

Welcome to Yearly Review
T.R.P

Tallaght Rehabilitation Project

Kiltalown House, Jobstown,
Tallaght, Dublin 24



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Managers Report 2008 Review

Hello and welcome to the TRP managers report for our annual review 2008

We are now entering our eleventh year at TRP and we continue to provide a comprehensive quality therapeutic/educational rehabilitation service for people in the Tallaght area.

The past year has been both challenging and progressive for our organisation, the staff team and participants. I would like to take this opportunity to mention how our programme has grown and evolved over the past year and also look at some of the significant events that have occurred.

One of our main goals from our workplan strategy over the past two years has been the vision of a Tallaght Wide Aftercare Facility. So, after many meetings and planning, I am delighted to report that all funding was sourced and renovation work began on August 22nd 2008. The Aftercare Project was completed in November 2008. And we can now boast a new T.R.P. Tallaght Wide Aftercare Facility which we hope to officially launch early in 2009. The Aftercare Project will be a major asset to people in the area who have embarked on the journey of recovery from addiction and will provide therapeutic support and education. There will also be regular social evenings organised by our new Aftercare team. This is an exciting venture and we are all looking forward to the official opening.

Other goals achieved from our workplan strategy were to deliver a four-day residential module in An Tobar, Co Meath. Eight participants completed this intense personal development course and for the first time all our group were female and from all reports it was a great success.

The Evening Room Rental Programme finally began in May this year and although our day programme begins at 10am and finishes at 2pm, we now remain open until 9.30pm. This programme is sponsored by Pobal Community Services Programme. We have a dedicated evening team in place that will facilitate our Programme. We have also published our room rental booklet for people, agencies and organisations who wish to book any of our beautiful rooms for training/workshops or meetings etc. this is also available to download from our website – www.tallaghtrehabproject.ie

There has been a lot of good work on our new website and this is progressing well with input from management, staff, and participants. The website is both information and news based and the news page is updated regularly. The participants page is also updated regularly and you can find stories poems and pictures by TRP participants here. A lot of people have been accessing this site recently.

Board of Management

We welcome the new Chairperson Seamus Massey who has taken over the chair from Michael Lyons who is currently on leave.

Another significant highlight of the year was the return of Marie Dillon, one of the founders of the programme. Marie has now become part of the Board of Management and her expertise and knowledge of both project management and the addiction field will be greatly appreciated at board level.

I would also like to thank for their ongoing support and assistance our current board members who are Seamus Massey, Fr Val Martin, Tony O'Hagan, Michael Lyons, Marie Corr, Mary Sheehan, Denis O'Driscoll, Charlie O'Connor, Joan Cleere-Neville and Marie Dillon.

In particular I would like to thank Fr Val Martin for obtaining monies and vital necessities for our facility from the Lord Mayors Fund. Also I would like to thank Tony O'Hagan and S.D.C.C for their continuous support and assistance throughout the year.

With the right kind of funding and resources TRP can continue to provide this vital service and we strongly believe that combined action from all the services in the community can improve the lives of many people affected by addiction. It is also clear that where significant resources are more available, the harm caused by chemical misuse can be greatly minimised.

I would like to thank all the participants past and present who have been involved in our programme, I wish you all the success you deserve and I can guarantee we at TRP will always strive to provide the best quality service possible.

I would also like to thank all the other projects and agencies both voluntary and statutory who TRP has been linked with over the past year. I would like to say thank you to our funders, Department of Community, Rural, and Gaeltacht Affairs, FÁS, Health Services Executive, National Drugs Strategy Team, South Dublin County Council, Pobal and the Tallaght Drugs Task Force. All our funding agencies can be assured that their monies are spent efficiently and with minimal overhead.

My last words in this report are for the staff team at TRP whose commitment and dedication and passion for the job is second to none. They are the people who keep their eye on the real issues. I would like to say a big thank you to you all and here's looking forward to another successful year ahead of our organisation.

Pat Daly
Manager

Team Leader Report

Hello all,

Lisa Wynne, Team Leader. Thank you for taking the time to read our annual review. I think it is important that through this review and my own team leaders report that people become aware of the dedicated work all of the staff team do and the evolvement of the organisation as a whole.

I would hope to focus on all aspects of the programme but primarily the therapeutic / educational modules and the progression route of all our participants. To say that 2008 has been a busy and fulfilling year would be an understatement. Our schedule has been full of successful therapeutic and educational modules evaluated by our participants as helpful and appropriate to their on going personal development and recovery process (see below).

I would now like to give a brief overview of some of the modules, workshops, and educational aspects of our programme which were enhanced and completed in 2008.

Therapeutic Modules / Workshop / Interventions	Number of hours completed
Key working	302
Assessments	91
Induction Modules	480
Therapeutic/ Holistic Group Process	136.5
Relapse Prevention	170
Move on Programmes	98.75
Special Spouse / Family groups	15
Team meetings	94
Crisis intervention	26.75
Self care within Relationships	21
Aftercare support	104
Educational Modules / workshop interventions	
Individual learning plan sessions (ILP)	42
Art	144
Communications	12
Anger management	18
Health awareness	7.5
Core skills	30
Parenting skills	18
Alternative / holistic therapies	40

Residential

We also delivered a successful four day residential module in June 2008, the theme of this residential was 'Life Stories' this proved to be a great source of learning for participants and staff who took part. We had eight participants who engaged in this experience, and for the first time in TRP we had an all female group who attended the residential. As a result of the good work done by all, this enhanced individual focus on their own care plans. Most of these participants have since embarked on detoxification programmes, and have significantly reduced their medication intake while some have attained drug free status. Two of these have completed move on programmes with us and the remaining six are currently still engaging in striving towards their own individual goals.

Placement/Volunteers

Every year TRP provides places on our programme for persons who are in training with various colleges. We provide placements for these people where they can come and experience working within a community based therapeutic rehabilitation programme. TRP gives the placement a chance to work as part of a team and view all aspects of our project. This year we have facilitated eight placements. We hope to continue with this learning process next year and have this as an action as part of our 2009 work plan strategies.

Move On Module

The team also delivered nine move on programmes this year, these programmes are specifically designed for participants who are ready to move on from TRP. This module incorporates applying learning, relapse prevention, combined with support in job seeking, interview skills and sourcing further education. This also involves linking participants with outside agencies, namely Local Employment Service (LES) where they are assigned a mediator to further support their continuing progression. Other agencies include MABS, Citizens Advice bureau, FAS, and further education agencies.

ILP Overview

This year at TRP the Individual Learning Plan (ILP) has proved to be a vital tool in assisting individuals in exploring, from the beginning of their CE time, their future education / employment plans. This is a comprehensive set of sessions which is consistently run throughout an individual's time on the programme, we feel this has enhanced our move on programme, and through these initial sessions already the individual has evaluated and set realistic goals. Participants have taken on outside training, education and voluntary commitments. Achieving these goals has improved confidence and self esteem and thus encouraged motivation towards future plans. As part of the Individual Learner's Plan participants are encouraged to access FETAC certified training. This has resulted in participants from TRP achieving FETAC minor awards from levels 3 & 4 for the first time in the organisations history. Art and Core Skills are the 2 main areas where certification was achieved.

The team also completed 36 assessments and 12 induction programmes and currently year ending December 2008 we are full to our capacity of participant places with four people currently awaiting assessment in January 2009.

Also TRP have established ongoing links with other projects and organisations not only within the Tallaght area but on a broader spectrum. I would like to thank all those who have liaised with us and worked with us in partnership, in delivering a quality service to the participants who access our programme.

Finally I would like to thank all the staff team at TRP for their on going commitment, support and their continuing motivation towards the ongoing progression and growth of the Tallaght Rehabilitation Programme. Here's looking forward to another productive year in 2009.

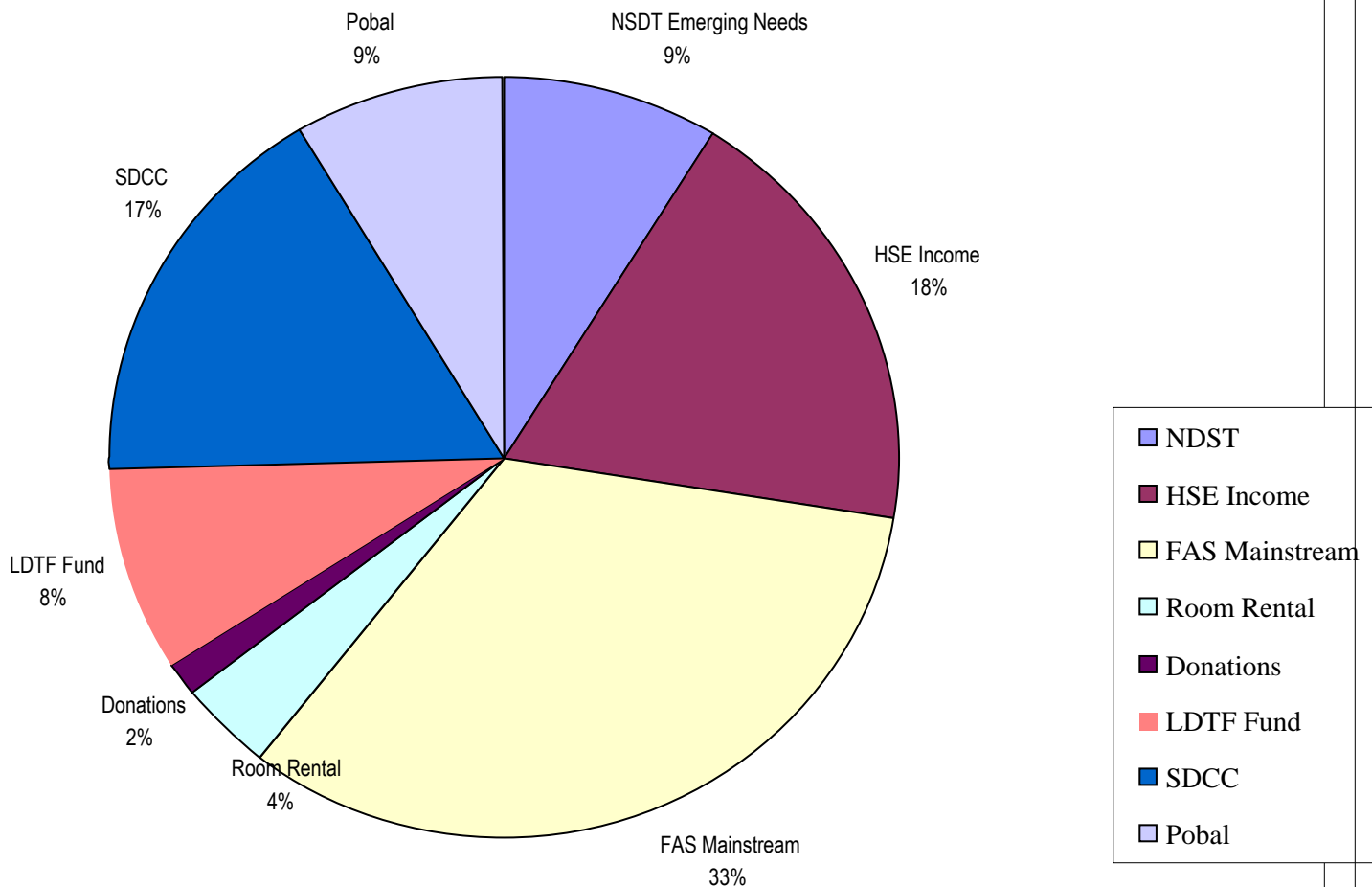
Lisa Wynne
Team Leader
T.R.P

Tallaght Rehabilitation Project Ltd

Funding

for year end 31/12/08

Tallaght Rehabilitation Project Ltd
Year end 31/12/08



ILP and FETAC Reports

As all participants of the programme are employed through Community Employment they are required to actively engage in educational training.

In the last couple of years FAS has introduced educational programmes specifically designed to suit the participant. Through the ILP (Individual Learner Plan) the participant and supervisor have regular one to one sessions where a training plan can be devised which is specific to the participant's needs and abilities.

At present the participants of TRP are working towards achieving a FETAC Level 3 Major Award in Personal and Employment Skills. Work on 5 minor awards is in progress through Core Skills training and a Health & safety module will be introduced in the coming months. This training will give our participants 6 out of the 9 minor awards needed to achieve FETAC certification.

Also this year 4 participants achieved FETAC certification at minor level for painting and design. This is the first time TRP participants have had their work evaluated and certified. This is seen as the first step towards getting all of the great work done here at TRP recognised at the national level.

Catherine O Connor
FAS CE Supervisor

New Aftercare Project/Group

T.R.P has now completed a new Aftercare facility. Currently T.R.P provides an Aftercare group for people who have completed the programme. This group occurs every Tuesday from 6.00 – 7.30 and it is of great benefit for the people attending this session. The group is facilitated by a trained staff member. We visualise that this group will expand with the new Tallaght Wide Aftercare project. And recently T.R.P has employed 2 new Project Workers who will engage in the new project. We hope to officially launch the Tallaght Wide Aftercare Project early in 2009.

Evening Room Rental Programme at T.R.P

After successfully attaining funding from the POBAL Community Services Programme, Kiltalown House now remains open until 9.30pm each evening. This is to facilitate our new Evening Opening Programme where the various rooms of the facility are now available to rent for meetings, therapy and training purposes.

With Pobal funding, the management of TRP has been able to employ 5 new people on a part time basis to fill the positions of receptionist and security guards. We have also employed a new Evening Supervisor who will be responsible for the direct organisation and running of the programme.

At present a variety of organisations are renting rooms in Kiltalown House, these include the VEC, LDTF, Barnardos, Spiritual Healers and alternative therapists. An information booklet with descriptions and pictures of the rooms is available to download on our website.

Other Significant Events

Family Day

TRP held their annual family day on Wednesday 13th August. This day was organised by the participants and staff for family and friends of our participants. The content of the day was fun; we had Barney, Winnie the Poo and Shrek up to visit the excited children. Also as a special treat we had the “Wheels of Fire”, a renovated fire engine placed with entertainment to amuse both children and adults.

Art Exhibition

Another important open day was the Art Exhibition held in October 2008. The exhibition was art work completed by our participants throughout the year, and was during facilitated by our art tutor Rachel Verrman. It was a terrific opportunity for our group to show off some of these fantastic art works and talent. There was a great turn out on the day and some great feedback from our visitors.

Christmas Open Day

The Christmas open day for participants and there families was another great success this year. Santa was on site to issue the children with Christmas presents. We had our fabulous model train exhibition on display again this year (thanks to Joan Neville) and by all accounts everyone had a wonderful day. We held a raffle on the day and lots of people won prizes. Proceeds from the raffle helped to fund the day. TRP would like to thank Tallaght Hospital for donating all the gifts for the children.

Website Progress and Update

The Tallaght Rehabilitation Project website was set up in 2006.

The TRP website is now fully operational and up and running. We have added a wide range of information from the programme itself to the staff and grounds of Kiltalown House.

The website is both an information and news based website with the news page being updated on a regular basis.

The website has also a great tool for publications and PR purposes.

The website is a team project, and is brought to the team meetings every second week for new ideas and suggestions on the layout of the website. Feedback from the website is very positive and helpful.

Staff Training

T.R.P actively encourage staff development and training and in 2008 staff members embarked on various training. Below are just some of the training the staff team completed in 2008

- ILP Training
- Quality Assurance Training
- Website Training
- Reception Skills Training
- Addiction Studies
- Fork Lift skills training
- Safety and Health at Work
- Facilitation Skills
- Cognitive Behaviour Therapy
- Mental Health Training
- Suicide Prevention
- Project Management
- Diploma in Psychotherapy Training

Chairperson Report

2008 has been another outstanding year for T.R.P in continuing to provide a comprehensive rehabilitation service for people whose lives have been affected by misuse of drugs. Kiltalown House continues to be a fitting and rewarding home for T.R.P. Throughout the year the outhouses have been renovated and transformed into a magnificent aftercare facility. Congratulations to everyone involved in this huge and significant piece of work.

The Aftercare and the evening programmes compliment the ongoing rehabilitative work that continues daily throughout the year. Family Day, Art Day, FETAC Awards Day etc., were important days for the participants and their families.

During the year Kiltalown House suffered serious vandalism resulting from a break-in. This could have been a very negative experience for all involved in T.R.P. However this was not the case. When I visited Kiltalown House the morning after the break-in I was particularly impressed by the positive reaction and co-operation of all involved, staff and participants, as they went about putting the pieces back together. This response speaks volumes for the great team spirit and positive attitude that exists in T.R.P.

I thank the many sponsors whose support enables T.R.P. to continue to progress in the right direction – *Department of community, Rural & Gaeltacht Affairs, Pobal, FAS, Health Service Executive, National Drugs Strategy Team, South Dublin County Council*. I also include Tony O’Hagan and Fr. Val Martin in this group. Our sponsors can rest assured that their financial support is spent wisely and effectively in pursuit of the aims of T.R.P. In these recessionary times funding for T.R.P. will remain a daunting challenge. Our sponsors continued support will be vital.

I congratulate all the staff of T.R.P. for their dedication and commitment in furthering the aims and objectives of T.R.P. Manager Pat Daly’s attention to detail combined with his caring and dedicated attitude ensures that the project is progressing positively and in the right direction. Financial Administrator Joan Cleere-Neville’s attention to detail in accessing and managing T.R.P.’s budget has put T.R.P.’s finances on a secure basis. Catherine O Connor ensures that the Community Employment Scheme is efficiently administered and co-ordinated.

I wish to thank our former chairman Michael Lyons for his dynamic and resourceful leadership. Michael gave generously of his time and expertise in guiding the progress of T.R.P. Due to illness Michael stepped down from the position of chairman during the year. We wish Michael a full and speedy recovery and acknowledge his outstanding contribution to T.R.P.

I thank all the members of the Board of Management who serve on a voluntary basis providing expertise, guidance and leadership.

I congratulate the most important people in T.R.P. the participants who have bravely entered on the difficult road of rehabilitation where rich rewards await at journey’s end. We wish all the participants every success on their journey.

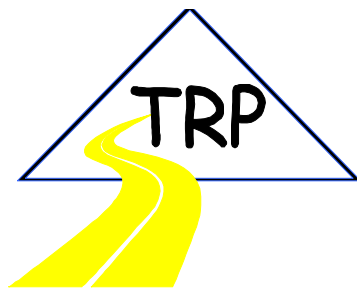
Seamus Massey
Chairman

Acknowledgment

Tallaght Rehabilitation Project Ltd would like to acknowledge and thank the following people for their support and without whom Tallaght Rehabilitation Project would not thrive and grow.

The Irish Government
Mr John Curran, Minister for State with special responsibility for the
Drugs Strategy and Community Affairs
The Health Services Executive
FÁS
POBAL
South Dublin County Council
Dodder Valley (Tallaght) Partnership Ltd
Tallaght Drugs Task Force
St Thomas Parish, Jobstown
The Lord Mayor of Dublin

Company Information



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TRP is a Company limited by guarantee.
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