

# Working for Growth and Recovery in the Community



## The Walkinstown Greenhills Resource Centre

### ANNUAL REPORT 2015

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# WALKINSTOWN GREENHILLS RESOURCE CENTRE

## Annual Report 2015

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## **The Chairpersons Report**

I am very pleased to introduce this Annual Report of the work of the Walkinstown Greenhills Resource Centre's (WGRC) work in 2015. The service was founded as result of the concern of local people about the misuse and selling of drugs in our local areas.

The WGRC continues to be an essential resource to the communities of Walkinstown and Greenhills, providing frontline services such as information; referrals; counselling, family support, education advocacy, training and complementary therapies. Our work also raises awareness in our local communities of the many impacts of drugs misuse. In 2015 the organisation built on the stability and quality of the work previous established. The theme of 2015 was very much about consolidating the very good work and reputation of the organisation within the community. There was a change in personnel mid way through the year, when our highly valued senior counsellor / pysotherapist, Claire Smart, left to pursue other career opportunities. This upheaval was weathered well by staff and service users and brought about the addition of new staff and new roles with new energy and committment.

The Centre continues to go from strength to strength and the organisation is constantly alert to responding to new and emerging needs within the community. I particularly wish to thank all of the staff team, those that provided counselling, administration and back up support, the student counsellors and the complementary therapists and all those that volunteer their time to support the work of the Resource Centre. My final words of thanks are to my colleagues on the Board of Directors. We are very fortunate to have the expertise they bring and their commitment to the Walkinstown Greenhills Resource Centre.

**Bernadette Stokes**

**Chairperson**

## **The Managers Report**

In 2015 the Walkinstown Greenhills Resource Centre (WGRC) continued to deliver services to individuals and families experiencing the myriad of challenges that come with drug and alcohol misuse and addiction. Apart from the addiction itself these challenges include issues such as broken relationships, debt, homelessness and criminal activities.

In this year 184 adults and children benefited directly from the range of services we offered. The primary focus of our day to day work is the provision of a service that responds to addiction by providing appropriate rehabilitation programmes. In this year service users sought support to deal with their addiction or that of a close family member or partner. Others sought help for issues of bereavement, separation and loss. Many interventions that are offered to vulnerable persons reduce the risk of future addiction. These interventions provide skills for life from the learning process of the therapeutic relationship. In 2015 we also provided additional responses for the adults and teenagers that were under particular stress by providing educational programmes suited to their needs.

We are funded almost exclusively by the Dublin 12 Local Drugs Task Force through the Department of Health and Children. This funding is directed at work that addresses drug and alcohol misuse through a range of pillars named by the National Drugs Strategy as; Education / Prevention; Supply Reduction; Treatment; Rehabilitation and Research. The work of the Resource Centre fits within the Rehabilitation pillar in the main while some elements of our work such as awareness raising fits within the Education /Prevention pillar.

In addition to this funding we secured additional resources from Electric Ireland to work in collaboration with the Dublin 12 Community Mental Health Forum, towards the development of services for those with mental health difficulties. This is much needed work which we hope to develop further in the coming year.

**John Davis**

**Manager**

## **The Walkinstown Greenhills Resource Centre**

The need for a community based Resource Centre was identified in 1999. At that time some residents from the communities of Walkinstown and Greenhills were concerned about young people drinking in local parks and the use and selling of drugs in their areas.

They formed a working group that included representatives of the local Gardai, Youth Services and Residents Groups. Research was carried out to identify possible responses to drugs misuse with local schools, local health centres and community representatives. From this work the Walkinstown Greenhills Resource Centre was founded with the aim to provide services and interventions that would address drugs misuse.

### **The Organisation's Aims and Objectives**

The overarching philosophy of the Walkinstown Greenhills Resource Centre is that by providing the individual in need with the appropriate intervention we build the capacity of the individual to recover and change their lives. This improvement for the individual changes the dynamic of the family in distress and in turn brings positive change for the community. This approach also informs the interventions offered by the Resource Centre to other members of the Walkinstown and Greenhills communities that seek help. The Resource Centre celebrated its 10<sup>th</sup> Year Anniversary in May this year.

The aim of this project is captured in our mission statement, which is “to assist the local community through a holistic approach to take responsibility for drug related issues and address the cause and symptoms of substance misuse in the area.”

We achieve this broad aim through five strands of work. At the first level we provide information, advice, support and referral to our local communities. The next strand is our primary focus and it is the provision of direct one to one counselling for rehabilitation from addiction. We prioritise these clients and their families and also offer complementary therapies that support their recovery.

As we are a community based service we also provide counselling for bereavement and therapeutic support for those that experience parental separation.

## **Organisational Structure**

### **Walkinstown Greenhills Resource Centre**

#### **Board of Directors**

Six Directors plus one with an advisory role

#### **Core staff team**

Manager; Project Worker; Key Worker

Administrator; Family Support Worker

#### **Sessional Team**

6 Counsellors and 1 Complementary Therapist

(All above are contracted on an hourly basis)

#### **The staff team in 2014**

Manager	John Davis
Project Worker	Claire Smart
Key Worker	Ann Nugent
Family Support Worker	Dermot Phillips
Administrator	Tracy Hunt
Education Advocacy	David Bradley
Receptionist	Patricia Kearney & Beatrice Finn
Caretaker	Niall Murray & Peter Mackey

<b>Student Counsellors</b>	<b>Student Counsellors</b>	<b>Complementary Therapist</b>
Pamela Kavanagh	Natalie May	Sonya Keogh
Brendan Markey	Brendan Gaynor	<b>General Assistant</b>
Diarmuid O'Connell	Claire Quinn	Patricia Bennett

## **An overview of the services in 2015**

### **Introduction**

In this year one hundred and sixty three people from the communities of Walkinstown, Greenhills and the wider Dublin 12 areas benefitted directly from engagement with the services offered by the WGRC. For example seventy one clients engaged in a one to one therapeutic programme with a counsellor; the majority sought help in dealing with their addiction or that of a close family member; others sought help for issues of bereavement, separation and loss.

A further thirty five people were provided with support interventions under the headings of parental support for teenagers; crisis interventions for individuals and families; complementary therapies and stress management programmes. We provided education and support programmes for thirty seven parents and teenagers that were at particular risk. Information, advice and support visits were provided to local services, schools and community groups.

### **Information advice and referral**

At the WGRC the Key Worker helps the service user to identify the particular support they need at the time they engage with us by offering information and advice. They are then supported to identify what short and longer-term supports are possible and appropriate in their current circumstances.

If the service user presents with issues that relate to the misuse of drugs, alcohol, bereavement or family distress they are then engaged in an initial interview. The Key Work interview is the first step in identifying the type of counselling, complementary therapy or support programme that the WGRC can offer the person.

At times referrals are made to other agencies if the Resource Centre does not have the capacity to respond to the particular client or if for example there is an appropriate service nearer where they live. Additional supports are provided by our Project Worker who is a trained Counsellor.

The Key Worker and Project Worker also give information on a broad range of services and supports that are provided by statutory and voluntary agencies in our local communities. The Resource Centre has formal and informal links with local Health Centres, Home School Liaison Officers, Social Workers, Community Gardai, the Citizen's Information service and the local Money Advice Bureau service (MABS)

### **Counselling and Complementary Therapies**

As noted above the WGRC has a staff member who is a trained counsellor and additional counsellors are contracted on an hourly basis. It is one of the strengths of the service that a range of therapeutic approaches are on offer. Members of the team have been trained in approaches that are informed by for example the Schools of Psychodynamics, Humanist-existential and Cognitive Behavioural Therapies.

Complementary therapies are another response to addiction or distress that the WGRC offers to those that attend the service. The therapies on offer include for example reflexology, acupuncture, Holistic and Indian head massage as well as advice on the management of stress.

### **Raising awareness of drugs misuse in Dublin 12**

Each year the staff team of the WGRC are involved in raising awareness of drugs misuse. In particular during the Dublin 12's Local Drugs Task Force's Drugs Awareness Week. In 2015 the team were involved in promoting Drug Awareness Week through the provision of outreach information, awareness raising workshops and participation in a range of fun events throughout the week.

They also planned and promoted a drama event for local residents and a drama and discussion targeted at secondary school pupils. The amateur drama group produced a play called "Bring Him Back Alive" which focused on suicide amongst young persons.

The play was performed in the hall of the St Augustine's Secondary School and was attended by approximately 300 people. The play was promoted through youth groups and local schools within the Dublin 12 area and raised a lot of discussion within these fora.

## **Developments and changes in 2015**

### **Premises**

In this year the Board of Directors continued to explore the possibility of a more suitable building for the WGRC as the present location presents some difficulty with establishing greater visibility within the community and limits our capacity to deliver services. However, consultations were carried out with key stakeholders that indicated a good level of support for our existing premises, and in particular the level of anonymity which the present location offered. Consequently, this preference must be factored into future plans concerning WGRC premises.

### **Educational support for service users**

The WGRC recognises the ongoing need for information and education around drug misuse and to address this need we provided a series of workshops and information sessions on a wide range of topics relating to the broad area of drug misuse. These sessions were provided by experienced practitioners and were well received by our service users.

In September we set up a Support Group that was facilitated by a therapist in order to provide a confidential reflective space for family members experiencing particular stresses.

### **Family Support Programme**

The organisation has successfully established a Family Support Group to provide support to members who are contending with the consequences of a family member's drug and/or alcohol misuse. There are 14 members in the group and they meet every Tuesday evening, supported by a family support worker who assists with facilitation and the organising of activities. In addition to the core work of peer led support, the group has developed a family support programme which covers a range of areas relating to personal development and education and which is aimed at reducing the impact of addiction / substance misuse on the family as a whole.

## **Staff changes in 2015**

In June 2015 Jessica Keye and Michelle Buckley joined the staff team as part time project workers. Both of whom bring a wealth of experience and skills to the work of the organisation. As part of these personnel changes Dermot Phillips was promoted from part time counsellor / psyscotherapist to a full time position. After a period of settling in the new team are now well established we look forward to further stability and growth in the future.

During the year staff attended training and development programmes that related to their work during the year. Some examples are; a refresher course in our obligations under health & safety; training in support for families; children first regulations; training in suicide assist -STORM, training in aftercare support -SMART, employment law and drugs and alcohol studies.

## **Links with other Agencies, Services and Networks**

At the WGRC we get support to deliver our services from the Co-ordinator, Development Worker and Practice Mentor of the Dublin 12 Local Drugs Task Force. The Resource Centre in turn participates in the Local Drugs Task Force's working groups such as the Interagency and Collaboration Sub Group and the Education Prevention Sub Group.

The WGRC is a member of the Walkinstown Greenhills Network which has a broad membership representing diverse groups and organisations. This network elects two members as community representatives to participate in the Dublin 12 Local Drugs & Alcohol Task Force.

During 2015 support was given to and received from a wide range of agencies such as; Local Schools and Youth Services; local Social Work Services; the local Gardai; local Health Care Professionals; the Rathmines Pembroke Partnership; the Canal Communities Partnership; the

Jobs Initiative team; Dublin 12 Congress: the Dublin 12 Mental Health Forum: the Women's Action Group in Crumlin Village: Foroige; and the Voluntary Drugs Treatment Network.

Particular thanks for support are also due to the Community Gardai in Crumlin who provided the transport for a day trips for members of our Family Support Group. Thanks are also due to all those local services and local volunteers who support the organisation every year and contribute to its development. Finally, a sincere thanks to all those involved in the Dublin 12 Local Drug & Alcohol Task Force, for their support throughout the year.

## **WALKINSTOWN GREENHILLS RESOURCE CENTRE LIMITED**

<b>DIRECTORS</b>	Chairperson: Bernadette Stokes
<b>TREASURER</b>	Vivian Mahady  Pat Needham  Fintan Warfield,  Susan McEneaney  Diarmuid O'Connell
<b>SECRETARY</b>	Irene Fay
<b>ADVISORY ROLES</b>	Aoife Fitzgerald (Coordinator of Dublin 12 Drug & Alcohol Task Force)
<b>AUDITORS</b>	Fitzpatrick & Company  16 Bridgecourt Office Park Walkinstown Avenue, Dublin 12
<b>SOLICITORS</b>	Bourke & Company 167/171, Drimnagh Road, Walkinstown, Dublin 12
<b>BANKERS</b>	Bank of Ireland Walkinstown Dublin 12
<b>COMPANY REGISTRATION NUMBER</b>	334239

## INCOME and EXPENDITURE 2015

Income	€238,622.00
Expenditure	€237,363.00
Surplus of income over expenditure	€1,259.00

## Mission Statement



“To assist the local community through a holistic approach to take responsibility for drug related issues and address the cause and symptoms of substance misuse in the area. To develop and implement a range of information and support services that meet the needs of parents, youth at risk and the local community as a whole”

