



ANNUAL REPORT 2023

Dun Laoghaire Rathdown Outreach Project

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CHAIRPERSONS FOREWORD

I would like to welcome you all to our organisation and thank you for taking the time to read our Annual Report for 2023. To begin, I wish to thank the Board and staff of DROP for their diligence, hard work, and dedication throughout the past year.

During 2023, DROP's continuing focus on quality produced our first Drug Free graduates which went on to be supported by our aftercare group. Anthea continued her leadership excellence by not only completing her own degree but also ensuring that all clinical staff become CRA accredited. This is yet another step towards quality.

The hard-working staff, Team Leader and Manager continued to focus on community involvement for our participants through activities like sailing and various athletic events.

Community building and assimilation into the larger community of DLR continue to be a strategic focus for the program through wellness and recovery collaborations. The program and the board were thrilled to secure funding for new premises and now the hunt for an appropriate site continues in earnest.

I want to thank our Funding Agencies, HSE and the Department of Social Protection for their continued financial support. I wish to acknowledge donations provided by the District Court office in Dun Laoghaire, this provides a vital source of revenue to DROP and we are very grateful for the support.

I would like to acknowledge and thank both the Dun Laoghaire Rathdown Drug & Alcohol Task Force and the Dun Laoghaire Rathdown County Council for their continued supports.

DROP will continue to provide an essential program for recovery in 2023 and recognizes the need for expansion to the Cocaine Evening Service for 2024.

Wendy Phillips
Chairperson

MANAGER'S UPDATE

Welcome and thank you for coming here to read about what we did in 2023. The exercise of developing the annual report commences with a review of 12 months in a calendar year and I never tire of doing a year in review. We are busy all the time and in the day-to-day grind you tend to lose sight of all that has happened. Contained in this document is just a snapshot of 2023 with its achievements and challenges as we see another year pass, more lives change and further organisational growth.

Strategic Highlights

Entering 2023 we had a clear focus on the programme structures and a pathway of recovery for participants to work within. The original continuum of care pathway consisted of three group programmes aimed at different stages of the recovery process for participants. However, faster than had been expected by June 2023 we had our first Drug-Free Programme Graduates. This in turn resulted in the pathway expanding to a fourth tier to include a weekly aftercare group. This has further affirmed and imbedded the organisational culture of quality over quantity. By the end of 2023 we had developed and implemented a comprehensive assessment service which incorporates the preparation programme; a Medically Assisted Recovery Community Employment (CE) Programme; Drug-Free CE Programme and Aftercare Group, to meet the needs of our participants across all stages of the recovery process. While on our annual residential break to Lough Allen, news came in that a proposal to host a Cocaine Evening Service had been approved which will further expand service provision in 2024. This will allow us to extend our response to the needs of the community we serve.

Operating Highlights and Challenges

Building on the momentum of 2022 the goal of 2023 was to further embed the programme structures and new culture within the organisation while also working to build a recovery community externally for our participants, their families and the wider community. Throughout this document we have showcased this work in pictures and believe that recovery is becoming much more visual in the DLR Community. This can only be achieved through agencies working together and in 2023 we were supported in our work by the DLR Drug & Alcohol Task Force (DLRDATAF), Sailing into Wellness, DLR County Council, Tivoli Training Centre, to name just a few, who have partnered with us in different ways to promote, enhance and celebrate recovery. In November 2023 I commenced a Post Graduate Certificate in Leadership in Collaborative Practice provided by the DLRDATAF, facilitated by the Community Action Network and accredited through NUI Maynooth. The aim of this training is to enhance collaboration across agencies in Dun Laoghaire Rathdown which is a positive and exciting prospect for us and fills us full of hope for all the future possible collaborations across the county.

As an organisation we have always prided ourselves in being a learning organisation and the Board of Management values and encourage a culture of continued professional (and personal) development for the team. We feel that recognition and reward are fundamental to staff happiness and retention and in 2023 we funded training opportunities, provided non pay incentives for example information on and provision of the PRSA scheme, access to Bike to Work Scheme, Christmas Savings Club, Team Building Days and clinical supervision. Our sector has, for more than a decade, been forgotten when it comes to appropriate remuneration.

In 2023, the unions worked on behalf of Section 39 organisation's to bring about pay restoration and we have seen some moves with those workers employed under HSE funding receiving salary increases. We will continue to support and participate in the ongoing work of the unions to achieve pay parity with the public sector. It is expected that these changes will see our team of professionals receive the recognition they

deserve for the passion and commitment they bring to the organisation through appropriate remuneration and access to a contributory pension.

On a positive note, following five years of part-time study whilst working full time, in 2023 I completed a BA (Hons) Psychology Degree. This is testament to the supportive environment that is created here that encourages all staff to upskill and develop. This, in turn, enhances the quality of our services.

In 2022, we successfully increased human resource capacity within the organisation with the approval to recruit a second Community Employment Supervisor. However recruitment for this position was a challenge and we ended the year with this position being vacant and the large volume of tasks for this role being distributed across the team. In 2023 we said goodbye to Darren Gormley, Gerard Delaney, Karen Carter, Sharon Brophy and Saoirse Jennings while welcoming Shane Bates, Jason Flood, Mary Louise Arabado. As always, we wish to extend our thanks to those who have been involved in the evolution of this small organisation.

For another year, in 2023, we received donations from the Dun Laoghaire Methodist Church and thank the church community for their continued support. On behalf of the Board and Staff Team I would like to extend our thanks to the Health Service Executive, National Lottery, Department of Social Protection, Dun Laoghaire Rathdown Drug & Alcohol Task Force, The Court Services, the Dun Laoghaire Rathdown County Council and Dublin Dun Laoghaire Education and Training Board for their continued support. We look forward to another successful year of working together.

Looking ahead into 2024

We move into 2024 with optimism that we will grow and build on the successes of previous years and excitement for all that is possible as the recovery movement in Ireland continues to grow and flourish. We continue to evaluate our programmes with feedback from our participants and aim to continuously improve and evolve with the emerging needs of those who utilise our services. In 2024 we will finalise and launch our Strategic Plan for the next three years and we will prioritise actions centred around finding a new home for the organisation. As our services develop and grow with increased group numbers our current premises, which has served us well for almost two decades, is bursting at the seams with such a hive of activity. We will continue to serve the community of Dun Laoghaire Rathdown and aim to make recovery as visible as possible, so that all who need us will know how and where to access support, loved ones affected will know they are not alone and those living recovery on a daily basis will be celebrated.

I would now like to show gratitude to all those involved in another year of the organisation by thanking the Board of Management for their continued passion, support and enthusiasm, the team value all you do to improve and sustain the organisation. To our team of professionals who show up every day to support all who cross our doors, bring visions of what is possible in recovery and work tirelessly to see those visions become a reality you are applauded for all you do, thank you. To the participants who continue to show up and work with us, trust us and share their recovery journey - on behalf of the team I would like to commend you on your continued willingness to change, to learn and support one another.

Finally, it is with great sadness I report that as the year came to a close we were devastated by the loss of Eileen Ryder, our chairperson and community champion who passed away on Christmas Day following a period of ill health. She stood strong over the years in her support for the organisation as it battled through periods of uncertainty, never wavering in her endeavours to build a strong reintegration pathway for people from substance use. We continue to miss her strength and dedication.

Anthea Carry
Manager



THE TEAM FOR 2023

Chairperson	Eileen Ryder (Resigned in 2023)
Treasurer	Ciaran Walsh
Secretary	Seamus Brennan
Board Member	Elaine Forsyth
Board Member	Wendy Phillips
Board Member	Niamh Mc Cabe
Board Member	Colette Byrne (Resigned 2024)
Manager	Anthea Carry
Financial Admin.	Magdalena Bialek Ola
Team Leader	Dean Ward
CE Supervisor	Siobhan Brennan
CE Supervisor	Saoirse Jennings
Case Worker	Jason Flood
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
International Intern	Frances Taylor
Counsellor	Mary Louise Arabado
Recovery Advocate	Eoin Barnes
Reception-Admin.	Sinead Kerr
Reception-Admin.	Terry Mc Guinness
Reception-Admin.	Sharon Brophy

CLINICAL SERVICE OVERVIEW

In 2023 we had entered our second year of transitioning to a fully-fledged continuum of group work programmes. Having had some success - and - challenges from changing our treatment culture, the client numbers attending the groups had increased and showed an appetite in the community for this type of substance recovery treatment. Our focus was on the assessment, preparation and completion phases of the programme as well as embedding the group programme cultures with a focus on quality service provision.

Assessments

In 2023 we spent time reviewing our assessment interventions which included the adoption of the new HSE assessment form. This was to encompass a more universal booklet that could be shared with the client's consent. This also changed some elements of preparation for clients who were looking to access the group programs with early introduction to the Community Reinforcement Approach (CRA) and Resonance Factor Models from the onset of assessment.

Group programmes

An aftercare group was established for the clients who had completed their main day program with the focus on sustained recovery supports which was an additional layer to our continuum that focuses on re-integration to employment and/or education within the community. This group was established originally with three and has grown over time with feedback that evidences it to be a valuable resource to clients and deemed a good success. It was agreed to run it on Thursday evenings which resulted in a change of hours for some staff members and I would like to thank the staff who agreed to make the change to their rotas to make this possible. Retention has been a rewarding factor of evaluating its benefits.

We offered bespoke groups within the main day programmes that was specific to some participants and their individual needs, rather than the group as a collective, such as anger management and Parents Under Pressure (PUP). Parents who completed the PUP programme reported it as very beneficial to them in developing new parenting skills and improving their overall family dynamics.

The pre-entry group was expanded within the assessment service area and renamed the preparation programme as it was an intensive assessment process which prepared participants for the move on to the Courage to Change Programme on completion.

Staffing

Fully embedding a new organisational culture was impeded at times in 2023 with staffing changes where staff who had been trained and involved in the adoption of new processes left DROP and new staff joined the team (please see managers update). At times momentum slowed as staff training and settling in took time and impacted the progress we originally anticipated. However having come through so many challenges the previous year this also afforded time to pause and take stock of the evolution of the programmes and new ways of doing things. I would like to take this opportunity to thank the staff who exited DROP for their efforts and inputs with the clients and team of DROP. I would also like to welcome the new members of our team and wish them every success in their new roles.

In 2023 we worked with the Recovery Academy of Ireland to take in our first Recovery Coach, Shane Bates. This was a great opportunity for the DROP Team and participants to add another perspective in living life in recovery. We had our first international intern, Frances Taylor who joined us from the USA on placement, Frances brought a lot of curiosity and another new dimension to the team, it was an absolute pleasure working with Frances, we wish her all the best in the future. Carol Walsh joined us from An Cosán to complete her placement hours as a requirement of her course. Finally we had Mary Arabado join us from the

Irish College of Humanities & Applied Sciences who did her counselling placement with us building up her hours as part of her course requirements. As a learning organisation it is important to provide placement for students in their studies. This is an opportunity for them to experience theory in practice and keeps us asking questions of ourselves and how we develop and apply interventions with participants.

Interagency Collaboration

Across 2022 and 2023 we focused on our interagency collaborations with referral pathways at the core of relationship development. While we provide community day services across a continuum, a lot of clients require residential detox and treatment episodes. The preparation group allows participants to come to DROP and set goals aimed at meeting the criteria for residential treatment. We would like to extend our thanks to the HSE RIS worker, Austin, for the support he provides to clients who come to DROP and his dedication to recovery pathways. As we have moved our services towards group-based programmes we wound down our one to one service. When we receive referrals seeking one-to-one support we make referrals to the Dun Laoghaire Rathdown Community Addiction Team (DLRCAT). In turn, when clients attending DLRCAT identify a group work programme, we work to ensure that a place is made available to them here in DROP. We have increased our referral pathways with increased referrals from residential treatment centres, local GPs, local hospitals and mental health services.

Continued Professional Development

In 2023 we had four staff who completed their CRA accreditation. This meant that all members of the clinical team were accredited CRA therapists. The CRA trainer, Gerry Ryan joined us in DROP where we had a ceremony of certification to those staff with clients present. DROP was also certified a CRA organisation. This was a huge achievement for the staff and was a major positive for the organisation as CRA is one of our evidence based primary models of treatment.

Crack and Cocaine training using the Resonance Factor Approach was provided to new staff members as our second primary model of treatment. This is a multifaceted approach built on evidence-based psychological theories and models which include Cognitive Dissonance, Neuropsychopharmacology and Choice Theory.

Dean Ward
Clinical Team Leader



CRA Certification Ceremony with Gerry Ryan

PARTICIPANT OUTCOMES FOR 2023

Care Plan Outcome report from 73¹ (40 Males, 33 Females) case work participants from January – December 2023. The following outcome data is in relation to participant care plan goals and outcomes across ten domains. There was a total of 1,618 appointments allocated during the reporting period and 1,196 (74%) of these were attended.

Drugs

65 (89%) Participants had goals in relation to drugs, of these:

- Ceased drug use: 15 people
- Reduced drug use: 28 people
- Maintained abstinence: 12 people
- Was a goal but no significant progress was made: 10 people

Alcohol

55 (75%) Participants had goals in relation to alcohol, of these:

- Ceased alcohol use: 21
- Reduced alcohol use slightly: 7 people
- Reduced alcohol use significantly: 6 people
- Maintained abstinence: 14 people
- Was a goal but no significant progress on care plan goal: 7 people

Housing

24 (33%) Participants had goals in relation to housing, of these:

- Maintained housing in line with care plan goal: 6 people
- Secured homeless accommodation: 4 people
- Sourced new housing in line with care plan goal: 5 people
- Was a goal but no significant progress on care plan goal: 9 people

New Pro-social activities

58 Participants (79.5%) had care plan goals in relation to pro-social activities, of these:

- Engaged in new pro-social activities: 43 people
- Was a goal but no significant progress on care plan goal: 15 people

Children

19 Participants (26%) had goals in relation to children, of these:

- Improved relationship with child(ren) in own or partners care: 17 parents
- Reunification with child(ren) in care: 1 parent
- Was a goal but no significant progress on care plan goal: 1 parents

Family Relationships

34 Participants (46.5%) had goals in relation to family relationships, of these:

- Significant improvement in one of these relationship(s): 12 people

¹ The total data corpus is 126 people who attended appointments in DROP during the reporting period of which 50 were female and 76 were male. However 53 (42%) of participants referred to DROP by agency or self-referral either did not complete or move beyond the assessment to be appointed a case worker and develop a care plan or were referred to a more appropriate service. (Figures have been rounded up to the nearest percent) This data has been prepared using a file and eCASS audit

- Minor improvement in other family relationship(s): 21 people
- No significant progress on care plan goal: 5 people

Physical Health

40 Participants (55%) had goals in relation to physical health, of these:

- Improved fitness & nutrition: 29 people
- Accessed specialised service and adhered to treatment plan: 5 people
- No significant progress on care plan goal: 6 people

Mental health

19 Participants (23%) had goals in relation to mental health, of these:

- (Re) engaged with MH services: 7 people
- (Re) engaged with MH services and adhered to a treatment plan: 4 people
- No significant progress on care plan goal: 8 people

Money and budgeting

19 Participants (26%) had goals in relation to money and budgeting, of these:

- Made financial management plan: 15 people
- Repaid problematic debt: 2 person
- No significant progress on care plan goal: 2 people

Education and training

22 people (30%) had set goals in relation to education and training



Community Employment Programme

A Year in Pictures

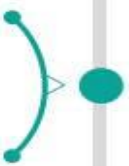


International Women's Day
Again in 2023 we celebrated International Women's Day together where the theme was Embrace Equity



Pro Social

Getting out and about in our community is really important for our groups as it allows us experience the community in a more positive way



Boxing

Moving from Winter to Spring we learned and trained in Boxing Skills with Monkstown Boxing Club



Community Employment Programme

A Year in Pictures



Community Employment Programme

A Year in Pictures



July



Meeting the Minister
Eileen Ryder (Chairperson) & Anthea Carry (Manager) attending Leinster House to Meet with Minister Hildegard Naughton and the HSE in a bid to increase financial resources

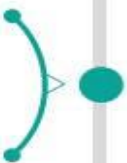
Summer Community BBQ
We had our Annual Summer BBQ in the Tivoli Training Centre and invited members of the wider community to come celebrate with us



July



August



Annual Residential Break
In August we went on our Annual 2 night Residential Break
More details later in this report

4 week Sailing into Wellness
A group of participants took part in a 4 week sailing programme



August



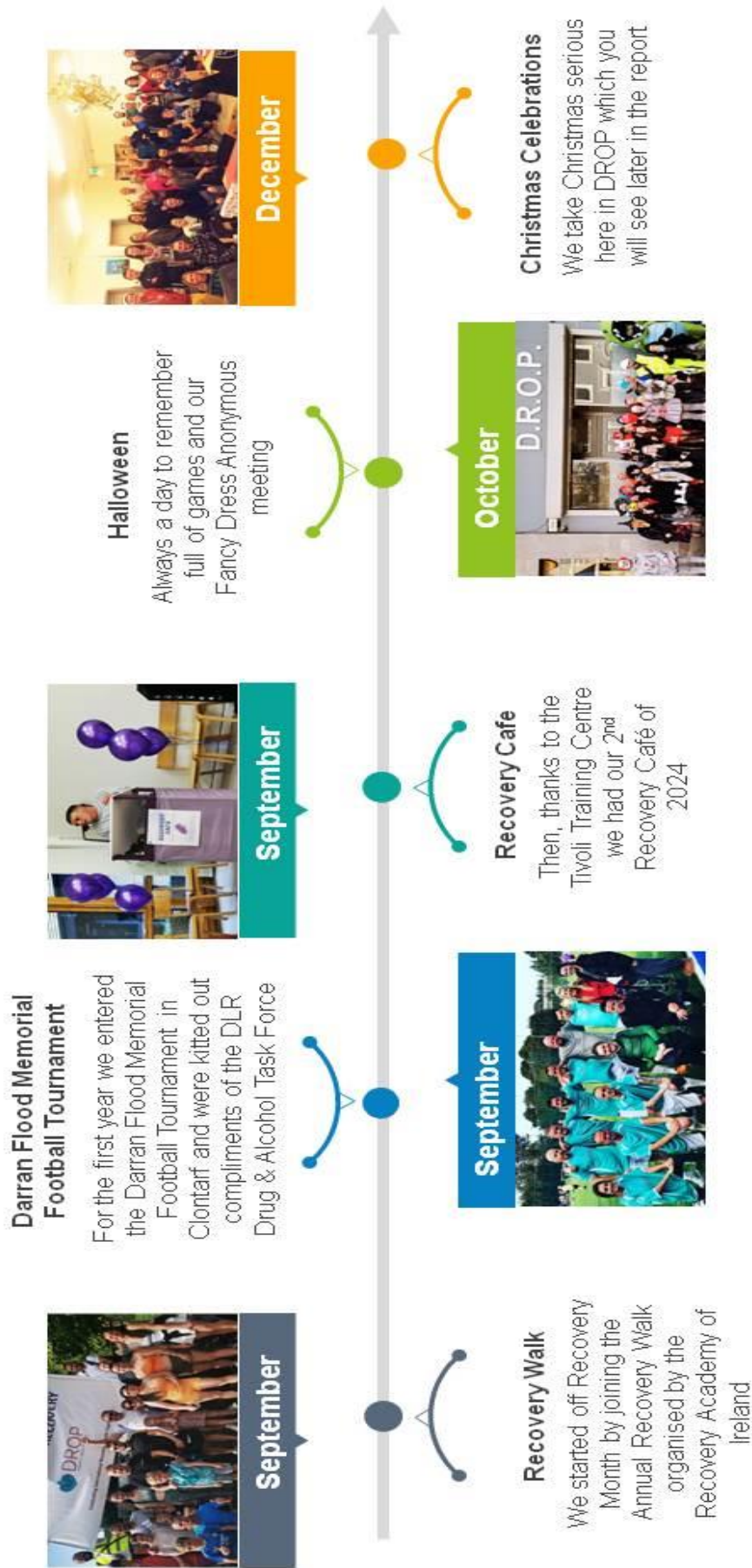
August



Football Training
Thanks to St Joseph's Football Club who let us get some training in before we competed in the Darran Flood Memorial Cup

Community Employment Programme

A Year in Pictures



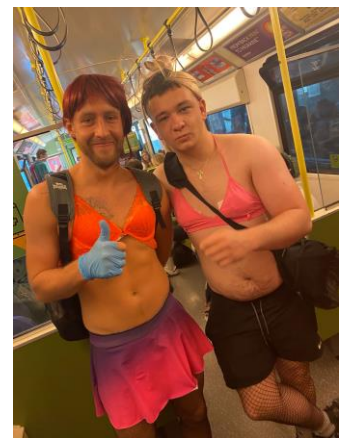
FUNDRAISING

DROP's First Fundraiser of 2023 was in March when a team of staff and participants took part in **Run-a-Muck** on behalf of the organisation. This is a fun challenge but takes effort to get through the muddy bogs so is no easy feat and the event its self was the result of weeks of training. We really do appreciate this support and the effort it takes to do this



(Photo credits to Action Photography)

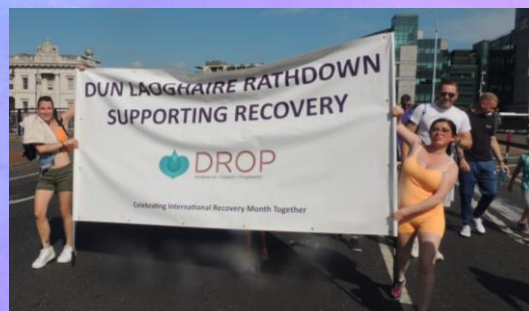
This was followed in June with the **VHI Women's Mini Marathon**, we had runners & walkers and thankfully it didn't take us too long to convince the guys to get into full character – as you can see from the pictures below they may have even enjoyed their lady's day out! This is always a great way to fundraise as the vibe is full of fun and celebration for so many great charities



RECOVERY MONTH

Year on year the Recovery Community in Ireland is growing and as such so is Recovery Month celebrations. For another year we took full advantage of all that was to offer.

We attended the Annual Recovery Walk organized by the Recovery Academy of Ireland. The walk, which has been going since 2012, now takes a route right through the capital commencing at the Garden of Remembrance proceeding down O'Connell Street and eventually ending with a festival style gathering at Merrion Square Park. It really is a visible celebration of recovery with people coming from all over to share their pride and achievements in healing them and their families from substance use.



In 2023, for the first time we entered a team into the Darran Flood Memorial 7 A side Cup hosted by Soilse in conjunction with the Recovery Academy of Ireland. Special thanks to the DLR Drug & Alcohol Task Force who funded the purchase of full football kits so we looked the part. With support from St Joseph's Football Club in Sallynoggin we had a chance to get some training in as a group in advance of the tournament. On the day we gave it a good shot, with casualties, but did not progress to the later stages of the tournament where some silverware would have been a possibility. However that being said it was a fabulous way to spend the day together and the aim is to now get as good as we look. This is certainly a work in progress and we are ready and willing to go again in 2024.



With the support of the Tivoli Training Centre we brought Recovery Month to a close in their purpose built premises in Dun Laoghaire with our second Recovery Café of 2023. We had the DLR Drug & Alcohol Task Force Co-ordinator, John Doyle open the event where he detailed his experience of working in Dun Laoghaire over the years and the growth of recovery in the present day. Thanks to David and Scarlett who spoke about what recovery means to them which is always hugely insightful and can be very encouraging for those who are new to recovery. Massive thanks to Bob Dawson who came along and provided entertainment in the fun way he only knows how. Recovery Cafés provide a sober social event that puts recovery at the centre and is open to the participants, their families and the wider community. Our vision is to see regular cafés pop up around the county so people can meet, have fun, enjoy recovery together and build networks that are positive and supportive of sustained recovery.

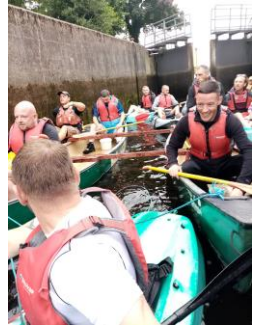


ANNUAL RESIDENTIAL BREAK



In August the DROP community gathered together to take a 2 night trip away together to the fabulous Lough Allen in Drumshambo. Like our 2022 trip to the Cavan Centre, Lough Allen Adventure Centre offers participants an opportunity to experience an adventure holiday/training in a country setting and encourages participation in adventure sports and

activities through an experiential learning process.



These breaks can be pivotal moments in a person's recovery journey as they are an opportunity to build cohesion between staff and participants and allow for a very new way of experiencing one another. The adventure team in Lough Allen planned an epic adventure which included an amazon tour of the river, busy crafting and trust exercises on the Island and rest and recharge in the wellness centre which included yoga, ice baths and hot tubs. As you can see from the photos there were many smiles. In the evening time we took advantage of the country night skies and enjoyed meditations by the water. These moments of quiet and reflection were mentioned by a large majority in the end of trip check out and had huge benefits in encouraging us all to be in the present.



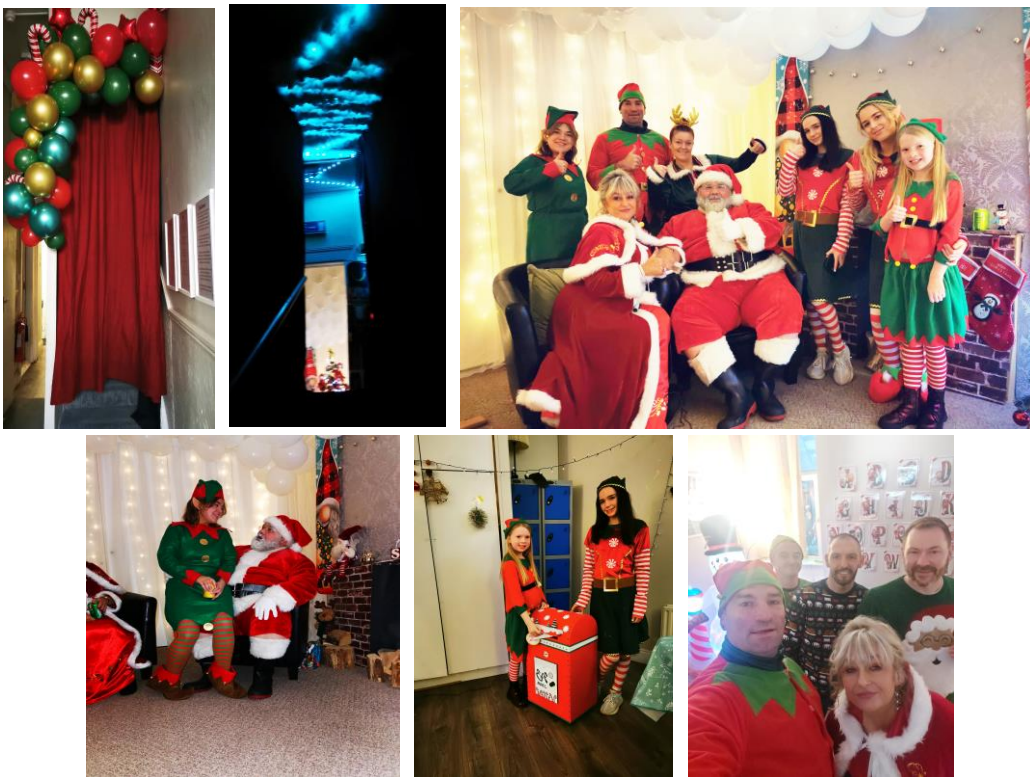
The two night is an event in the calendar that, while a lot of work, is looked forward to by everyone. While it may appear that this is just about fun these breaks are skills based learning for participants with clear objectives. The aim is to provide an environment where participants can support one another with an experience of *pro-social activity* and *peer support*, to complete tasks and challenges in a structured inclusive and supportive environment while encompassing *problem solving discussions*, *role responsibility* and *conflict resolution skills*.



ITS SANTA (& MRS CLAUS) TIME....

Christmas can be a strange time for people for a variety of reasons which can include negative past experiences and loss. For children it can be a time of magic, fun and wonder and to share that childlike feeling of awe of the season #TeamSanta gets stuck in and transform the building into an epic santa grotto. Everyone gets to be a kid and have fun. The planning for this event starts before Halloween each year and would not be possible or as magical without the support of the staff and participants. Very special thanks goes out to all the elves for getting involved from start to finish. This is by far becoming the main event of the year and is an opportunity for the whole DROP community to share in something a little different to the day-to-day activities of the organisation.

Come with me and you'll be in a world of pure imagination....



Finally, #TEAMDROP had an opportunity to wind down and celebrate together with some healthy competition at the Escape Rooms followed by a meal together. As always we supported each other to "escape" and had tons of fun with a lot of laughter.



I FOUND MYSELF, SITTING IN DROP'S SAFE SPACE

Well the start of my story is this, I was sectioned to the John of Gods for a second time due to an episode of psychosis factually related to cannabis use. I was assigned a social worker who first told me about DROP and the wonderful work they do. First week out of hospital I walked in off the street and filled out a referral form with the lovely Terry - within a week I got a phone call to come in and do assessments. I mainly joined DROP for help and support to overcome a 10 year addiction I had to cannabis. I had tried to quit on my own in the past and would achieve a couple of weeks and then I would be back in addiction. I am currently 17 months free from cannabis. DROP has helped me in many other ways too, I walked in the door a shell of myself, riddled with drug use and a very bad eating disorder I walked out a confident healthy woman with values, boundaries, pride and goals and direction for the future.

When I first started care plans I set small goals for myself that I could achieve. My goals for the first few months was mainly around abstaining from drug use, eating well and having social outlets. The social outlets was easy with the community within DROP as everything is open invitation. I started going for coffee, lunches joined the running club and took part in the pro socials on the weekends. This got me socialising, building relationships and friendships with positive people. I received so much support, understanding and compassion around my eating disorder. I worked on meal plans which was a big part of my care plan and eating well has become second nature now. Over time my care plan adjusted to educational and training goals, with these adjustment I had ILPs (individual learning plans) every so often and Anthea found me a course that I chose to pursue. This course is due to commence in September 25 and I will succeed in it. I feel the care plans really helped me as every small goal achieved is confidence gained and every small step is in the right direction.

There have been many beneficial aspects to DROP but the one that was most beneficial to me was having a peer group - 4 or 5 other people there to listen to help and support me sharing our feelings, thoughts, highs and lows. Getting to know mostly everything about each other and even sharing things that we would only share between ourselves. Giving and receiving feedback and understanding, with no judgement. Having a safe space to talk has no price.

DROP runs various workshops which is great for a spirited debate. These are actually very enjoyable and is a new way of thinking about things and fresh topics each week. DROP also gave many fun times from drama classes, special effects, pro social days. These all challenged me especially drama it was way out of my comfort zone, but once you make peace with acting silly it's really enjoyable. I wasn't any good at special effects but we staged some funny photos it's all about the memories. Pro social days were great - from in-house activities such as karaoke, rounders, darts and board games to outings that the community chose. Pro-Social days were always a day I looked forward to.

Getting to do all these extracurricular activities really allowed me to find myself again and become comfortable in my own skin and I undoubtedly gained my confidence once again. On the flip side I found communications pain staking. I believe we could have completed the course in less time, it was very long. However the essay writing and referencing I found good to refresh on and this will benefit me pursuing level 6 education in September 2025.

DROP does an annual residential break and in my first year I was still quite new to DROP. This meant I was going away for three days with completely new people. When it was karaoke night I just wanted to disappear I could think of nothing more cringy. Anyway, I got a group together and sang Dancing Queen by Abba and I enjoyed it that much that I didn't even share the microphone. I stopped for a second looked into the crowd with over 20 people sitting down smiling up at me and a wave of love hit me. It is one of my fondest memories I have in life.

I would definitely recommend DROP to anyone struggling with addiction. The help, love and support you get from each facilitator isn't measurable in words. The work we do together with peers is life changing. I grew so much as a person and have 17 months free from cannabis.

So in a nutshell, DROP is a hidden gem, it's literally a life line. The work they do is life changing. They 100% care about each person as an individual. The kindness, help and support given is incredible with no judgement. The community within DROP is something else, I found myself sitting in DROP's safe space.



NOW I KNOW WHO I AM AND WHAT I LIKE

Before I came to DROP I hit my rock bottom, I was suicidal, trying to kill myself. I was destroying my family with my addiction. One of the times I was trying to kill myself I poured petrol all over myself, with the petrol going into my eyes. I dropped the lighter. The same day my partner tried to sign me into Newcastle Hospital but they said that they couldn't take me in because I wasn't from their catchment area. So we went to Vincent's Hospital and they couldn't do anything either because I had no doctor. I eventually got a doctor and she gave me a sheet with numbers. I had seen DROP's number on it and rang them. I knew DROP was in Dun Laoghaire but had thought it was for youths.

When I came to DROP first I thought I was there just to give up the substance, I didn't know there was behaviours that went with substance use. I had to have a good look at my behaviour and how it affected how my thinking was and how it affected my family. I had to change how I lived my life, I worked for Tesco for 19 years and done most of my using there. I gave in my notice in August 2023 and it was the best thing I have done and it has had a major impact on my family. It was a financial hit on the household but we have learned how to live on what we have and even myself being present in the household has changed. We done a group one day with Siobhan about what do want when we leave DROP. I did want to be a physio when I was in school. The ETB² and DROP got the Discovery and Courage to Change Groups a Communications course in Loughlinstown Training Centre from September 2023 to May 2024 and that changed my direction to something different. I am in college two days a week now. On Wednesday I do Human Growth & Development and on Fridays I do Psychology both at QQI³ Level 5. In September 2025 I am hoping to do my Level 6 in psychology and further my career in youth work or other parts of human services.

The most beneficial and enjoyable things for me are being substance free for the last 22 months and coming off my anti-depressants and sleeping tablets. Being able to go on family holidays and not having to use. Going on two trips with the programme and making some really good friends that were on the programme and they are still substance free as well. Doing the Parents Under Pressure Programme (PUP) was very beneficial, especially having two children under the age of 12 with me coming from being in addiction and getting a better understanding of them being kids. The thing I liked the least in DROP is the drama. When we started the drama the teacher said we were doing a play at the end of it. Doing a play when most of us are still working on our self esteem is off putting.

What stands out the most for me during my time in DROP is how all the staff are so welcoming and supportive and just want the best for you. An event that really stands out for me is the first family Christmas party in DROP. It was amazing, my children and partner were made to feel so welcome, they knew all the kids names and it was brilliant. I felt part of something. The Parents Under Pressure programme had a big impact on me also - it is a great course when you have kids.

² Education & Training Board

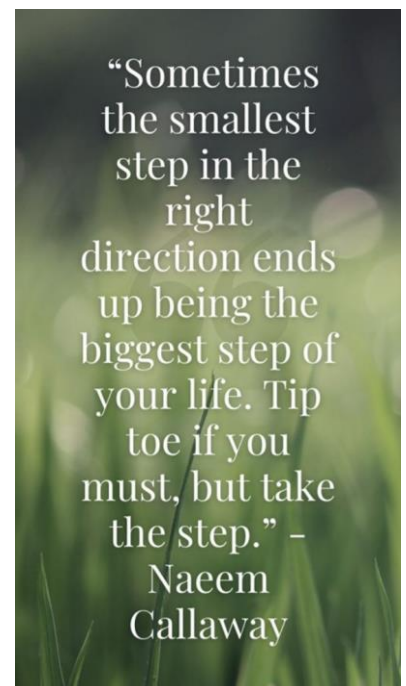
³ Quality & Qualifications Ireland

I would definitely recommend DROP to anyone as it has given me a second chance in life and I am a much better person. As a person I was stuck in life, I didn't know what way I was going until I found DROP. Now my way of life is so different, now I know who I am and what I like. I am doing things that I never thought I would do. I am going to college to study Psychology, I am running, swimming and I have just recently done a white-collar boxing fight.

As a father, I have learnt to be a father again and the father my kids deserve. I am so involved in their every day lives. From helping them with their homework, I love baking with my son and daughter and going for walks with them. I love playing sports with my daughter as we love the same sports. We go to the Shamrock Rovers matches with each other. My son was diagnosed with autism a year ago and I have learned so much about autism to get a better understanding of what he is going through. Our favourite thing to do together is play with Lego.

As a partner I understand a bit more about what my partner went through during my addiction. She couldn't trust or rely on me and we could never plan anything to do as a family because I would always let them down. I'm there for her whether it's good or bad now. I go to all the appointments for my son and daughter instead of it always being only their mother going. I help around the house and get things done before my partner has to ask me. I have become the dependable partner that I should have been.

To summarise to others who may need DROP I would tell them to take the first step, it will be scary at first but it will change your life for the better. I was stuck in life and I got to know myself and my family again. It is a different way of life away from substances. It is a community that brings people together and it's like having a family with your own family. In other words it is connection.



"The most beneficial and enjoyable things for me are being substance free for the last 22 months and coming off my anti-depressants and sleeping tablets. Being able to go on family holidays and not having to use. Going on two trips with the programme and making some really good friends that were on the programme and they are still substance free as well. "

FROM VOLUNTEER TO COMMUNITY EMPLOYMENT

When I was two years sober I decided I wanted to go in a completely different direction with my career, I knew that I wanted to get into some area within addiction recovery. I enrolled on an Access and Lifelong Learning course in UCD and once I attained the NFQ Level 7 cert it progressed me towards attaining a BSc in Social Science. COVID hit as I completed my finals and during that awful lockdown I was fortunate to contact Dun Laoghaire Rathdown Outreach Project to enquire if they needed any workers or volunteers. Anthea and the CE Supervisor at the time interviewed me and I started working as a volunteer in October 2020. I started on reception, obviously as we were only coming out of lockdown there were restrictions on the number of people that could be in the building so DROP was pretty quiet for a while. In many ways this was a blessing for me as I could get used to this totally new environment. I knew from the start of my volunteering that DROP was somewhere I wanted to work long-term. It was a difficult time over 2020 and into 2021 with restrictions, masks, thermometers, hand sanitisers, COVID tests, COVID vaccines It seemed like the world was launched into chaos. But I could see how DROP was a safe haven for the clients who came to us and I was proud to be part of the team. By February 2021 I started on the CE scheme. I began support work for the project workers whilst also taking advantage of the training available to me. I did a course in Community Addiction Studies, became a qualified practitioner in both Community Reinforcement Approach and Resonance Factor. Anthea suggested to me in September 2022 that I do a course in mindfulness-based approaches for professional practice. This course was a godsend to me on a personal and professional basis. I have enjoyed doing mindful meditations with the clients and hearing their feedback especially as they learned to let go and relax into the moment. I can relate so much to how exhausting recovery can be and to have that hour of just being calm and at peace is vital.

Another very special part of working in DROP is the team we have at the moment. We are all so diverse but we all have a great bond and having worked in many different careers over my working life I know how important that team bond is. The building we currently work in is extremely old and the cold can seep into our bones some days. The fact that it is four storeys high with a very steep staircase has played havoc on my old legs. The house has done its job and I know that Anthea is desperately trying to find more suitable premises for the ever growing clientele. I really enjoy the fun the team and the clients have at the Halloween Party and the children's Christmas Party. Just seeing the clients forget all about recovery struggles for a couple of hours and become kids again is a joy for me. The Christmas Party is very special as we welcome the children into the magic of Santa's grotto and see their little faces light up.

All in all I have not worked in any other sector where I feel I am contributing something to my community as much as I feel within the DROP team. The service that is offered to the community is of extreme importance, many local residents have voiced their appreciation of our contribution to the area.

FINANCIAL SUMMARY – TREASURER’S REPORT

I and the other members of the Board would like to express huge thanks to all the staff and volunteers at DROP for their services and efforts throughout the year. There is a huge sense of teamwork apparent in the organisation that seems to grow in strength on an annual basis.

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 and commit to continuing to provide excellent value for money in relation to the positive outcomes generated for service users and the community at large.

Financially in 2023, Income increased to €675k from €555k in 2022, an increase of €120k arising primarily from increased inflows for CES participant payments (increased €96K in 2023 over 2022), increased support from the Health Service Executive (HSE) (increased €20K in 2023 over 2022), slightly increased donations. 98% 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.

Due to the nature of CES funding, the vast majority of the increased level of income in 2023 gave rise to increased Operating expenditure. Operating expenditure increased in 2023 to €680k from €562k in 2022, an increase of €118k, in line with the increase in income. The increase in operating costs reflects significantly higher participant levels and CES flow through funding.

Grant & other operating income increased in 2023 to €15K from €3K in 2022. DROP incurred a surplus of €10,564 in 2023 and compares to a deficit of €4,5238 incurred in 2022. 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 surplus in 2023, the net worth of the Company increased from €50,989 at the end of 2022 to €61,553 at the end of 2023, a good increase and one that will be put to good use into the future.

Finances will always be constrained in DROP. It is a well known priority for DROP to identify, agree terms and to relocate the service to a new premises and are delighted that the HSE has agreed to make a very significant contribution to allow this to happen.

The Board will always focus on the continued financial stabilisation and security of the Company whilst seeking to ensure that the financial resources are available to allow the organisation strive for it’s operational goals.

Ciaran Walsh
Treasurer

FINANCIAL STATEMENTS

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

COMPANY INFORMATION

Directors	Eileen Ryder Elaine Forsyth Ciaran Walsh Seamus Brennan Wendy Philips Niamh Mc Cabe Danielle Taaffe Mary McCaughey	(Resigned 2023) (Appointed 31 January 2023) (Appointed 22 January 2024) (Appointed 22 January 2024)
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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 the Dun Laoghaire Rathdown Outreach Project Company Limited By Guarantee ('the company') for the year ended 31 December 2023, which comprise the statement of income and retained earnings, the balance sheet and notes to the financial statements, including the summary of significant accounting policies set out in note 1. The financial reporting framework what has been applied in the preparation is Irish Law and FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* issued in the United Kingdom by the Financial Reporting Council.

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 2023 and of its deficit for the year 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 properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conclude our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are described below in the *Auditors responsibilities for the audit of the financial statements* 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 Standards for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and the provisions available for small entities, in the circumstances set out in note 11 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 relation to going concern

In auditing the financial statements, we have concluded that the directors' 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 twelve months from the date 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 conclusion thereon.

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 course of 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 other information, we are required to report that fact.

We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

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

Opinions on other matters prescribed by the Companies Act 2014

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the directors' report for the financial year for which the financial statements are prepared 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, to the best of our knowledge and belief, are 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.

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions, are not complied with by the company. We have nothing to report in this regard.

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 in accordance with the applicable financial reporting framework that 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, if applicable, matters related to going concern and using the going concern basis of accounting unless management 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 company's 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 the 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 company's financial statements is located on the IAASA's website at: <https://www.iaasa.ie/Publications/Auditing-standards/Standards-Guidance-for-Auditors-in-Ireland/Description-of-the-auditor-s-responsibilities-for>. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

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

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
For and on behalf of HSM
Chartered Accountants
Statutory audit firm

27 May 2024

13 Sussex Street
Dun Laoghaire
Co. Dublin

STATEMENT OF INCOME & RETAINED EARNINGS

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 €	2022 €
Income		675,192	554,772
Administrative expenses		(680,207)	(562,359)
Other operating income		<u>15,579</u>	<u>3,049</u>
Surplus/(Deficit) before taxation		10,564	(4,538)
Tax on (deficit)/surplus		-	-
Surplus/(Deficit) for the financial year		<u>10,564</u>	<u>(4,538)</u>
Retained earnings brought forward		50,989	55,527
Retained earnings carried forward		<u><u>61,553</u></u>	<u><u>50,989</u></u>

The income and expenditure account has been prepared on the basis that all operations are continuing operations

BALANCE SHEET

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 €	€	2022 €	€
Fixed Assets					
Tangible assets	6		638		
Current Assets					
Debtors	7	20,437		17,005	
Cash at bank in hand		205,261		79,527	
		<u>225,698</u>		<u>96,532</u>	
Creditors: amounts falling due within one year	8	<u>(164,783)</u>		<u>(45,543)</u>	
Net current assets			<u>60,915</u>		<u>50,989</u>
Net assets			<u><u>61,553</u></u>		<u><u>50,989</u></u>
Reserves					
Income and expenditure account			<u>61,553</u>		<u>50,989</u>
Members' funds			<u><u>61,553</u></u>		<u><u>50,989</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 27 May 2024 and are signed on its behalf by:

Ciaran Walsh
Director

Wendy Phillips
Director

STATEMENT OF CHANGES IN EQUITY

FOR THE YEAR ENDED 31 DECEMBER 2022

	Income and expenditure €
Balance at 1 January 2022	55,527
Year ended 31 December 2022:	
Deficit and total comprehensive income for the year	<u>(4,538)</u>
Balance at 31 December 2022	50,989
Year ended 31 December 2023:	
Deficit and total comprehensive income for the year	<u>10,564</u>
Balance at 31 December 2023	<u><u>61,553</u></u>

DETAILED TRADING AND INCOME & EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

	2023	€	2022	€
	€	€	€	€
Income				
Funding		658,951		543,077
Sundry Income		16,241		11,695
		<u>675,192</u>		<u>554,772</u>
Other operating income				
Government grants receivable and released		15,579		3,049
Administrative expenses				
Wages and salaries	523,090		435,208	
Social security costs	30,592		28,880	
Staff training	17,144		7,592	
Fundraising expenses	301		348	
Staff supervision	2,800		2,800	
Materials costs	259		278	
Health and safety	1,963		3,007	
Rent and rates	32,501		32,501	
Cleaning	3,891		3,671	
Power, light and heat	9,153		9,160	
Repairs and maintenance	4,763		3,437	
Insurance	9,006		8,534	
Computer running costs	8,380		7,026	
Hire of equipment (not operating lease)	2,042		2,214	
Motor, travel and subsistence	546		534	
Postage, courier and delivery charges	-		125	
Legal and professional fees	6,960		1,168	
Audit fees	4,920		2,153	
Bank charges	510		416	
Advertising	802		534	
Telecommunications	2,995		2,195	
Office supplies	3,884		3,147	
Refreshments	4,350		3,780	
Sundry expenses	9,036		3,651	
Depreciation	319		-	
		<u>(680,207)</u>		<u>(562,359)</u>
Operating Surplus/(deficit)		<u><u>10,564</u></u>		<u><u>(4,538)</u></u>

*full set of accounts can be reviewed on the Companies Registrations Office and on www.drop.ie



An Roinn Coimírce Sóisialaí
Department of Social Protection

Supported by

taskforce
DUN LAOGHAIRE RATHDOWN
DRUG AND ALCOHOL TASK FORCE



dlr
Comhairle Contae County Council



ddletb
Bord Oideachais agus Oiliúna Dublin and Dún Laoghaire
Atha Cliath agus Dhún Laoghaire Education and Training Board