gray, Senior Project Worker Joe Dowling.

Also with us in 2015 were: Alison's Maternity Leave Cover Sandra O'Connor. Kenneth Reilly and Connie Murphy as volunteer project workers.

Student placements: Tracy Clark and Maura Hawkins.

Father John Hickey, volunteer counsellor.

I also thank the following without whom our work would not be possible:

The North Inner City Drugs Task Force, our funders the HSE, and Dublin City Council for our Premises. Also, Minister Aodhán Ó Ríordáin TD,

Cllr (Lord Mayor 2014—June 2015) Christy Burke

Joe Costello TD, Maureen O'Sullivan TD, Paschal O'Donohue TD, and Cllr Niall Ring, for their continued support of HOPE.

Finally, many thanks to our colleagues in the North Inner City and all the agencies and individuals we have worked with AND all of our clients for their continued trust in us and their willingness to put in the work. It is a privilege to work in this community.

IRENE CRAWLEY, MANAGER





Charitable Status No: CHY 20150
Registered Charity Number 20079840

Unit 5, Killarney Court, Buckingham Street Upper, Dublin 1

Webpage: www.hopehandson.com

email: hopehandson@gmail.com

Find us on Facebook: HOPE Peer education

Telephone: 01-887-8404

Fax: 01-887-8402

Open Monday—Friday 9.30 am until 5 pm.
Drop in hours 10 am—1 pm Monday to Friday.