



Tallaght Drug and Alcohol Task Force

Welcome to our Newsletter for 2015!

This is our sixth annual newsletter, full of interesting and important information about some of our work over the past year, emerging trends in Tallaght, project achievements, funding, and some of our plans already in place for 2016.

Check out our lively, regularly updated Facebook page, which is full of useful links and information: <https://www.facebook.com/tallaghtdrugandalcoholtaskforce>

We are currently renewing our TDAF website (www.tallaghtdatf.ie) and plan to make our online searchable *Directory of Services* even more accessible and user friendly, so please bear with us while we update and improve these systems.

Please keep sending us your good news and information on events, photos; project activities, training opportunities and job vacancies so we can post them onto the **website** and **Facebook** pages. We updated our directory of addiction services in 2015, both our hard copy and web versions. To view online please go to www.tallaghtdatf.ie/directory or if you would like a hard copy, please feel free to request one.

Contact Grace Hill, TDAF Co-ordinator: 01 464 9303 or e-mail: grace.hill@sdcpartnership.ie.

A message from TDAF Chairperson



I wish to sincerely thank everyone who has worked very hard in 2015 to achieve the priorities of Tallaght Drug & Alcohol Task Force, in challenging times. We are pleased that our budget will not be further reduced in 2016 as the sustainability of our essential community addiction services remains a priority of TDAF. However, we are currently appealing to the Minister and relevant funding agencies to recognise TDAF in its own right and the need for an increase in our funding; to increase our capacity to respond to emerging needs and support the development of our community services. Unfortunately projects are still dealing with the impact of cumulative cuts on their services 2008 – 2014 and we feel a cost of living increase is long overdue. It was a busy year for TDAF as we remained committed to our still relatively new, alcohol remit. In 2015, we participated in a Community Action on Alcohol Pilot (CAAP) project which helped us to develop our own action plan on alcohol for our area. We look forward to implementing this plan in 2016 and to the development of a wider substance misuse strategy for our communities 2016 – 2020.

I hope you enjoy this newsletter, a summary of our achievements for the year– we have much to be proud of! On behalf of Tallaght Drug & Alcohol Task Force, I wish you all a very happy and healthy year ahead and I look forward to working with you all in the busy months to come!

Eamon Dolan

Our Board

The board of TDAF is made up of community, voluntary, statutory and political representatives, as are the various sub-groups of TDAF. Our current board membership consists of:

NAME	REP / ORG
Eamon Dolan	Chair
Inspector Jerry Keohane	An Garda Síochana, Tallaght
Roisin McLindon	Dublin & Dun Laoghaire Ed. & Training Board
Cathy Purdy	South Dublin County Council
Eamonn Maloney	Political
Sean Crowe	Political
Dorothy O'Reilly	Probation Service
Denis O'Driscoll	HSE Addiction Services
Aine O'Keeffe	Foroige
Liam Collins	Community
Tommy Gilson	Community
Marie White	Community
Mick Duff	Community

NAME	REP / ORG
Alice Murray	Community
Cathy Murray	Community
Tony Condren	Community
Pat Daly	Voluntary
Layton Kelly	Voluntary
Robert Dunne	Barnardos
Charlie O'Connor	Councillor (SDCC)
Louise Dunne	Councillor (SDCC)
Brian Leach	Councillor (SDCC)
Dermot Richardson	Councillor (SDCC)
Cait Keane	FG Senator
Larry O'Neill	South Dublin County Partnership

TDAF would like to thank all our Board and sub-group members for their commitment and participation in 2015. We look forward to working with them all again in 2016.



FUNDING

It has been confirmed that our funding for 2016 is to stay at 2015 levels, so no further decrease or badly needed increase. In line with the positive budget delivered by the government in October, we had hoped that some cost of living increase would have been afforded to community drug work. Our community projects are still dealing with the devastation caused by cumulative budget reductions over a number of years, so sustainability is a constant fear for our Task Force and related projects. As the country continues to improve financially, we will keep campaigning until the "recovery" reaches our frontline services.

Alcohol

TDATF was one of five Task Force areas to be chosen to participate in a Community Action on Alcohol Project, facilitated by The Alcohol Forum. An Alcohol sub-group was established to support the pilot, five members of which committed to participate in alcohol training provided by The Alcohol Forum. Following five intense training days, The Alcohol Forum supported us to develop our own Alcohol Action Plan for Tallaght. We made an application under Dormant Accounts to support the implementation of our alcohol plan, we were successful and

recruitment of an alcohol development worker is underway!

In September TDATF participated in a cross Task Force seminar on the Public Health (Alcohol) Bill, calling for its passing and enactment of all elements within it. The seminar was a good example of a partnership approach to community education and a good opportunity for Local Drug & Alcohol Task Forces to come together.



Local DATF PHAB Seminar 2015

LDATF Coordinators pictured with Dr. Shane Butler (TCD) and June Meehan (facilitator)



Anne Timony Meehan (The Alcohol Forum) making presentation to TDATF Board, Feb 2015

PROJECT SUSTAINABILITY & DEVELOPMENT

In recent years one of our top priorities has had to be the sustainability of our community services, whether they are working in the area of treatment, rehabilitation, family support or prevention / education. This year we were delighted to be able to support a number of initiatives including:

- Strengthening Families Programme (SFP) 2015: a 16 week programme which works with the whole family. SFP is an interagency approach to improving the relationship between children / young people and their parents
- SWAN Family Support: SWAN moved to new premises in 2015 thanks to the financial support of the Task Force. Their new premises located in Fettercairn, which was officially opened by Minister O'Riordan, has helped to increase SWAN's capacity to provide a community based family support and rehabilitation service.
- CARP Killinarden: Cannabis Reduction & Polish programmes. For more information on the wide range of services available at CARP, phone (01) 462 6033 www.carp.ie
- JADD Family Respite Holiday to Trabolgan
- New Hope Residential Centre (NHRC): This year we supported NHRC to make a number of home improvements to their premises located on the Blessington Road.
- Tallaght Rehabilitation Project: Annual Residential & Box Smart Programmes
- St. Dominic's Community Response Project: we assisted in the upgrade of St. Dominic's training space in 2015.

FAMILY SUPPORT

Family fun

On Friday the 4th September 31 of our family support group members participated in our inaugural (& hopefully annual from now on!) day of Family Fun & Respite. We all loaded a coach bound for Causey Farm in Meath. Family members took part in a number of fun activities, including Irish Dancing and Bread making. The day was deemed a huge success and was thoroughly enjoyed by all who attended. Feedback included:

"It was great to get a break from my everyday life /worries for a few hours"

Members all felt the day proved to be a valuable networking opportunity for projects to come together, everyone is so looking forward to the next family event!



Christmas Service of Hope & Remembrance

Christmas is a particularly difficult time for those experiencing addiction in their family or home. Christmas can also be very painful when a family have lost a loved one or they are simply absent due to prison, rehabilitation or just the chaotic lifestyle which addiction can present. This year the Christmas service of Hope and Remembrance was held in SWANs new premises on the grounds



of St Anne's school. There was a special lighting of our Christmas tree in honour of families impacted on by substance misuse or a related issue, such as intimidation. The mayor of SDCC, Sarah Holland and Bishop Eamon Walsh were in attendance. Children from St. Anne's Primary School sang some lovely Christmas carols which really added to the festive celebration. It was a great opportunity for family members, project workers and friends of TDATF to get together and reflect over a cup of tea and some mince pies.

Drug Related Intimidation

In October, TDATF got the chance to report on its work around drug related intimidation 2012 – 2015 at the National Family Support Network Drug Related Intimidation Seminar.

The seminar was held in the Gresham Hotel with great attendance from family support groups from all over Ireland, with especially good attendance from Tallaght! There was a great atmosphere on the day as different areas shared their learning and work experience in the area of intimidation. It was also a unique opportunity to engage directly with the Crime Division of An Garda Síochana and contribute to the improvement of the Drug Related Intimidation Reporting Programme. Grace Hill TDATF Coordinator gave an excellent presentation on behalf of the TDATF and the Intimidation sub-group of the Joint Policing Committee (SDCC). The overall feedback was positive and it was noted that people felt safer knowing they had somebody to talk to and some support if they were experiencing any sort of Drug related intimidation in their community.

We're also represented on the intimidation sub-group of the South Dublin Joint Policing Committee who reconvened this year and have named some work priorities for 2016!



Next Generation Research

In early 2015 TDATF commissioned a piece of research in an effort to capture the number of children / young people impacted by parental substance misuse across its communities. Our research is almost complete and we look forward to sharing the findings in early 2016, we hope this research will greatly inform our new Strategic Plan.

National Family Support Network Annual Conference

TDATF supported a number of family members and project workers to attend the NFSN annual conference in October. The one day seminar which was held in Citywest, included talks on the issue of

decriminalisation (The Portuguese Model) and the National Methadone Protocol as well as a social / networking element. As always, our members had high praise for this year's conference! *See overleaf for details of our Family Support Groups*



ORGANISATION	TYPE	VENUE	OCCURRENCE	CONTACT
St. Dominic's Community Response Project	Peer Led Group & One to one	St. Dominic's Contact Centre, Millbrook, Tallaght	Tues: 7.30pm Mon: 11am – 1pm	Victor Herbert T: 01 4620624
Tallaght Rehabilitation Project	One to One	Kiltalown House, Jobstown	Upon request	Jamie Byrne T: 01 459 7705
JADD	Facilitated Group	Fortunestown Way, Jobstown	Tues: 7.30pm	Rose Dodson T: 01 459 7756
KDPPG / WRENS	Facilitated Women's Group	Killinarden Enterprise Centre	Tues: 10am – 1pm	Alice Murray T: 01 466 4262
MATES (Men's Family Support)	Peer Led Group	Kilnamanagh Community Centre	Thurs: 7.30pm	Tony Condren T: 085 724 8306
SWAN	Peer led or facilitated groups & one to one available	St. Anne's Resource Centre Fettercairn	Wed: 7pm Fri: Mornings On request	Eamonn White T: 01 462 7999 T: 086 867 2320
BASP	One to one	Brookfield Community Centre	Upon request	Ann Carey T: 01 414 7909
WASP Whitechurch	Peer Led Group	Loretto Community Facilities Project, Loretto Avenue, Rathfarnham.	Tues: 7pm-9pm	Cathy Murray T: 087 9641588
St. Aengus Community Action Group	One to one	Castle Tymon Green, Tymon, Tallaght.	Upon request 10am – 1pm daily	Mick Duff T: 01 461 0239
CARP Killinarden	One to one	CARP Killinarden	Wed: 10.30am – 12pm	Suzanne Doyle T: 01 462 6033 T: 087 138 6339
Barnardos Lorien Project	One to one	30 Mc Ullium Crescent, Fortunestown, Jobstown, Tallaght.	On request	Robert Dunne T: 01 420 3019

EDUCATION / PREVENTION

CRA trainees in February 2015, accompanied by CRA trainer Gerry Ryan

TDATF Education Bursary Fund

TDATF is very proud to have maintained an education bursary fund, despite having to prioritise our funding, following cumulative budget reductions 2008 – 2014. In 2015 we supported 26 individuals in recovery, to return to education. It is our hope that further education and training will contribute to the personal development of our applicants now, and improve their career prospects going forward.

Community Addiction Studies Training (CAST) Programme

Our Coordinator loves being involved in the recruitment process for the CAST programme which is funded each year by TDATF and hosted by St. Dominic's Community Response Project. The 2015 – 2016 CAST Programme started at full capacity, on September 11th and is progressing well. We're looking forward to attending yet another CAST graduation in the spring time.

The Strengthening Families Programme has been rolled out in Tallaght on an annual basis since 2008. Strengthening Families is implemented as part of an interagency collaboration between a number of agencies within Tallaght which include Foróige, Barnardos, JADD, CARP, KFRC, St Dominic's Project as well as YODA, TRP, SWAN, St Kevin's FRC, Aengus Project. It runs every Tuesday from September to December and is based in the JADD premises. The Strengthening Families Programme is a 14 week evidence based programme with proven outcomes for families which include improved communication skills, reduced conflict and hostility, as well as more consistent and effective parenting.

Better family functioning has shown to improve behavior of children and teenagers



in the home and social settings, increase positive attitudes to and participation in education as well as reducing tendencies to misuse drugs and alcohol. This year we have had 10 families on the programme, all of whom have recently graduated from the programme. The programme has being of huge benefit to these families. In order to deliver this programme on an ongoing basis, it takes a huge amount of commitment and effort from all the agencies, key workers, facilitators as well as the families who participate in the programme.

Also this year a group of young people who participated in Foróige Leadership Programme got the opportunity to go to a conference in Paris as well as work closely with actor Cillian Murphy. As part of the Leadership Programme the young people have to carry out a research project. The topic the group choose to research was the impact on mental health for LGBT young people before coming out to their family and friends.

In connection with the UNESCO Child and Family Research Centre they then got to work with Cillian Murphy in

turning their research findings into a film. They were then invited to attend the UNESCO Youth Forum Conference in Paris where they presented their research project and findings to delegates from all over the world. It was an amazing and hugely beneficial experience for all involved.

Six young people from Tallaght Youth Forum travelled to Poland on a youth exchange in June. The theme was participation and entrepreneurship. They spent 7 days with a group of young people from Lublin participating in workshops and exchanging ideas around entrepreneurship, employability and participation. The group had a very positive experience

It was a very busy year for The Big Picture Youth Café. Numbers of young people accessing the café have been good this year. The café committee ran a voting registration night for young voters in the run up to this year's election. The event was well attended. The Gardaí and the mayor were present to show the young people their support on the night.

TDATF: THE BIGGER PICTURE

As a Task Force, we are very aware that working around substance misuse / addiction and related issues can take many forms. We also appreciate that we ourselves have limited capacity to do everything ourselves. Therefore, we try to have some opportunity throughout the year, to support relevant initiatives in the community. In 2015 we were really glad to be able to assist the following initiatives:

- **The St. Patrick's Day Festival:** provided a healthier alternative to celebrating our national holiday March 17th
- The Garda National School Christmas Parties 2015: held across 12 different schools every year, including St. Thomas' here in Tallaght
- **The Recovery Walk 2015:** The Recovery Walk is an international event designed to build awareness and community support around the concept of addiction Recovery. Established over twenty years ago, Ireland's fourth Recovery Walk will take place in September 2015.
- **The 'Amplifying Voices' Young People's project:** A group of young people aged 12-15 years, hosted by Barnardos, working to identify gaps in youth provision, across services that support young people in Tallaght



TDATF STRATEGIC PLAN 2020

Development of our Strategic Plan 2016 – 2020 is underway! We have contracted some assistance with this piece of work and will be consulting widely in order to create a plan that's as representative and well argued as possible. If you're interested in participating in our public consultation please let us know. Contact Grace, our Coordinator at: tel: 01 464 9303 or email: grace.hill@sdcpartnership.ie

Visits to Government Buildings

We attended two meetings at Leinster House this year, one in April as the new Minister for Drugs was officially named and another in November with the Minister himself. Following the official opening of SWAN in October, TDATF accompanied SWAN to a meeting with Minister O'Riordan to outline the developmental needs of SWAN and that of all TDATF projects.

Harm reduction

New HIV infections are increasing among people who inject drugs. Therefore the following should be advised to I.V Drug Users:

- Use safe injecting practices
- Always use clean needles & syringes
- Never share or re-use any injecting equipment
- Injecting any drug is high risk behaviour this includes "snow blow" and other new street drugs
- Practice safer sex and always use condoms

Further information can be got from HSE Drugs & Alcohol / HIV & Sexual Health Helpline on **1800 459 459** or email: helpline@hse.ie. Got to www.hivireland.ie or your local Harm Reduction service for more information.

Steroid Use

TDATF saw an increase in steroid use across its harm reduction services in 2015. We feel it's important to remind people that steroid use is extremely harmful and can cause serious physical and psychological side effects. Sharing of needles or any drug using tools including tooters increases the risk of contracting infections such as Hepatitis B and C and HIV. *Please note our schedule of community needle exchange clinics below.*

COMMUNITY NEEDLE EXCHANGE TIMES TALLAGHT

DAY	JADD: Tel: 01 459 7756	ST. AENGUS: Tel: 01 461 0239	CARP: Tel: 01 462 6033
Monday	9.30am -1.30pm Emergencies 1.30pm – 5pm	10.30am – 2pm	9am – 5pm
Tuesday	9.30am -1.30pm Emergencies 1.30pm – 5pm	10.30am – 1.30pm / 5.00pm – 6.00pm	9am – 5pm
Wednesday	9.30am -1.30pm Emergencies 1.30pm – 5pm / 5.00pm - 6.30pm	10.30am – 3.00pm	9am – 5pm
Thursday	9.30am -1.30pm Emergencies 1.30pm – 5pm / 5.00pm - 6.45pm	10.30 – 1.30pm	9am – 7.30pm
Friday	9.30am -1.30pm Emergencies 1.30pm – 5pm / 5.00pm - 6.30pm	10.30am – 1.00pm	9am – 5pm
Saturday	9.30am – 11.30am		
Sunday	9.30am – 11.00am		

The HSE Addiction Service also runs an outreach needle exchange; they can be contacted at Tel: **086 806 5014**

Drug Related Litter

Should you come across any drug related litter in your community including syringes, needles and other injecting equipment you should contact SDCC. The most effective way of reporting this is by phoning the main SDCC number (01) 414 9000, Environment Dept, giving them the exact location and this will be relayed out to the nearest depot Supervisor for action. For a less rapid response these issues can also be reported through the Customer Care System on the website of SDCC.



Treatment & Rehabilitation

Tallaght Drugs Alcohol Task Force is invested and committed in implementing National Policy (the National Rehabilitation framework). This means clients and their families are our highest priority.

This means we are committed to doing what we know and have learned helps clients (from studies in Ireland, Europe and World Health Organisation)

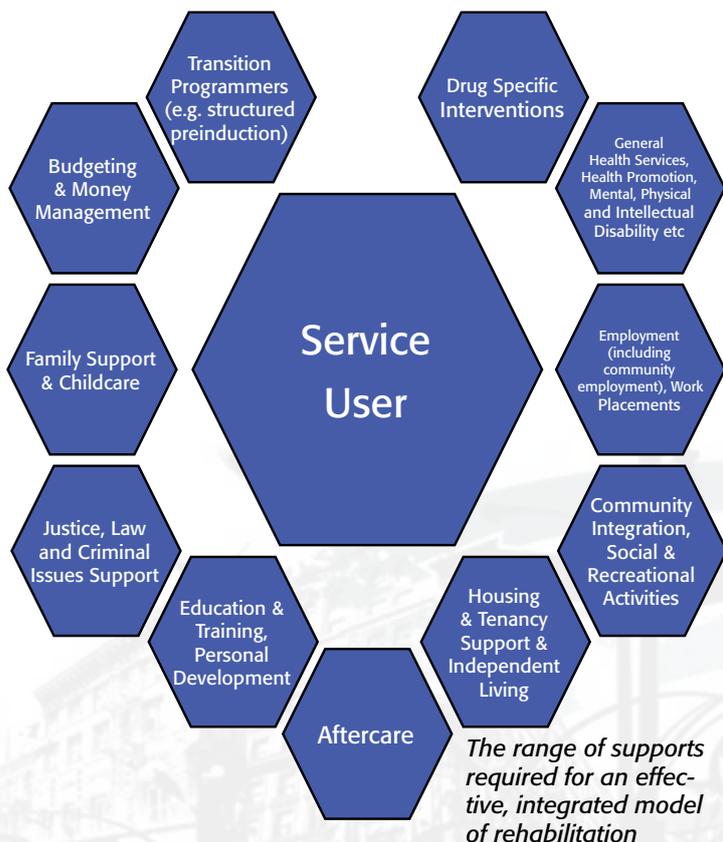
This means we strive for services to meet quality standards & we will meet with any client whatever their needs and circumstances are.

This also means that we work with all services - where clients are or that can help clients.

NDRIC = National Drug Rehabilitation Implementation Committee



Client Needs: An integrated model of rehabilitation supports requires a wide range of components. Depending on complexity of need a service user may require support in one, some or all of the following areas. These supports are provided by a range of statutory, voluntary and community service providers.



Given the diversity of the supports required during rehabilitation, it is recognised that no one agency has the range of competencies, expertise or resources to meet the needs of a service user holistically. The care planning process, with the service user's consent, is intended to co-ordinate the services being received and to identify, through assessments, which supports should be sought for the service user. The service user's needs and input should be central to the development and ongoing implementation of their individual care plan.

Rehabilitation & Key Issues in 2015

Homelessness: TDATF Rehabilitation Coordinator is the Chair of South Dublin County Homeless Forum. She is working with all homeless agencies encouraging homeless services to work with drug specific services to support homeless men, women and families engage in rehabilitation pathways

Mental health: TDATF Rehabilitation Coordinator is working with a case team to support patients in mental health services who also have issues with alcohol and//drugs

Family Support: In the evaluation of the national rehabilitation framework, there originally was no clear protocol for dealing with and including the family in the treatment of the service user. Three main themes emerged from family support advocates, 'the need to include the family', 'the benefits of including the family' and 'the type of inclusion required'. Tallaght has a history and expertise in family support, which has grown over this past year to combine family support and family inclusion in recovery modelled by both SWAN and WASP.

Children and Hidden Harm: Alcohol Action highlights One in 11 children living in families with parental alcohol problems - Parental substance misuse can and does cause serious harm to children at every age, from conception to adulthood. Children of alcohol and/ or substance misusing parents experience elevated risk of Foetal Alcohol Spectrum Disorders, emotional and physical neglect,

development of serious emotional and social problems later in life, and are vulnerable to the development of substance misuse problems themselves.

The experience of children living with, and affected by, parental substance use has become widely known as 'Hidden Harm'.

The term Hidden Harm encapsulates the two key features of that experience: that children are often not known to services, that they suffer harm in a number of ways through physical and emotional neglect, including exposure to harm and poor parenting.

Not all parents who use substances experience difficulties with parenting capacity. Equally not all children exposed to parental substance misuse are affected adversely either in the short or longer term

TDATF are interested in working with a family before a problem intensifies. It works with clients and encourages that appropriate supports are offered on a timely basis. It can include a range of partnerships such as family support services including parenting and budgeting, addiction support services, education support

Service user Participation

SWAN Family Support and Rehabilitation Service based in Springfield supported by TDATF Rehabilitation Coordinator have recruited, trained and supported 10 service users to participate on TDATF subcommittees. TDATF is committed to hearing and supporting the voice of service users in Tallaght.

NEWS FROM OUR COMMUNITY PROJECTS

New Hope Residential Centre

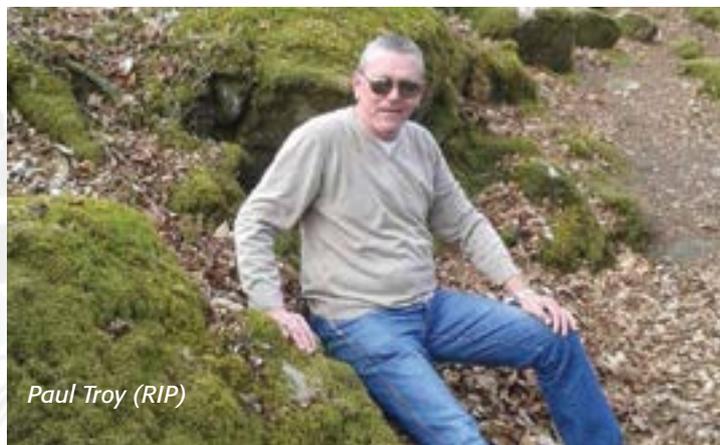
- We would like to thank the Task force for all their help during the year and the grant we received this year which enabled us to upgrade our wash room. When you have 15 men living in one place sufficient washing facilities is essential!! This has now been completed and is of great benefit to the residents.
- We have had a busy year at New Hope. In April New Hope became an Approved Housing Body and we are working through a process of securing 2 step down houses in the community providing 6/7 move on beds after residential. With a loan from Clann Credo we are now the proud owners of New Hope Residential Centre securing 15 full time residential rehabilitation beds in South Dublin County with the view to expand to 20 beds in 2016.
- ¹Key findings from the Drug Outcome Research in Scotland (DORIS) found that 76% of drug users questioned identified a single goal for their drug treatment; overwhelmingly that goal was to become drug free as their sole goal from drug treatment. This report provides continuous evidence for the provision of our service and our client's main goal to support lifelong abstinence. New Hope is looking forward to a new year providing a New Hope to drug users in Tallaght and beyond!

¹ 2015. . [ONLINE] Available at: <http://www.drugmisuseresearch.org/wp-content/uploads/2013/09/doriskeyfindings-2.pdf>. page 16 para 2 [Accessed 04 August 2015].

SWAN FAMILY SUPPORT

Swan Family Support has gone from strength to strength, they had 7 new CE and Tús staff join their team in 2015. SWAN moved into our new bigger premises in St Anne's School and had our official opening in October which was a huge success. Minister Aodhan O'Riordáin opened our new premises and the event was greatly supported by Task Force Board members, politicians, projects from the Tallaght and service users. As a result of the new premises, SWAN were able to extend their opening hours and reach people who could not access the service during normal working hours. During 2015 SWAN had a big increase in the number of people availing of their service proving the huge need for Family Support. All SWAN staff engaged in training provided by TDATF and other agencies. It was a busy year for all at swan in regard to training.

Although SWAN had many positives happening throughout 2015, they sadly lost one of their staff members Paul Troy, who after a short illness passed away in August. Paul was a very friendly gentleman, who always put a smile on the face of both staff and service users. Paul is greatly missed by all.



Paul Troy (RIP)

JADD (JOBSTOWN ASSISTING DRUG DEPENDENCY)

TRABOLGAN

JADD respite break to Trabolgan 2015: With the support of volunteers, TDATF, Sponsors and fundraisers this now annual trip, was once again a great success, all children and parents had a fantastic experience.

We would like to thank TDATF for their support!

NEW JADD ACTIVITIES

To support the 3 JADD in-house FETAC programmes and in response to requests from participants, JADD introduced 20 x 1 day per week activities to all 3 courses. To date 10 days activities have taken place including: Swimming, Bowling, Quasar, Archery & Ice Skating

Feedback to date has been very positive and all expenses and cost for the activity days were paid for by private donation. Providing alternative lifestyle choices and reintegration opportunities is so important to JADD and we will try to source further funding to support new group.

JADD FETAC COURSES 2015 / 2016

All 3 FETAC courses of 2015/2016 are on schedule and going very well.

NEW PIANO CLASSES

With the support of a volunteer piano tutor and a donated piano, 5 children from our afterschool programme are attending a 12 week piano course. Attendance is great and progress is exciting to see.

CHILDCARE DEPARTMENT CHRISTMAS ACTIVITIES

The children will be attending the 'Beauty and the Beast' Panto in the Tivoli Theatre on the 9th of December and going on the Santa train in Rathwood on 16th December. It's so important for JADD to include the needs of children in their annual work plans.



JADD Trabolgan TRIP



WASP (WHITECHURCH ADDICTION SUPPORT PROJECT)

WASP's new contact numbers are: T: 014937705 / 087-9641588 (Mobile Cathy Murray, manager).

We also have a new Facebook page: www.facebook.com/WASPLoreto

This year WASP held a Hope & Remembrance ceremony in conjunction with the Rathfarnham Community. The service took place on Sunday 13th of December in Loreto Old School Buildings, Rathfarnham. Guest speakers & singers did us proud on the day!

We also organised a fundraiser in December at Taylors Three Rock, this was a great success! Our Family Support Group meets every Monday evening between 7 - 9pm. This group have an open door policy so all are welcome!

Our family members and workers participated in the family fun / respite day organised by TDATF this past September. Our project benefitted greatly from the day, it was great for them to meet with other organisations and family members.

Finally we would like to congratulate one of our volunteers Eileen Whelan who is in the process of completing the TDATF Fetac Level 5 Addiction Studies Training Course at St. Dominic's. Well done Eileen, and thanks for TDATF for funding this worthwhile education programme, which so many family members and project workers have benefitted from to date.

TRP (TALLAGHT REHABILITATION PROJECT)

Annual Residential

On the 28th of May 2015, Tallaght Rehabilitation Project set off to An Tobar in Navan for the organisations 16th Residential weekend. This four day in depth therapeutic intervention provides an invaluable space for the participants of the Tallaght Rehabilitation Project to reflect on and understand significant issues that underpin their substance misuse. The focus of the Residential varies from year to year based on the needs of the group participating, this year the four week preparation covered childhood development, adolescence, social construction and relationships and loss. Each participant, three male and six female then completed an individual Life Story.

Website synopsis for gender groups

As part of the therapeutic group process in the TRP day programme, there is a scheduled weekly Gender group facilitated for both males and female, this gives the opportunity for both gender groups to discuss and explore gender specific topics and to enhance & build relationships within the group, there are also scheduled activities as part of the



(TRP) Box Smart Team 2015

module both in-house and outhouse, some activities that have occurred this year have been, a football blitz, a 10k sponsored walk to the hell fire club, a table tennis competition, a visit to a women in recovery day in the Snug in the city centre

Awards Ceremony

In December 2014 TRP held its 5th annual awards ceremony. This is a special event for our participants and their families to recognise and understand the importance of certified and accredited training and the benefits it can bring. Certificates for both educational and therapeutic training were awarded in recognition of the work completed by all. Speeches were given by participants of both our Rehabilitation Day Programme and the Tallaght Wide Aftercare Service. After the presentation of the

certificates there were light refreshments and entertainment, a great night was had by all.

Box Smart

The Box Smart Initiative which is currently into the second year of operation is a progressive aftercare rehabilitation programme providing service users an opportunity to change their lives through education and high performance sport. This is a pioneering 20-week programme which strives to re-integrate participants into mainstream society through FETAC Level 4 Health Related Fitness which is teamed with high performance training and boxing skills. The Box Smart Initiative is based across two learning campuses- Sacred Heart Boxing Gym for training and Kiltalown House for theory.

THE LORIEN CHILD AND FAMILY SERVICE

Every family is different and every child has different needs. Each family we work with receives a service that directly responds to their own specific needs and the exact make up of services are agreed with the family and depends on what the assessed needs of the children are and on best practice approaches.

The Lorien Child and Family service works with families like Tim's (names changed to protect confidentiality)

Barnardos Lorien Child and Family Service

30 MacUilliam Crescent, Fortunestown, Tallaght, Dublin 24.
T: 01 4203019 M: 086 0252874 email: lorien@barnardos.ie

"I get more hugs now"

Recently we have been working with Tim on his relationship with his three young children. Tim was suffering from depression, struggling with substance misuse and had lost confidence in his own ability as a parent. He felt isolated from his children.

His seven-year-old daughter Lucy was becoming very withdrawn in school and angry at home. She felt that her younger brother was getting all of her dad's attention and dad was struggling to cope with Lucy's behaviour. Tim engaged with PWP (partnership with parents) and Lucy took part in individual work and a friendship group to support her social skills. A key moment in the work came when we had a family session and Lucy told her dad that she wanted more hugs. Tim had worked hard to be able to understand his children's needs better and to be in the space to understand their behaviour. He was also now able to hear his daughter without being overly defensive. Following that meeting Tim made a commitment to spend more time with Lucy in the evening and to listen to her more. They agreed to have a snuggle and a chat on the couch each night before Lucy went to bed.

Talking about the support he received, Tim said 'It has built my confidence back up in my parenting. If it hadn't been for the service I don't know where I would be, I was so down and couldn't see a way out.'

Lucy said things were much better and she 'gets more hugs now'.



Want to contact Tallaght Drugs and Alcohol Task Force?

Grace Hill: Co-ordinator T: 01 464 9303 E: grace.hill@sdcpartnership.ie
Grainne O'Kane; Rehabilitation Coordinator T: 01 464 9308 E: grainne.okane@sdcpartnership.ie
W: www.tallaghtdatf.ie County Hall, Block 3, Belgard Square North, Tallaght, Dublin 24.