

# Neart Le Chéile



Strength Together



## **Neart Le Chéile Annual Report 2016**

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## Chairperson's Foreword

Welcome to the Neart Le Chéile Annual Report 2016. We have now completed another year of operation as a company managing the Cumas & Cairdeas Projects. Both projects have continued to respond to the needs of those who use our services. 2016 was another busy year for Neart Le Chéile with staff in both Cumas and Cairdeas continuing to offer vital services to many people affected by drug use.

A number of notable events were held throughout the year including:

- In July 2016 Neart Le Chéile – The Cumas project held a successful Golf Classic with the support of Pat Farrell and Newlands Golf course. The day was sponsored by Brian McElroy , Pat Farrell and lots of companies offering sponsorship by way of spot prizes and prizes for a hole in one, In addition teams paid to participate in the golf. The funding raised will be put to good use within the project to offer additional support to people who use the service and also to provide funds to maintain our bus which is very important as it supports children's access to the service. We would like to take the opportunity to thank all involved in the Golf Classic. We really appreciate your continued support, whether it was as a sponsor on the day; donating a prize, if you participated in the golf or bought raffle tickets, know that your contribution counts and we are grateful for the support.
- The Cumas Staff brought a group of teenagers to Blackpool for a few days and a group of parents from the support group went to Kilkenny for an overnight stay.
- Cumas staff also brought a group of Children to a Christmas pantomime, while teenagers went ice skating for their Christmas outing.
- SUDS have continued to work with Jimmy Smallhorne and have developed a new script, "The Bus Stops Here" which is now in post-production. The group are planning to launch the film early in the New Year and look forward to sharing their film with you.

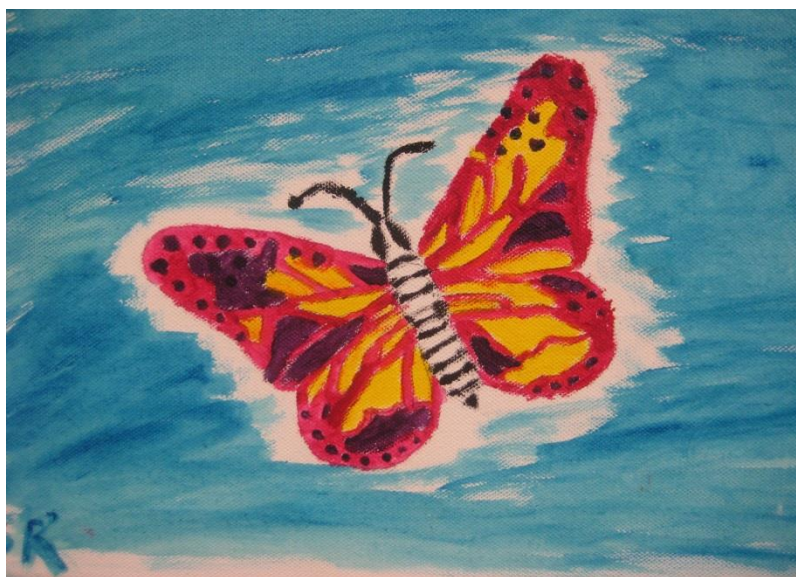
These are just some of the highlights of 2016 and I would sincerely like to thank all those who have supported Neart le Chéile in the course of this year. The board and staff of Neart Le Chéile look forward to your continued support in 2017 as we continue to work with those families engaging with our services, as they deal with the issues they face as a result of drug use.

Yours gratefully

***Marian Reilly – Chairperson of Neart Le Chéile***

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## Mission Statement

*“To promote equality by creating and facilitating supportive services which build the capacities of families and individuals to make changes to their lives and circumstances in a way which addresses and reduces the negative consequences arising from the use of drugs in Clondalkin.”*



# 1 Introduction & Overview

## 1.1 Introduction

Neart Le Chéile (Strength Together) is a community based organisation which provides two services; Cumas which works to support children and families who experience addiction within their families and Cairdeas which works with people who use drugs or have a history of drug use and issues that impact on their lives. The company is now in its fourth year of operation and is working hard to continue to maintain and develop quality services for the community we serve.

The board of Neart Le Chéile meets on a monthly basis and is very active in the management of the organisation. It works hard to support the staff in delivering a quality service by continuing to review and plan the work of the organisation on a regular basis. It has a number of sub-groups with defined areas of focus, such as HR and Finance.

## 1.2 Overview

In the context in which we deliver our services it is difficult to see what has changed for people using our services. Housing is still a major concern for some people using the service, the lack of access to social housing or suitable private accommodation, people finding themselves in overcrowded situations is adding stress in their daily lives. Also for people with mental health issues, sleeping rough is becoming a normal state of affairs, leaving organisations that are not equipped for their needs trying to support them to access various services. Food banks continue to be accessed by some people using the service in order to make ends meet to counteract food poverty.

*“Educational attainment is an important factor in determining life changes and assessing the likelihood of someone living in poverty”*

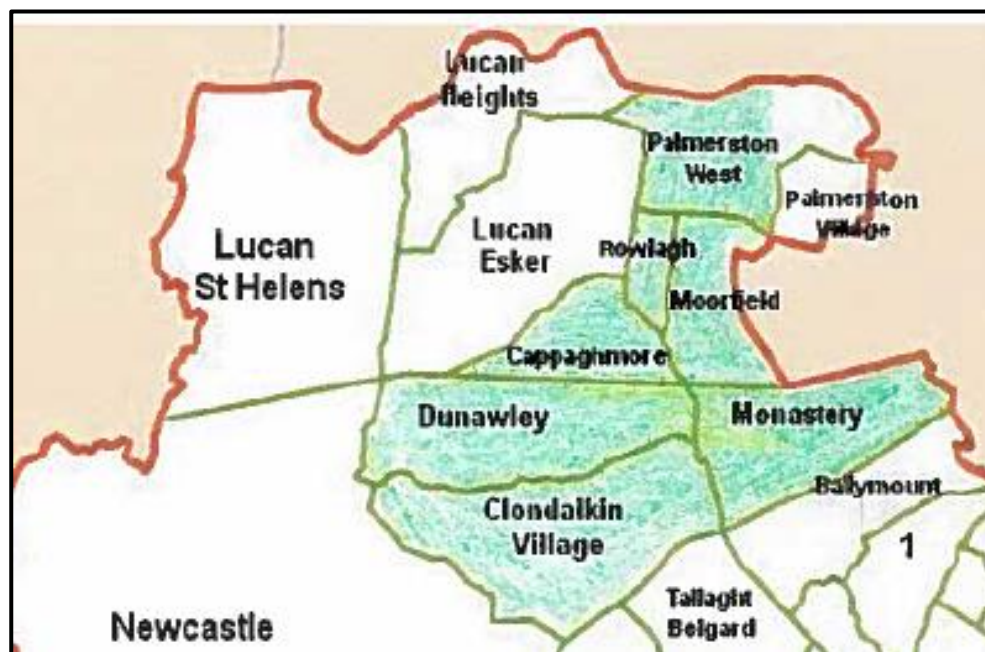
Rights Platform Leaflet.

Bearing the above statement in mind, we are very concerned about the education of our young people some of who were expelled in their final year at secondary level. This action may have a negative impact on their future, although the service has continued to

support these young people by putting a plan in place to keep their education on track. The service will also work with others to highlight these issues and try to offer support in an effort to prevent situations where the only course of action is to expel a young person from school.

### 1.3 Catchment Area

The area in green indicates the Electoral Divisions covered by Neart Le Chéile (Clondalkin Village, Dunawley, Monastery, Cappaghmore, Rowlagh, Moorfield and Palmerstown West- Quarryvale):



## 2 Neart le Chéile: The Cumas Project

The Cumas Project was established in 1998, under the Education and Prevention Strategy of Clondalkin Drugs Task Force Action Plan as an intervention and prevention service for families affected by the consequences of drug use. Over the past sixteen years this distinctive project has grown and developed greatly. Cumas works with all family members from young people aged four years and up, to grandparents. Cumas is unique as it is the only service in the Clondalkin area to provide a service to young people aged 4-18 years, who are affected by the consequences of drug use within their families.

### 2.1 Area Profile of families

Area Profile	Families 2014	Families 2015	Families 2016
South West Clondalkin	20	34	36
North Clondalkin	25	38	43
Lucan	8	7	14
Other	2	2	6
Total	55	81	99

### 2.2 Interventions used

Cumas works on a needs led basis offering a variety of interventions using a holistic and interagency approach. There are many elements to this work. In order to understand this better it is broken down as follows:

- Family work
- Individual work
- Group work.

A large part of the work includes interagency work with other statutory and non-statutory agencies.

*“Family support is about meeting the needs and achieving the rights of Children”*

UNESCO

In 2016, 99 families engaged with the Cumas project with 396 individuals receiving indirect work over the course of the year; this has seen different members of the same family attending the service on different occasions for a number of services such as individual work, group work, and family sessions.

When a family is referred, a needs assessment is carried out with family members, referrers and Cumas staff; this identifies what intervention/support is most appropriate to each family member. This can include individual work, group work and/or family sessions.

To effectively deal with this staff operate a case management approach, develop responses to the needs of the family and adopt an interagency approach to their work.

The following table indicates how the service has developed over 2016.

	b/f	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec
<b>Active Families</b>	41	48	49	47	50	51	52	52	60	68	82	96	99
<b>New</b>		17	1	1	3	1	2	3	5	10	14	4	0
<b>Closed</b>		10	0	3	0	0	2	3	0	2	0	1	0
<b>Actual cases individuals direct work</b>		66	68	65	69	71	70	73	79	87	101	105	109

As part of the Cumas Project assessment process, some families indicated that parental drug use was one of the issues they were dealing with.



The following table indicates the service users profile throughout the year 2016:

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
<b>Parents</b>	23	23	23	26	27	27	28	30	32	46	48	49
<b>Grandparents</b>	7	8	9	7	7	6	5	5	6	6	6	6
<b>Children – under 12</b>	17	18	15	17	17	18	19	22	23	21	22	24
<b>Children –over 12</b>	19	19	18	20	20	20	21	22	26	28	29	31
<b>Total direct work</b>	66	68	65	69	71	70	73	79	87	101	105	109
<b>Families</b>	48	49	47	50	51	52	52	60	68	82	96	99

Adults engaging with the service may have other children not directly linked to the service; however it is acknowledged that the work being carried out with that adult should have positive outcomes for all family members

The next table indicates the number of sessions offered and the number of sessions attended. As you can see from this table Cumas has a high level of engagement from families accessing the service, this can support and enable the work to have a greater impact.

<b>Description of Sessions</b>	<b>Offered</b>	<b>Attended</b>	<b>% Attendance</b>
<b>Individual session</b>	1,563	1,246	79%
<b>Groups</b>	750	686	92%
<b>Family session</b>	315	296	93%
<b>Other meetings</b>	400	400	100%
<b>Reviews</b>	220	200	80%

### **2.3 Assessment**

An assessment of needs is carried out on each family and a six week plan is developed from this. After six weeks work, the plan is reviewed between family members and Cumas staff and a future plan is made. This plan either recommends that Cumas continues its work with the family, or if it is felt that Cumas is not the most appropriate service, a referral to a more suitable agency is made.

### **2.4 Individual work**

Individual work is carried out on a one to one basis with a young person or an adult. Individual sessions would be held on average once a week. (More details next table)

### **2.5 Group work**

Young people and adults while engaging in individual work or when completing individual work, may also attend a group. Groups are specific to the needs of service users. (More details below)

### **2.6 Family work/sessions**

Family work is an essential part of the Cumas service as it encourages positive relationships between all family members. Sessions with families cover the issues and needs of the family. These can include issues such as; disagreements, school behaviour/ routine, attachment building, planning, rules, boundaries, parenting, life and family skills, fun, cooking etc. Family sessions can be either weekly or monthly. Family meetings including all family members are conducted to look at issues arising and to put plans in place to deal with those issues.

The work carried out with families by Cumas is further illustrated below.

**Examples of work with families are as follows:**

Input	Output	Outcomes
<ul style="list-style-type: none"> <li>Staff one to one support offered to all families.</li> <li>Staff carried out needs assessment with families.</li> <li>Staff offered practical support on issues families face</li> <li>Staff have participated in case conferences with the Child &amp; family Agency</li> </ul>	<ul style="list-style-type: none"> <li>99 families accessed Cumas</li> <li>of family sessions were attended</li> <li>99 Care plans developed or reviewed</li> <li>21 families finished with Cumas</li> <li>A number Families were supported to access entitlements</li> <li>Staff made applications to charities for funding</li> <li>Families have put a routine in place.</li> <li>Adult support in Education</li> </ul>	<ul style="list-style-type: none"> <li>Improved engagement with services</li> <li>Improved routine</li> <li>Issues resolved, such as housing, welfare entitlements accessed.</li> <li>Improved boundaries within families. Improved family routine</li> <li>Improvement in behaviour</li> <li>Improvement in communication skills</li> <li>Adult education-Two people continue to maintain their courses.</li> </ul>
<ul style="list-style-type: none"> <li>Staff works with 19 families with HSE involvement for child protection (active) and six cases closed, as part of Social work care plan.</li> </ul>	<ul style="list-style-type: none"> <li>33 actively worked with the Tusla Social Worker together with Families to implement Care plan</li> <li>Cumas referrals duty Social Workers</li> <li>Interagency approach- HSE case conferences attended</li> </ul>	<ul style="list-style-type: none"> <li>All agencies involved working together</li> <li>Family focused clear care plan</li> </ul>
<ul style="list-style-type: none"> <li>Staff while working with families may identify needs and make referrals to other parts of the Cumas service or other agencies within the community statutory /non-statutory</li> </ul>	<ul style="list-style-type: none"> <li>Families counselling</li> <li>Play therapy</li> <li>Needs assessment</li> <li>Educational assessment</li> <li>Child protection concerns</li> <li>Psychological assessments</li> <li>Individual counselling</li> </ul>	<ul style="list-style-type: none"> <li>Improvement in parent/child relationships</li> <li>Safe space to explore feelings/situation</li> <li>New coping skills</li> <li>Needs meet</li> <li>Extra supports put in place</li> <li>Referred to appropriate service while still receiving support from Cumas</li> <li>Links built with other services and work using interagency approach best outcomes for families achieved</li> <li>Supports put in place in school, etc. ensuring young people remain in education</li> </ul>
<ul style="list-style-type: none"> <li>3 families supported in preparation for a member of the family being imprisoned</li> </ul>	<ul style="list-style-type: none"> <li>3 families completed a process of preparing Parents and child for separation</li> <li>Interagency meetings held with all agencies involved</li> </ul>	<ul style="list-style-type: none"> <li>Improved support</li> <li>Greater understanding for the child to what was happening</li> <li>Child and parent relationship maintained while they adjust to separating from parent due to imprisonment of family member</li> </ul>

## 2.7 Referral & Assessment Process

Referrals are received from a variety of places such as; self-referrals (families refer themselves), statutory agencies and non- statutory agencies. Below is a list of all agencies we have received referrals from 2014 to 2016:

Referrals	2014	2015	2016
Self-referrals	39	53	59
Cairdeas	1	3	2
CASP	5	8	9
Clondalkin Tus Nua	1	19	11
Dochas	3	2	2
Extern	2		2
Social Worker	1		4
Public Health Nurse			
School	3	6	10
Youth Support			
Total	55	81	99

### Referrals (January- December 2016)

Cumas believes families have many strengths and coping skills, and staff work with families to support them to improve their skills as well as develop new skills to overcome the issues that they refer to the project with. The issues they face are wide and varied and the impact of these issues can be different for each family member.

Parental drug use can impact on children's daily lives, emotionally and physically. There can be a lack of parental guidance, structures and/or routines. Emotional difficulties can be a result of any one of a range of issues including; bereavement within the family, parents separating, a family member going to prison, violent attacks on the home etc.

There may also be welfare concerns, child protection concerns, lack of engagement with other services, difficulties in school, personal development,

Grandparent parenting Grandchild, parental support, lack of engagement in school, at risk of losing a place in school, financial difficulties etc.



## 2.8 Individual Work

Therapeutic non-directive and directive play takes place in the Cumas play room using play therapy skills, mainly derived from training with the Children's Therapeutic Centre. Individual work is also used with young people, adolescents and parents/grandparents. Interventions used include; life story work, sensory work, planned work, support, referral relating to individual's needs and issues arising.

The individual work carried out in 2016 is broken down as follows:

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
<b>Parents</b>	23	23	23	26	27	27	28	30	32	46	48	49
<b>Grandparents</b>	7	8	9	7	7	6	5	5	6	6	6	6
<b>Children- under 12</b>	1	18	15	17	17	18	19	22	23	21	22	24
<b>Children- over 12</b>	19	19	18	20	20	20	21	22	26	28	29	31
<b>Total direct work</b>	66	68	65	69	71	70	73	79	87	101	105	109
<b>Families</b>	48	49	47	50	51	52	52	60	68	82	96	99

The following individual work has been carried out:

<b>Action</b>	<b>Outputs</b>	<b>Outcomes</b>
Individual 6 weeks	Build relationship between staff & young person	Relationship and trust build
Feelings work- scrapbook, worksheets	Identify feelings, talk about feelings Explore what is going on for that family member at present or in the past	Understand feelings better, explore these and explore tools on "how to cope"
Therapeutic Play-non directive/sensory	Use of imagination, explore feelings and behaviour through play	Safe space to express who they are feeling
Bereavement/loss/ Separation- started work on these	Explore current and or past issues	Worked through issues, explored impact these issues were placing on young person

After six weeks a review is carried out which leads to a revised plan that identifies further needs. This review is as follows:

Need	Action	Purpose outcome/Impact
More individual work in Cumas	Continue weekly	Keep communication open & keep working on issues
Join a group of peers of similar age- isolated as feels only young people in situation	Group on once weekly	Peer interactions Not feeling isolated
Parents to link in around parenting issues	Weekly appointments	Preparation for parents plus course
Other needs identified – mental health issues/speech & language/drug services/programmes	Explore what support Cumas can offer & if Cumas cannot provide this service referral made to other services Interagency meeting held	Ensuring best outcomes for family members Interagency approach Ensuring all needs met Ensuring all supports put in place Ensuring all family members needs are met

## 2.9 Group Work

On completion of individual work, as needs are identified a group is formed, normally with 4-6 participants. The group is created with a specific topic to be covered. Groups encourage peer interactions and social skills, while working on specific areas/issues. Child/adolescent, parent/ guardians and grandparents all attend groups. All Cumas staff are fully trained in the Parents Plus parenting programme. Parenting groups take place at regular intervals in a large group setting or on a one to one basis with parents. Parents' support is an essential part of Cumas work.

The following group work has been facilitated by Cumas staff

Input	Outputs	Outcomes
<b>Group 1</b>		
Social Skills Group for 6-7 year olds mixed gender group- 4 participants Staff created a safe space for young people while working with the family to put a routine in place to overcome chaos in home life.	<ul style="list-style-type: none"> <li>• 4 participated in group activities, sensory play, therapeutic games/tasks</li> <li>• Improve social skills through play, and through group participation</li> <li>• Thrived on group routine and structure</li> <li>• Staff built relationships with young people</li> <li>• All very high needs – social skills very poor</li> </ul>	<ul style="list-style-type: none"> <li>• Improved confidence</li> <li>• Improved social skills – eye contact, able to sit, able to concentrate, able to take part in group activities</li> <li>• Improved social skills reported back from schools</li> <li>• Improved engagement of families</li> <li>• Improved interaction with Staff</li> <li>• One participate with high needs provided with play therapy after group ended</li> <li>• Two participates finished with service</li> <li>• One participate continued individual work with family worker</li> <li>• All participants engaged with family sessions with parent/guardians/siblings</li> </ul>
<b>Group 2</b>		
11/12yr group – mixed gender Separation/loss group Exploring changes Using activity/art Group started September 2016	4 participate in group Use of art/group activities & discussions Group forming All had major changes in life explored these Built resilience/good peer relationships	<ul style="list-style-type: none"> <li>• Improved relationships in group</li> <li>• Confidence built in all</li> <li>• Explored changes, impact of these and coping skills</li> <li>• Resilience built in all</li> <li>• Peer understanding</li> <li>• Focused on activity, completing tasks</li> </ul>



Group 3		
<p>Teenage girls group 5 participants January – September 2016 4 participants September-December 2016</p>	<ul style="list-style-type: none"> <li>• Structured group rules</li> <li>• Same structure each week</li> <li>• Ice breakers</li> <li>• Build relationship</li> <li>• Identify needs- form plan</li> <li>• Real U/internet safety/relationships</li> <li>• Mental health</li> <li>• Healthy eating</li> <li>• Personal development</li> <li>• Yoga/laughing yoga</li> <li>• Communication</li> <li>• Fundraising – bag packing</li> <li>• Overnight – Wexford</li> </ul>	<ul style="list-style-type: none"> <li>• Confidence built in all</li> <li>• All completed junior certificate – all continue in full time education</li> <li>• One participant finished with service</li> <li>• Better understanding of mental health and minding own mental health</li> <li>• Healthy living promoted through eating and yoga</li> <li>• Stress management – exam</li> <li>• All received individual support along with group</li> <li>• Good relationship with staff</li> <li>• High attendance rate</li> <li>• One participant referred to mental health service OCD tendencies- support in this symptoms have lessened</li> <li>• New experiences – trips out, overnight first time many of them away from home</li> <li>• Understanding of value for money, had to earn money for trips, etc</li> <li>• Good peer relationships formed, great peer support</li> </ul>
Group 4		
<p>Teenage mixed group 5 participants 14/15year olds January – September 2016</p>	<ul style="list-style-type: none"> <li>• Structured group rules</li> <li>• Same structure each week</li> <li>• Relationship building</li> <li>• Sex education/Relationship</li> <li>• Drug education</li> <li>• Alcohol education</li> <li>• Organisational skills</li> <li>• Planning for future – goal setting using art- vision boards</li> <li>• Personal development</li> <li>• Education</li> <li>• Community supports explored with all i.e –football teams, dancing</li> <li>• CV – part-time work</li> <li>• Fundraising bag packing, no uniform day/raffle organised by participants</li> <li>• Trip away to Liverpool, went by plane staying for three days</li> </ul>	<ul style="list-style-type: none"> <li>• 4 of group completed junior cert, 1 participant completing this year, all continue with full time education</li> <li>• Links with all schools and interagency work between Cumas and schools</li> <li>• Great attendance from all</li> <li>• Clear goal setting from all, future education/career</li> <li>• A lot of harm reduction around alcohol use, as some identified partaking drinking alcohol</li> <li>• Organisational skills really improved in all aspects, Cumas, school, home, demonstrated greatly during fundraising and trip away</li> <li>• Concept of earning money</li> <li>• Trip away new experience, first time on plane for some</li> <li>• 1 participant linked with CAMHS, family supported around this</li> <li>• Great peer support system</li> <li>• All linked with community activities, football teams, dancing, youth service</li> <li>• Three participants have finished with service</li> <li>• One participant attends for individual work with family support worker</li> <li>• One participant joined another girls group</li> <li>• All attended review with parents, closing meeting</li> <li>• Two participants while in school also have part time jobs</li> </ul>

Group 5		
<p>Teenage girls group 5 participants 16/17year old Began September – present</p>	<ul style="list-style-type: none"> <li>• New group – forming</li> <li>• Vision boards, CV preparation, goal setting</li> <li>• Healthy eating</li> <li>• All high needs- family situation</li> <li>• Mental health</li> <li>• Build resilience</li> <li>• Relationship building</li> <li>• Communication</li> <li>• Build peer relationships and supports</li> <li>• Alcohol and drugs education</li> <li>• Exploring gender- as young women</li> <li>• Exploring family situation – all have had major changes, separation / loss/bereavement – use of group discussion, art to explore more</li> </ul>	<ul style="list-style-type: none"> <li>• Forming well</li> <li>• Great attendance</li> <li>• All attending individual sessions as well as group as needs high</li> <li>• One participant referred to mental health service</li> <li>• All continue in education, four in full time education and one in youth reach, links made and interagency approach with education service with Cumas staff</li> <li>• Harm reduction around alcohol use especially at weekends, exploring age appropriate activities as some participants involved in older activities at weekends – pubs/clubs</li> <li>• Openness in group about family situation, coping skills around this self-care</li> </ul>
Group 6		
<p>New Teenage Group 4 young people – girls</p>		<ul style="list-style-type: none"> <li>• New group formed</li> <li>• Identified members of group</li> <li>• Group plan drawn up</li> <li>• Roles within group</li> <li>• Got four teenagers to engage</li> <li>• Understanding of sex education, space to explore relationships</li> <li>• Internet safety- involved working with Community Garda, better understanding of social media</li> <li>• Mental health</li> </ul>

Programmes used with groups		
Drug & Alcohol education Exploring the community <u>These programmes were used with teenagers groups;</u> <ul style="list-style-type: none"> <li>copping on programme</li> <li>speak easy</li> <li>Real u</li> <li>Drug /crime awareness</li> </ul>	<ul style="list-style-type: none"> <li>Create safe place</li> <li>homework/study plan devised for each young person/after school activities explored</li> <li>Discussion based workshops on their understanding the facts &amp; myths to drugs and alcohol.</li> <li>Interview people</li> <li>Completed a project on drugs and alcohol</li> <li>Copping on programme</li> <li>Issues discussed around bullying</li> <li>Interview people</li> <li>Cyber bullying workshop with local</li> <li>homework/study plan devised for each young person/after school activities explored</li> </ul>	<ul style="list-style-type: none"> <li>Better understanding and knowledge of facts regarding drugs and alcohol</li> <li>Better understanding of their community</li> <li>Parents and young people have a much better understanding of internet safety and use</li> <li>Kept safe because contact continued over the summer</li> <li>Coping skills learnt</li> <li>Young peoples' awareness heightened over the impact of bullying</li> <li>understanding of internet safety and use</li> <li>Kept safe because contact continued over the summer</li> <li>Coping skills learnt</li> <li>Young peoples' awareness heightened over the impact of</li> </ul>

### Feedback from teenagers group

*"Was great, made great friends"*

*"Had someone to listen to me, helped me with school, stood up for me"*

*"Loved doing the fundraising it was ours we worked for it and got to go away "*

*"Helped me stop being so angry all the time, made me da listen to me"*

Parent Support Group		
Parents Support group Adult (6) – 6 females Aim to develop support group for parents who are linked to Cumas service	<ul style="list-style-type: none"> <li>The group meet fortnightly and then increased to weekly on request of participants.</li> <li>Numbers attended support re parenting</li> <li>Sessions covered</li> <li>Safe environment</li> <li>Develop new skills</li> <li>Cookery</li> <li>Jewellery making</li> <li>Art &amp; Craft</li> <li>Fundraising for the group</li> <li>Gardening</li> <li>Healthy eating</li> <li>Stress management</li> <li>Laughter Yoga</li> <li>Educational trip out</li> </ul>	<ul style="list-style-type: none"> <li>New support system with peers</li> <li>New and improved confidence to try new things</li> <li>New ideas</li> <li>New sense of purpose working together to raise funds for a trip away</li> <li>Improved self –care</li> </ul>

Parents Plus		
Parent Plus programme develops practical, evidence-based parenting skills	<ul style="list-style-type: none"> <li>• 10 parent started</li> <li>• 8 completed</li> <li>• Peer support</li> </ul>	<ul style="list-style-type: none"> <li>• Improved parenting skills</li> <li>• Improved confidence in their parenting skills</li> <li>• Improved daily routine</li> <li>• Improved communication</li> </ul>

### ***Feedback from parent support group members***

*“It gets us out every week, made new friends”*

*“It has brought me out of myself”*

*“We learned new skills”*

*“It gives you confidence to do new things “*

*“Me-Time, a space for ourselves*

This year the Cumas Project offered additional support in the form of family therapy, and play therapy. The rationale for doing so was a holistic approach in response to the needs of families that could not be met in other organisations within the timeframe because of their waiting lists. The process of engagement was also much better because the families are already involved with the service and have a relationship with staff, so coming to the building for family therapy, counselling or play therapy was easier than getting familiar with another organisation.

The table below gives the breakdown of these therapies:

Inputs	Outputs	Outcomes
<b>Family therapy</b>		
2 sessions per week 8 families engaged	<ul style="list-style-type: none"> <li>Two family sessions once per week</li> <li>Number of families (8)</li> <li>Families come together to deal with complex issues</li> <li>Safe space</li> <li>6/8 weekly reviews with family, Cumas family keyworker and family therapist, all information discussed with permission of family</li> </ul>	<ul style="list-style-type: none"> <li>Improved communication</li> <li>Families supported to bring about change</li> <li>Staff supported families to maintain changes</li> <li>Ensuring best outcomes for all, clear work plan, goal setting, ensuring that Cumas staff give support where needed</li> <li>Ensuring therapy is appropriate and is meeting needs of family</li> </ul>
<b>Play Therapist</b>		
<b>Provided to 3 (children) - existing service users</b>  3 children were offered therapy based on the needs of their family for twelve weeks	<ul style="list-style-type: none"> <li>Play therapist worked with the children giving support to deal with family circumstances, complex issues</li> <li>Child and family continue to engage in Cumas service, most would have completed individual work but felt the need additional support to deal with complex issues</li> </ul>	<ul style="list-style-type: none"> <li>Improve understanding.</li> <li>Safe space</li> <li>Works at young person's pace they take the lead</li> <li>Time to work through issues in a non-threatening environment</li> <li>Less angry, better communication, happier, new coping skills,</li> </ul>
<b>Food Bank</b>		
The service has developed links with the Crosscare foodbank and has established a pilot service in which 8 families pay a set amount and receive food once fortnightly.	<ul style="list-style-type: none"> <li>8 Families</li> </ul>	<ul style="list-style-type: none"> <li>Support Families out of food poverty</li> <li>Less finance stress</li> <li>Improved nutrition</li> </ul>

### **2.10 Cumas Further Plans**

- Continue to engage families from all areas of Clondalkin that are affected by drug use.
- Provide professional, structured and needs led interventions.
- Provide individual work for children, teenagers and adults.
- Continue to increase the number of families which access the service or are referred to the service.
- Continue to provide needs led groups which are reviewed on an ongoing basis.
- 2017 groups planned include; parents support group, parents plus, two teenagers groups, working things out mental health programme for teenagers. As needs arise new groups will be formed.
- Continue to work on an interagency approach offering supports and interventions as deemed necessary with statutory and non-statutory agencies ensuring best outcomes for families.
- Staff to sit on various committees relevant to Cumas work to represent the project.
- Continue to develop and review the interventions offered to families.
- Work on an interagency approach offering supports and interventions as deemed necessary with statutory and non-statutory agencies ensuring best outcomes for families
- Staff to engage in training relevant to their work on an ongoing basis such as; Children's First Policy and Guidelines and any other training deemed relevant.

### **3 Neart Le Chéile- Cairdeas Project**

Cairdeas is a community based organisation which offers services to those who use drugs.

The project works to community development principles and adopts a person centered approach to its work. We promote harm reduction and seek to promote the full participation of people who use drugs in their community in order to break down the barriers to social inclusion. Cairdeas operates a low threshold service. Our services are as follows:

- An Advocacy Service
- SUDS ( a forum for people who use drugs)
- Stepladder Training Course.

#### **3.1 The Advocacy Service**

The Cairdeas Project Advocacy service is an ongoing process aiming to change attitudes, actions and policies by influencing people and organisations with power systems and structures at different levels for the betterment of those who use drugs. The service operates on a case by case basis in which staff will advocate on cases as they present to the project.

The Advocacy service has dealt with a range of issues in 2016 which include:

- Homelessness/housing/tenancy
- Access to education/training/employment
- Access to treatment health and medical services
- Access to social welfare payments and appeals
- Legal issues
- Family and relationship issues
- Access to Treatment

### Area profile of those using the Advocacy Service

	North Clondalkin	South West Clondalkin	Lucan	Other
Females	11	9	3	1
Males	34	8	2	2

### Aim 1: Advocacy Service

Action	Outputs	Outcomes
<p>Provide an Advocacy Service to those who use drugs or have a history of drug use on a case by case basis</p> <p>Advocate on behalf of person until the case is either resolved/ or satisfactory outcome sought/ or the person is in a position to advocate on their own behalf.</p>	<ul style="list-style-type: none"> <li>70 people accessed the service of which 58 were new service users</li> <li>individual issues interventions carried out on behalf of people</li> <li>issues re SDCC , 8 housing list 1 transfer/ 4 homeless list / rent arrears/ 3 tenancy agreement/ 1 RAS accommodation</li> <li>32 Service Users received general support through the advocacy service such as daft website ,debt management ,bus pass, family issues, plus other types of family support</li> <li>regarding CWO involvement ( 1 Clothing grant, 3 rent allowance )</li> <li>6 relating to entitlements – 2 social welfare payment/ 1 Social welfare allowance /1 guardians payment/1 change of post office /1 information on one parent family payment</li> <li>relating to probation &amp; welfare</li> <li>rehabilitation - Community employment referrals/ Addiction key work referral</li> <li>5 Harm reduction 2 needle exchange, 2 wound care, cannabis use</li> <li>6 cases treatment/Counsellor</li> <li>31 cases education/training</li> </ul>	<ul style="list-style-type: none"> <li>8 Service Users accessed housing list 3 of these with a view to getting rent allowance</li> <li>3 Homeless service users accessed hostels</li> <li>3 Assess to choice letting in SDCC with support of staff</li> <li>1 person maintained their tenancy with SDCC</li> <li>2 new bus passes</li> <li>3 Referral to /from LES</li> <li>13 Service users now accessed entitlements</li> <li>4 referral meetings attended</li> <li>8 Reports for court</li> <li>5 accessed other services</li> <li>1 Cumas family support</li> <li>3 Counsellor in CASP</li> <li>2 counsellor / key worker</li> <li>24 Stepladder training</li> </ul>



Offering the advocacy service to those who use drugs enables the project to engage with service users while keeping informed of the issues they face in order to feed into policies. It allows the staff to build relationships with the service users. The project staff works to build relationships with other agencies in order to make the service more accessible to service users.

The process continues until such time as the issue is resolved or until the service user is ready to advocate for them.

### **3.2 Stepladder Training Programme**

Stepladder targets people who use drugs, who are on a Methadone programme or are drug free, although some are not necessarily stable in their drug use. The majority of people accessing the programme have not participated in any form of training or further education since they left school. Almost all of the people are early school leavers.

The aim of the training is to create opportunities for people to build their skills in education and training while building their confidence and self-esteem. The training provides participants with not only a routine in their daily lives but also a social outlet with their peers in a new challenging environment in order to affect their lifestyles. The training programme itself fits into the early stages of the continuum of care model.

The Stepladder Programme was reviewed in 2011 “Review of Stepladder Training Programme within the Cairdeas Project: Stepping Forward Confidently.” By Michael Kenny, NUI Maynooth.

In 2015, twenty four people were offered training through the Stepladder Programme.

## AIM 2: Stepladder training programme is pre-development training

The following table illustrates progress:

Action	Output	Outcomes
To deliver Stepladder training course in South West Clondalkin to Twelve participants <u>Modules covered:</u> <ul style="list-style-type: none"> <li>Stress management</li> <li>Personal Development Programme</li> <li>Adult Literacy</li> </ul>	<ul style="list-style-type: none"> <li>12 participants started in May 2016 in the South West Clondalkin</li> <li>6 Participants completed the following               <ul style="list-style-type: none"> <li>Step programme</li> <li>Personal Development</li> <li>Stress Management &amp; Self Care</li> <li>Art</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Participants self-esteem and confidence has improved</li> <li>Improved interpersonal skills</li> <li>literacy assessment carried out and referrals made to Adult Learning Centre (2 Participants on literacy course)</li> <li>Increased awareness of further education and training opportunities</li> <li>Participants ability to participate in education has improved</li> <li>participants progressed to LTI Programme in Ballyfermot (through Dochas)</li> <li>Participant in the process of community employment with Bluebell Recycle (through CASP)</li> <li>Participants became members of SUDS</li> <li>12 participants completed the pilot NDRIC assessment form</li> <li>1 participant linked to Counsellor</li> </ul>
To deliver Stepladder Training Course in North Clondalkin to 12 participants <u>Modules covered:</u> <ul style="list-style-type: none"> <li>Step</li> <li>Personal Development</li> <li>Art</li> <li>Stress Management</li> <li>Adult Literacy</li> </ul>	<ul style="list-style-type: none"> <li>12 participants started in September 2016 and 8 completed December Modules covered               <ul style="list-style-type: none"> <li>Steps</li> <li>Personal Development</li> <li>Stress Management &amp; Self Care</li> <li>Art</li> <li>Literacy</li> </ul> </li> </ul>	
To offer an advocacy service to participants on Stepladder training	All stepladder participants availed of the Advocacy Service in Cairdeas in 2015	Service users completed training as a result of being supported through the advocacy service

In 2016 at the end of each course participants took part in an evaluation and the following is a number of comments they made:

*“Very educational, learned a lot of new things and made new friends”*

*“The course got me back into a routine and gave me structure, it opened my mind”*

*“Steps was Brilliant, I just wish it lasted longer”.*

*“Very good course, I struggled at the beginning with my reading and writing but had links made to follow this up with supports.*

*“New tools to overcome my anxiety” “Brilliant – I did not know what to expect but enjoyed whole course”*



### **3.3 SUDS**

SUDS (Service Users Developing Solidarity) is a collective response by those who use drugs on the issues that affect their lives. It brings together people to act as a voice for those who use drugs to lobby for services and bring about change where needed. This is a low threshold service and is open to people at any stage in their addiction.

This group supports members to build their skills and confidence and to facilitate their participation on relevant committees. This allows drug users to voice their opinions on services for drug users. The forum provides training in Harm Reduction Methods and offers peer support to members.

### Area profile of members of SUDS (2016)

Gender	North Clondalkin	South West Clondalkin	Lucan	Total
Males	6	0	2	8
Females	0	1	1	2

### Aim 3: SUDS- Service Users Developing Solidarity

The following table indicates their progress

Action	Outputs	Outcome
<ul style="list-style-type: none"> <li>SUDS meets weekly for a total of 48 weeks</li> <li>15 weeks of Drama workshops</li> <li>Work with a director to develop a new Script 'The "Bus Stops here'</li> <li>Made the Film</li> <li>Worked on post –production</li> <li>Workshops on Ireland politic system</li> <li>Work shop on how to vote</li> <li>Understanding party politic manifesto</li> <li>Facilitation skill developed By each member, who developing their workshop and presenting to group</li> <li>Review&amp; planning sessions on the work of SUDS</li> </ul>	<ul style="list-style-type: none"> <li>In 2016, 10 members were participating in different forms at the forum with a core group of 6 attending regularly.</li> <li>1 New members attended Drama workshops</li> <li>6 Members preformed acts In the new film</li> <li>6 people attend workshop</li> <li>1 member participated in workshop on the un day poverty as follow up to work done with Community Platform</li> <li>1 member attended the workshop s organised by the CD&amp; ATF on physio- active drugs</li> </ul>	<ul style="list-style-type: none"> <li>Stronger group</li> <li>Increased confidence levels</li> <li>Greater profile of suds</li> <li>Greater understanding of film making process</li> <li>New opportunities</li> <li>Greater understanding of acting process</li> <li>Continue to build alliances</li> <li>Clearer understanding of politic system</li> <li>Member progressed to 3<sup>rd</sup> level Course in Addiction</li> <li>A Member entered Residential Treatment Centre using SUDS as support while waiting for a place.</li> </ul>

### Feedback from members of SUDS

What difference has the group made to you outside?

- Went on to further education.
- Aided my rehabilitation.
- Supported me to secure employment.

- Gave me the confidence to take on new challenges.
- Has inspired me to work in the field of addiction.
- Has ignited my passion for creativity and discipline.
- Improved my time keeping.
- Improved self- awareness.
- Gained the ability to not give up when things become difficulty.
- Gained a confidence that has allowed me to take on new things such as training/ courses

## 4 Networking and Co-ordination

The project also engages in networking and co-ordination in order to influence and support organisations who offer services for those who use drugs and their families. We participate in structures which bring together organisations to have a collective say in the area, by participating on local Fora to highlight the needs of service users and to work with the local community to find solutions to the issues that Clondalkin faces.

### 4.1 To engage in Policy work and Networking

Action	Outputs	Outcomes
<b>Policy</b>		
To engage with other organisations , agencies and networks at a collective level to bring about changes at policy level and perhaps Co-ordination	<ul style="list-style-type: none"> <li>• Attend Clondalkin Drug Task Force</li> <li>• Attend Treatment and Rehabilitation Sub-Group of the Clondalkin Drugs Task Force</li> <li>• Attend the prevention subgroup of Clondalkin Drug Task Force</li> <li>• Family support network meetings</li> <li>• Attend Clondalkin Community Health House meetings</li> <li>• Spideog</li> </ul>	<ul style="list-style-type: none"> <li>• Influenced policy in relation to drug services locally</li> <li>• Influenced funding to the benefit of drug users</li> <li>• Influence services for families.</li> <li>• Improved interagency approaches</li> <li>• Engage young people/be aware of issues facing young people at risk of losing places in education</li> <li>• Work on interagency approach to best support young people &amp; their families</li> </ul>

To ensure the issues concerning the drug using community are voiced until such time that the forum members are able to participate at this level	<ul style="list-style-type: none"> <li>• Actively participated in South West Clondalkin Community Safety Forum</li> <li>• Work on a range of issues</li> <li>• Profile of Cairdeas Project in the broader community</li> <li>• Anti-social behaviour</li> <li>• Social exclusion etc.</li> <li>• Stronger Links with the Gardaí</li> </ul>	<ul style="list-style-type: none"> <li>• To continue to build relationships with the community in south west Clondalkin as the Project does not have a permanent presence in that area.</li> </ul>
<b>Networking</b>		
Community Platform PPN	<ul style="list-style-type: none"> <li>• Attend Community Platform</li> <li>• Social inclusion</li> </ul>	<ul style="list-style-type: none"> <li>• Joined new structure to participate in order to work to improve social inclusion.</li> </ul>
Joint Policing Committee	<ul style="list-style-type: none"> <li>• From the PPN linkage group elected to JPC</li> </ul>	
Community Networking	<ul style="list-style-type: none"> <li>• Attend monthly networking lunch meetings to gather information and keep updated on various organisations</li> <li>• Presentation on Cairdeas Project facilitated at network lunches</li> </ul>	<ul style="list-style-type: none"> <li>• Greater understanding of issues such as domestic violence, suicide, rehabilitation, support agencies to support the work of the service</li> <li>• Better links developed with relevant agencies to benefit the service</li> <li>•</li> </ul>
Individual agency approaches	<ul style="list-style-type: none"> <li>• Exchange and gather information</li> <li>• Make appropriate referrals as required to agencies such as;</li> <li>• South Dublin County Council. Including RAS team</li> <li>• Local Employment Service</li> <li>• Cumas</li> <li>• Probation and Welfare</li> <li>• HSE- Integration Service</li> <li>• HSE- Addiction Services/</li> <li>• Doctors</li> <li>• Station One</li> <li>• Ronanstown Youth Service</li> <li>• CASP rehabilitation schemes</li> <li>• Child Protection Social Work Department</li> <li>• CAMHS</li> <li>• Pieta House</li> <li>• Carline Centre</li> <li>• Adult Mental Health Services</li> <li>• Teen Counselling</li> </ul>	<ul style="list-style-type: none"> <li>• Service users of the project have gained easier access to these services as a result of the approaches taken by the project</li> </ul>
Attend/host statutory & non-statutory interagency meetings	<ul style="list-style-type: none"> <li>• Case conferences- HSE</li> <li>• School meetings</li> <li>• Public Health Nurses</li> </ul>	<ul style="list-style-type: none"> <li>• Care plans developed and reviewed with all agencies involved to ensure best outcomes for families involved</li> </ul>

	<ul style="list-style-type: none"> <li>• Carline</li> <li>• Social Work Department-Child Protection &amp; Medical</li> <li>• Youth Advocacy Project</li> <li>• Extern</li> <li>• CASP</li> <li>• The Clondalkin Family Support Network</li> </ul>	<ul style="list-style-type: none"> <li>• Ensure each agency is aware of their role when working with families.</li> </ul>
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The impact of this work is that we support organisations who deliver services to those who use drugs, and also to influence their policy for the betterment of our service users. We also aim to co-ordinate work between organisations and to work to have a collective response to issues as they arise.

The staff aims to maintain a good working relationship with staff in other organisations in order to support the work of the project, which can create challenges as it may question organisations policies and practices.

Neart Le Chéile is affiliated to a number of organisations that would be supportive of its work including:

- Amnesty International
- South Dublin Rights Platform



## 5 Neart le Chéile Governance

### 5.1 Neart Le Chéile Board of Management

Name	Role	Organisation	From	To
Michelle Kearns	Director	South Dublin County Partnership	2012	Present
Andy Lane	Director	South Dublin County Council	2012	Present
Patricia Reynolds	Director	Dochas	2012	Present
Marian Reilly	Director (Chair)	Cumas representative	2012	Present
James Gavigan	Director	SUDS representative	2012	2016

### 5.2 Members

Member of Neart le Chéile	Became Member	Resigned as Member
Caroline Ni Chaitain	21 <sup>st</sup> November 2012	
Pat Dunne	21 <sup>st</sup> November 2012	
James Gavigan	21 <sup>st</sup> November 2012	16 <sup>th</sup> December 2016
Sharon Harty	21 <sup>st</sup> November 2012	
Vincent Jackson	21 <sup>st</sup> November 2012	16 <sup>th</sup> May 2016
Michelle Kearns	21 <sup>st</sup> November 2012	
Andy Lane	21 <sup>st</sup> November 2012	
Marion Reilly	21 <sup>st</sup> November 2012	
Patricia Reynolds	21 <sup>st</sup> November 2012	
Peter O'Neill	18 <sup>th</sup> December 2012	24 <sup>th</sup> June 2014
Doreen Carpenter	24 <sup>th</sup> June 2014	
Gaye Kelly	24 <sup>th</sup> June 2014	

### 5.3 Staff of Neart le Chéile

Name	Project	Role	From	To
Ann Corrigan	Neart le Chéile/ Cairdeas	Co-ordinator	2012	Present
Lisa Collins	Cairdeas	Project Worker	2012	Present
Liz Fitzsimons	Neart le Chéile / Cumas	Team Leader	2012	Present
Siobhan Gaffney	Cumas	Family Worker	2012	Present
Sinead Campbell	Cumas	Child/ family Worker	2012	Present
Vivienne Nolan	Cumas	Family Worker	2012	Present
Orla Ryan	Cumas	Family Worker	2012	Present
Elaine O'Keefe	Cumas	Family Worker	2013	Present
Ciaran Gilligan	Cumas	Family Worker	2014	2014
Debbie Keogh	Neart le Chéile	Receptionist	2012	Present
Delcan Geraghty	Neart le Chéile	Bus Driver	2016	Present
Darren Farrell	Neart le Chéile	Tus Bus Driver	2015	2016
Joy Winterbottom	Contracted by Cumas	Family Counsellor		
Catherine Roche	Contracted by Cumas	Play Therapist		



#### 5.4 Funding sources

Source	Funding	Funding
HSE / Clondalkin Drug Task Force	Cumas	Cairdeas
Once off grants Clondalkin Drug Task Force	Cumas	
Golf Classic	Cumas	
Department of Social Protection	Cumas	
Family Support Agency	Cumas	
Create the Irish Film Board		Cairdeas
Clondalkin Credit Union	Cumas	
ESB	Cumas	



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## **6 Financial Summary**

Neart Le Chéile took over the financial responsibility of Cairdeas and Cumas following the transfer from Clondalkin Drug Task Force at the end of 2012. Neart Le Chéile employs a part time financial administrator to manage the finances and report to the Board. Payroll is sub contracted out to a private contractor and the finances are overseen by the Finance sub- committee of the Board of Management.

Neart Le Chéile has completed its financial audit for 2016 and the following extracts are taken from the Director's report and Financial Statements for the year ended 31<sup>st</sup> December 2016 and approved by the Board on the 29<sup>th</sup> April 2017.

**Neart Le Chéile Company Limited by Guarantee**

(A company limited by guarantee, without a share capital)

**SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS****DETAILED INCOME AND EXPENDITURE ACCOUNT**

for the year ended 31 December 2016

	2016 €	2015 €
<b>Income</b>		
Health Service Executive - Cumas Grant	213,584	213,584
Health Service Executive-Childcare/Taskforce Grant	197,446	197,446
Health Service Executive-Cairdeas Grant	77,320	77,320
Health Service Executive - Mental Health Fund	3,000	-
Clondalkin Drugs Task Force Grant Aid	2,025	3,447
ESB-Counselling Grant Aid	5,100	2,100
Department of Social Protection-Healthy Eating Grant Aid	667	5,778
Fundraising Income	6,361	6,606
The Arts Council Grant	8,500	-
Other income	900	5,346
	<b>514,903</b>	<b>511,627</b>
<b>Expenditure</b>		
Wages and salaries	339,685	346,815
Social welfare costs	36,019	36,856
Staff training	138	4,250
Counselling fees	7,560	9,201
Rent	34,000	37,000
Sessional Workers	2,580	-
Insurance	6,056	4,982
Light and heat	4,607	6,185
Repairs and maintenance	7,026	5,728
Printing, postage and stationery	2,456	3,165
Programs	10,469	8,536
Telephone	4,468	4,023
Computer costs	1,817	1,772
Motor and travel expenses	5,032	8,274
Healthy Eating	1,557	1,130
Legal and professional	5,517	-
Accountancy	4,911	5,071
Bank charges	92	124
Step Ladder Programmes	15,663	15,663
SUDS Programmes	7,325	-
General expenses	2,500	5,520
Auditor's remuneration	3,000	1,845
Depreciation	4,012	3,953
	<b>506,490</b>	<b>510,093</b>

## 7. Thank you

The management and staff of Neart Le Chéile would like to sincerely thank all involved for their ongoing support to the very essential services we provide to people in the community. We look forward to the year ahead and endeavour to continue maintaining, delivering and developing these services.

