

“Wouldn’t it be good if every local authority in the country had a place like this. I think it would make such a huge difference.”

~ President Michael D. Higgins on Tiglin

2023 ANNUAL REPORT

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MISSION STATEMENT

To provide individuals with effective and comprehensive solutions to life-controlling problems. Tiglin, operating under a Christian ethos, endeavours to help people become psychologically well, socially adjusted, physically healthy, and spiritually alive.

This Annual Report can be read in conjunction with:
2023 Financial Report and 2023 (Tiglin) Newsletter,
both of which can be found on www.tiglin.ie

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Board Members:	Nigel Bell
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CHIEF EXECUTIVE STATEMENT

Sometimes a few simple words can make you stop in your tracks, view things a little differently or be reminded that it is rarely profound ideas that change the world but usually simple concepts. I had one of those moments recently at a European conference on addiction recovery. One of the speakers shared how there are often four common factors that are found in those who succeed in their recovery: 'community, jobs, friends and houses'. This summed up the focus of Tiglin over the past 15 years. It also highlighted that these are 4 essential components that make up another catalyst for sustainable change:

Community: Without community, Tiglin would not have reached our 15 year milestone and our services and service users would be isolated. Unless the people we support take part in the community, these very communities will be poorer because each "overcomer" has so much to offer that makes society richer for all.

Jobs: This year, Tiglin continued to offer employment opportunities. Presently we have 52 individuals in Community Employment and 18 working in our social enterprise cafe. Rise at the Cove has seized the opportunities presented to innovate its food menu and foster employment for our bakers Iryna and Liomya through The Rise Bakery.

The Community Foundation of Ireland sponsored this little bakery space, and it has been a hive of activity and a place where beautifully crafted food is produced daily and sold at Rise at the Cove.

Friends: True friendships promote self-confidence, provide honesty and love, and support self-development. These are the kind of outputs that we continue to see from the fellowship that springs from those on the Tiglin programmes and within the facilities and services. In 2023, the ongoing display of friendship persisted, with new connections forming between specific men from Tiglin and residents of the most impoverished communities they visited in South Africa and sponsored a soup kitchen refurbishment that serves hundreds of children in impoverished communities in Paarl, South Africa.

Houses: Currently, in our care, we have 241 people residing with us on a daily basis. While this is not anyone's ideal representation of a "home", we are grateful to be able to provide these units and are planning to develop more in 2024. With over 13,000 people homeless in Ireland, it is clear that, as a nation, we fall short of meeting the needs of the people within our borders. Some days, we feed 400 people at the Light House on Pearse Street. This staggering number of meals is not a figure we boast of, but one that reflects the struggle that exists each day for those who are homeless in Dublin. We continue to remember and support those who are without a place to call home but are thankful that for those finishing Tiglin's rehabs, there is a continuum of care, support and housing.

Phil Thompson, CEO of Tiglin.



Tánaiste Micheál Martin & Minister for Health Stephen Donnelly discussing aftercare, housing alongside their ongoing development plans with Tiglin. Pictured from right: Tiglin's voluntary chairman Aubrey McCarthy, Tánaiste Martin, Stephen Donnelly & Phil Thompson.

CHAIRMAN'S STATEMENT

It is difficult to believe that it is now fifteen years since we first opened the Tiglin Men's Centre. After much hard work, amazing fundraising efforts, prayers and phenomenal support from all of our staff and volunteers, we opened the doors with the tagline "Life beyond addiction".

In the intervening period, we have found that Tiglin plays a much bigger role than just helping those in addiction. As President Michael D. Higgins stated during one of his visits as he walked around, he heard "stories of people who have had their participation in a life disrupted, finding a life full of hope & joy". Also a special thanks to the former board member Gerard Farrell who left us in 2023. We are beyond grateful for everything you have contributed.

Today, under the guidance of our gifted CEO Phil Thompson, Tiglin now works with vulnerable adults who have found "life beyond homelessness", "life beyond war", "life beyond lack of educational opportunities", "life beyond mental health issues", "life beyond unemployment" and so much more.

Tiglin now operates seven centres, and our homeless outreach feeds anywhere between 300 to 500 daily. Our social enterprise, Rise at the Cove café, recently won the Social Enterprise of the Year award and provides much-needed employment and income to those at Tiglin. I am so thankful to each one of you for soldiering with us on this fifteen-year journey. I cannot put a count on the lives that have been impacted by your generosity and support.

Fifteen years goes by in a blink of an eye, but I, in all sincerity believe, that in the current times, our services are more needed than ever.



Aubrey with the chair of Irish Red Cross, Pat Carey, during his visit to Tiglin at the Light House



Aubrey speaking at the Citizen Assembly on how faith can play a role in maintaining recovery

Our Chairman is honoured to be named one of the 2023 Trinity College Alumni of the Year. He has been nominated for and received this prestigious award in recognition of his outstanding contributions to Tiglin, particularly in the fields of housing, education, and social enterprise. Such recognition not only acknowledges the significant impact he has made but also serves as a catalyst for further progress at Tiglin, encouraging more individuals to join our cause.

(October 19 2023) At Trinity College Dublin: Aubrey McCarthy receives the Trinity Alumni Award 2023 award from the University's Provost, Dr Linda Doyle - photo on the right.



REHABILITATION PROGRAM BREAKDOWN

In the context of recovery - from asking for help to progressing beyond our services, each student goes on a journey of recovery through the following phases:

PHASE

1

**ASSESSMENT
& INTAKE**

Initial assessment,
pre-entry groups and
intake

PHASE

2

MONTHS 1-6

Residential therapeutic
treatment program

PHASE

3

MONTHS 6-9

Preparation and
assessment for the
reintegration program

PHASE

4

MONTHS 9-16

Monday - Friday
Aftercare program
+ transitional housing

TIGLIN REHABILITATION: ASHFORD



Aerial view of the men's rehabilitation centre (2023)

We began the new year with our new SETU/Tiglin education programme, where the students were able to obtain up to level 6 certificates throughout the duration of their time in our centre. For many students, returning to education was challenging, for some because of negative childhood experiences and others experiencing learning difficulties.

Through the encouragement of Tiglin, SETU staff and peer support, the students were able to work their way through. When they received their results the delight on some of their faces were memories that all involved will cherish. For many, these are the first steps to a 3rd level education that can radically change the outcome of their lives.

The continuous development of our therapeutic program brought some changes to our groups and recovery classes. The students have found them helpful and challenging as they discuss the issues that have influenced many of the negative choices they have made in the past. Many students have commented on how helpful the peer-to-peer discussions are, as they are encouraged by the facilitator. Additionally, throughout the year our woodwork and horticultural classes were well received and enjoyed by all.

A major part of what goes on in Tiglin is the support of the many people and groups that want to visit and encourage. This year, we were visited by the Christian Motorcycle Club, our friends from West End in the USA, Living Grace Assembly, and A Journey to the Potter's House.

September was Recovery Month, and it was great for the students to get involved. A few of the lads were able to go to Dublin and take part in a very lively and colourful recovery march followed by a joint recovery celebration with the ladies' centre.

We also took part in a couple of football tournaments with other recovery organisations.

At our progression celebration, we acknowledged the effort and commitment to recovery made by all in our centres as they went through the different phases of our program.

Tiglin's "most special event of the year" our graduation service was held on Saturday 30th of September. Together we gathered in celebration of those who formally graduated and received their diploma of graduation

There have been a number of different upgrades going on in the centre. We gave the men's centre a fresh lick of paint and installed a new heating system into one of our accommodation wings. Through the help of the Betania group, our woodwork shop was fitted with an extension area and a new roof. We are constantly looking for ways to make the centre more comfortable for the men who make the commitment to stay with us for nine months.

Finally, we want to mention our new chaplain, "Erich the cleric" who started with us earlier in the year and has been a great support to both staff and students.

TIGLIN REHABILITATION: BRITTAS BAY

The start of 2023 presented our team with some challenges and some opportunities here at the Tiglin Women's centre.

Thankfully, 2023 brought the addition of a Team Lead to the Centre. This took a massive weight off the manager and enabled other staff to step fully into their individual roles.

We welcomed two new project workers to our team. With each new team member, new talents and skills were added, and we concluded the year with a full and diverse staff team.

The addition of our new chaplain was received well by all.

Throughout the year, we have watched women come through our doors and work hard to progress through the phases of the program and progress on to the reintegration phase in Grey-stones.

The development of our preparation program for the reintegration phase allowed for a smooth transition from residential care to a community setting.

It was a delight to celebrate with the ladies and their families at our graduation service in September, and a privileged to witness the transformation of their lives

With a constant focus on continuous improvement we implemented changes that compliment the existing services in line with our model of care.

These adjustments, such as the introduction of a sensory room, have created a space for peace, reflection and calming of the senses.

The introduction of the new SETU initiative saw incredible results in both educational achievements and self-confidence for many of the women in our care.

Although there was less sun this summer than usual, we still worked hard in our polytunnel and garden. The students loved seeing and enjoying the products of their hard work as our polytunnel literally exploded with growth.

We made the most of our summer days, enjoying a break in Connemara, Sailing into Wellness, hikes and coffees in the sun. It is a privilege to do 'normal' things with the ladies, showing them that recovery and a full life is possible for each of them.

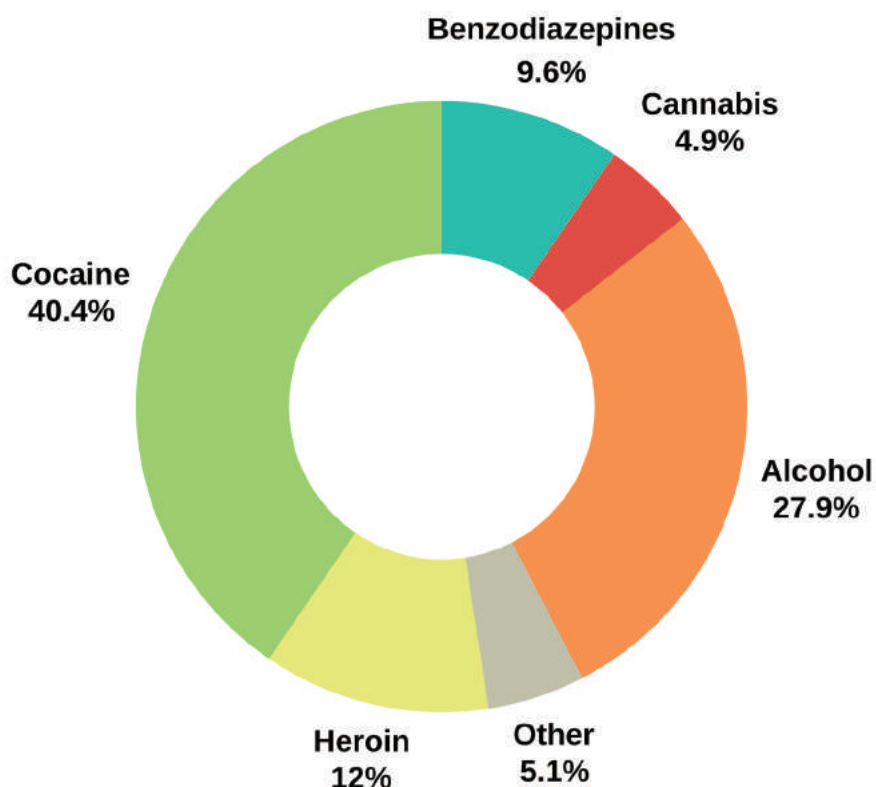
December was a busy month as we sought to honour volunteers and families of the girls as well as celebrate the season. We had a joy-filled family day as the girls got to spend time with their children. We made the most of the holidays with time together, enjoying hikes, good food, and outings and experiencing the joy of the season together.



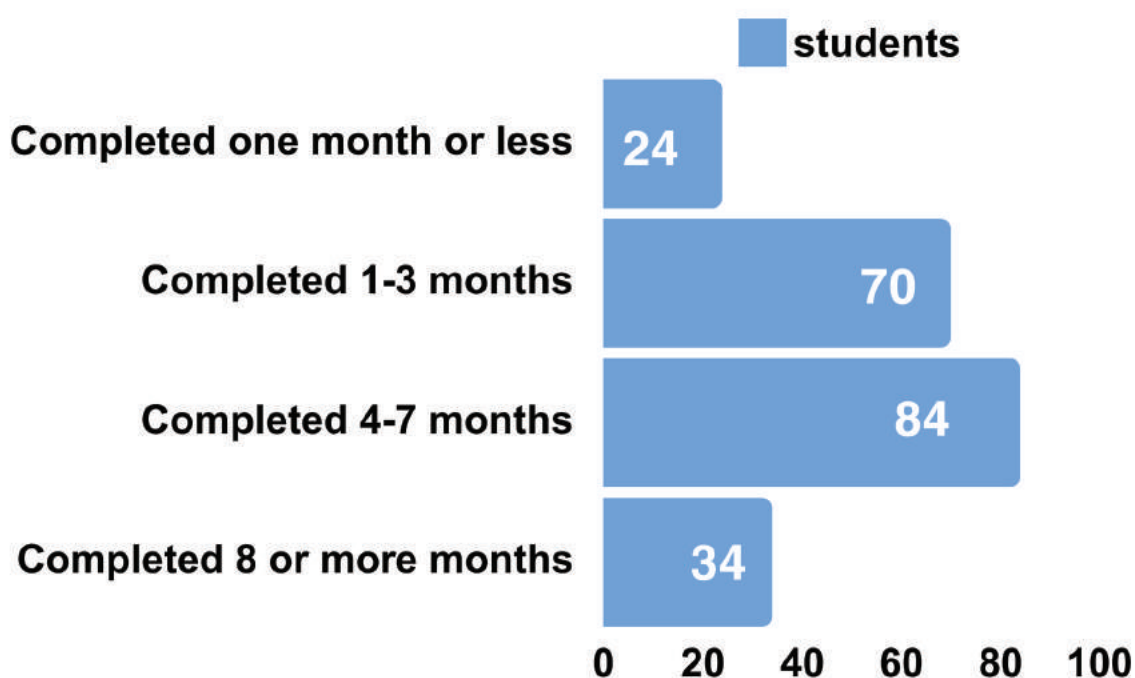
Aerial view of the women's rehabilitation centre (2023)

REHABILITATION STATISTICS (2023)

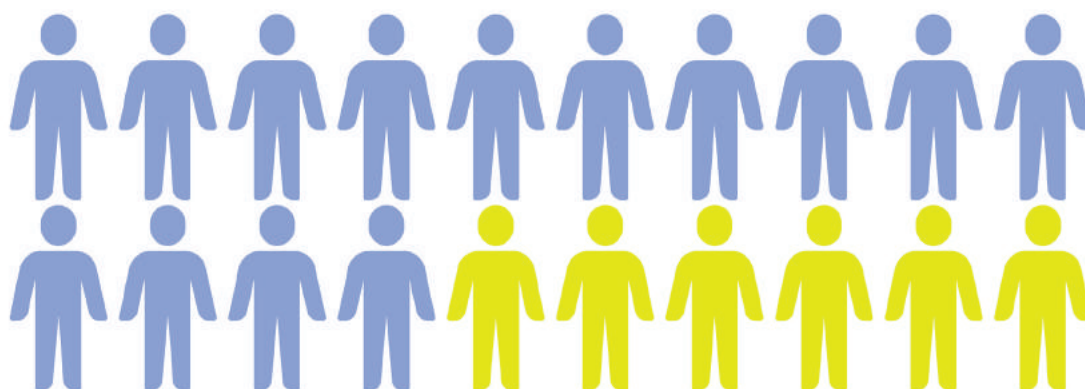
MAIN PRESENTING ISSUES AT ASSESSMENT (2023)



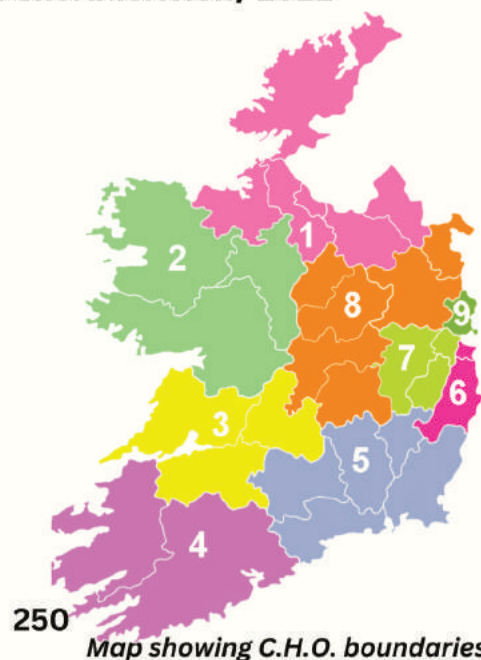
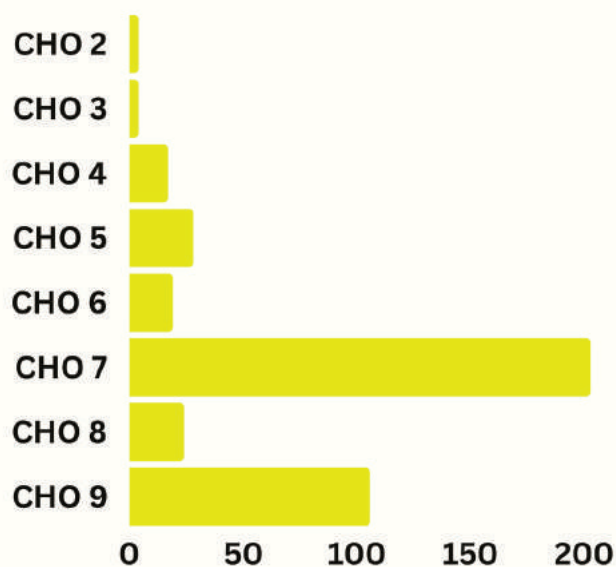
TIME COMPLETED BY STUDENTS AT OUR RESIDENTIAL CENTRES IN 2023



REHABILITATION STATISTICS (2023)



ASSESSMENTS PER C.H.O. (COMMUNITY HEALTH ORGANISATION) 2022



REHABILITATION STATISTICS (2023)



31,834

staff hours spent
working with clients

6,538

THERAPEUTIC
GROUPS

31,993

TRAINING AND
EDUCATION

1,634

KEY
WORKING

3,268

CLIENT
ADVOCACY

20,142

WORK
EXPERIENCE

FRONTLINE SERVICES: TIGLIN AT THE LIGHT HOUSE



One year celebration of the cinema nights, 4th of November 2023

2023 has been the busiest year for Tiglin at the Light House. It brought about many challenges, including the recent asylum seekers' rough sleeping crisis, which saw hundreds of individuals show up at our door looking for help.

The year saw the numbers skyrocket as the need for our services increased manyfold. This meant that there was a lot of pressure on the kitchen, which was stretched to its limits, with the chef cooking over 500 meals a day. Furthermore, with the increase in individuals using our service, we are also giving out more clothes, and we require more volunteers per service. This increase was felt predominantly during our evening service, with some nights seeing over 500 people waiting in the queue to receive a hot meal.

The referral hub in the centre saw an influx of clients into our addiction support groups, some of whom have transitioned into our pre-entry groups.

Amidst all this, our team has stepped up to the challenge. Not only are they ensuring that everyone is fed and clothed, but they have also created an environment where our clients have a "living room". The last year saw many guests visit the Lighthouse. Including the celebrity chefs from the Happy Pear, Nico Reynolds and Randy Lewis.

We also had live in-house plays and many guest musicians. The music ranges from traditional, such as harp, violin, Irish pipes, and whistles, to country and folk to choirs and Irish legends such as Don Baker.

Some new initiatives include Safety Net, a mobile clinic that is parked outside the Lighthouse every Wednesday and our collaboration with a local outreach service called A Lending Hand, who prepare the meals every Friday. They introduced music bingo, which takes place every two weeks following a movie. Our clients absolutely love it and look forward to it! Additionally, the café has gotten a makeover, including new paint, lights, counters, a bench and kitchen cabinets. And it truly lives up to our philosophy of **"a living room for those in need of one"**!



FRONTLINE SERVICES: TIGLIN AT THE LIGHT HOUSE



Linda at the Lighthouse

In this section, you have a pleasure of reading the volunteering experience of Linda. Linda is a regular volunteer at Tiglin at the Lighthouse. If this strikes an interest and you want to volunteer with us, don't hesitate to get in touch.

"I actually came here first, to meet a new friend I was seeing for a coffee. He suggested The Lighthouse, which I'd never heard of, he said it's on Pearse Street. I didn't realise what it was, I assumed it was just a regular cafe. And as I was walking in, one of the guys said "you're volunteering here?" and I said, "No, can I?". And that's how it started.

We sat down to have a cup of coffee and I just really liked the vibe and the atmosphere. It turned out my friend was a client here. I got the number, talked through what the place is all about and then came back following week and started. That was a year ago. Now I volunteer every Tuesday religiously.

I make a really good cup of tea apparently! (I may have started that rumour.) You have to squeeze the teabag quite a bit, don't just dip it in. When you're making 200 cups or more a night, it's all about being quick, but give it a good squeeze!

For the people who use the cafe, I think it is a little portion of normality. A safe space. It's fun. It's warm. It's sheltered. You know you can get clothes, toiletries, it's a place to sit and have a chat. There are movies on a Friday night. I think it's that sense of normality that you maybe don't have in the hostels or on the street.

With everything everyone's going through, it's amazing how upbeat and fun and friendly everyone is – I've been invited to a hen party!

I probably get more out of it than the people that come in here. I just have such great fun, I really like all the people. If you can brighten someone else's day, that's great. If it's just a simple chat or to have a laugh with them or make a decent cup of tea, and then that obviously makes you feel better as well.

You can do stuff online or contribute with money to charities, but it's not the same as having a hands-on approach. One of the guys needed a mobile phone, I brought in an old one from home that had just sitting in my drawer for a couple of years. To him, that's the difference of being able to ring a hostel.

I think for people sometimes, homelessness is somewhat invisible. People walk over people on the street or ignore them. But to bring the more human side into it, to actually meet people and understand that it's so easy to end up in a situation like that.

I think it's humbling somewhat to think about that. It makes you realise you've been very lucky in your own life."

A special summer attraction has been the "Grill & Chill Festival," which saw over 500 clients attend. We had a barbecue, live music, haircuts, an ice cream van, arts and crafts and more. This event could not be possible without our many sponsors that include; St. Mark's Church, DHRE Dublin City Council, Elliott's Food Service / Cash & Carry, AIB, Total Produce Ireland, Courtney's Butchers, Nandos, FoodCloud, Dublin Lions Club Ireland, Kiera and A Lending Hand and many more.



A LIFE STORY: DEAN HALLION

Having overcome addiction and destructive life choices that resulted from a childhood marked by instability and chaos, Dean Hallion is now a social worker at Tiglin's men's centre in Ashford, County Wicklow. In this exclusive interview, he shares his story

Dean grew up in Dublin's inner city social housing complex in what he says was a dysfunctional family, as his father lived a repeating cycle of prison and returning to the family home. Dean says, "It was normal for me because that's what we saw at the flats." In his early teenage years, Dean also started to get in trouble with the law, which resulted in a negative spiral of prison, drinking and drug use. Dean says, "I was just reckless; I didn't care about the consequences of my actions." When asked why, Dean replies, "At the time, I didn't know why, but I was avoiding a lot of issues that I didn't think I needed to address at the time." Despite being good at school, the environment and his decisions resulted in Dean leaving school in the first year.

Dean explains that he rebelled and that this progressively got worse; as a teenager, he spent a lot of time in a youth offender facility and then following his eighteenth birthday, he was sent into adult prison for "serious crimes" that involved organised crime activity.

Prior to coming to Tiglin, Dean suffered from a chronic heroin addiction and was facing adverse legal issues. Dean says that he did go into several rehabs in his twenties but explained that when the organised structure was taken away, he would return to his ways once he returned to the community. Dean says, "I was suicidal; I was planning on suicide every week." This was when his relative suggested that Dean should go to Tiglin's treatment centre. He followed this advice and called Tiglin's frontline service, Tiglin at the Light House, where he undertook an assessment. He had to wait several months on the waiting list until he got the call. "I think that call really saved my life, looking back now".

"Coming in the door, I was broken. Coming up that lane [entrance to the rehab], I was full of fear and anxiety...I spent the first two weeks sick, coming off the heroin. Dean explains that he had planned to spend two or three weeks in the centre and that once his sickness was gone, he would leave, but explained, "I was hearing a lot of talk about purpose and hope and this kind of caught onto

me; I started feeling hope, something never felt before, this hope really spurred me on – this is an opportunity for a new life I told myself. "

Dean says "being given an opportunity, the staff believe in you here; my key worker told me before that it would be great to see me here one day [working]. I was never used to hearing that kind of stuff at home – that we can do this, do that, because my life now would be my wildest dreams then."

"The opportunities came by being in Tiglin. I know it is real because it happened to me. I see others entering the door, knowing it can happen to them. A lot of the time people coming into places like these have multiple years of addiction and trauma, and there are negative cycles they develop, and you need longer time to break them, and that's the beauty of a program like Tiglin which includes partnerships with SETU and other organisations which are vital to the people moving into the reintegration programme.

He says that six or seven months into the programme, the group was doing an educational course delivered by the South East Technological University as part of the ongoing educational initiative, "this is when I really started feeling hopeful about the future. I didn't know what I was going to do, but I knew I was going to do something."

Dean found his purpose through the opportunity to work at the men's centre; "The stuff I went through gave me experiences I can use with the lads coming in the door now." Dean also went on the educational journey, getting an academic basis for his role now. However, Dean describes how, "I never thought I would be able to do this if I had never come to Tiglin. I don't think I would have the opportunity."



DEAN WORKING AS A KEY WORKER IN THE CENTRE

DEAN AT THE ENTRANCE TO TIGLIN AS A EMPLOYEE HELPING
OTHERS OVERCOME ADDICTION BUT HE REMEMBERS THE DAY
HE ENTERED THE CENTRE AS A CLIENT

“

**‘I was full of fear and anxiety...my
life now would be my wildest
dreams then’**

Dean Hallion.
key worker at Tiglin
Men's Centre



REINTEGRATION PROGRAM

The year 2023 marked a period of significant positive change for our Aftercare Programme, both in the present and as we look forward to the future. Firstly, we relocated to our wonderful new home in Coolnagreina, which has become the heart of our operations. During this year, we witnessed some of our dedicated staff transitioning into new roles within the program while welcoming new team members. This change has created a healthy balance in our approach and the way we provide care, aligning seamlessly with our model of care. **We have had 30 students come through our care in 2023. We had 16 students complete the Programme.**

Our continued partnership with SETU has been instrumental in our students' development within the Aftercare setting. We've successfully delivered QQI Level 6 modules, offering our students opportunities to complete several modules at this level.

One of the highlights of the year was our outdoor behavioural therapy course, which was met with enthusiasm. It facilitated self-awareness, motivation to connect with others, and the promotion of a healthy, fun approach to healthy living through outdoor activities, enhancing physical, emotional, and mental well-being.

In 2023, we had the privilege of exploring the scenic beauty of Connemara in County Galway. During our week-long stay, we engaged in various activities, including cooking, hiking, visits to Killary - a sheep farm, and opportunities for spiritual reflection.

Our first 'Celebrate Recovery' 12 step programme was well received by all. It combined large group lessons with smaller step study groups, allowing individuals to delve deeper into their past and their choices.

Throughout the year, we celebrated numerous progressions, including educational achievements, full-time employment, external transfers to the CE Scheme in the community, part-time work and college for some of our participants.

We extend our heartfelt gratitude to all who supported us and delivered invaluable groups, enriching the recovery journey of each student.

Our SMART Recovery groups introduced a fresh approach to addiction recovery.

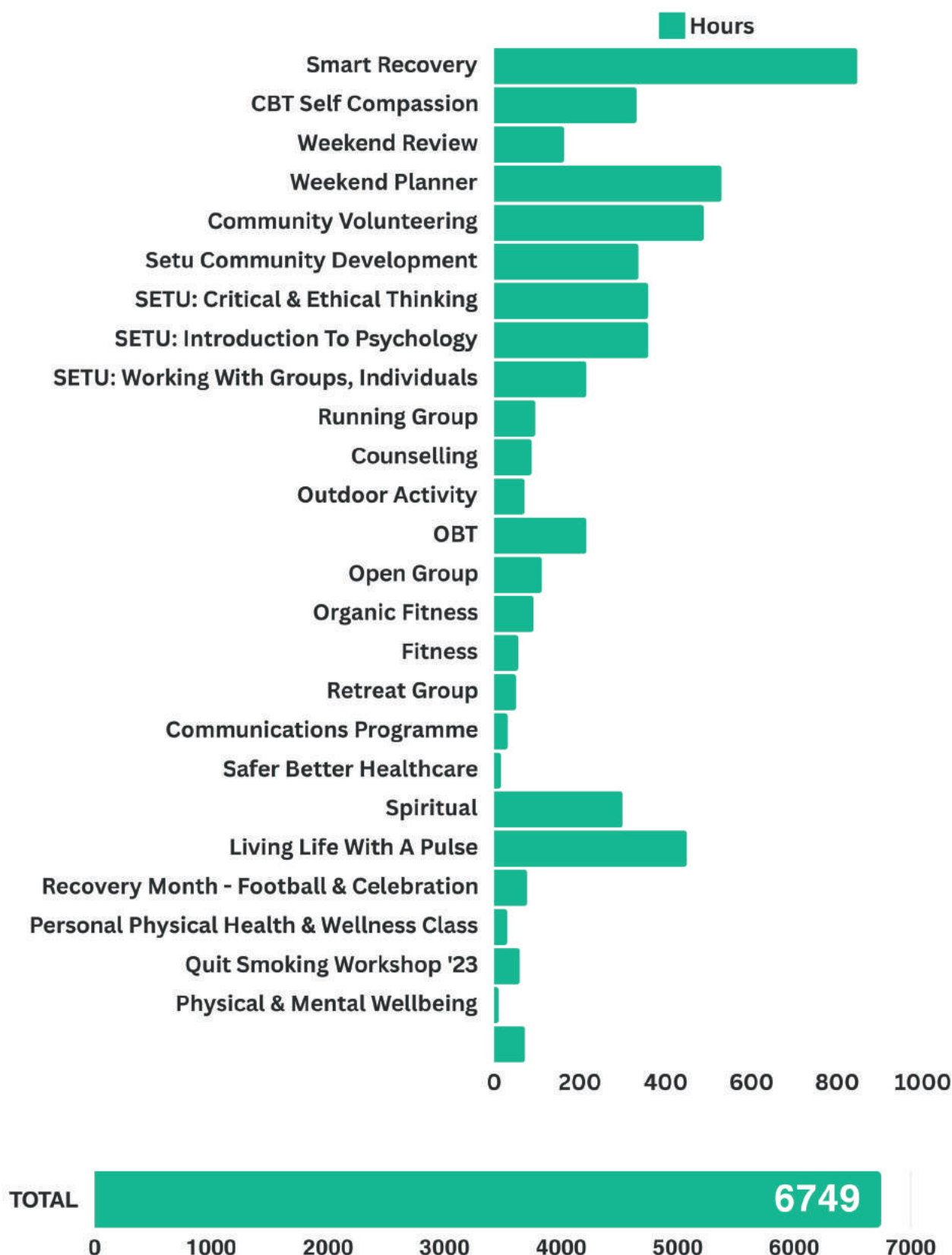
We also recognise the significance of the Community Employment Programme as a pathway back into the workforce for our students. As we reflect on the year, we are deeply grateful for our journey with our students, offering support and transformation at every step. In 2023, we've achieved milestones, learned, and grown together, setting a promising course for the future. The highlight of the year was our 2023 Graduation ceremony, where we celebrated the remarkable achievements of all under our care. A special honour was bestowed upon the graduates who successfully completed the program.



Sheep farm

REINTEGRATION NUMBERS

**data below is presented for each hour participants engaged in the activities, the number of participants is not displayed but can be seen in the Community Employment section, under Greystones.*



JIGGINSTOWN MANOR



As 2023 concludes, so does our second year as the Jigginstown Manor service provider. Tiglin started operating the service in February of 2021 in partnership with Homeless Care, and the first resident moved in May of 2021. From thereon, the centre was filled gradually until it reached full capacity in the autumn of 2022. Continuing the trajectory from 2022 and now, at the end of 2023 – we can report that Jigginstown Manor has had the privilege of assisting 22 individuals who have sought our support.

Our assistance has taken various forms, primarily focused on project working with an emphasis on upskilling, job searches, education (notably through SETU courses), and well-being, which included counselling and fostering a sense of community.

We've been fortunate to have dedicated volunteers like Tim, Colette and Mary, who contribute to this nurturing environment while ensuring that guidelines are adhered to. In Naas, our primary aim is to integrate our residents into the community effectively.

Over the past year, we've welcomed numerous local visitors who have met with our residents, developing connections and helping to break the stigma surrounding youth homelessness. Additionally, we have forged strong partnerships with local organisations, providing our residents with access to essential services. Some of these organisations include the Dara Project, KWETB, Naas Food Bank, Pfizer, ISS Recruitment, and many others.

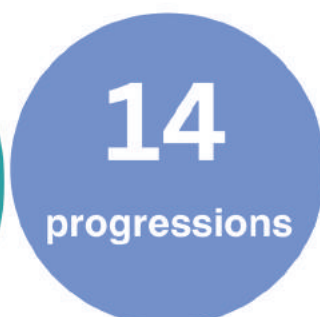
Our dedicated key workers have excelled in addressing individual needs, and the addition of Chaplain Erich has proven to be a valuable asset. Erich not only connects with the residents on an informal level but also organises peer-led initiatives like paintball and go-karting. Our commitment to the well-being and growth of our residents remains unwavering, and we look forward to another year of progress and positive change.

Tiglin believes that upskilling and employment are the “strongest predictors” for young people exiting homelessness, and it is clear there's a focus on both (and indeed more) at the Naas Centre.

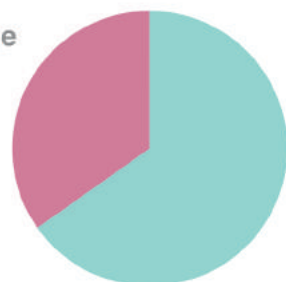


Cathal Berry TD (middle) with Carly Whyte (Team Lead Jigginstown) and Gary O’Heaire (COO)

JIGGINSTOWN MANOR

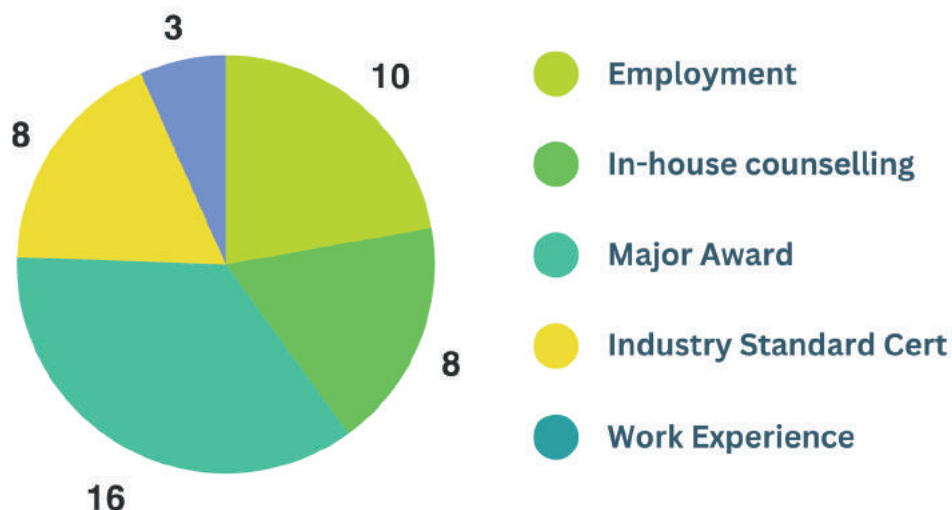


Female
8



Male
15

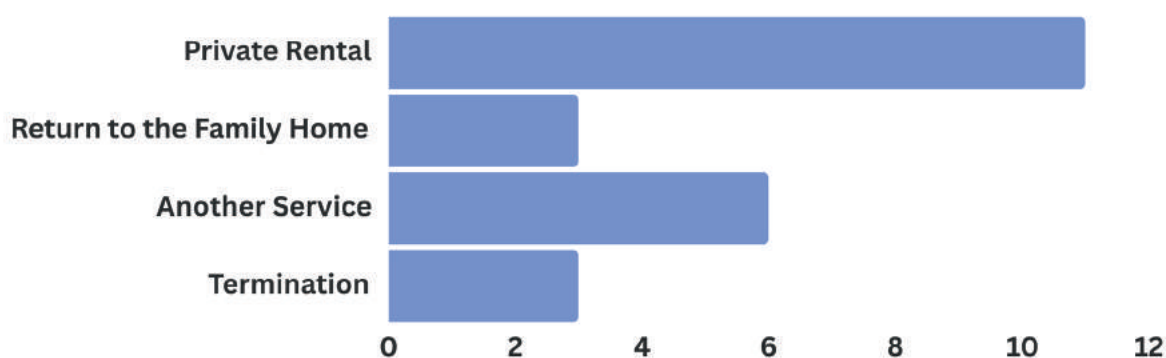
RESIDENT ENGAGEMENT:



KEY WORKING SESSIONS



PROGRESSIONS (MOVE ON'S):



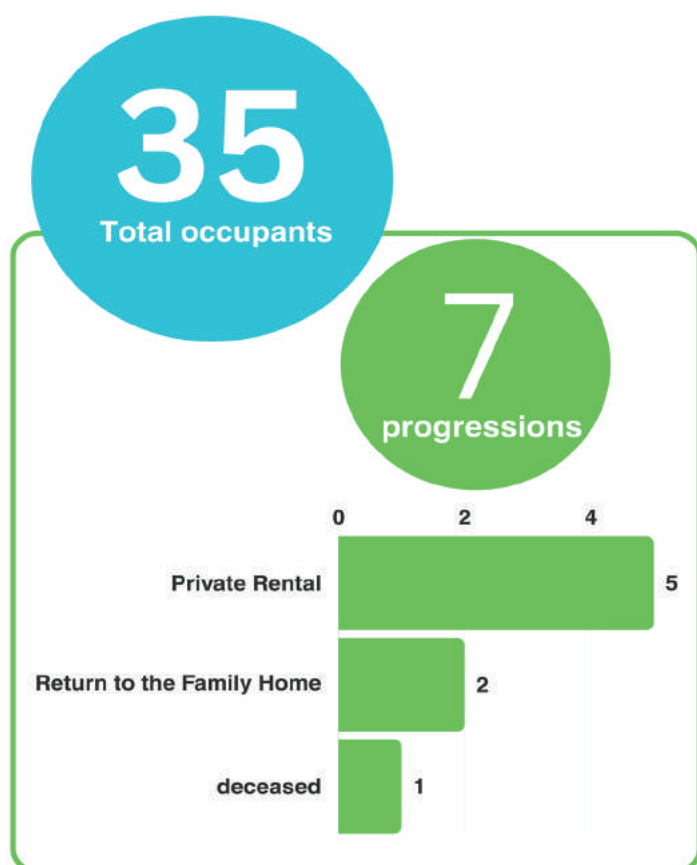
HOUSING: CARRAIG EDEN



Another busy year at Carraig Eden as we've seen a house that has been pretty much at full capacity and working well. Carraig Eden is one of Tiglin's greatest assets and forms a massive part of the individual's journey through the recovery process. It helps each individual in building and maintaining their recovery in a safe homely environment.

This past year has seen our residents from Carraig Eden once again engage with various community activities such as the St Patrick's Day Parade, Tidy Towns, Christmas fair and to our very own popular annual sleepout in aid of the homeless outreach work.

Within the last quarter of the year, with the support of Wicklow Co. Council, we have successfully assisted some of Carraig Eden residents with move-on accommodation. We are looking forward with anticipation as to the year ahead with all its opportunities and challenges.



Recovery Rocks Festival at Carraig Eden

THE RISE @ COOLNAGREINA



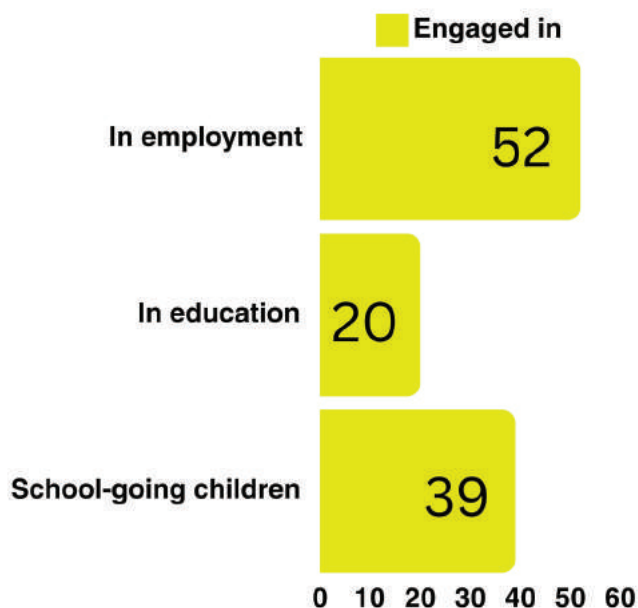
Ukrainian Constitution Day celebration at Coolnagreina, special guest (speaking) the UKR Ambassador to Ireland: Larysa Gerasko

In March 2022 Tiglin opened Coolnagreina's doors and welcomed Ukrainian families fleeing war. By the beginning of 2023, we had 108 residents living in 36 rooms, included in those are 39 school-going children. By September, some of the teenagers had started 3rd level education.

Throughout the year, some families returned to Ukraine, and some went to live in other countries. For a period of 3 months from October, we had 15 empty and available beds; 11 of these were filled in early December. By the end of 2023, we had 102 residents living in 37 rooms. 40 of our residents were in employment. 20 were attending PLC courses as mature students. We also now employ 12 residents here in Coolnagreina. We welcomed 3 newborn babies to Coolnagreina: Mark was born in September, and Theo and Sofia were born in December.

We had a lot of activity throughout the year, with garden parties, barbeques, summer projects and day trips. We have welcomed a lot of visitors to join us and meet our residents.

108 | 3
RESIDENTS BABIES BORN



SOUTH EAST TECHNOLOGICAL UNIVERSITY

We cannot emphasise strongly enough the impact this educational initiative has had on those in our care as 92 individuals enrolled and participated in a third-level course delivered by SETU in 2023.

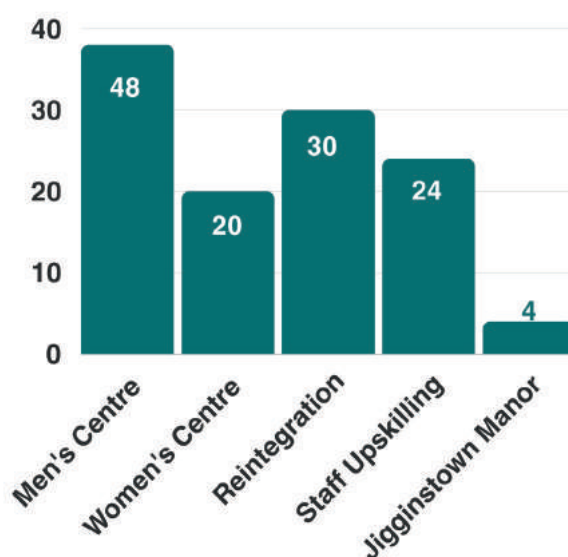
Over the past year, SETU has delivered an impressive array of courses to Tiglin residents, including the Certificate in Health and Wellbeing, Learning to Learn at Third Level, Introduction to Psychology, Community Development, Communications, and a Certificate in Critical and Ethical Thinking in a Changing World. The lecturers have used Tiglin facilities as satellite campuses for course delivery, while a certain portion of the students engaged directly within SETU campuses.

Since 2016, Tiglin and SETU have worked together, with our partnership entering a new phase in 2023. 2023 saw the beginning of this three-year project funded by the Higher Education Authority (HEA), entitled, 'Using the power of transformative education through inclusive education, leadership and enterprise to end the cycle of addiction'. This HEA-funded project will continue for a further two years, and Tiglin and SETU remain committed to providing a pathway to a brighter and more promising future for all.

On January 26th, Tiglin and SETU celebrated one year of impact by hosting an event at the Whale Theatre, where an impact video was launched while the Minister of Further and Higher Education endorsed this initiative and its vision.



THIRD-LEVEL



Minister Simon Harris speaking during the one-year celebration Tiglin -SETU partnership through the HEA funded course and the impact thereof



"It's a really powerful partnership where we are making education programs available to people through the South East Technological University while going through the recovery journey. There is a clear link between people being able to overcome addiction and having access to education and, ultimately, employment."

Simon Harris,
Minister of Further and Higher Education

COMMUNITY EMPLOYMENT

Supported by the Department of Social Protection, the Community Employment Scheme has played an unrivalled role in transitioning those in our care into employment, education and more. For Tiglin, the Community Employment has been a vital structure that has equipped individuals with workplace and recovery skills necessary for a successful reintegration. A great credit goes to our Community Employment (CE) Supervisors and team for their dedication to facilitating progressions for the participants on the scheme.

The year 2023 has been a fruitful and exciting year for many of our participants in our community employment programme. In total, we have 52 places on our CE programme; 5 of them are General CE placements. We have 47 Drug placement spaces across our 4 centres: men's centre in Ashford, women's centre in Brittas Bay, Reintegration programme in Greystones and our homeless services in the Light House on Pearse Street in Dublin.

For all of our participants, our CE programme provides them with a training budget of €500 each year to help them gain more training and education to fulfil their career goals that may have been put on hold by their addiction.

Our CE Programme is overseen by five supervisors and two assistant supervisors who are able to explore the goals and dreams of the participants and support them on their journey.

Many of our participants enrolled in various courses in 2023, including: Hairdressing, Barbering, Addiction Studies, Psychology and Counselling, Bachelor of Arts Degree in Addiction Studies and Community Development, Safe Pass, and Manual Handling, to name but a few.

While participants are on our CE programme, we link the participants in with many training providers, helping them to build up confidence and improving their job preparation skills.

The introduction of the SETU initiative has given the participants access to broad selection of third-level courses.

In 2023, we have had thirty-one participants exit our Community Employment programme to transition into full-time employment.



An Roinn Coimirce Sóisialaí
Department of Social Protection

SOCIAL ENTERPRISE: RISE AT THE COVE

September 6th, 2023 | From right: Phil Thompson, David O'Loughlin, Alison Black, Gavin Murphy (Manager), Taoiseach Leo Varadkar, Alina Nedina, Yuliia Khyzhniak Aubrey McCarthy, Simon Harris, Tymofii Novosolov



As initially planned, several of our residents who worked in the cafe moved to new jobs after using their experience in Rise to build their CVs and get employment in excellent cafes both here and abroad.

We have continued hiring and training students who have completed the Tiglin programme and residents from our Coolnagregina centre. We hired several local schoolkids this summer and gave them summer jobs running our ice cream hut. The cafe has again been shortlisted for Innovator of the Year at the prestigious Food and Wine magazine awards and won Social Enterprise of the Year at the Gym + Coffee awards in May. In October, a short movie about our social enterprise cafe called "Rise", made by Garrett Harte, was chosen to be screened at the "Wicklow Stories Short Film Festival" and received an amazing reception from the audience. We have worked closely with Greystones Tidy Towns who recently installed a mini library outside the cafe as well as planting some beautiful flower beds. To celebrate our second birthday at the end of October, we gave out ice cream cones to all of our regulars and, the same weekend,

hosted all of the Swim in Pink swimmers after their charity swim in the Cove. The cafe was also the location for several Recovery meetups organised by John Boland, and it was brilliant to see so many people from all walks of life who are in recovery all meeting at the cafe for a sauna and a swim.

In September, Rise at the Cove was honoured to host An Taoiseach Leo Varadkar and Minister for Education Simon Harris at the cafe. They came to see the extraordinary work being done in the community, and the Taoiseach even left with his own personalised Rise at the Cove coffee cup. In the same month, Craig Doyle came to film a piece for This Morning Britain in the cafe, which was very exciting. All of the presenters on the show were asked to film a short segment based on their favourite walk. Craig walked from Bray to Greystones and finished with a swim in the Cove and a coffee and chat with Tiglin CEO Phil and cafe manager Gavin Murphy. He said he felt the social enterprise model used was incredible and should be replicated everywhere.

Finally, we launched our own range of branded merchandise, including sweaters and hoodies, which became very popular with our customers and tourists.

SOCIAL ENTERPRISE: RISE AT THE COVE

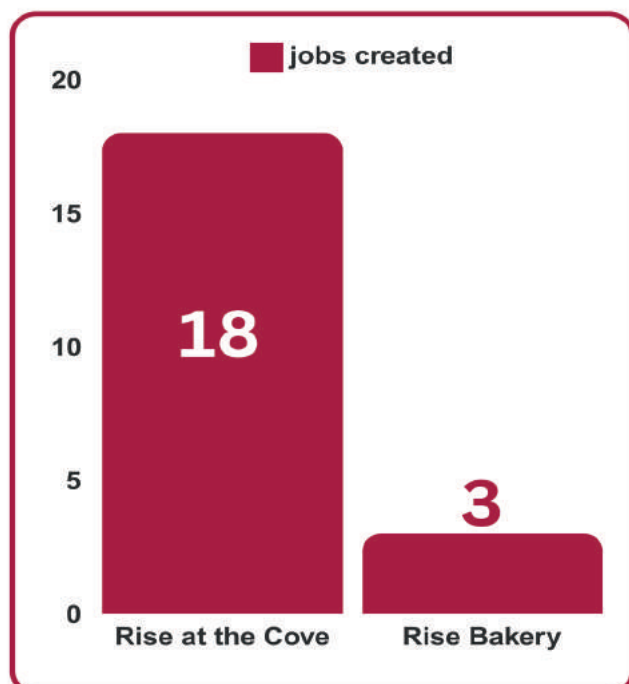
Following the installation of the Rise Bakery, which is a shipping container that has been converted into a fully functional HACCP approved facility, Rise Bakery now supplies a variety of products that are then sold at the cafe. This innovative initiative came as a result of the Community Foundation of Ireland grant, and is now providing employment for three individuals.

The Community Foundation for Ireland

This bakery has seen a wealth of visitors from the Taoiseach Leo Varadkar, Minister Simon Harris, Ambassadors of Ukraine, Poland, Brazil, Mexico, Slovakia, Malta, Croatia, and more. It was a great recognition for the bakery to be featured on the Community Foundation of Ireland's website as a key example of a social enterprise they strive to support.

In 2023, the success of the Rise at the Cove Social Enterprise was highlighted in national media when Irish Times featured the Rise Weekend Manager Sean O'Reilly.

While visiting our social enterprise, Minister Harris joked to An Taoiseach about how the venue was fast becoming his second constituency office and certainly the source of his favourite brew.



Tom Griffith (middle) CEO of Social Entrepreneurs visit



Taoiseach Leo Varadkar enjoying a Rise coffee



Sean O'Reilly featured by the Irish Times

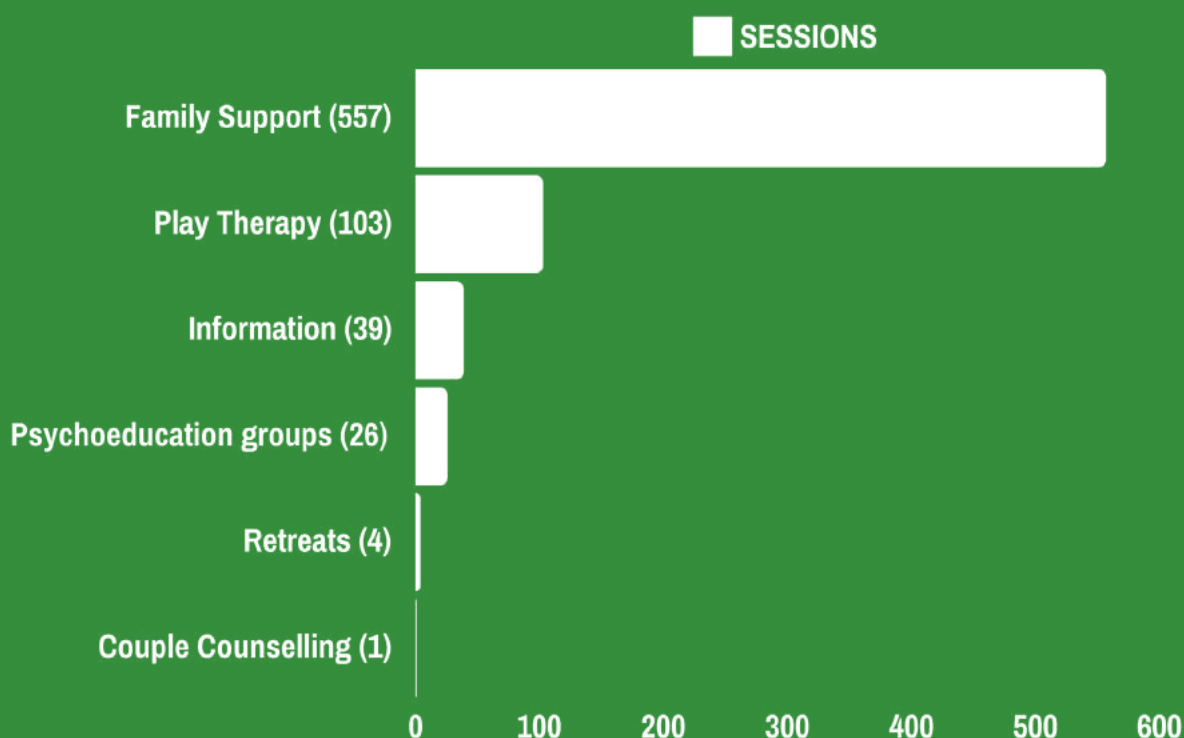
FAMILY SUPPORT

The need for supporting families impacted by addiction is imperative for many reasons. Here are some of the primary reasons why Tiglin offers support to families in this situation:

- There is a need for education around addiction, recovery and relapse to equip families to best support their loved one's recovery process: before, during and after treatment.
- Families need tools and strategies for their own self-care and wellbeing that can be pursued regardless of the choices their loved one makes regarding recovery or relapse. Often these tools/strategies not only serve the wellbeing of the family but also prevent them from overtly or inadvertently enabling the one in addiction.
- The success of addiction recovery is greatly aided by a healthy environment and if the family is growing and healing in their own recovery, this will contribute to the chances of ongoing success after treatment.
- Support, education and therapeutic engagement within families where there has been addiction is preventative against furthering the cycle of addiction – especially where there are children involved.

Our Family Support Team consists of three professionals, one psychotherapist and two family support workers. We currently offer:

- Immediate contact with family member of every new intake student and ongoing phone or one-on-one support as needed.
- We hold a weekly online induction phase support group for new family members to process emotions and ask questions during the first weeks.
- Once a month we run an in-person support group and an online support group where family members can learn more about addiction and recovery through psychoeducation as well as supporting each other.
- Our psychotherapist provides therapeutic work for adult family members as well as children and has just begun offering the PUP programme (Parenting Under Pressure) to students and family members (an evidence based programme that aims to improve family functioning and child outcomes by supporting parents who are or have been in addiction).
- We conduct 3 or 4 way meetings to bring the student, their family, their keyworker and possibly outside agencies to the table to discuss strategies for full-circle benefit.



LOSS & BEREAVEMENT COUNSELLING

In 2023, loss and bereavement counselling was provided for 15 students, giving a total of 227 hours of one-to-one therapy sessions.

Tiglin supports people coming out of addiction. We aim to help those who enter the programme become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive. This is done by providing an evidence-based programme. With trained staff, keyworkers, teachers, counsellors and many more people to support full recovery out of addiction.

If a student requests loss and bereavement counselling, they are put on our counsellors' waiting list. However, due to the nature of addiction and the disruption it causes in a person's life it is recommended that counselling is not started until a student is well settled on the programme and has re-established supportive healthy routines in their life.

Generally, counselling does not start until a student spends a minimum of 4 months on the programme. At times, students need to leave the program due to extenuating circumstances such as health or family emergencies. Those students who want to continue the Tiglin program may apply to rejoin the programme at a later date.

For students in these circumstances and where possible after consultation with management, staff and key workers, counselling will continue.

During 2023 anxiety assessment tools were introduced to the process, to help identify symptoms of anxiety and stress that have been caused by many years of addiction often resulting in homelessness. One of these tools is the Beck's Anxiety Intervention (BAI), this tool improves outcomes during the therapeutic process, by helping to identify symptoms and thus to develop a specific plan of treatment for each individual student.

When appropriate and beneficial to the student, the assessment is a collaborative process, where the students themselves are involved in identifying and resolving their own symptoms. The anxiety assessment also reflects to students their progress and the reduction in the initial symptoms that they presented with.

Cognitive Symptoms: Racing thoughts, and negative thoughts towards self.

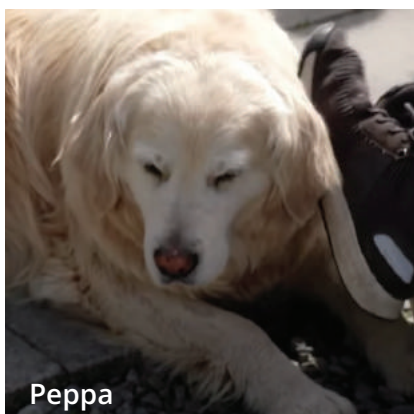
Emotional Symptoms: Feelings of fear, anger, helplessness, guilt and shame.

Physical Symptoms: Nausea, Agitation, Dizziness and Breathing problems.

The above anxiety symptoms were significantly reduced in all students who received loss and bereavement counselling.

LIFE AND SOUL RTE DOCUMENTARY ON TIGLIN

Aired on RTE on 12 November 2023, this 24 min documentary follows on from a documentary filmed several years ago. Now, in 2023, Tiglin runs seven centres and has hundreds in its care.



BIOPSYCHOSOCIALSPIRITUAL MODEL OF CARE

Each resident that comes into our care receives regular one-to-one key working sessions. In these sessions, a client-led care plan is developed that focuses on four specific areas; biological, psychological, social and spiritual. Tiglin endeavours to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive. Operating from a Christian Ethos our model of care is grounded in an evidence-based approach that provides each individual in our care with an effective and comprehensive solution to life controlling drug and alcohol problems.

BIOLOGICAL

Biological Health: supporting individuals physical health through healthcare, nutrition, fitness classes, gym, sports facilities and the promotion of a healthy lifestyle.

PSYCHOLOGICAL

Psychological Health: supporting mental health and well-being through services such as counselling, psychotherapy, therapeutic groups, hydrotherapy + breathwork and promotion of self care.

SOCIAL

Social Health: improving social health through housing support, advocacy, family support, educational opportunities, work experience, mentorship, coaching and reintegration.

SPIRITUAL

Spiritual health: promoting spiritual health that helps to create a balance between biological, psychological and social aspects of human life through a personal recovery that is based upon core Christian Values.

PARTNERSHIPS, FUNDERS & SUPPORTERS

The Board of Directors, management, staff & students in Tiglin services would like to say a huge thank you to all of our partners, funders and supporters. Without your ongoing support we would not be able to see lives changed and transformed, it is with thanks to you that we have been able to continue this vital work in providing care to those in need of our services.

A very special thank you to Salesforce, who sent their entire culinary team from the Salesforce Tower in Dublin over to Tiglin Ashford where they prepared a five star Christmas meal for all of Tiglin residents and staff.



We are incredibly grateful to the many agencies and individuals who have provided and continue to provide much-needed help to us here at Tiglin. We want to acknowledge our appreciation for all the community fundraising efforts in 2023. Thanks to all of those who organised or participated in fundraising initiatives, giving their time, energy and ideas to help support our work. In particular, we would like to thank and express our gratitude to our staff, volunteers, and students who have always been willing to lend a hand with our many fundraising events.

A sincere thank you must go to our staff and counsellors, who have provided the best care, compassion, and commitment needed while also upholding a standard of excellence across our services. We are deeply indebted to the commitment and work of all the staff and counsellors, who work tirelessly to provide each student with the recovery capital required to sustain a "life beyond addiction." Thank you so much!!!!

Finally, we would like to thank everyone who has supported Tiglin financially, practically and prayerfully.

WAYS TO GET INVOLVED

There are many ways to help us here at Tiglin and make a difference in seeing lives changed and impacted. If you'd like to get involved, here are a few ideas to get you started.

AS AN INDIVIDUAL



Could you give an hour or two a month to be a mentor for someone going through our residential rehabilitation program?



Could you give a morning, an afternoon or an evening per week to help serve food and make cups of tea at our homeless service in Dublin?



Do you have a skill you could come and teach vulnerable adults as a one-off, or for a few sessions?



Have you considered including a legacy donation to Tiglin in your will?



Could you organise an event to fundraise for us, or participate in a sponsored event?



Follow us, like and share our posts on social media

You can always make an individual donation through our website: www.tiglin.ie/donate

€10 will provide a hot meal and a care package of toiletries, socks and underwear

€55 will provide an hour of counselling for someone coming from trauma or facing addiction

€100 will provide a starter kit for someone moving into a new home)



AS AN ORGANISATION



Would your staff like to spend a team-building day volunteering in our soup kitchen, gardening, or helping decorate a building?



Does your organisation have a charity partner?



Could your organisation donate items, such as food or warm clothing for our homeless outreach service at the Light House in Dublin?



Could your organisation sponsor a building, a service or a project?

If you'd like to get involved, we'd love to hear from you!

To enquire about any of these opportunities, or to suggest another idea, email us at admin@tiglin.ie

With continued support from:



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

HEA

HIGHER
EDUCATION
AUTHORITY



Feidhmeannacht um Dhaoiné ar Easpa
Dídeine Réigiún Bhaile Átha Cliath
Dublin Region Homeless Executive



Ollscoil
Teicneolaíochta
an Oirdheiscirt
South East
Technological
University



An Roinn Coimirce Sóisialaí
Department of Social Protection



An Oifig um Chosaint
Idirnáisiúnta
International Protection
Office



The Community
Foundation for Ireland



guiding people home



Tiglin