



2024 – ANNUAL REPORT

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT

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CHAIRPERSON'S FOREWORD

I would like to welcome you all to our organisation and thank you for taking the time to read our Annual Report for 2024. To begin, I wish to thank the Board and staff of DROPP for their diligence, hard work, and dedication throughout the past year.

During 2024, DROPP's continuing focus on strategy and quality saw the implementation of DROPP's Continuum of Care Pathway, along with the inclusion of a Cocaine Service, providing support to participants as they progress across all tiers of the program through to reintegration into their community. The Board and Management focused on improved workforce retention which included non-pay and pay incentives, thanks to the work of the WRC with the funders. Following the CRA accreditation of all Clinical Staff in 2023, all staff will also be provided with therapeutic groupwork training to bring us another step towards quality.

The hard-working staff, Team Leader and Manager continued to focus on community involvement for our participants and supported the first ever Recovery Festival in Dun Laoghaire in collaboration with members of the DLR Drug & Alcohol Task Force. Throughout the year the organization facilitated a variety of pro-social activities for participants which you will see later in this report.

Community building and assimilation into the larger community of DLR continue to be a strategic focus for the program however while we have been successful in securing additional funding for new premises the year was spent tirelessly looking for a new home but unfortunately the hunt continues into 2025.

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 DROPP 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.

Wendy Phillips

A WORD FROM THE MANAGER

2024 was another year of growth and development across the organisation with a clear focus on team development. Over the last number of years, we have focused on culture change, program development, attracting new talent and through the implementation of evidence-based programs, have become outcome driven in our work. With new team members coming on board training and team building had a renewed focus. We've had team members who had completed their training in Community Reinforcement Approach commence their accreditation process, others returned to third level education at both undergraduate and masters levels, supported by the organisation. With the understanding that teams don't only develop through training but build and grow through opportunities and experiences had together we even managed to get out into the wild to spend time together. Taking a day out to visit Avondale Forest Park for some lazertag, a treetop walk and ending the day with food and chats together in Greystones we had a chance to have some fun, focus on each other and build stronger relationships.



As an organisation, we believe that recognition and reward are fundamental to staff happiness and retention and in 2024 we funded training opportunities, provided non-pay incentives for example information on and provision of the PRSA scheme, information on health insurance, access to Bike to Work Scheme, Christmas Savings Club, Team Building Days and clinical supervision. However, there remain external aspects that are outside of our control in relation to appropriate compensation for the work we do which includes salaries and security in retirement. We continue to rely on lobbying the appropriate departments and trusting the unions to work on our behalf to advance this objective. In 2024, the Workplace Relations Commission (WRC) continued its work supporting industrial relations and employment matters in Ireland, including those related to Community Employment (CE) schemes, Section 39 and trade unions. The result of these talks has seen increases in pay from late 2024 to be implemented in 2025. We will continue to support and participate in the ongoing work of the unions to achieve pay parity with the public sector. We expect that these ongoing talks will see our team of professionals receive the recognition they deserve for the passion and commitment they bring to the organization.

Entering 2024 we had a renewed focus on the program structures and a pathway of recovery for participants to work within. The continuum of care pathway expanded to include a Cocaine Specific Program bringing a fifth element to DROP's Continuum. What has become evident is that for us to continue to grow and develop quality evidence informed programs we will need to retain and increase our human resources. To ensure that staff are appropriately supported and with a goal of minimizing burn out – something that is prevalent in our sector – we need to ensure that we have sufficient resources in place.

Operating Highlights and Challenges

In 2024 we continued to push forward with the goal of building a visible recovery community externally for our participants, their families and the wider community. In September, International Recovery Month, we worked closely with members of the Treatment & Rehabilitation Sub-committee of the DLR Drug & Alcohol Task Force to run Dun Laoghaire's first Recovery Festival in The People's Park with the support of the DLR County Council. It was a fantastic

celebration of recovery and generated a lot of positive conversation about substance use recovery as opposed to negative perceptions towards drug addiction. It also highlighted what is possible when the community comes together. Plans are already afoot for the 2025 festival. Events that promote recovery and make recovery visible can only be achieved through agencies working together and in 2024 we were supported in our work by the DLR Drug & Alcohol Task Force (DLRDATAF), Sailing into Wellness, DLR County Council, Barnardos, Tivoli Training Centre, Monkstown Boxing Club, Jai Sua Muay Thai, The DDL Education & Training Board to name just a few, who have partnered with us in different ways to promote, enhance and celebrate recovery.

In 2024, we successfully increased human resource capacity within the organisation with the recruitment of full time and part time Community Employment Supervisors (CES). We aim to recruit a second part time CES in 2025 so the scheme can continue to grow and participants can be supported to progress through the program and reintegrate into employment and education. To the employees that moved on from the organisation in 2024, we wish to extend our thanks to you for all you brought to DROP and wish you well in your future careers.

For another year, in 2024, we received donations from the Dun Laoghaire Methodist Church and thank the church community for their continued support. We also received financial support from Tesco through their Blue Token Appeal and Core Credit Union. 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 2025

Having launched our Strategic Plan 2024-2027 in late 2024 we move into 2025 with optimism and a clear focus on sustaining and building on the successes of previous years. We will continue to evaluate our programs with feedback from our participants and aim to continuously improve and evolve with the emerging needs our community. As our programs continue to grow, with increasing group numbers, we will ramp up our efforts to find the organization a new home - a task that has proven much more difficult than we had anticipated.

I would like to end by thanking the participants who continue to show up, trust us and share their recovery journey - on behalf of the team I would like to commend you on your continued willingness to change, support one another and positively contribute to the DROP community. Thank you to the Board of Management for their continued passion, professionalism and support. To our team of professionals who show up every day to support all who cross our doors with empathy and understanding, bring visions of what is possible in recovery and work tirelessly to see those visions become a reality, thank you, it's a privilege to share space with you.

Anthea Carry

THE TEAM FOR 2024

Board of Management

Chairperson	Wendy Phillips
Treasurer	Ciaran Walsh
Secretary	Seamus Brennan
Board Member	Elaine Forsyth
Board Member	Niamh Mc Cabe
Board Member	Mary Mc Caughey
Board Member	Dannielle Taaffe



Staff Team

Manager	Anthea Carry
Financial Admin.	Magdalena Bialek Ola
Team Leader	Dean Ward
CE Supervisor	Siobhan Brennan
CE Supervisor	Chelsea Meier
CE Supervisor	Dymphna Whitehouse
Case Worker	Jason Flood
Case Worker	Siobhan Brennan
Case Worker	Eoin Donnelly
Case Worker	Keith Glanville
Case Worker	Dymphna Whitehouse
Case Worker	Shane Bates
Student (Art Therapist)	Siobhan O Callaghan
Reception-Admin.	Terry Mc Guinness
Reception-Admin.	Sharon Brophy



PARTICIPANT OUTCOMES

CARE PLAN OUTCOME REPORT FROM 88 (44 MALES & 44 FEMALES) PARTICIPANTS AVAILING OF CASE WORK FROM JANUARY – DECEMBER 2024. THE FOLLOWING OUTCOME DATA IS IN RELATION TO SERVICE USER CARE PLAN GOALS AND OUTCOMES ACROSS TEN DOMAINS.

NOTE: The total data corpus is 128 people who attended appointments in DROP during the reporting period of which 61 were female and 67 were male, However 40 (31%) of participants referred to DROP either by agency or self-referral either did not complete or move beyond the assessment to be appointed a case worker 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)

Drugs

65 (89%) service users 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%) service users 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%) service users 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 service users (79.5%) of people 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 service users (26%) had goals in relation to children, of these:

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

Family Relationships

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

- Significant improvement in one of these relationship(s): 12 people
- Minor improvement in other family relationship(s): 21 people
- No significant progress on care plan goal: 5 people

Physical Health

40 service users (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 service users (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
- No significant progress on care plan goal: 8 people

Money and budgeting

19 service users (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

Service Outputs: There was a total of 1,395 appointments allocated during the reporting period 997 (71%) of these were attended. During the reporting period we provided a total of 899 group sessions

COMMUNITY EMPLOYMENT

Spring 2024 started a very exciting year for the DROP Community Employment Participants. Special FX Makeup classes were run, which the participants thoroughly enjoyed. There was a trip to the Natural History Museum in Dublin City, which is always a hit for everyone. International Women’s Day was celebrated at Loughlinstown Community Centre. There was a walking tour of Dublin where the participants got a historical view of their native city. The Drama module was a great success where the participants could unleash their inner Colin Farrell. The annual Quiz night took place in the Graduate Bar with spot prizes being generously donated from local businesses; it was a great success. Mindfulness has been regularly practiced within DROP and Spring 2024 was no exception. Mindfulness helps to alleviate stress and ground the participants and staff alike and with this in mind Mental Health Awareness week was appreciated by everyone. The Manager and CE Supervisor were invited to attend a conference hosted by the Department of Social Protection for organisations that hosted Drug Rehabilitation Projects (DRP) like DROP. This was a great opportunity to discuss how best to collaborate which was apt considering the conference title was “Working Better Together”. There was a lot of value to attending as we got to meet with people who were delivering similar projects around the country, people that wanted to bring a DRP and statutory stakeholders who wanted to know the challenges to delivering community employment within the DRP framework. Together we can continue to grow services and ensure that there are more options for people in recovery to find the services that best meet their needs.



Summer began with a fun module where participants got involved in building their own museum. Everyone brought an item that had significant meaning in their lives and wrote a story around it. Summer always involves the annual trip to Lough Allen, and the excitement was palpable as arrangements were put in place. The trip was a fantastic occasion for everyone that attended, and precious memories were made, you will find more information on this annual event later in the report.

Summer was full of healthy activities including regular games of Rounders and Soccer and sessions of Muay Thai Boxing. At the end of the summer the three-day Sailing into Wellness Voyage took place, this is an activity that has proved immensely popular and there is always fantastic feedback from the participants who engage. Teamwork and sea and sunshine are always a good recipe for self-esteem





Autumn began with the Darren Flood Memorial Football Tournament in Malahide. The DROP team was excellent, and everyone enjoyed the camaraderie of the occasion competing with other recovery organizations. The Recovery Festival was held in The People’s Park Dun Laoghaire where music, dancing, and entertainment were enjoyed following the Recovery Walk around Dun Laoghaire. DROP’s annual BBQ was held in the Tivoli Centre where everyone enjoyed the fabulous burgers and sausages, vegan options were also available. As usual the Karaoke machine proved to be very popular.



Winter is a very busy time in DROP where festivities are on everyone’s mind. We had our annual Halloween Party where everyone got dressed in fancy dress and attended a 12 Step Monster’s Anonymous Meeting. This was followed by food and of course Karaoke. The Children’s Christmas Party was held in early December where DROP became a Christmas Wonderland with a Gingerbread House, and a magic walk up to visit Santa and Mrs. Claus in their grotto. Christmas also saw the participants attending their own Christmas Party in the Tivoli Centre where Kris Kindle presents were received, a fabulous Christmas dinner was held, and of course the Karaoke machine was in full use.

The core outcomes on Community Employment schemes is progress onto Education and/or employment. DROP hosts a Drug Rehabilitation Project CE Scheme and the primary focus is changes in relation to substance use and associated behaviours. In 2024 a lot of progress was made as participants moved through the Program. Below are some of the education courses that were completed by participants and progression as they moved on from the day Program.

Education

- Addiction studies level 5
- Human Growth and Development Level 5
- Psychology QQI level 5
- Addiction Studied Level 7
- Diplomas in Psychology
- Personal Development
- Interviewing Skills
- BA Design for film in IADT
- QQI Level 6 Fashion, Theatre & Media Make Up BFEI

Employment

- Senior Childcare Supervisor -Full time
- Support Worker to Full Time Case Worker
- Community Employment Supervisor
- Support Worker to Part Time Case Worker



PRO SOCIAL RECOVERY

ANNUAL RESIDENTIAL BREAK



In June, the DROP community once again boarded the Garda Bus together to take a 2-night trip away to Lough Allen in Drumshambo. As with our previous trips to Lough Allen Adventure Centre participants got an opportunity to experience an adventure holiday/training in a country setting. The experience has been so well received in the past that participants actively request to return as these residential breaks encourage participation in adventure sports and activities through an experiential learning process. Each trip ends with a full community check-out that is filled with such positive and emotive feedback that there is no denying the therapeutic value on offer.



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 are so flexible and accommodating and once again planned an epic adventure in 2024 which included an amazon tour of the river, bush crafting and trust exercises on the Island and rest and recharge in the wellness centre which included yoga, ice baths and hot tubs. Each day the DROP community in smaller teams prepare meals together at breakfast, lunch and dinner and share the clean-up responsibilities. Everyone is responsible for looking after one



another. Activities included games to push you from your comfort zone, space to showcase your talents and downtime together enjoying meditations and the star filled night sky that are rare in the city. 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 event in the calendar, while a lot of work to plan and execute, 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*. We are looking forward to seeing what 2025 has in store.

RECOVERY MONTH

September has been designated International Recovery Month and year on year the Recovery Community in Ireland is growing along with the many events that work to make recovery visible in our communities. Below is a snap shot of the events that we organised or took part in for 2024.



The [National Recovery Walk](#), hosted by the [Recovery Academy of Ireland](#) 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 in Merrion Square Park. In 2024 the DRO community was joined by the team from Barnardos to walk the route together representing the Dun Laoghaire Rathdown area. This was also supported by the DLR Drug & Alcohol Task Force who funded the purchase of t-shirts from the Recovery Academy for the event. This event shows solidarity, celebration and connection while providing strong evidence that recovery is possible!

is one of the highlights of the year as we get to meet with other people from other organisations and the community just keeps on growing.





The **Darren Flood Memorial 7 a Side Cup** is hosted by Solise in conjunction with the Recovery Academy of Ireland and for a second year we entered a team to participate in the event. In the weeks leading up to the event football training sessions took place in preparation with aspirations to make it further in the tournament this year in comparison to the year before. However, whilst we did well in the group rounds we did not progress to the later stages of the tournament and alas the silverware remained elusive. As DROP is about community and team work we made sure that regardless of the outcome a lot of fun was had and we really appreciate all the

effort that Solise and the Recovery Academy put into this annual event.



For another year, with the support of the Tivoli Training Centre we hosted our **Annual Community BBQ**. We sent an open invitation to our local elected representatives and were really encouraged by the attendance on the evening. We had speakers on the night from staff and participants who discussed what DROP aims to do in providing a robust continuum of care for those wanting to break from substance use dependency and the impact this has on the lives of the people that attend DROP and their families. Events like these allow us to bring the DROP community and the wider DLR community together to showcase what is possible in recovery. It is a night to give encouragement to those who are new to this journey and to encourage peer leadership for those who have worked their way through DROP's Programs and moved on with their lives. It is also a chance for family members to share a space that is free from stigma and shame – emotions that can be prevalent when addiction enters a family.



Dun Laoghaire Rathdown Recovery Festival



Following a very tight and quick six weeks of planning by members of the Treatment & Rehabilitation Sub Committee of the Dun Laoghaire Rathdown Drug & Alcohol Task Force, The People’s Park in Dun Laoghaire played host to the inaugural Recovery Festival on Saturday 28th September. The festival brought Recovery Month 2024 to a close in a very visible celebration of recovery.

To commence proceedings Colm Doolan got everyone ready to take a recovery walk through the town centre, following the route of all local organisations in Dun Laoghaire who support recovery taking in Crosscare Bentley House, Tivoli Training Centre, Barnardos DLR, The HSE Methadone Clinic and DROP.

In keeping with the theme of Community – Recovery – Creativity the event lineup for the day included a host of entertainment for everyone, MC’d by podcasters Lock Stock & Two Joking Addicts. For the families on the day there was face painting, hair braiding, balloon making, archery, graffiti art and demonstrations from the Twilight Twirlers, Wai Tribe Muay Thai, Monkstown Boxing Club, The Dun Laoghaire Rathdown Sports Partnership and Greystones Taekwon-do.

The main stage played host to a variety of acts including Derek & Dave, Eddie Whiston, The D2s, Dmitry Funky Sax and DJ Sean. The event was well attended, had something for everyone and the feedback was so positive that it has been agreed to do it all again in 2025. This was a real collaboration across the community of Dun Laoghaire and was only possible with the support of the Dun Laoghaire Rathdown County Council who supported the event in the iconic People’s Park. We would like to take the opportunity to thank the DLR Drug & Alcohol Task Force Co-Ordinator John Doyle who not only got behind the vision of a Recovery Festival but who was the main driver in making it a reality.



COMMUNITY SUPPORT / FUNDRAISING

On Friday 26th April we had our annual quiz night fundraiser in The Graduate Pub, Killiney. Huge thanks to The Graduate who provided the room to us free of charge – we are extremely grateful. There are a few events in the annual calendar that allow us expand the community beyond the walls of DROP and we love having the opportunity to talk about the work we do and the impact it has on the people who participate in our Programs. For another year running our Quiz Night was a full house. With 10 rounds of questions, some difficult to pronounce words (inside joke), some participant testimonies, there was a lot of emotion and laughter in the room. Overall the event brought in a total of €2,843.72 between ticket sales and the raffle which goes directly towards service provision and pro social event opportunities for participants. We would like to take this opportunity to thank all the local businesses who supported the event by providing prizes for the raffle and a special thanks to OFM Solutions who provided our top tier prizes.



THE WINNING TEAM

FUNDRAISING & GRANTS

We would like to take this opportunity to say thank you to some of the people who supported us with fundraising and grants during 2024.



Chris participated in a White Collar Boxing Event in the Sallynoggin Inn on the 26th of October and chose DROP as his charity partner. His goal was to raise funds to support the DROP Christmas Party.

Megan Carpenter completed Sober November and chose DROP as her charity partner setting up a GoFundMe page to raise some much-appreciated funds for the organisation.

We also receive a huge amount of support from the Court Services which is either done directly through the court services or where there is a court mandate to make a donation to a charity and we have people come to DROP to make a donation.

We made an application to Core Credit Union to support participants to take part in the Lough Allen residential trip and they sponsored 2 participants to attend and participate.

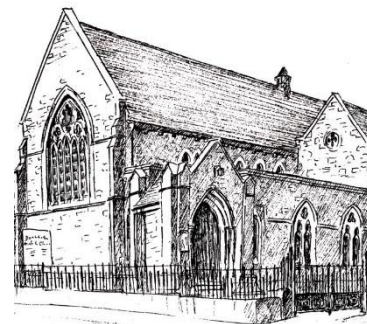


We also made a successful application to the HSE National Lottery Schem to support our residential trip to Lough Allen. Grant support helps us to reduce the cost to participants making the trip accessible to everyone on the program.



We had support from the DLR Community when we were nominated to take part in the blue token appeal in Tesco, Bloomfield. Here we have Siobhan and Chris accepting the donation on behalf of the organisation.

For another year we received a €1000 donation from the Methodist Church in Dun Laoghaire through the congregation. The Methodist Church has supported the organisation with an annual donation now for a number of years and we would like to extend our thanks for this continued support.



With support from the Dun Laoghaire Rathdown County Council and the HSE National Lottery Scheme received in 2023/2024 we are now in a position to do a full IT Upgrade across the organisation. This will increase our cyber security and ensure that we continue to securely manage all data for the organisation.

This page just highlights some of the financial supports we received in 2024. We are extremely grateful for the continued support in the community. Budgets for programs like ours are tight and restrictive. Donated income allows us add to the programs and provide pro social and learning experiences that we would be otherwise unable to do.

TEAM WORK IN DROP



On Friday 12th April, Team DROP took a much needed break away from the program to build team cohesion, have some fun and a lot of belly laughs. First for the day was to make the 1-hour trip from Dublin to Avondale Forest Park for some laser tag. It was a chance to get into groups and strategically plan how to take down your opponents. It was mucky, messy and just what the team needed. Following laser tag time was put aside for some forest bathing and exploring the Avondale Beyond the Trees Treetop Walk. Once you got to the top you had the choice of coming back down by slide. We ended the day by grabbing a bite to eat in Greystones. The day gave us the opportunity to do something unique in nature, build team cohesion, enhance communication and promote self-care. It was also a day for the team to get out of DROP together and have social and fun times which always has benefits to how we function in the aftermath.



As has become tradition in DROP the team came together to transform the building into our very own Christmas wonderland. 2024 saw the group room being turned into a gingerbread house, with all the candy and balloons, for elf school at the Christmas family party. The stairs are then blocked off to create a dark but sparkly tunnel that builds anticipation for the children as they make their way to Santa's grotto to meet the big man and his Mrs to share their Christmas wishes. There is no denying that we go all out for the family Christmas party and the team take it to great lengths every year. It shows on the day when the kids bring awe, laughter and joy to 45 Upper Georges Street, Dun Laoghaire.



#TEAMDROP had an opportunity to wind down and celebrate together with some virtual reality in Zero Latency in Sandford. After being chased by zombies and solving magic puzzles the team got their glam on as they dined and danced the night away at a Christmas party night in Stillorgan. It was a great way to prepare for the year end and celebrate another successful year of team work for DROP.



The final event of the year and last chance for the DROP Community to come together before we finish for Christmas is the participant Christmas lunch. Again in 2024, with the support of Colm and the team in the Tivoli Training Centre, we cooked up a feast. A lot of planning goes into this event from guestlists, to cooking teams, to menu planning and of course the awards ceremony. We also do the DROP KrisKindle and 2024 saw the smoothest running of the KrisKindle in DROP history – this is no easy feat. This event is such a lovely way to end the Christmas celebrations and to take stock on the year just past. There were jobs for everyone and real sense of community, love and support in the room.



CLIENT STORIES

How did you hear about DROP and why did it interest you?

How I heard about DROP is simple. I came out of a treatment centre mid May 2024. I had thought that throughout my stay in that centre that I had done a strong, honest Program. I thought that I had dealt with a lot of the issues that had brought me into addiction and eventually into recovery. In a period of 5 weeks I had learned a huge amount, things that I knew and never really acknowledged, traumas whose impact I had never allowed for in my life. I had learnt about the progressive nature of addiction and in fact came out labelled with more addictions than I entered the building with. Essentially, I gained a lot of knowledge that I had no real idea how to utilise or deal with. I had been introduced to fellowship in the treatment centre and thought that I could do that and I'd be fine once I left. We were told not to be cocky leaving the house, not to rush into finding a sponsor or doing book work. I gained a hell of a lot of confidence in myself and my abilities. In reality there was something that I held onto and it was just a matter of time before that bit me.

I lasted two weeks. I was cocky, I was trying to sell the sober life to all of my friends and frequently pushed back. I held onto one relationship that I had hoped to regain, one that had consistently been filled with pain and anguish and gave me the perfect excuse to use and all throughout that two week period I knew that sitting in my car, in the glove compartment where it had sat for probably three or four years was a small bottle of valium, waiting for me to find the excuse to pick them up and use them and find it I did. I went back to that painful relationship and it gave me exactly what I knew it would. Pain. An excuse to give myself that hit of pleasure that I still hadn't quite given up.

I got home from what turned out to be the last explosion of that relationship and did what I had wanted to do. That was the 30th of May 2024. My relapse lasted that night and the next night and the morning of the 2nd of June I woke in hospital in bits.

Thankfully the treatment centre provided a stabilisation Program and twice a week for 8 weeks I attended that Program. Through them I found out about DROP and they pushed me to get in contact and eventually after maybe 3 weeks I did and started the assessment period. I was also pushed by my therapist who has experience with addiction and addiction services. She and the people and facilitators in the treatment centre held DROP in high regard.

What interested me in going to DROP? There were a couple of reasons. First and foremost I knew that I needed help. Meetings and aftercare would not be enough. There was more that I needed to deal with if I was to get healthy enough to deal with the relationship I have with substances. Secondly, it was the proximity. Being from DLR it made sense to me that I go to a Program in the area. It cut out any excuse of distance or difficulty of commute. Thirdly, I had met and started to get to know other participants in the world of fellowship. They told me what DROP was all about, they talked

me through how the work had already started to change them in a short period of time and I knew it was the right choice. Finally, I'll be forever grateful to my assessor. Over the four assessment appointments we had she pushed me, she called me out on long held narratives and helped me explore what was happening for me, and honestly, it was fun. I left the assessments tired, drained, energised and certain that DROP was the right place for me. A place that could help and what's more, a community of people in the same place as I was. People who wanted to get well and improve themselves and help those around them. I felt an instant level of comfort.

Thinking of your care plan, in what areas do you think you made the most change?

This is a hard question to answer. I went into DROP thinking that all I really needed help with was getting a large amount of clean time behind me and help with dealing with the trauma I thought was the route of my issues. I didn't really think of the myriad areas that I really needed to look at. Looking back, and at times it's hard because it's hard to recognise the person I was at the time in me now, there was so much I needed to work on. My phone usage was out of control, I was hooked on dating apps and what I thought was a need to connect to people. I was dealing with being Neurodivergent - knowing I have ADHD and dealing with undiagnosed Autism Spectrum Disorder - and had no real idea of what I really suffered from.

Looking at my care plans over the previous year there has been so much change. I think the biggest ones definitely are looking at how I deal with cravings. Learning that it is totally ok to crave these things that I have this huge, powerful relationship with both psychologically and physically and how that spills into other areas of my life.

Working with my various Case workers, they have all picked out different things. For one it was follow through. What can I do that will allow me to actually do the things I say I'll do or want to do. With the same worker, how do I actually figure out what I want? That was huge. Figuring out how my brain works and strategies that allow me to work with the "quirks" of being Neurodivergent was huge. It still takes time, it's still hard, but I'm more reliable now than ever before, and that extends into areas that I didn't think it would. It extends into relationships with people and myself, how I look at my future, how to slow down in order to actually move faster.

With another case worker we looked at how to overcome an issue with co-dependence. How to treat myself and others right and not lose myself to relationships, romantic, platonic or working. With him, through case reviews, we looked at another aspect of my reliability. Not calling in sick as often. Showing up everyday, not just for myself, but for others. Again, this took the form of looking at strategies that work with my experience of life and what works for me. Consistency has started to permeate my life.

One that I'm still working on, still implementing changes in, is my phone usage. My phone became a refuge. A safe source of dopamine and an easy "escape" from having to deal with a racing mind and strong emotions. In reality, behaviour symptomatic of thinking that allowed me to excuse bad behaviour over many years of addiction. In a matter

of three or four weeks working with my group, my case worker, the facilitators and other staff I have more than halved my time on the phone. It has allowed me more time and headspace for things that I genuinely love and enjoy. It has allowed me to make plans and think in a real, concerted way about what I want to do without becoming overwhelmed, or distracted or jumping from one idea to the next.

Finally, and though it isn't explicitly part of my care plan, through working with DROP, through engaging in activities and trying new things I have learned that I am more than enough. I don't need to be scared of other people. I don't need to be scared of making an absolute twat out of myself. I have become comfortable with a brain I used to hate and in skin that I couldn't stand. Through what I have done and learned so far in DROP I have allowed myself to become elevated in my own regard. I am not now a second class citizen in my own world. I allow myself to feel, to experience, to hope and to hurt, to connect and to disconnect. I don't concern myself with the judgements and opinions of others when it is unnecessary. As I said, this isn't something that is explicitly stated in my care plan, but it is for sure an integral point of growth that has come along with my care plan.

What have you found most beneficial in DROP?

Again, there's so much I could talk about here. I feel like I could write a book on what I have found beneficial and I don't think there's anything that hasn't been incredibly beneficial over the last year. First and foremost, the community that exists within DROP. The level of care and love that emanates from the building as a whole is just incredible. It engenders a feeling that anything is possible. You know that every member of staff and all of your fellow participants want what's best for you. Working with staff who are passionate, knowledgeable and caring is so important, and DROPs staff have all three in spades. Sitting with these men and women on a day to day basis is incredible and adds to the environment and atmosphere of change.

The methods and therapies that are used in DROP have been so impactful. Compassion Focussed Therapy (CFT) has taught me how to find a place of softness for myself and others. How to forgive myself and others, and how to recognise that everyone is human and tries their best and even in their mistakes, even acknowledging the pain caused, they don't deserve blame for doing the best they can with what they have at the time. CFT has allowed me to view myself through a new lens. At the end of the day, I'm human, I make mistakes, and that's ok. I no longer have to live with and talk to myself through the lens of someone else, someone who probably has no idea of the impact of their words or actions. Someone else who was also hurt, struggling, thought they were doing the right thing.

Resonance Factor has allowed me to change my thoughts and understanding of my addictions. I now know that through many many means I formed an incredibly deep and powerful relationship with substances. Coming to an understanding of how that relationship warps perspective, changes perception - not just in the moment or during the high - of the world and of other people, how they change how the brain works, and how that all ends up in a place where mentally, physically, and emotionally we destroy ourselves and others has allowed me address habits that I thought were just a

part of who I am. Knowing that through conscious and sub-conscious actions I can tell myself and others stories that will allow me to do what I want, get what I want and get rid of any dissonance that comes along with that has been life changing. Being able to pick out moments where I am justifying, excusing, selling myself or someone else a narrative to get away with destructive and harmful behaviour has altered the course of how I interact with the world.

I mentioned it above, but the ability to get uncomfortable in a situation and realise that that is ok. I came into DROP unwilling to be challenged. Full of can'ts, stubbornly holding onto anything that allowed me to stay in a place that I was so utterly accustomed to and attached to. I have replaced that word now. "Can't" rarely enters my vocabulary anymore. By embracing the uncomfortable I have been empowered. Sometimes, if I'm very honest, there are times when I am unwilling, or times when I struggle with something, but I now know that this is a choice. Through pushing, and being pushed, I have realised that I have the power to do nearly anything as long as I am willing and make a decision. I remember very early on, there was an event coming up. A barbeque. I didn't want to go, I was scared, I was only new and didn't know anyone that well. A member of staff asked me if I was going and I told him that "I couldn't. Too many people, too much new stuff. I can't do it." He pushed me. He challenged that notion and thinking and advised me to go, that he would be there. I went. It was uncomfortable, it was scary, and it brought me closer to the community that I had entered. Being uncomfortable is ok, it's not going to kill any of us and the benefits tend to outweigh the perceived downsides. I've done more in my life with that piece of experience - though, like a lot of things, it took time, processing and work - than I have in my 33 years.

What was the least beneficial/enjoyable part of the experience being in DROP?

This is an easy one! I'd love to say it was playing football, or bowling, but in reality that is totally untrue. I might not massively enjoy football, but even not playing in the actual games I have found enjoyment in just having a kick about with some of the others. Don't get me started on bowling. It took three attempts. The first time I didn't partake, but was present on the day. The second time I reluctantly pushed. The third time I took part with an annoying amount of glee and enjoyment and found myself having a good time. The only downside for me comes from my experience as someone who is Neurodivergent. Trying to explore and explain my lived experience, the struggles, the patterns that unfortunately are just a part of how my brain functions and bring me frustration on a day to day basis, has been painful at times. Some people have a level of understanding, but other don't, and that's ok.

Having only been diagnosed with ASD in February 2025 I'm still coming to terms with everything myself. Still figuring myself out. It's been a hard process and I'm still learning everyday with unmasking, self-acceptance, self-compassion and understanding myself. Trying to explore that has been tough and coming from a place of still not fully understanding myself, trying to explain when there are things that are near impossible, or are an extra struggle to others is hard. Having the dual ADHD Autism Spectrum Disorder diagnosis is confusing at the best of times for me and others who are of that neurotype, so I totally understand how it can seem or sound like what I experience can seem like excuses, or unwillingness. That doesn't discount the sense of hurt, rejection, misunderstanding, not being truly seen or

heard. At the same time as this has been the least enjoyable experience I have had in DROP it has still had a beneficial outcome. I have come to terms with the fact that I don't actually have to explain myself and my experience. I don't have to justify things that I - here's one of those rare moments - can't change.

What stands out as an event or experience that has had the most impact on you?

Lough Allen. How do I even describe the impact of the annual trip? I learned more about myself and the people around me in three days than I thought I could. I haven't had as much fun with a group of people in my life. I pushed through fears that were deep-seated. It is something that I would say is utterly integral to the DROP experience. It brought all of us closer together. The community became closer knit. Bonds were formed and memories that will last a lifetime were made. Building and lighting a fire with nothing but the materials around us and flint and steel was incredible. Rowing a boat with six other people and then a single kayak on my own, as terrifying and difficult as it was, will never leave my mind. Early mornings, late nights, a star filled sky perfectly reflected from a still lake surface. The memorial lanterns and the moments of silence. The karaoke, the group hug recognising people moving on to the next part of their adventure and life. Tears, joy, love, fear, courage, elation, exhaustion, BEAUTIFUL.

Sitting here writing this, I'm smiling. It's bittersweet, I want so much to go back to those three days and knowing that even if I went back right this instant it wouldn't, couldn't be the same. A series of perfect moments encapsulated in one place over three days. I wouldn't change it. Though, I look forward to more experiences like it. Something changed over that trip, something I can't put a finger on, something inexplicable, something powerful and it will stay with me forever.

Would you recommend DROP to others and what are your reasons for this?

I have done and still do. DROP has changed my life. It has given me something that I didn't know I was missing. I think it is an incredibly special Program and place. The people, the therapies, the effort, the passion and drive. Short and sweet, this place is somewhere where people are given a choice, a chance. DROP is a community, full of support, tenderness tempered by hardness as needed. Simply put, DROP has a special place in my heart. I have nothing but love and appreciation for the organisation and the community it creates. All that I would tell to people who I recommend it to is to watch the results of the people who work with DROP and come through the Program. Look at the peace of mind, the progress, the changes and the trajectory of those who do the work and put their all into DROP. I have seen miracles in this building. I have experienced some of those miracles.

In a nutshell how would you summarise DROP to others who may be in a similar position as you were before coming here.

DROP in a nutshell, that's tough. As you can see, I can wax lyrical with the best of them. I can express so much of my gratitude and explain what has happened for me through DROP, but to summarise DROP in a nutshell. I'll try my best.

DROP is community, connection, and compassion. It is hard work and heavy days. It is sadness and joy. It is tears and laughter.

DROP is an agent for change and disruption. Disrupting the escalating pandemic of addiction. Changing how participants think about and approach life.

DROP is an opportunity for a better life away from the pain of addiction.

DROP is there if you want it.

DROP is the return of power.

DROP is choice.

DROP is the answer to the question of how can I live a life without substance.

CLIENT STORIES

The very first time I heard about DROP I was in a treatment centre, MQI High Park in Drumcondra and another person who was on the Program mentioned she was coming here. After discharge from High Park, I was walking through Dun Laoghaire following a return to use with my partner. Having previously heard of DROP I decided to have a look where it was. She encouraged me to come in and so I took the plunge. Terry was behind the reception desk and it was a Wednesday morning. Terry was very helpful and gave me a referral form to complete. I went home, completed and I sent it back and then had a call from DROP. I was invited to come in to have an assessment with Eoin. The assessment was good – I was nervous but Eoin made me feel very comfortable. During the assessment I was asked about previous experiences of treatment and Eoin also gathered some background information. Assessments run over a few weeks and I met Eoin a few times over the next six weeks. On completion of the assessment I was referred to the Preparation Group.

When I moved into the Preparation Group I was assigned a case worker, Keith. When we developing a care plan Keith asked me how I felt about being in a group with other people who were using substances and we explored this in depth. I acknowledged that I didn't feel very comfortable at that time and I identified a goal to move into the next phase of DROP's Program structure. Within two weeks I progressed into Courage to Change group. Looking back on what has changed I believe that the most amount of change that is evidence in me is having confidence. Before I was very shy and held myself back. I had a desire to learn about me deeply. Throughout my life I have felt that I never really understood me or the experiences from my past. During my time in DROP the thing I have learned the most about is my behaviours. The biggest issue for me is my understanding about boundaries. I didn't put up boundaries growing up and when I felt I needed to put a boundary in place they would be knocked down. Those around me didn't respect my boundaries so I just let them go and accepted what happened. So today this plays out with me not understanding or seeing someone else's boundary when they have it up and I try to walk around it. I don't realise that there is a problem as this has always been my experience – you just let it go and get on with it. I find it really hard to hear how this impacts on other people when I don't respect their boundaries – when I am doing things to meet a need for me without considering how this may feel for them.

Thinking back over the last while in DROP I think the residential trip to Lough Allen was really beneficial for us all as it was very enjoyable. We also did a 4 week sailing Program with Sailing into Wellness and I found the small boat sailing a lot of fun and really enjoyed being out on the water with everyone. However, the Voyage on the Illen was an amazing experience and something I will remember forever. On an individual level one of the most beneficial things I have got was getting access to counselling through DROP.

It has also been challenging being a participant in DROP. I was very shy when I first started here. I was really nervous initially when I moved into the Courage to Change group and it took some time to build in confidence and really get into the group. Then I moved to Discovery and this fucked me up completely. Discovery was a strong group with some strong personalities so this was a struggle to find my place and having come from being a leader in the Courage to Change group I felt a little lost. My case worker really helped me work through this. I have now moved into a more leadership and senior role in Discovery and the DROP community and am proud of how far I have come during my time here.

When I think of the standout moments or events in DROP I automatically thinking of the Voyage with Sailing into Wellness. The people and experience on the Illen was amazing, how everyone got on and worked together. There was a real sense of love there and everyone helped each other. We ate together and supported each other even going for coffee in the morning and heading back onto the ship. Having Dean in the Preparation Group was another stand out and something I

will never forget. In group I would be challenged about this idea I had about my anxiety. How he would explain things and break them down it would sit with you for weeks. Watching him now doing the same with the new people in Preparation Group is something I really enjoy to do as I know how beneficial it is when you are building your recovery.

I would recommend DROP and have done so to people in my community. I explain the process that you go through with the groups and how you learn, develop and progress forward as you achieve your goals. I tell people how friendly it is here. It's an amazing place and I love coming here in the morning. What the place has done for me I want to share. I was once full of fear coming in here. I didn't know what to expect and coming from residential treatment experience I had some sense of what it was going to be like. However, it is so much more calm, knowledgeable and you learn a lot more as you are learning in DROP and then leaving every day to put what you are learning into practice. I never learned about Window of Tolerance while I was in residential treatment. Community based day services help you to continue your recovery in the real world. I wanted to live in the outside world but I would come out of treatment and then drink and then end up back in residential treatment. I really didn't know how to live on the outside world and look after myself. However with the support of DROP I feel that I have learned a lot about myself and the skills I need to recover from substance use and move forward in life.

FINANCIAL STATEMENTS

DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

COMPANY INFORMATION

Directors

Elaine Forsyth

Ciaran Walsh

Seamus Brennan

Wendy Philips

Niamh McCabe

Dannielle Taaffe

(Appointed 22 January 2024)

Mary McCaughey

(Appointed 22 January 2024)

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 AUDITORS 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 2024, 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 that has been applied in their 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 2024 and of its surplus for the year then ended;
- have been properly prepared in accordance with FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland*; and
- have been properly 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 described below 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 for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), 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 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 AUDITORS 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.



DUN LAOGHAIRE RATHDOWN OUTREACH PROJECT COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITORS 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

26 May 2025

13 Sussex Street
Dun Laoghaire
Co. Dublin

STATEMENT OF INCOME & RETAINED EARNINGS

FOR THE YEAR ENDING 31 DECEMBER 2024

	Notes	2024 €	2023 €
Income		760,224	690,771
Administrative expenses		<u>(748,972)</u>	<u>(680,207)</u>
Operating Surplus	3	11,252	10,564
Interest receivable and similar income		1	-
Surplus before taxation		<u>11,253</u>	<u>10,564</u>
Tax on surplus		<u>-</u>	<u>-</u>
Surplus for the financial year		11,253	10,564
Retained earnings brought forward		<u>61,553</u>	<u>50,989</u>
Retained earnings carried forward		<u>72806</u>	<u>61,553</u>

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

BALANCE SHEET

FOR THE YEAR ENDING 31 DECEMBER 2024

		2024		2023	
	Notes	€	€	€	€
Fixed assets					
Tangible assets	6		3,334		638
Current assets					
Debtors	7	22,351		20,437	
Cash at bank and in hand		<u>227,430</u>		<u>205,261</u>	
		249,781		225,698	
Creditors: amounts falling due within one year	8	<u>(180,309)</u>		<u>(164,783)</u>	
Net current Assets			<u>69,472</u>		<u>60,915</u>
Net assets			<u>72,806</u>		<u>61,553</u>
Reserves					
Income and expenditure Account			<u>72,806</u>		<u>61,553</u>
Members' funds			<u>72,806</u>		<u>61,553</u>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with Financial Reporting Standard 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 26 May 2025 and are signed on its behalf by:

Ciaran Walsh
Director

Seamus Brennan
Director

STATEMENT OF CHANGES IN EQUITY

FOR THE YEAR ENDING 31 DECEMBER 2024

	Income and expenditure
	€
Balance at 1 January 2023	50,989
Year ended 31 December 2023:	
Surplus and total comprehensive income for the year	<u>10,564</u>
Balance at 31 December 2023	61,553
Year ended 31 December 2024:	
Surplus and total comprehensive income for the year	<u>11,253</u>
Balance at 31 December 2024	<u>72,806</u>

DETAILED INCOME & EXPENDITURE ACCOUNT

FOR THE YEAR ENDING 31 DECEMBER 2024

	2024		2023	
	€	€	€	€
Income				
Funding				
Grant Income		727,103		658,951
Sundry Income		12,812		15,579
Fundraising		17,354		16,241
		<u>2,955</u>		<u>-</u>
		760,224		<u>690,771</u>
Administrative expenses				
Wages and salaries	576,252		523,090	
Social security costs	34,199		30,592	
Staff training	21,960		17,144	
Fundraising expenses	140		301	
Staff supervision	3,640		2,800	
Material costs	380		259	
Health & Safety	1,717		1,963	
Rent and rates	32,501		32,501	
Cleaning	4,168		3,891	
Power, light and heat	9,470		9,153	
Repairs and maintenance	15,081		4,763	
Insurance	9,416		9,006	
Computer running costs	6,286		8,380	
Hire of equipment (not operating lease)	3,042		2,042	
Motor, travel and subsistence	1,236		546	
Legal and professional fees	1,622		6,960	
Audit fees	4,920		4,920	
Bank charges	463		510	
Advertising	921		802	
Telecommunications	3,035		2,995	
Office supplies	4,031		3,884	
Refreshments	4,102		4,350	
Sundry expenses	8,841		9,036	
Depreciation	<u>1,549</u>		<u>319</u>	
		<u>(748,972)</u>		<u>(680,207)</u>
Operating Surplus		11,252		10,564
Interest receivable and similar income				
Bank interest received	<u>1</u>		<u>-</u>	
		<u>1</u>		<u>-</u>
Surplus before taxation		<u>11,253</u>		<u>10,564</u>