



Annual Report 2019

WALKINSTOWN GREENHILLS
RESOURCE CENTRE

16 Bridgecourt Office Park, Walkinstown Avenue, Dublin 12

01-4198630 | INFO@WGRC.IE | WWW.WGRC.IE

REGISTERED CHARITY NO 20054885 | CHY NUMBER 15712

Table of Contents

Chairperson's Report	3
Manager's Report	4
Vision and Mission of WGRC	5
Our Year at a Glance	6
Overview of Services	7
Service Provision & Engagement	7
- Substance Misuse Service	9
- Mental Health Service	10
- Family Support Service	12
- Adolescent Support Service	16
- Young Person & Family Support Worker	17
- Mens Shed Development Group	20
- Policy & Inter Agency Work	21
Governance	22
WGRC Organisational Structure	23
Board of Directors	26
Financial Report	27
Acknowledgements	29



The Chairperson's Report



I am pleased to present the 2019 WGRC annual report. As I reflect on 2019 in WGRC I am reminded of its long tradition of responding to the ever- changing landscape in which it operates. Our ability to meet the increasing demands on our services is only possible because of the support we receive from our funders and by engaging and working in partnership.

The demand for our services has increased year on year and we continue to try to keep pace with the demand while ensuring that we continue to deliver a high- quality service.

In 2019, WGRC worked intensively with participants both individually and at group level, so much so we had a 16% increase in the total number of participants attending our services.

While we had this increase we managed to maintain the waiting time for assessment of participants to within 48 hours. This can only be achieved by the commitment and dedication of the team. On behalf of the board I want to acknowledge the highly skilled team at WGRC for their efforts in 2019.

Finally, I would like to thank John who ensures that WGRC operates efficiently and steers the board to ensure we progress our strategic objectives. I am grateful to my fellow board members who voluntarily give of their time to provide oversight and ensure that good corporate governance is at the core of WGRC.

Bernadette Stokes
Chairperson



The Manager's Report



Welcome to WGRC's 2019 Annual Report. 2019 was a fruitful year in WGRC as we started to embed and implement our strategic plan 2019 -2021. On the plus side, WGRC saw more participants than ever before, the downside is that unfortunately our support services are required more than ever. The drug scene is changing rapidly and the presenting issues are becoming more complex day by day.

In 2019, WGRC worked intensively with 219 participants of which 138 were new to the service. There were 3206 appointments and 1763 group sessions attended. Female participation has increased significantly in the past few years, 2019 was no exception. Service provision has developed, in 2019 we employed a Young Person & Family Support Worker in our quest to develop integrated care pathways to better meet the needs of young persons engaged in substance misuse. We also secured additional resources and were able to develop the WGRC service by extending our support and therapy services to adolescents and children.

2019 also saw change within the WGRC team. After 14 dedicated years we said goodbye to Tracy Hunt (Finance and Administration) and welcomed Jennifer McGreal as her replacement. We also said a fond farewell to Jessica Keye, Beatrice Finn, John O' Donoghue, Tom Kinsella and Martin Daly. We were delighted to add to our counselling team, Dermot Phillips, Monica Grogan and Don McLoughlin. We also had the good fortune to recruit Fiona McGuinness, Rose Treanor, Margaret Fagan and Michael Buckley to the project work team.

It is important to continue to lobby and advocate for policy change regarding the socio-economic factors that contribute to the high levels of drug use encountered locally and nationally. It is also essential to persist in raising awareness regarding the stigma associated with addiction / mental health issues and the barriers it creates amongst a very vulnerable client cohort.

I wish to acknowledge all the staff who work tirelessly and extensively to provide excellent services within WGRC. I want to convey my genuine appreciation for the hard work that they undertake. I want, finally, to pay tribute to our service users for inspiring us, through their own narrative of courage and diversity as they embark on their recovery journey.

John Davis
Manager



Vision

Our vision is to work in partnership with participants, their families and their communities to create a more inclusive community in Walkinstown and Greenhills where our participants are treated as emerging active citizens with strengths and contribution to make to their own, and their community's wellbeing.

Mission

The Mission Statement of WGRC is to empower and support the people of Walkinstown and Greenhills to work in solidarity to tackle the causes and symptoms of substance misuse and in so doing develop responses to meet the needs of the local community.



WGRC – Our Year at a Glance

January

WGRC receive the GSK IMPACT award for excellence in community health services. The award was a great way to have the work of the centre recognised and celebrated.



February

The WGRC sponsored Mens Shed host an Open Day to promote the work of the Shed. Lots of people dropped in to find out more about the work of the Mens Shed. There are 42 members



March

We launch the Women and Wellness Training Programme and 22 women sign up for this year long wellness and personal development training programme.



April

The WGRC Family Support Group attend a residential weekend in An Grianan, Termonfeckin. This was good fun and a welcome respite from the stress and strain of home life. 16 women took part in this event.

May

WGRC and the Dublin 12 Community Mental Health Forum host an open day to launch the opening of the Well-Connected drop in service for those with mental health difficulties.

June

The WGRC Women's Support Group succeed in getting their design of a mental health themed garden displayed in BLOOM. This was a great achievement, a lot of work and great fun.

July

The Minister for Health Promotion & National Drugs Strategy, Catherine Byrne, attended WGRC and met with the staff team to discuss the work of the centre and the issues arising.



August

WGRC held a TEAM building day for staff. We went to Blessington Sports Centre and took part in archery, shooting and cycling. We got to work and play with each other in a different way and a different setting.



September

After a lapse of one year, WGRC were able to once again provide child therapy through creative play for children aged 8 years plus. This service is much needed and is greatly in demand.



October

We ran a two day training course on working with trauma and the somatic healing process. The training was free and made available to frontline staff from voluntary and community groups working in Dublin 12. The training was attended by 16 persons.

November

We supported 16 women from the WGRC family support group to attend the National Family Support Network Conference. The event provided lots of information sharing, networking and learning opportunities.

December

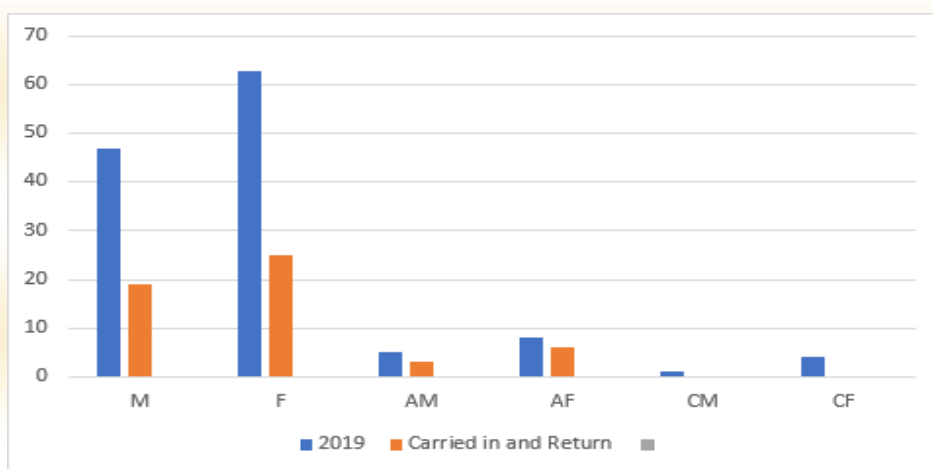
The WGRC completed the development of the Dublin 12 SafeTALK video. This features 17 representatives from various youth, community and sporting bodies. The video can be viewed on Youtube.



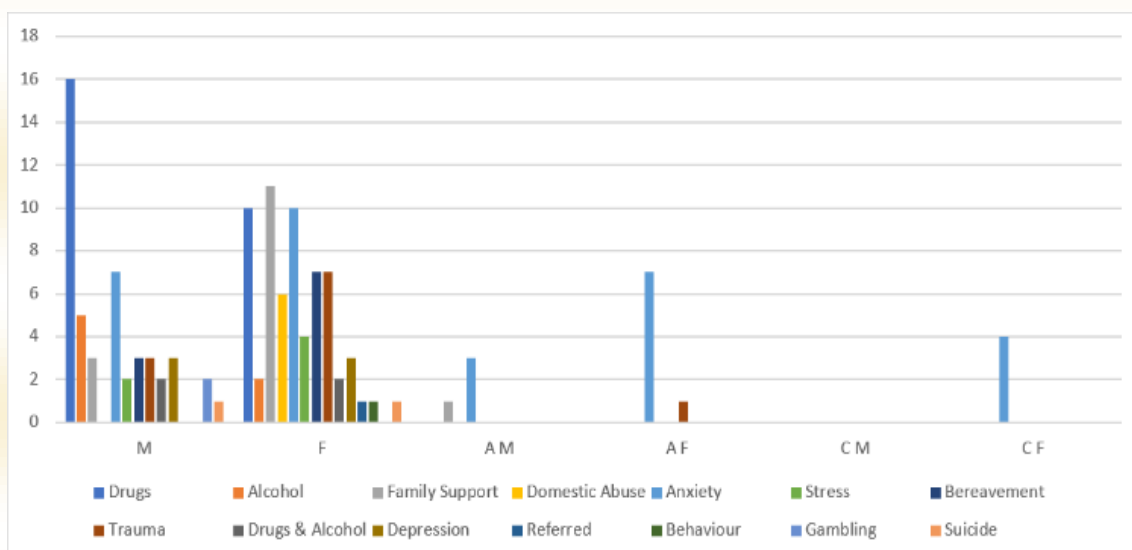
SERVICE PROVISION & ENGAGEMENT

The WGRC is a community based voluntary organisation which provides a range of services to those with alcohol / substance misuse problems, those indirectly affected by substance misuse and those with broader mental health difficulties. Our aim is to provide a safe and confidential environment where the service user has an opportunity to work towards living a more satisfactory and productive life.

In 2019 these services were provided to a total of 289 people who directly engaged with WGRC services. For example, 154 clients engaged in one-to-one counselling / psychotherapy session, 66 male and 88 female; 101 of these were new clients and 53 were either return clients or clients carried over from the previous year. There were 1466 1:1 counselling sessions delivered in 2019. See below graph.

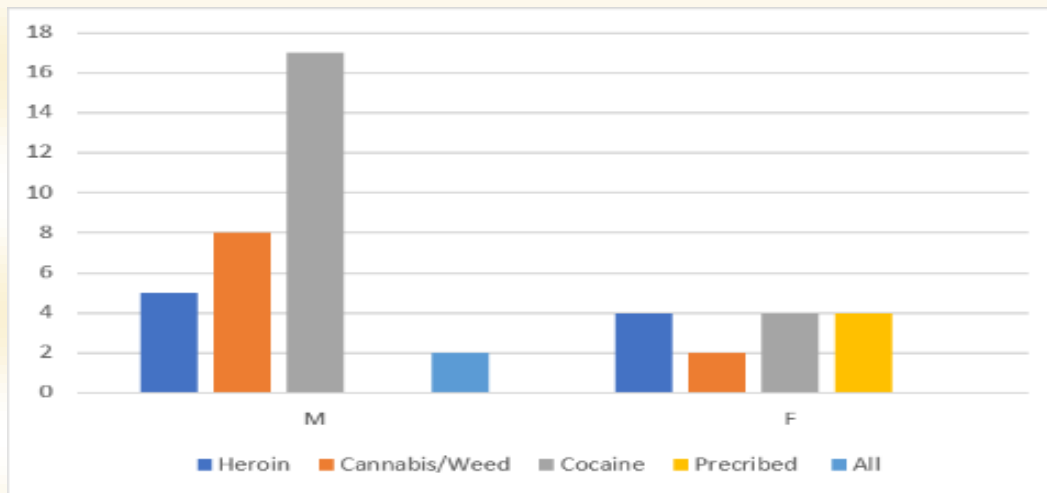


The majority sought help in dealing with their addiction or substance misuse, others sought help for a range of mental health issues such as bereavement, separation, stress, anxiety and family support. See below graph.



The breakdown of drug and alcohol usage amongst our service users highlights the prevalence of cocaine and the dominance of polydrug use. It is also interesting to note the decline in alcohol addiction as a presenting issue. See graph below.





Group Based Support

A further 108 service users were provided with support through group interventions under the headings of Family Support (24), Well Connected- Mental Health (12), Womens Wellness Programme (37) and the Mens Shed (35).



Substance Misuse Service

The Drug Misuse Service in WGRC provides an opportunity to engage in a process that helps the participant to identify what blocks them emotionally from making progress with their substance use or mental health issue. WGRC Drug Misuse Service offers a combination of different therapeutic and holistic interventions to support participants to reduce or stop their drug / alcohol misuse.

Participants who access the service are likely to use a combination of different drugs such as cocaine and its derivatives, tablets (valium, zimovane), stimulants, alcohol, opiates such as heroin and methadone, and cannabis in all forms.

A lot of the time it is word of mouth that brings new participants into the service, usually a friend or relative will have accessed the service and have had a positive experience in dealing with their addiction and recommend to others that they attend. Other source of referrals are from local GP's, psychiatric & mental health services, local addiction services and local schools.



Therapeutic Support

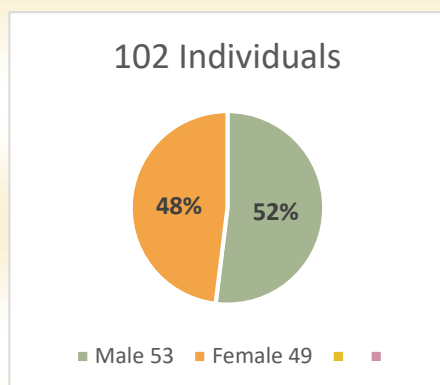
We utilise a combination of different intervention models such as Cognitive Behavioural Therapy (CBT), Community Reinforcement Approach (CRA) and Motivational Interviewing (MI) within the service. The aim of using these varied interventions is to help the person to begin to change the drug or alcohol usage or to stop completely if that is what they want to achieve. It is also to explore the thought patterns that led to drug misuse and addictive behaviours in the past, and what effective strategies they can put in place, so as to ensure the risk of relapse diminishes in the future. The sessions are structured, goal oriented and focused on immediate problem solving.

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 Reiki, Acupuncture, Holistic and Indian head massage as well as advice on the management of stress and physical difficulties.

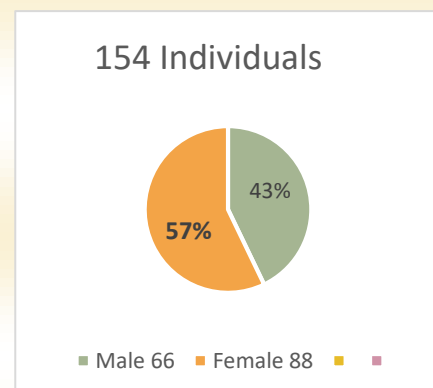
In 2019 the substance misuse counselling service was accessed by 154 participants. This was made up of 53 service users who were either carried over or returned to the service in 2019 and 101 persons who were new to the service. Of those who stayed with the process 78% reported making progress with improved emotional and physical well-being as well as reduced substance use be it drug or alcohol or a combination of substances.

Due to the robust assessment and case management process throughout the organisation the high ratio of non- attendance experienced in previous years was considerably diminished.

2018



2019



Outcomes of Substance Misuse Service

- 72 participants reduced or ceased substance use
- 105 participants reported improved mental health
- 58 reported improved physical well-being
- 84 reported improved self- esteem and confidence
- 65 reported improved quality of life
- 87 reported improved personal relationships

Mental Health Support

The National Drug Strategy, Reducing Harm, Supporting Recovery (2017-2025) acknowledges the need to ensure there is a clear clinical pathway for people with a dual diagnosis (Mental health difficulties and Substance Misuse). Strategic action 2.1.24 recommends improving outcomes for people with co-morbid severe mental illness and substance misuse problems. It is envisaged that this will be achieved by supporting the new Mental Health Clinical Programme to address dual diagnosis; and developing joint protocols between mental health services and drug and alcohol services with the objective of undertaking an assessment with integrated care planning in line with the National Drug Rehabilitation Framework.

The Action Plan of the Office for Suicide Prevention 2018-2020 validates that people vulnerable to suicidal behaviour require timely access to a range of services and supports. Action 4.2 proposes to improve access to effective therapeutic interventions (e.g. counselling, DBT, CBT) for people vulnerable to suicide.

WGRC has a full time Keyworker, with significant experience in the field of dual diagnosis, to provide a co-ordinated approach for people with dual diagnosis in Dublin 12 and the surrounding areas. The position of a Mental Health Support Worker was added to the WGRC team and this combination work together to help provide specialised assessment, triage and care plans to our participants presenting with both substance misuse and mental health difficulties. In close collaboration with the interdisciplinary team, we have aimed to improve collaboration between WGRC and primary care, A&E, mental health and community providers. Several presentations were made to the staff of the HSE mental health and primary care services to inform them of our services, as well as to open the lines of communication for differing levels of need.



Well Connected –Drop-In Centre

As participants presented with increasing mental health issues, we responded by providing a drop- in facility, 'Well Connected', which enabled participants to come together and offer mutual support and information on services and activities available. The "Well Connected" drop in space aims to create a member led ethos which identifies peer support for people with self- experience of mental health and recovery as crucial to its long- term success.

The "Well Connected" initiative aims to support the integration of people into the social, cultural and working life of the community. It works to address social exclusion and disadvantage faced by many people with experiences of mental ill health and works in partnership to promote mental health wellbeing and recovery in the community. The Well-Connected initiative provided a diverse range of health and wellness workshops and activities throughout the year, which included the following;

- Wellness Recovery Action Planning (WRAP)
- Healthy Food Made Easy
- Holistic Healing
- Self-Care and Mental Wellness
- Art Therapy



Family Support Service

WGRC family support service has developed to support and respond to the needs of the family members who have been affected by substance misuse. Their concerns range from relationship difficulties to debt, intimidation, bereavement, loss and financial issues, etc.

A second family support group was established in 2018 and this group continued their good work in 2019. The Family Support Groups are a tremendous source of peer support. The groups provide a very real and practical source of comfort and support that enables participants to work through some of the issues that are going on within their families. A combination of talking seriously about the struggle to live substance free as well as sharing the lighter side and generally just being around other like - minded individuals provided group members with an opportunity to connect with themselves and be seen by others in a different way. This provides a rich learning environment for the group members and strengthens the trust and group bond amongst members.



Family members engaged in family support groups using the 5-step method. The 5-step method is a brief psychosocial intervention to support family members who have a close relative with an alcohol or drug problem. The family members participating in these groups reported a reduction in the strain they had been experiencing. Other benefits of the groups were improvements in coping mechanisms, increased self - esteem and strength, reduced stress levels and reduced negative patterns of behaviour.

"The support from the group is a lifeline, I would be lost without the weekly support session and all the checking in that happens"

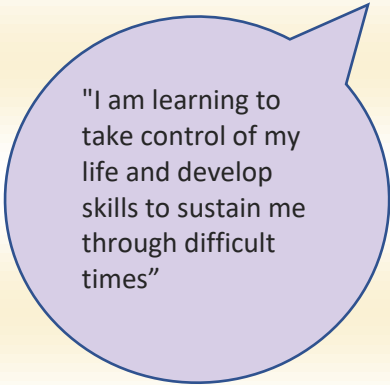


The family support groups are linked into the National Family Support Network which provides opportunities for networking with similar groups. The shared learning, exchange of information and respite this provides is of great benefit to the family support groups.

The WGRC family service offers one to one support as well as group support.

Outcomes of Family Support Work

- 15 participants reported decreased negative patterns of behaviour
- 17 participants reported reduced stress levels
- 15 participants availed of respite opportunities
- 16 participants reported an improvement in family relationships
- 16 participants reported an increased understanding of addiction
- 17 participants reported improved living skills
- 18 participants reported reduced anxiety



"I am learning to take control of my life and develop skills to sustain me through difficult times"



WGRC Garden in Bloom

Our participation in Bloom came about through working on mental health issues and identifying gardening as a way of healing and being fulfilled. We looked at, if we could describe a garden as a way of healing our mental health, what would it look like?

Each participant was invited to describe what they felt a healing garden would have in it. They then had an opportunity to draw a piece of a garden, we then put all the pieces together and we discussed how and what each area of a garden would be for and how it would look.

It was suggested we should enter Bloom and so we made our submission and were lucky enough to be chosen for a Postcard Garden.

Our garden told a story of how flowers and plants represented pain healing and growth. Roses with thorns signified pain and love, Cactus helped us to understand we can survive on very little and we are resilient, Climbers showed how our lives grow and entwine with family friends and the community, they climbed over a very colourful Pergola, Herbs for our wellbeing and how they can be used medicinally, Lilies for sorrow that is part of all our lives helping us to understand that we can heal and regrow and Lavender for restfulness and mindfulness. We had a Tree of Hope meaning Hold On Pain Ends and individually hand painted Colourful Wood depicting the Rainbow of our Logo. Our backdrop was of a window made up of colourful discs made by the women from our Family Support Group.

We had an amazing time preparing for and putting together the garden at the Phoenix Park, the weather was brilliant, the women totally enjoyed the experience of being outside meeting other organisations and it gave them confidence to have a go at growing and working in their own garden.

This was a fantastic event to highlight our organisation and it gave the public an opportunity to meet the staff and participants and hopefully helped them to look for help or attend groups and events held at the centre.

Many thanks to the people who helped in person and financially



Women and Wellbeing

Following the success of the Creative Living Group the group felt it was time to expand and as we completed the end of year review and evaluation the women reported that they would like to continue with the creative side of the group but add in some formal training.

This they felt would help them to deal with some of the issues that are going on with themselves as well as focusing on getting their wellbeing into a better place and it would have a knock-on effect on their families.

We have been awarded funding from the Community Foundation for Ireland under Social Change to run a yearlong programme for Women and Wellbeing.

We launched the Programme on International Womens Day with Orla O'Connor from The National Women's Council of Ireland; the meeting was very well attended members from the public as well as other agencies.

The four facilitators were also in attendance to explain to the group what modules they would be giving. Our first 6 weeks started in September with Frank, he gave us a lovely introduction to the Programme working in a very gentle way of forgiving ourselves, being kind to ourselves and others and how this helps us to be less negative. This focussed on good and positive aspect of our lives and how to build on them. How important it is to be... rather than doing. This was followed by Sonya, who worked with us holistically, helping us to realise the importance of how our life style has a huge impact on what goes on inside us, with other medical problems, when we have a balanced diet we can focus better, sleep better and assists with improving our moods. Then we had Ellen, she had an amazing delivery style, helping us to understand our world from conception to where we are now, she did a cradle to the grave way of looking at things. We looked at how we fit into our family, our friends, our community and we looked at what makes us unique. Finally, we concluded the programme with Michaela, who took us through Assert Yourself Workshop, we worked in pairs, did roleplay and practiced in the group how to deal with situations that were going on for us in our lives.

At the end of each module, new members were welcome to attend so as we regrouped we discussed how the last module went and what they got out of it, we also discussed the upcoming module, this was our time to include our Creative Living piece and the activities included Christmas crafts, Vision Boards, we also included mindful activities, the women created a Christmas table centre piece.

Some members of the Group attended the National Family Support Conference and here they attended workshops, talks and holistic treatments. The day gave them an insight that they are not alone, they realised that there are so many people in their situation, all over the country. This reinforced the value of having the group and the support from the staff at the Centre.

Over the period of the year women came and enjoyed some aspect of the programme and others stayed for the duration. Over all more the 50 women attended at some stage throughout the programme. The group have great ideas for their future in 2020 and as the group has grown they are discovering new and more ways of supporting each other. The group will continue to meet and new members are always welcome.



Adolescent Support Service

The adolescent support service is a direct response to a demand from parents, guardians, home school liaison officers, youth workers and young persons. The purpose of the project is to provide education and personal developments training to equip vulnerable young persons to acquire the skills, qualities and attitudes consistent with being resilient. It is envisaged that this intervention will enable the vulnerable adolescent to improve their mental health and better negotiate the stress and anxiety of their daily lives.

The Adolescent Support Service has been keenly embraced by local schools, with home school liaison officers being a principle source of referral. The service has engaged 16 adolescents throughout the year, ranging in age from 13 to 17 years.



Our Approach

Our approach is to build upon individual strengths and acknowledge the central role of the adolescent in decision making. The active participation of families is built into each intervention plan ensuring that our work makes lasting differences in the life of each adolescent we work with.

The service aims to intervene to provide the adolescent with the necessary supports to promote psychological resilience and maintain their psychological well-being regardless of social or emotional background. Anyone concerned about an adolescent aged between 12 and under 18 years can make a referral to the service.

The service involves the therapist working with the adolescent through many of the typical challenges of this life stage, such as exam stress, self- esteem issues, sexual identity and sexual exploration.



Outcomes of Adolescent Support

The aim of the project is to provide a wide range of supports and interventions that will assist the target group. The following outcomes were identified in 2019;

- 9 participants reported an improvement in family relationships
- 3 participants reported greater integration within the community
- 4 participants reported the breaking down of isolation
- 12 participants reported a strengthening of their confidence and self-esteem
- 7 participants reported an improvement in social and interpersonal skills
- 9 participants reported greater self- awareness and personal development

Young Person & Family Support Worker Initiative

The young person and family support worker project was made possible by funding granted to Walkinstown Greenhills Resource Centre (WGRC) in 2018 under the Tusla 'Seed and Scale' funding initiative to support one off pilot projects that demonstrate innovation and capacity building features. WGRC identified the gap in service provision for those affected by familial substance abuse as an area that would benefit from a specific intervention devoted to identifying and meeting the needs of those affected by familial substance abuse.

Substance misuse is associated with negative impacts for individuals and also the families in which they live. Literature indicates the effects of excessive drinking and/or substance misuse includes family disruption and violence, unemployment and poverty, marital instability and breakdown, physical and mental ill-health. Some substance misusers may experience chaotic childhoods due to parental substance use and strong associations between parental drug and alcohol use and child neglect are reported. Moreover, substance use in adolescence is associated with greater risk of engaging in harmful behaviours such as drug use, drink driving, risky sexual behaviour, antisocial activity and violence, and low educational achievement and work performance.

There is a great deal of research available that strongly links disrupted family relations with alcohol and drug misuse. In addition to causing distress and threatening the wellbeing of family members, the de- stabilising effects of living with a substance misuser in a family unit may weaken coping mechanisms including gaining support from others. Relatives of problem drinkers can experience a range of personal, social and economic harms. These harms may include: harassment and fear of or actual violence and/or psychological abuse; having property damaged or stolen; loans and debts; loss of income; housing problems and homelessness, and a heightened risk of ill-health.

Research also highlights the benefits of including families and social networks in programmes to prevent and treat substance misuse. Family-focused responses may positively influence the direction substance use problems take, improve outcomes and reduce negative effects



for families. A key challenge in drug and alcohol services is treating substance misuse/addiction as part of a set of complex problems being experienced by users and their family and not solely as a problem for individual misusers. Support should be part of a whole systems approach where agencies respond flexibly and employ effective partnership processes in addressing the needs of both substance users and families.

Family-focused drug intervention programmes work with relatives in several ways to support substance misusers. Programmes may enlist a family's help with a relative's entry into treatment, focus on a relative's substance problems and engage family members in their treatment and recovery, and in some cases, programmes respond specifically to the needs of family members. Family-focused interventions are likely to improve spousal relationships and family functioning and reduce inter-personal violence.

Children's involvement and interest in their recovery can be particularly helpful as it may encourage parents to maintain involvement in treatment and thus help mediate negative outcomes for all family members. Alongside supporting a family member's treatment and recovery, programmes should aim to address the interaction of all risk and protective factors impacting the lives and development of affected children. In addition, research suggests family-focused interventions provide opportunities for family members to discuss treatment options and so acquire knowledge of the services and support that may be available. Help accessing drug treatment and rehabilitation services is considered vital if families affected by substance misuse are to receive effective and efficient support.



The Evaluation Report produced by Davina Brady, was commissioned by WGRC to identify the impact of this initiative and tease out the lessons to be learned from the experience. The report clearly shows that the project delivered on the majority of its objectives and that there is an ongoing and persistent need to make family-based support programmes more widely available to the local community. The evaluation report also identifies a number of factors that contributed to a low take up and engagement from young persons and family members affected by substance misuse. All these, along with the many recommendations put forward in the report, will be given serious attention and will influence the development of similar projects in the future.

Although WGRC are working extensively with both family members and drug users at all stages in their recovery and drug use, we need to work more strategically and in



collaboration with all statutory, community and voluntary agencies. A more co-ordinated and integrated way of working is required to deliver programmes and intervention approaches which have the hallmark of both universal and targeted early intervention. The Family Resource Centre model, supported by the Department of Children and Youth Affairs, is a very good example of what can be achieved by working in collaboration to develop progressive responses to the issue of familial substance misuse and the broader needs of children and families.



Dublin 12 Men's-Shed Development Group



In the last year the D12 men's-shed has grown from strength to strength and currently has 30 to 35 men accessing the shed on a regular basis for peer support and positive social interaction. Since the opening of the shed there has been great interest in the project and it has been promoted by the local church/ community & employment centres / addiction services in the wider D12 community.

The Shed has made it easier for men to seek and ask for support around their mental / emotional & physical needs. To date we have had a lot of men and their families from the shed access our Centre for counselling, support and information. The shed has provided men the space to talk side by side about their problems; it provides them with an avenue in which to get support and it gives them a space to contribute to their community by engaging in pro social activities such as making buddy-benches for the local schools and planters for the local community.

The men have also created contacts with other groups in the community and are also engaged in music / social outing groups as well as facilitating workshops with WALK clients. To date the Shed is self-sustaining and is run and organised by a committed shed committee who have taken over the daily running of the shed and continue to develop the Mens Shed.

The funding the Mens Shed received funding from Ulster Banks Skills and Opportunities Fund ended in December 2019. The funding was granted to develop an enterprise project within the Mens Shed. This enabled many of the men to undertake further training in the areas of enterprise development, production and design and also provided funding to purchase additional tools and machinery, both of which have made a tremendous contribution to the development of the Mens Shed. The enterprise project is very much on target and is proving to be a very valuable part of the Mens Shed experience. Now that the enterprise project and the funding from Ulster Bank has finished the challenge for the Mens Shed is to maintain the project as a viable initiative into the future.



Policy & Interagency Work



Launch of SFP Evaluation Report by Minister Catherine Byrne.

The WGRC are actively engaged in the following interagency management committees, working groups and sub-committees concerned with policy matters pertaining to the issues of substance misuse and mental health difficulties in the Dublin 12 and Greenhills area.

- The Steering Committee of the Strengthening Families Programme
- The Steering Committee of the Dublin 12 Alcohol Strategy
- The Interagency and Collaboration Sub-Committee of D12 Task Force
- The Steering Committee of the FROST (Detoxification) Programme
- The Young Person & Family Support Worker Steering Committee
- The Dublin 12 Community Mental Health Forum
- The Dublin 12 Drug & Alcohol Task Force
- The Dublin South City Heads Up Programme

During 2019 support was given to and received from a wide range of agencies engaged in policy and inter agency working such as; Dublin 12 Local Drug & Alcohol Task Force, Addiction Response Crumlin (ARC); Citizens Information Centre, WALK; Local Schools; Loreto Counselling Service, Meitheal; TÚSLA; Local Gardaí; Local Health Care Professionals; the Dublin South City Partnership; the Liberties Recycling Training Programme; the Local Employment Service; TUS, The Wheel, Fountain Resource Group and Local Youth Organisations; the Brú, Clay, St. Bosco Youth Centre and Crumlin Youthreach.



The Governance of WGRC

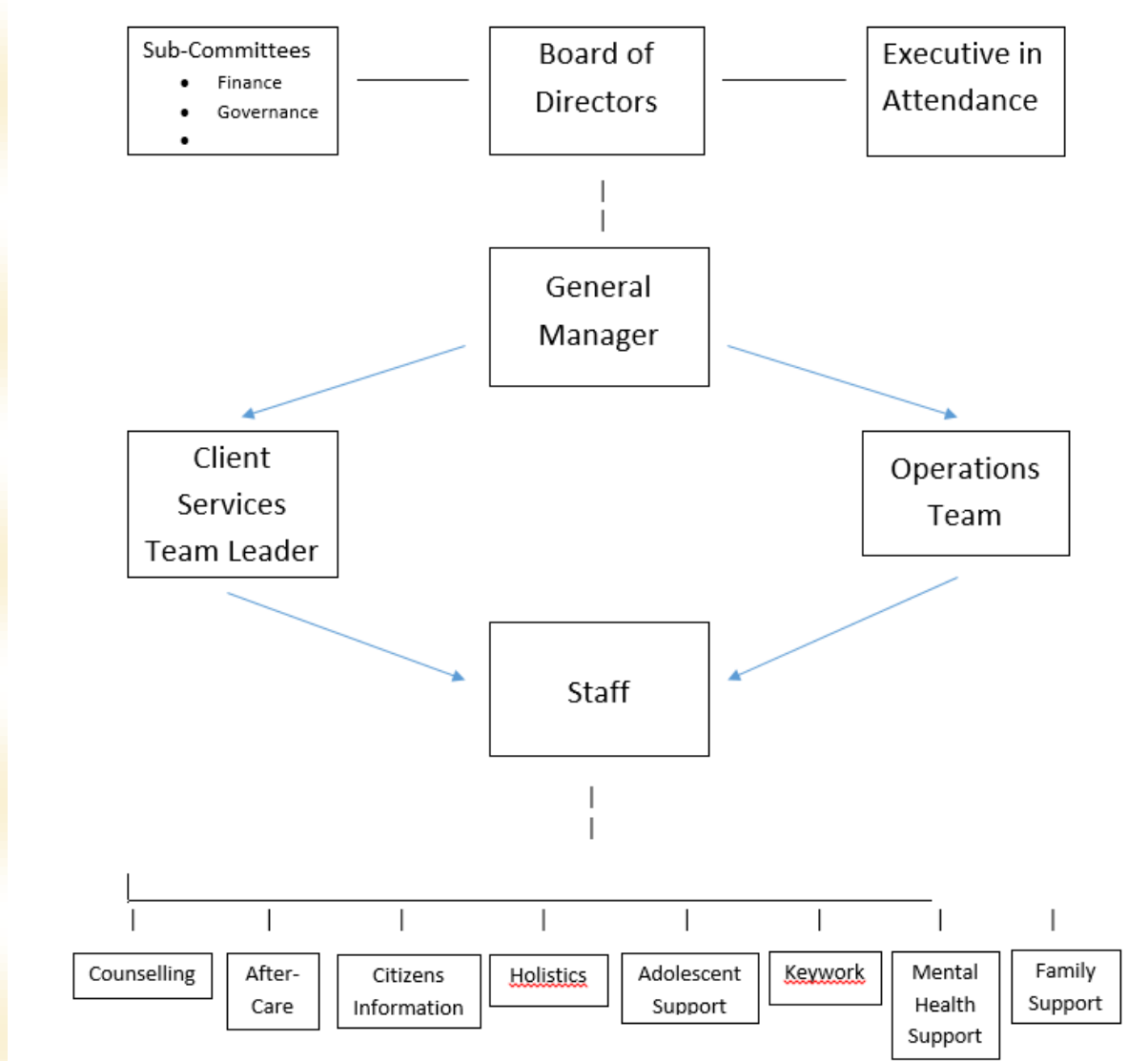
Walkinstown Greenhills Resource Centre (WGRC) is constituted as a company limited by guarantee without a share capital. Its purpose, objectives and how it conducts its business are set out in its Constitution which establish the objects and powers of the company as governed by its Constitution and Board of Directors. During March 2018 the objects clause of WGRC's Constitution was revised and approved by the board of Directors.

The Company is registered with the Charities Regulator and has charitable tax status with the Revenue Commissioners CHY 15712.

In order to maintain standards of best practise across all areas of our organisation, the Board and Management of WGRC adhere strictly to the recommendations and requirements outlined by the Charity Regulator. We pay particular attention to, and comply with, the Statement of Recommended Practice for Accounting and Reporting by Charities (SORP), alongside the Governance Code and Fundraising Principles. WGRC recognises that active compliance is an ongoing and continuous task where, as an organisation, we seek to achieve constant standards of excellence.



WGRC Organisational Structure



Organisational Structure

Walkinstown Greenhills Resource Centre

Board of Directors

Twelve Directors – 6 drawn from Business & Statutory Sectors and 6 drawn from local Community & Voluntary Sector

Sessional Volunteer Counsellors:

Marcella Lowe

Joe Bowden

Teresa Colgan

Michele Lawson-Ryan

Sessional Counsellors:

Natalie May

Paul Gahan

Complimentary Therapist:

Sonya Keogh

The Staff Team in 2019

Manager: John Davis

Team Leader: Viv Rooney

Key Worker: Ann Nugent

Project Worker: Monica Grogan

Project Worker: Dermot Phillips

Project Worker: Mary Barnes

Project Worker: Don McLoughlin

Financial Administrator: Jennifer McGreal

Receptionists: Fiona McGuinness, Rose Treanor and Margaret Fagan

Counselling & Sessional Team

5 Staff Counsellors: 6 Sessional Counsellors: 1
Complementary Therapist:

Management & Administration Staff Team

1 Manager: 1 Administrator: 3 Receptionists:

Project Caretaker:

Michael Buckley

General Assistant:

Patricia Kearney



Staff Training in 2019

One of the objectives of our strategic plan was to ensure that WGRC has a supportive culture, a robust organisational structure and suitable competencies. As part of the on-going professional development of staff, the following training took place in 2019:

- ☐ Non- Violence Response Training
- ☐ Wellness Recovery Action Planning Training
- ☐ Somatic Experience of Trauma Training
- ☐ Suicide Assist Training
- ☐ Restorative Practice Training
- ☐ Introduction to Cognitive Behaviour Therapy
- ☐ Introduction to Youth Mental Health Training
- ☐ SAOR Training
- ☐ Fundraising Through Facebook Training
- ☐ SafeTALK (Suicide Prevention) Training
- ☐ Strengthening Families Programme Training
- ☐ Strengthening Families Programme Site Co-ordinator Training
- ☐ Financial Management Training
- ☐ Computer Training
- ☐ Masters in Counselling and Psychotherapy
- ☐ Child Safeguarding Training
- ☐ Suicide Assist Training



WGRC COMPANY DETAILS

CHAIRPERSON	Bernadette Stokes
TREASURER	Suzanne McEaney
VICE CHAIRPERSON	Liz Bramble
SECRETARY	Susan McAuley
DIRECTORS	Vivian Mahady Cornelia Horvath Des Kinch Paddy McGrane Mark O' Toole Val Scott Sean McMillan
AUDITORS	Hugh McCarthy & Associates Business Centre 163 Lower Kimmage Road Kimmage, Dublin 6W
SOLICITOR	Bourke & Company 167/171, Drimnagh Road Walkinstown, Dublin 12
BANKERS	Bank of Ireland Walkinstown, Dublin 12
REVENUE	Company Registration Number 334239

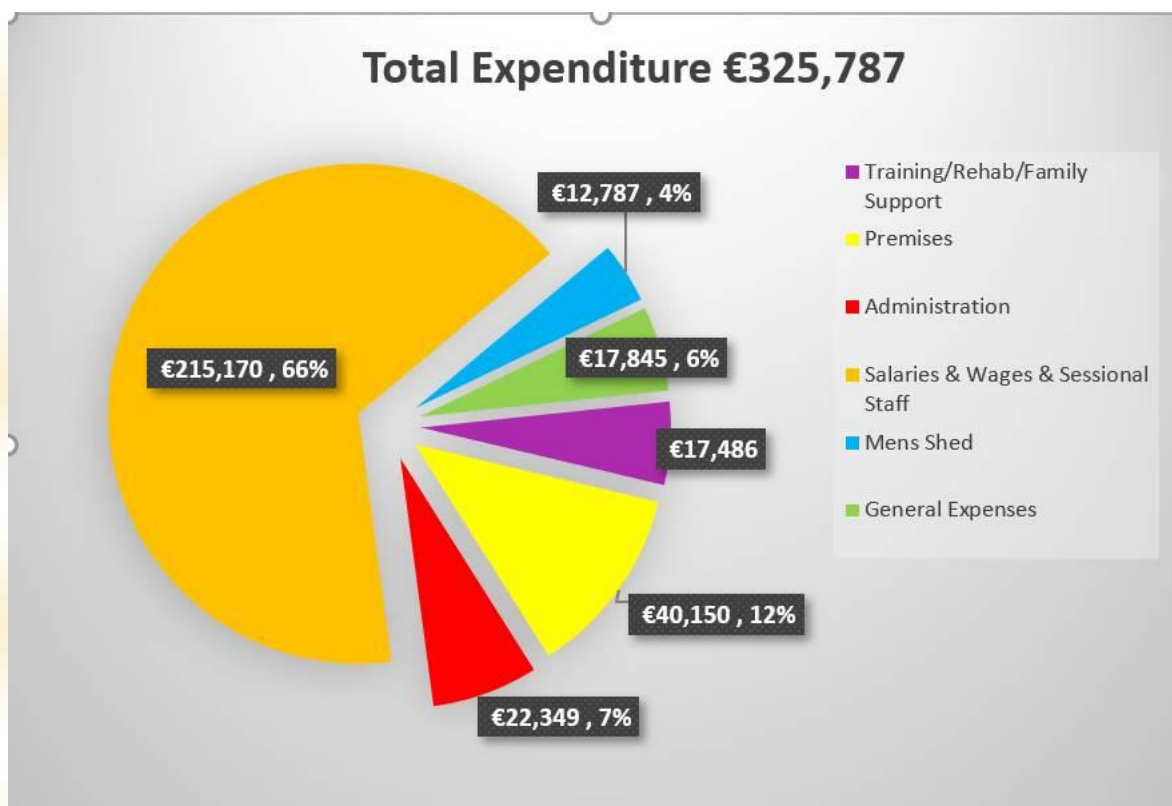
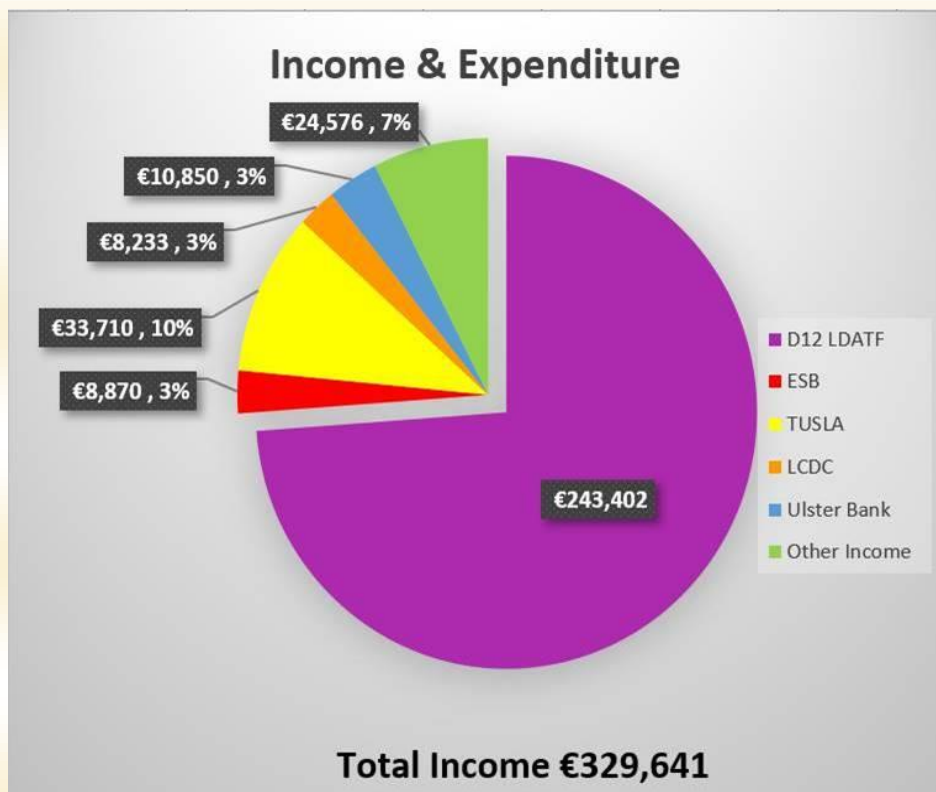


INCOME & EXPENDITURE 2019

	2019	2018
	€	€
Income	329,641	286,905
Expenditure	(325,787)	(279,749)
	-----	-----
Surplus for the Financial Year	3,854	7,156
Total Comprehensive Income	<u>3,854</u>	<u>7,156</u>
Non-Current Assets		
Property, Plant and Equipment	7,024	6,996
Current Assets		
Receivables	5,017	3,850
Cash and Cash equivalents	73,432	105,720
	-----	-----
	78,449	109,570
	-----	-----
Payables: Amounts falling due within one year	(35,119)	(70,066)
Net Current Assets	<u>43,330</u>	<u>39,504</u>
Total Assets less Current Liabilities	50,354	46,500
 Reserves: Income Statement	 50,354	 46,500

A separate Statement of Total Recognised Gains and Losses is not required as there are none other than those reflected in the Income and Expenditure Account





Acknowledgements

The Board of WGRC would like to thank all the organisations and people who make it possible for us to provide services in Dublin 12. It could not be done without their support.

- Dublin 12 Local Drug & Alcohol Task Force
- The Health Service Executive
- ESB Energy for Generations Fund
- Ulster Bank
- TUSLA Child & Family Agency
- Community Foundation Ireland
- Applegreen Blossom Fund
- The Cork Street Hospital Fund
- Dublin South City Partnership / TUS
- St. Patrick's Cathedral Fund
- Dublin City Council
- Dublin 12 Tus Initiative
- The Dublin 12 Community
- Fountain Resource
- Voluntary fundraisers
- The Walkalaylies
- Local Community and Voluntary Organisations
- WGRC Staff and Volunteers
- WGRC Participants
- Bord Bia and Bord na Mona
- Mark Davis – Care for Me
- Barry Doyle - Strategic Growth Leader
- Peter Doyle – Peter Doyle Solicitors
- Drain Doctor
- Dulux Paint
- Paul & Catherine Hogan
- Kerr Windows
- Ronnie Lawlor Driving School
- Andrew and Olivia Mc Daniels
- Jim Rooney Antiques and Clock Repairs
- WALK Garden Centre



