

TIGLIN ANNUAL REPORT 2022



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Tiglin Challenge is a Company Limited by Guarantee
and registered in Ireland no. 220213

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MISSION STATEMENT

To provide individuals with an effective and comprehensive solution to life-controlling addiction problems, in order to become productive members of society. Tiglin, operating under a Christian ethos, endeavors to help people become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive.

WITH CONTINUED SUPPORT FROM:



**An Oifig um Chosaint
Idirnáisiúnta**
International Protection
Office



**SE
TU**

Ollscoil
Teicneolaíochta
an Oirdheiscirt
South East
Technological
University



An Roinn Coimirce Sóisialaí
Department of Social Protection



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



**Feidhmeannacht um Dhaoine ar Easpa
Didine Réigiún Bhaile Átha Cliath**
Dublin Region Homeless Executive



**The Community
Foundation for Ireland**



mac-group.com
Dynamic Construction People



PENINSULA



**Comhairle Cathrach
Bhaile Átha Cliath**
Dublin City Council



Comhairle Contae Chill Dara
Kildare County Council

CHIEF EXECUTIVE STATEMENT

As 2021 came to an end, it was a great time to reflect on how, when people come together, use their skills and give of their talents, that ripple effect of positive change is a remarkable force!

2022 began with much the same formula. We needed to look around us for support, rely on people's goodwill and incredible generosity and look up for inspiration, especially at times when the challenges were greater than the abilities we had.

A classic example of this was watching how Irish people responded to a war beyond our borders. Across Ireland, our doors and hearts opened up to welcome those who were displaced because of a cruel war. I was honoured to see Tiglin being in a prime position to respond and, since 17th March, welcome and support families from Ukraine to our newest facility at Coolnagreina in Greystones.

Tiglin, having supported many people affected by the crippling power of addiction and homelessness, has always worked in the area of assisting people to process their trauma, provide safety, shelter, support and a sense of belonging. There was nothing new in the expectations placed on us in light of this war. People are people and the effects of being displaced from the people and places we love, be that as a result of homelessness, war or addiction, have similar traumatic effects on individuals, families and communities.

With the latest record high figures for those affected by homelessness in Ireland released, we see over 11,500 people falling foul of a failing housing system. Many have been told by our

society that they did not belong, that there was no room for them, or that their participation in life was not wanted. In 2022, we had the privilege of seeing so many of these individuals embracing their true selves, embracing parenthood without addiction, providing safety for their families in a new home and graduating from college with their degrees, and even Masters degrees.

Responding to these needs are a strong and flexible team of staff and volunteers, without whom we would not exist. In a busy environment, there are times when the detail of their hard work can be overlooked and sometimes the smallest of tasks can have a life-changing impact. I'm grateful to all my colleagues and, to all our selfless volunteers who have sacrificed their time and energy, I want to say a massive thanks. As an organisation, we are also deeply appreciative of our donors and statutory funders for continuing to help us make ends meet.

Thank you all.

Phil Thompson
CEO



Phil Thompson, Tiglin CEO

CHAIRMAN'S STATEMENT

What a hectic year it has been! The amazing management and staff at Tiglin have certainly moved mountains this year with a number of new services added to the charity.

I want to thank our voluntary board of directors, who tirelessly give of themselves to provide clear corporate governance to an amazing charity. Our staff, led by our uniquely inspirational Phil Thompson, have brought Tiglin to a position where it is renowned for "bringing about life change".

2022 has seen many events happen and numerous esteemed guests visit our services, including a number of government ministers, ambassadors and, most notably, an Uachtarán. President Michael D Higgins certainly put Tiglin on the national airwaves when he stated that "the government and all county councils should replicate what Tiglin has done in both Wicklow and Kildare". One recent visit by a government minister really impacted me - he called me aside and observed that "Tiglin brings an element of Christianity that is unique, and it is clear that it impacts people's lives".

This year, we were over the moon with the purchase of 'Coolnagreina' - the old YWCA facility in Greystones. This is an amazing facility that we believe will provide a place of refuge for many women in recovery while also housing over 100 amazing Ukrainian guests who are fleeing war. At present, we have onsite: a musical academy, a drama facility, English classes, a purpose-built games room, a child psychotherapist, and much more. Such a God-given facility is changing the

way that Tiglin delivers its services.

One of our last events of the year was the opening of 'The Granary' at Tiglin.

This superb building was refurbished by our wonderful friends at MAC construction. Their

managing director, Paul McKenna, has consistently supported building projects at Tiglin and has invested heavily in what we do. The event also saw His Excellency, Davor Vidis, the Croatian ambassador, present a unique award to two of our managers - twins Allen and Jay Bobinac. This pair originally came for help through our homeless services and now, while both on their second Masters degrees, manage two of our facilities.

Finally, I want to wish you all a blessed year ahead and thank you for your continued support.

Aubrey McCarthy

Voluntary Chairman



**Aubrey McCarthy,
Tiglin Chairman**

GOVERNANCE

Tiglin Challenge is a registered charity and a company limited by guarantee without a share capital. The purposes and objectives in how it conducts its business are set out in its Memorandum of Association as available from the Companies Registration Office. The activities of the company in its operation are to support each individual in their recovery from substance abuse. Tiglin Challenge provides a range of services both day services and residential services to support each individual with recovery capital that will empower them to live independently free from a life beyond addiction.

Tiglin Challenge is compliant with The Governance Code for the Community, Voluntary and Charitable sector in Ireland as a Type C organization. The financial statements are prepared in accordance with the Charities SORP. Tiglin Challenge is also compliant with the Guidelines for Charitable Organizations on Fundraising from the Public. Governance is a recurring agenda item at Board meetings due to the regulatory obligations which arise under service level agreements with the HSE and also the Approved Housing Body. The Board is also cognizant of further regulations notably GDPR in May 2019.

Tiglin Challenge is currently working on safer better healthcare standards and governance in line with national guidelines and data collection. Tiglin

Challenge adheres to all GDPR regulations.

Tiglin Challenge is currently re-vamping the website which will reflect all the work that Tiglin do and provide transparency to all.

There is regular communication between Board members, Management, Staff/Sub Committees & Students to ensure that good Governance is being administered within Tiglin Challenge. All Students are given the opportunity to discuss issues that are affecting them as participants in the project.

Tiglin Challenge has regular in-house meetings with its Students to problem solve and suggest improvements to the Tiglin service. Governance in Tiglin Challenge is adhered to through a strong Board of Directors who constantly and consistently review that Tiglin Management & Staff are in compliance with the Code of Governance. All financial statements are published on Tiglin website (www.tiglin.ie) in line with best practice guidelines and for full transparency and good governance practice.

Tiglin Challenges Board has a minimum of six voluntary Directors. As per Tiglin Challenge protocol for Directors, the term of office for a Board Director is three years, with an option for reappointment for a second term in office; this reappointment needs to take place at Annual General Meeting (AGM).

BOARD OF DIRECTORS

Chairman	Aubrey McCarthy
Company Secretary	Keith Flynn
Board Members	Nigel Bell
	Jerry Conlon
	Dr. Emmanuel Eguare
	Gerald Farrell
	Rachel Harper (joined 2022)
	Marylin Nyquist
	Susan Phillips

TIGLIN OVERVIEW

PROGRAMME BREAKDOWN

A GUIDE TO TIGLIN'S 16-MONTH PROGRAMME

1**INITIAL CONTACT & ASSESSMENT**

- Student makes contact with Tiglin for an initial assessment

FIRST 6 MONTHS

- Residential therapeutic treatment programme

2**3****MONTHS 6-9**

- Preparation for the aftercare programme

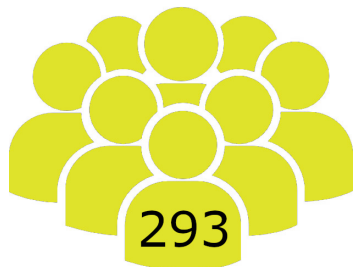
MONTHS 9- 16

- 7 months spent participating in aftercare programme

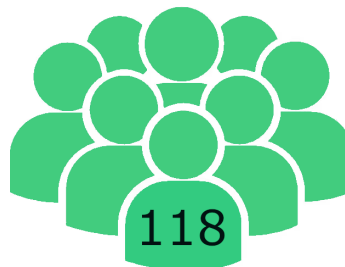
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2022 STATISTICS

TOTAL REFERRALS 2022



TOTAL INTAKES 2022

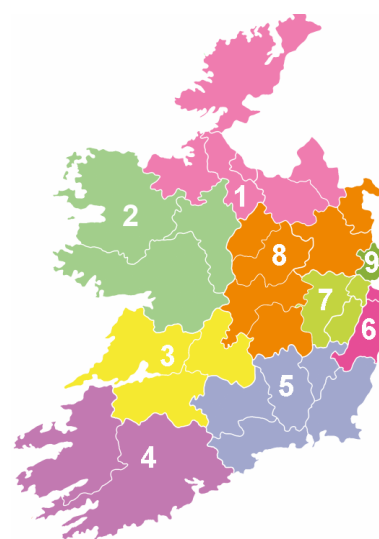
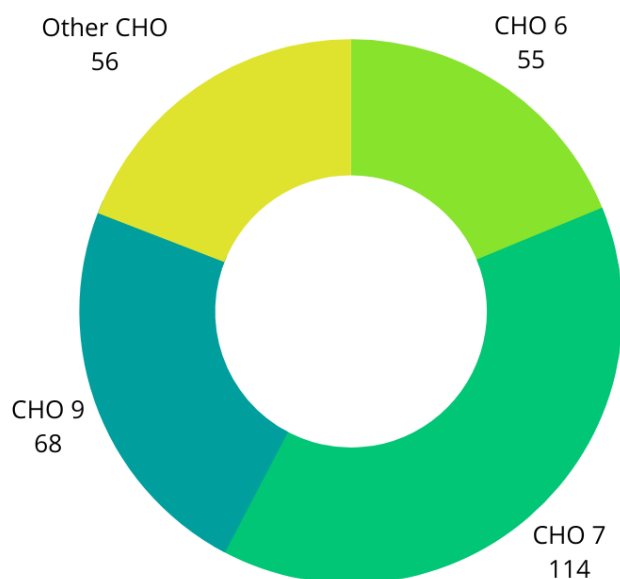


GENDER BREAKDOWN OF REFERRALS 2022



Male 174 (59%) : Female 119 (41%)

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



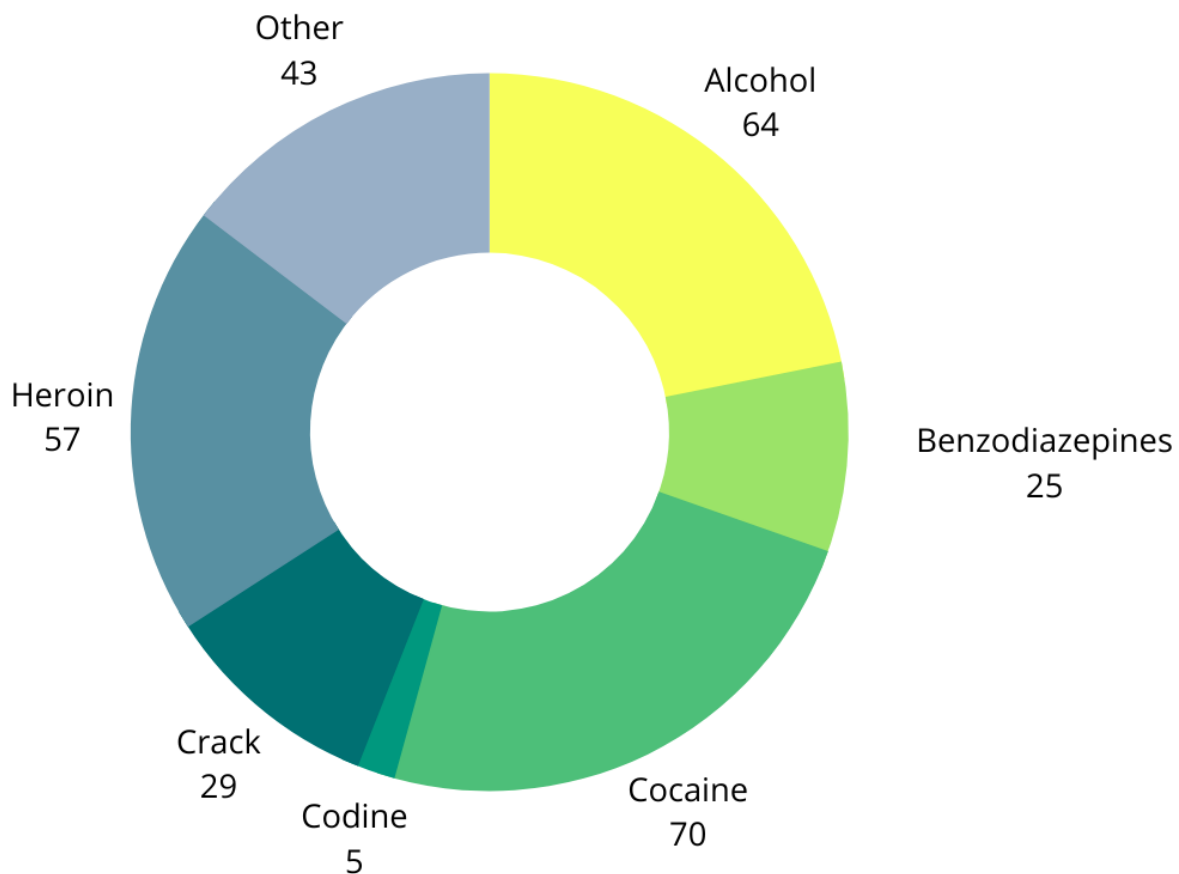
Map showing C.H.O. boundaries, taken from H.S.E. website

CHO 6: Wicklow, Dun Laoghaire, Dublin South East

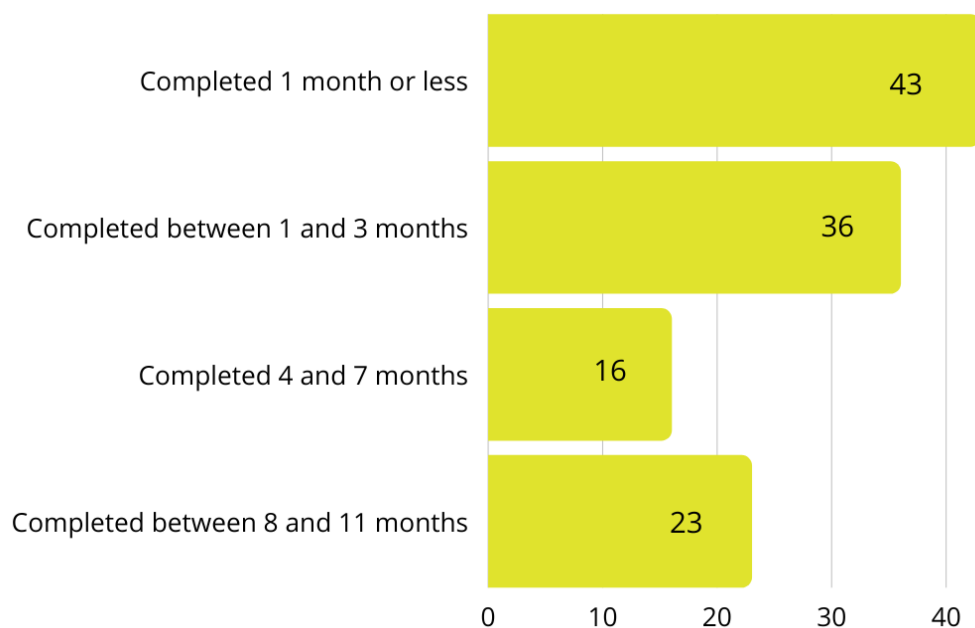
CHO 7: Kildare/West Wicklow, Dublin West, Dublin South City, Dublin South West

CHO 9: Dublin North, Dublin North Central, Dublin North West

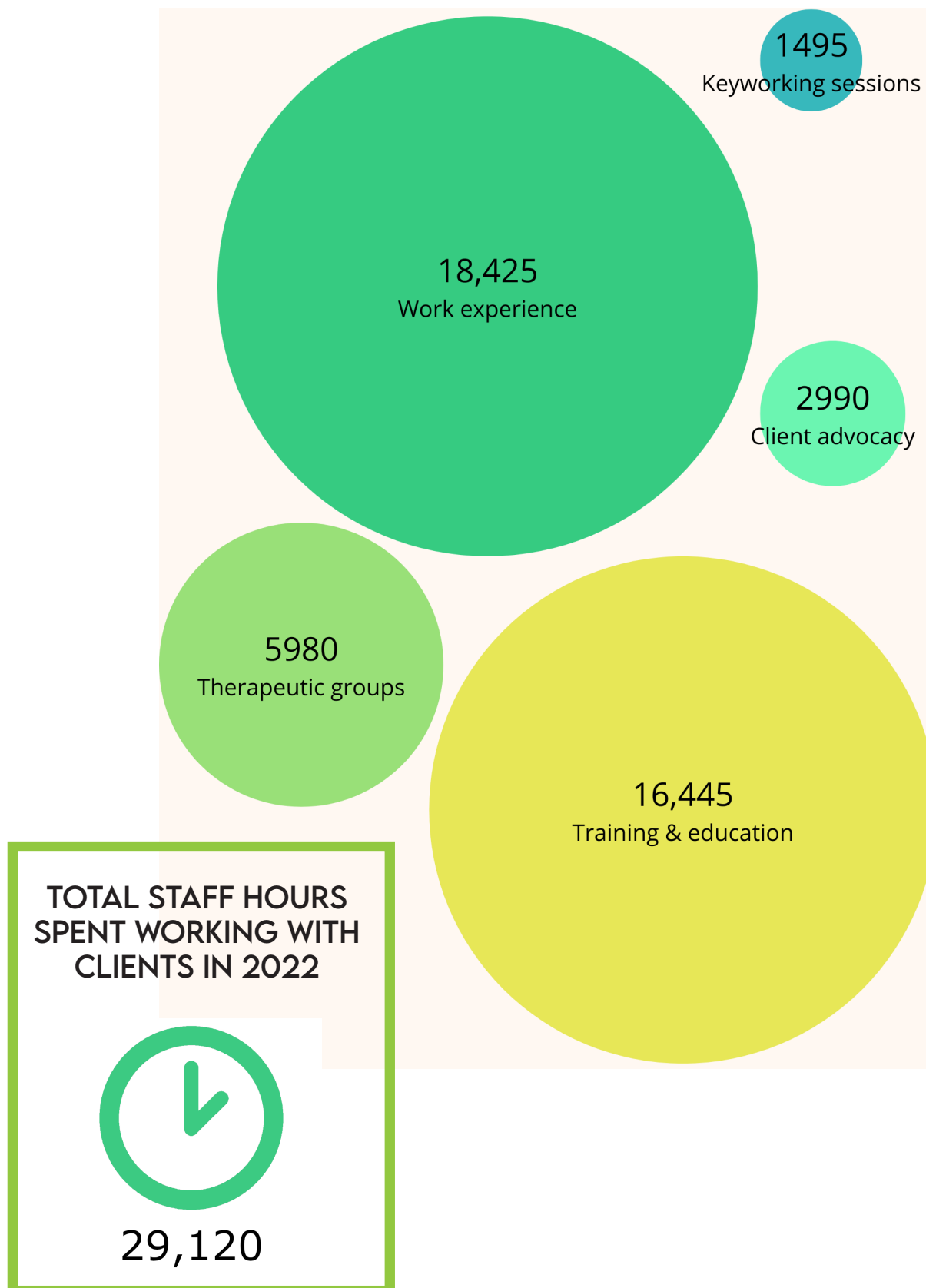
MAIN PRESENTING ISSUE AT ASSESSMENT 2022



TIME COMPLETED BY STUDENTS AT MEN'S OR WOMEN'S RESIDENTIAL CENTRE DURING 2022



HOURS SPENT BY STUDENTS DURING 2022 BY ACTIVITY TYPE



TIGLIN SERVICES: ASHFORD



After two years of reporting on lockdown, we were finally able to get back to normal again in the men's centre.

In 2022, we made several changes to our men's centre programme, one of which is piloting an outdoor behaviour therapy course for the first time. This course was delivered over a four-week period, beginning with preparation training at the centre and followed by heading out into the surrounding nature, hiking, and culminating in an overnight stay in the windy and stunning Wicklow Mountains.

Taking that into account; our new therapeutic lead is taking a great delight in ensuring that all of our recovery groups and classes are delivered at the highest standard with a strong focus on evaluation and quality improvement.

In June of 2022, we were able to host an in-person graduation yet again (as opposed to a virtual one, due to covid restrictions). There was a real atmosphere of jubilation as both men and women received their certificates of completion. We also had a special day for the students who completed their level 6 certificate in "preparing for the workplace" through CIT/SETU. The latter was held in our recently finished Granary building.

The Granary has been refurbished by the MacGroup – to whom we are immensely grateful – from an old barn into a beautiful venue for educational courses/ events. This building is full of activities now; hosting our Christmas dinner, our student family day, and the official opening. We welcomed the President and Head of Lifelong Learning from the South East Technological University (SETU), Prof Veronica Campbell, and Dr Joe Collins. Also present was the sitting Minister for Higher and Further Education,

Simon Harris, who presented our students with their well-earned diplomas. The occasion also included the launch of the massive education programme with SETU which will allow both staff and students the opportunity to gain third level qualifications (including Masters' level) that will equip them on their ongoing journey.

It must be noted that the pandemic had a significant impact on restricting our valued visitors and their much-respected input. With that in mind, it was a delight to welcome back visitors to the centre as the restrictions eased.

Some of these visitors included a team from the United States of America, who spent a week with us at the centre, bringing great encouragement to all our students. We enjoyed a visit to Squirrel Scramble where residents, staff and volunteers spent the day scurrying around in trees via rope, ladders, and zip lines.

One highlight for the lads was a visit from the Christian Motorcyclists Association of Ireland. We had a barbecue and spent some time eating and chatting about the many bikes they arrived on. It was enjoyed by all and was followed by a visit to their church in Skerries. It was great that we were able to get the students out again and we visited a number of different venues.

These other outings included go-karting and bowling as well as orienteering and a treasure hunt. Our annual family day at Christmas time was a lovely experience for all, with children who were delighted to see their fathers and grandfathers and, of course, Santa. We are excited about next year and all the possibilities it brings. Please keep us in your prayers.

TIGLIN SERVICES: BRITTAS BAY

Tiglin Women's Centre continued to function in the structure and change of 2022. Many individuals, both staff and students came and went, all leaving their mark in some small way. We endured many moments of joy and heart ache together, and came out the other side stronger, wiser women.

There have been some major changes to the staff team as various staff moved on for different reasons. The new team has gone through highs and lows of the building process. Through active staff meetings, self-reflection and open communication, we became a dynamic team of women who work together with excellence and are excited about the women's centre.

2022 saw the move for our girls to Gresystones for the last seven months of the transitional phase of their program. This has been extremely positive for the girls as they are in the Day Program and simulating into volunteer work and more time with their families. This has encouraged the girls on the program in Brittas, knowing they have a place to go and continue to work on family and social integration while still being supported by Tiglin.

As we seek to move the Women's Centre forward following the Biopsychosocialspiritual model of recovery, we have added new parts to the program. Celebrate Recovery is one group that has been added. We have seen very positive results come from presenting this angle of recovery alongside our other groups such as SMART Recovery and RecoverMe. We added regular fitness classes along with modules in art therapy, baking therapy, equine therapy and hair-

dresssing skills.

Our summer holiday took us to Connemara at the end of June for a retreat put on by a wonderful group of people from the States. The girls had a lot of fun around campfires, on the fjord, sheep farm demonstration and games together. It was a great chance to have a break from our routine here and experience something different.

We were privileged to witness six women graduate from the program in August. These women demonstrated perseverance and determination through some challenging moments, fighting for their families and their futures. It was a joy to celebrate this achievement with them. Many of them have gone on to further education, jobs and securing new homes, reunited with their children.

The atmosphere is very harmonious and peaceful allowing new girls to feel safe and welcomed when they step through the doors. We are vigilant and determined to maintain this space for healing and growth. Change is never easy and as women courageously choose change for themselves, we desire to meet them where they are at and provide them with the most person centred care we can.

December was a busy month to end the year. We welcomed volunteers to thank them for their time and energy to us. We welcomed families for a wonderful family day. Although the girls were away from their families over Christmas, it was a joyous event filled with times together having fun, eating food and spending time outside. We were blessed with many events including a New Years Eve get away, ending the year with joy!



HOMELESS OUTREACH: TIGLIN AT THE LIGHT HOUSE



Volunteers Heather, Christina, Audrey and Mustafa at the Light House

This year was a busy year for Tiglin at the Light House. It was a period where Tiglin made connections with numerous local businesses and institutions. This includes a fantastic partnership with coffee and sandwich shop Pret A Manger, who generously donate freshly made sandwiches and salads to the Light House every evening.

Thanks to the help of the Irish Refugee Council, there have been numerous new additions to the team, including Mustafa and Mohamed, who each recently received a special volunteer award from the head of the Irish Red Cross, Pat Carey, for their work at the Light House. This collaboration is also responsible for three new barbers, who come in to give free haircuts to our homeless guests.

Friday Night Cinema is a new service, and an extra evening that brings smiles to the faces of many of our clients. In the words of one of our clients, "I look forward to the movie night every week. It is something that breaks up the week. Well done!" The Friday Night Cinema takes place every Friday from 7pm to 10pm. No charge, all are welcome.

In 2022, we had 641 clients present themselves

with various issues that our staff have worked with closely on resolving. Housing and addiction accounted for the majority of these.

Numerous visitors paid us a visit here at the Light House, including senators and TDs; the Happy Pear, who were guest celebrity chefs; and the President of Trinity College, Linda Doyle, who turned on our new neon sign. We also had the honour of hosting a visit by our Lord of Mayor of Dublin, Caroline Conroy, who commented on the service following her visit in October, saying,

"Having seen the work of Tiglin's No Bucks Café, I was struck by how proactive their approach is. I got to meet face-to-face with a number of individuals who used to avail of their services and who have since gone on to receive their degrees and, in some cases, Master's degrees. This is a vital service, and I was reminded how thin the line is between those who have the security and safety of a home and those who don't".

The Light House is looking into installing shower and laundry facilities in 2023 and introducing various new activities to the service.

VOLUNTEER SPOTLIGHT: MUSTAFA



We spoke to Mustafa, one of the volunteers with Tiglin at the Lighthouse. He spoke to us about his life and experiences in both Algeria and Ireland, reminding us of the importance of being kind to everyone and working together. This is what he had to say:

[This article contains material of a highly sensitive nature, including torture, that may be upsetting for some readers.]

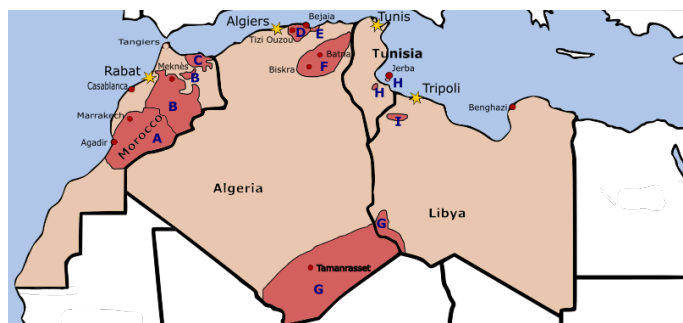
Algeria is a very good country from an environmental aspect. However, the political and economic situation is very bad. From the media's perspective, Algeria is shown as beautiful and idyllic, but it's a stark contrast if you live there.

Although I am from Algeria, I am not Arab. I am a Berber [Berbers are the indigenous inhabitants of North Africa] from a small tribe. The Arabs are the

levels of government. For that reason, there is much pressure on my people. We have our customs, language and tradition, and the government wants to control and make us adopt their ways.

Although I speak Arabic, if I were to speak in my native language to my countrymen, they would not understand me. We inhabited present-day Algeria before the Arab expansion and their subsequent domination of North Africa. We even have our own calendar, according to which this is the year 2973.

It is usual for Berbers to marry Arabs and vice versa, and for us to live together, but the division comes from the government and the policies they set. We don't have any rights in Algeria. In 2019, we protested every day in front of the government buildings to get equal rights. There were public gatherings of up to a million people. During the COVID-19 pandemic, we were not able to continue the demonstrations. Soon the Arabs in Algeria also joined us in the fight for our rights, but that has all stopped now.



majority, and they dominate every level of Algerian society, from small business owners to the highest

It didn't take long for the Algerian police to start "beating up" protestors with bats during these peaceful demonstrations. I was arrested and taken to the police station three times. The first time they took me, they kept me there for a day while they put me in a barrel full of petrol and sewage. They started beating me until I was vomiting blood. They also used electric shocks. The second time they put me in a freezer alone for an hour and a half, I was extremely cold. I heard people in other freezers as well. The third time they put my head underwater, I couldn't keep my breath for that long, so I swallowed some sewage water. This time, one of

the policemen urinated on me.

After all these efforts, things have not changed for the positive. In 2021, the area of Berber was burned down, and many innocent people and children died. Many people died. The fire burned for two days. I tried to help as many people as I could. I remember picking up a body, and the arms were dangling. That is when I realised that one of my neighbours was dead. There were people with severe burns. I saw people with visible bones because of the severity of the burns.

I don't believe this was a natural disaster. My father saw a helicopter on the day of the fire. It was flying very low, spreading a powder substance. Even when using water, I couldn't stop the fire from spreading. I was worried that if I went to a police station, I would be taken away and unable to leave. That is when I decided I would leave Algeria.



I arrived in Ireland as a refugee in late 2022. The first place I walked into was the Light House. I came with a friend, I had some food and tea, and I left. I remember thinking after I left that I really liked the atmosphere in the place.



When I returned the next day, I asked if there was any work I could do to help out. I came in every day with the same request for the next 10 days. I felt comfortable here. I felt like everyone that works here, the manager, people in the office... on the floor... everyone is the same, everyone is equal. I felt like I was at home here. After 10 days, I was told, "yes, can you come back tomorrow"? That was a gift for me. I was delighted to receive that news.

Here in Ireland, people are very friendly and open. You can enjoy your life. As long as you work hard and are doing your best, it doesn't matter where you are from. Whether you are rich or poor, we are all equal. This has to be implemented in Algeria because there is a lot of division, discrimination and racism.

The knowledge I can bring from Algeria that can be used in Ireland is to spend more time with family. In Algeria, it is normal for multiple generations of family to live together. From grandparents to grandchildren in one household, all while spending a lot of time together.

LIGHT HOUSE OPENING HOURS

Tuesday: 1-5pm, 7-10pm
 Wednesday: 1-5pm, 7-10pm
 Thursday: 1-5pm, 7-10pm
 Friday: 7-10pm
 Saturday: 3-6pm
 Sunday: 3-6pm
 Monday: closed

The Light House is located at:
28 Pearse Street
Dublin
D2 NA48

Drop in for hot meals, tea/coffee, advice on linking in with other services.

RE-ENTRY: CARRAIG EDEN DAY SERVICE



Carraig Eden is the home of Tiglin's transitional housing model in Greystones, Co. Wicklow.

Working in collaboration with Wicklow County Council, Tiglin's transitional supported accommodation residence is unique in the East Coast Region.

Carraig Eden offers transitional residential accommodation for circa 30 individuals. Refurbished last year to a high standard of excellence, the centre is part of the continuum of care that Tiglin operate. Residents are either engaged as part of the aftercare phase of the residential program in Ashford, or engaged in the transitional aspect as they graduate from the Tiglin programme. The unique combination of the location, atmosphere, scenery, and tranquillity complimented by the tenancy support that Tiglin offers makes Carraig Eden a necessary facility. It provides a conclusion to the journey of homelessness for many people, where they can be guided into independent living.

In 2022, we had a good year for helping people to access move-on options to HAP, private rentals and other stable accommodation. We were able to assist thirteen people into longer term accommodations.

We would like to extend a warm welcome to our new staff members: Kevin Burke, Cormac Rynne, Jeffery Gibbon and Olena Sytnyk. We would also like to say a big thank you to Karen Douglas and

Pat O'Brien for all their hard work over the years.

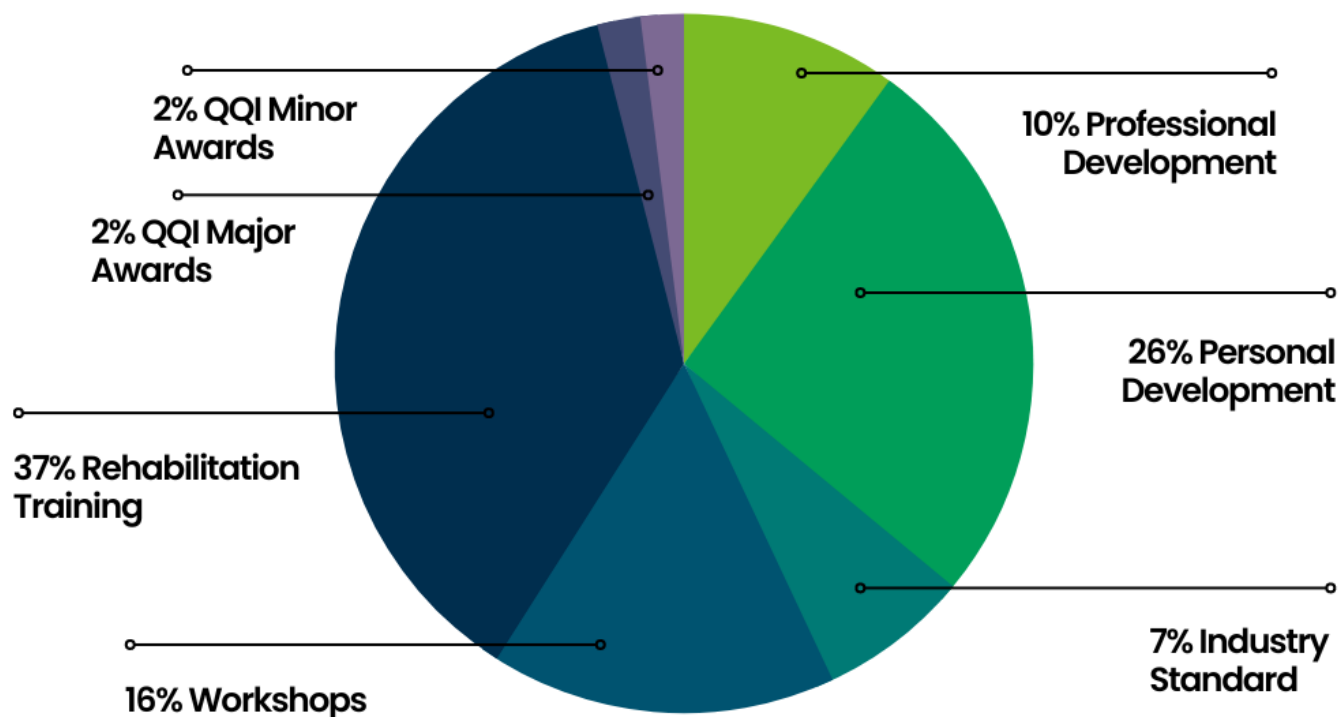
There have been so many successes and highlights throughout the year. One of these was 'An Afternoon of Drama and Music Through the Lens of Recovery', which was performed in the Whale Theatre. The participants rehearsed with Drama Tutor Thomas O'Reilly for 3 months in preparation for the performance. Confidence and self-esteem greatly increased for many of the participants through this process. It was a huge success for all involved.

Twenty-two participants graduated from the Tiglin programme in August. This was an extra special day for participants and their families as it was our first face-to-face graduation in two years.

In 2022, we saw many guys progress into employment, and others into further education. A big well done to all for these excellent achievements.

I would also like to thank Bray Partnership for all the training support given to the participants throughout the year, it is greatly appreciated. We give thanks for the year gone by and welcome what's to come in 2023.

STUDENT PARTICIPATION IN Training & Education 2022



PERSONAL DEVELOPMENT / REHABILITATION PROGRAMMES DELIVERED IN 2022

- 16 weeks Drama Course
- 50 weeks Christian 12 Steps
- 50 weeks Pro Social Planners
- 50 weeks Pro Social Reviews
- 6 weeks Basic ISL
- 6 weeks Basic Cooking
- Benefits of Nutrition and Wellness
- CBT Anger Management
- CBT Self Compassion
- CBT Self Esteem
- CV Skills
- Personal and Professional Boundaries
- Recover Me
- Relapse Prevention
- SMART Recovery
- Wellness Programme

CARRAIG EDEN BY NUMBERS

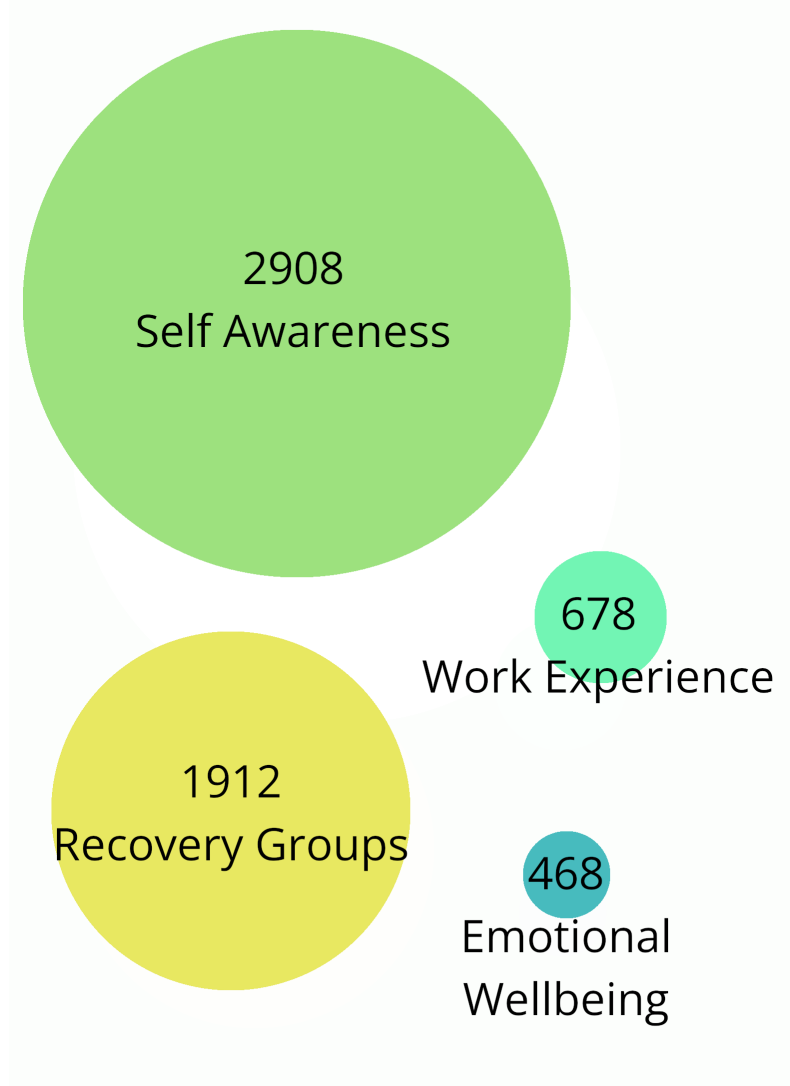
QQI LEVEL 5 & 6 COURSES DELIVERED IN 2022

- Preparation for Working Life
- Community Addiction Studies
- Barbering
- SNA
- NEFPC Strength & Conditioning,

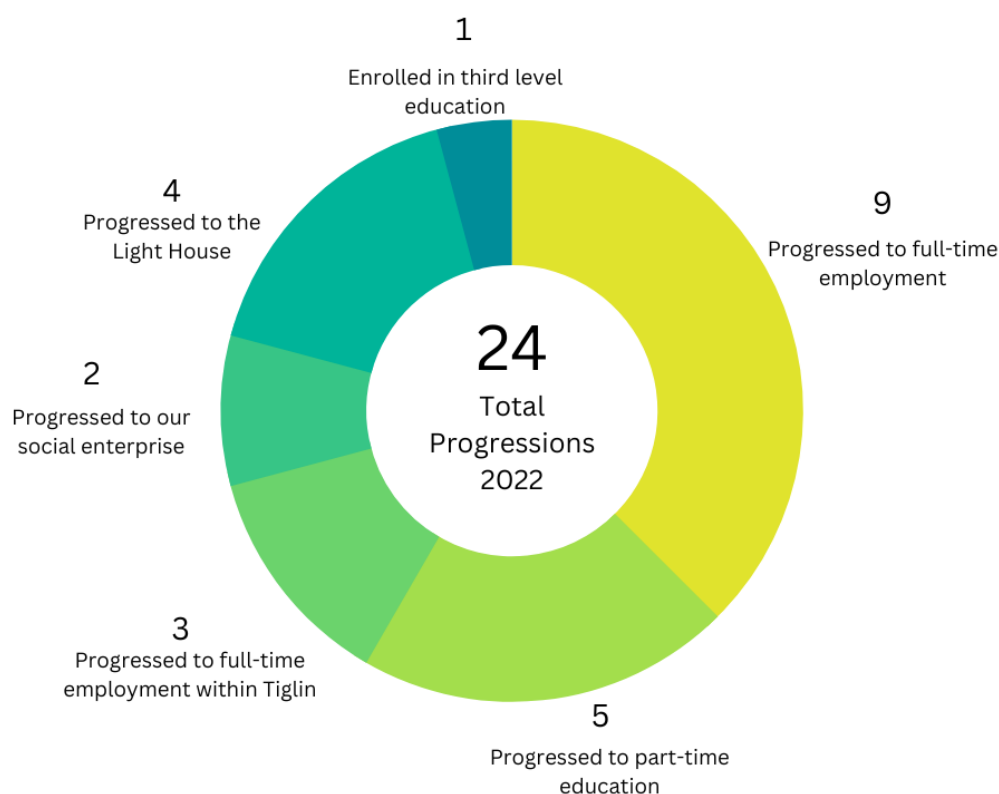
INDUSTRIAL STANDARD QUALIFICATIONS DELIVERED IN 2022

- Manual Handling
- Safe Pass, Combined Security
- Barista
- Jewellery Making
- Irish Sign Language
- HACCAP Level 1&2
- First Aid Responder
- Forklift Novice Training

COMMUNITY EMPLOYMENT HOURS SPENT BY TOPIC 2022



STUDENT PROGRESSIONS IN 2022



35	Total Number of People assessed in 2022
35	Number of People the Aftercare Program worked with in 2022 and on an on-going basis
9	Progressed to full-time employment in 2022
5	Progressed to part-time education in 2022
3	Progressed to full-time employment & C.E. scheme at Tiglin residential centres
2	Progressed to full-time employment & C.E. scheme at Rise at the Cove
1	Enrolled in third level college courses
4	Progressed to the Light House

The Aftercare service worked with a total of 34 individuals throughout 2022. 25 of those fully completed the Tiglin Aftercare Programme, with seven individuals carried forward from 2021.

We saw nine individuals progressing into full-time employment and two individuals progressing into part-time employment. Four people progressed to working full-time including hours covered by the Community Employment program in the men's centre at Ashford and the women's centre at Brittas Bay, while two individuals progressed to working full-time including hours covered by the Community Employment program at Rise at the Cove. We also saw had one referral to TRP, and four progressions to the Light House.

JIGGINSTOWN MANOR

As 2022 began, Jigginstown Manor had six occupants, while at the end of the year, we housed 12 vulnerable young adults.

It has been a year in which Jigginstown Manor indeed became a part of Naas. The highlight of the year was undoubtedly the official opening on June 14th when the President of Ireland, Michael D. Higgins, opened Jigginstown; his words certainly made an impact nationwide; he famously stated that a home is more than bricks and mortar and that 'home is a place to belong', he congratulated Tiglin on being a shining example for what can be done when local authorities (i.e. the Kildare County Council) and approved housing bodies (i.e. Tiglin) work together.

As a centre, 2022 was a pivotal year for building

links with local employers, education providers, local councillors and community members. We have built strong relationships while we have had notable figures come to Jigginstown Manor, including Ryan Tubirdy and Minister of Housing Roderic O'Gorman. It was a genuine pleasure for Jigginstown Manor and Tiglin to welcome the Minister of State responsible for Public Health, Well Being and National Drugs Strategy, Frank Feighan, as well as James Lawless TD, several local Councillors, and the Mayor of Naas, Evie Sammon (plus Sheamus Moore during his tenure).

We have also built good relationships with Kildare-based organisations; the well-established Pfizer has offered opportunities to our residents, and the local leisure facility K Leisure has sponsored a gym membership for each resident.



Frank Feighan, Minister of State at the Department of Health , with Gary O'Heaire, C.O.O. of Tiglin



Jay Bobinac and residents Eleanor and Troy at the Naas Christmas Market



Pictured L-R: Resident Jamie, James Lawless T.D., manager Jay Bobinac, staff members Hannah Bikaki and Carly Whyte



Christmas carol singing at Jigginstown Manor

Local social impact organisations such as the Men's Shed and McAuley Place have become our friends, and we have visited them several times. We have also had several outings, such as 'Sailing into Wellness', where we were taught to sail in Dublin Bay. Ballymore Inn last organised the Annual Ballymore Eustace Art exhibition; this year, it was in aid of Tiglin Jigginstown Manor. Many thanks to the organiser Aileen and the owner, Sean, for delivering the event.

Some of our residents also had the privilege of joining the President of Ireland, Michael D. Higgins, when he organised a cultural day at the Aras. This was a special occasion when they connected and shared their progress from their first meeting during the official opening.

We made several quality improvements to our centre, we launched a virtual counselling service, community bikes, and games room, and we built links with several employment and educational

providers. While we also linked with a local Garda Detective and a local barrister - both of whom can be reached about any legal queries our residents may have. Lastly, we organised several barbecues during the summer, and we have gained incredible regular volunteers, all of whom generously come in and put their talents to practice in all ways that benefit our residents.

We ended the year with two events; firstly, we participated in Naas Christmas Market, where a team of our residents and the manager had a Christmas stall, selling items from Tiglin's social enterprise café, Rise at the Cove. This was highly successful and we got to meet many local people. Secondly, we finished the year with a Christmas Tree lighting ceremony and carol singing, with a special guest appearance from the Mayor of Naas, Evie Sammon.



President Higgins with Tiglin chairman Aubrey McCarthy at the official opening of Jigginstown Manor

THE RISE @ COOLNAGREINA



We welcomed our first Ukrainian guests to Coolnagreina in March and at the end of 2022, we now have 106 guests in total, including 43 children aged from newborn to 18 years.

Over the course of this year, our guests have settled into their new temporary home and Irish way of living, although they still have a lot of worries about their family members in Ukraine.

They have had a busy year, thanks to the generosity of the community of Greystones and further afield. Here are some of the highlights:

In June, some of our guests went to the Aviva stadium to see Ukraine play Ireland.

During the summer, a lot of the children went to summer camps in Templecarrig and Hillside

Church, and volunteers came to Coolnagreina to do arts and crafts and participate in a games day. We also enjoyed a fantastic barbecue, served up by a team from Intel.

Our guests made the most of family days out to the Zoo, kindly organised by Nigel, as well as a trip to Clara Lara, generously funded by Toyota Ireland.

Heather from Jigginstown centre got funding from KWTBE for Irish and Ukrainian teenagers to have educational and fun day trips, with the aim of promoting social inclusion. These included a visit to Powerscourt waterfall, alpaca trekking in the Wicklow mountains, and ice skating at Wicklow Christmas Market. There are further plans in place to visit Newgrange and go kayaking next year.



In addition to aiming to making sure that their time in Ireland is as enjoyable as possible, it has also been important to ensure that our guests are empowered through access to education, employment and information during their time here.

All of the children started playschool, primary school, secondary school and college, while most of the adults started work in different sectors.

The Sugarloaf Lions Club held a coffee and information morning in September for all Ukrainians in the area, which was very successful.

The Ukrainian Ambassador came to visit with great excitement, she spent a few hours chatting with our guest. She had a tour around the accommodation, all our guest told her how lucky they feel to be living in Coolnagreina. Then she went over to

see our therapist Doreen to see what great work Doreen is doing for everyone. On the same day they celebrated Aurbrey's birthday.

The Youth café is up and running with great success on a Wednesday and Friday evenings. We had a special visit from the brothers behind The Happy Pear, who were happy to come and make vegan pizzas with us. It was a great evening for everyone.

We had a visit from Santa before he turned on the lights in greystones. The kids' little faces were priceless!

We are all looking forward to celebrating Christmas the Ukrainian way and they are looking for to celebrating the Irish way.

SOCIAL ENTERPRISE: RISE AT THE COVE



2022 was a huge year for Rise at the Cove café. It was our first full year in business and it went better than we ever could have imagined.

The local sea swimmers were the first group to take us to heart and soon the word spread about the special atmosphere and beautiful coffee and it wasn't long before we were a favourite spot for hundreds of Greystonians. Hosting the St. Patricks day festival for the town of Greystones in March really put us on the map as thousands of people were in attendance and had a fantastic day. We also hosted several sea swimming safety talks at the cafe which was incredibly informative for those in the community who were new to sea swimming. Events like this allowed the cafe to become a real community hub and a place where people now regularly gather and meet in large groups to hang out and drink coffee and soak up the unique atmosphere.

During the summer we had up to 14 staff working in or for the cafe producing cakes etc., who had either come through the Tiglin programme or were residents in Coolnagreina. Considering we started with 4 baristas in November 2021 this was a huge

achievement. We became the biggest customer of several of our local suppliers and at one point we were ordering so much from them that some suppliers had to add production days and hire more staff to keep up with demand. This was amazing as it was keeping money and employment in the local community.

Even though the dark and cold winter months are usually quite for cafes, our incredibly loyal customers kept us so busy right up to Christmas.

Two of our staff have moved on and one is doing an apprenticeship and another is now a barista in a top cafe in the UK. We would like to think the training they received in the cafe helped to make this possible. Hopefully more of our staff can use the training provided to further their careers when they do make the decision to move on.

We hope 2023 is an even busier and more successful year for the cafe and we can give even more back to Tiglin to help with all of the amazing work they do.

FAMILY SUPPORT

Our Family Support Worker, Marilyn, offers support, guidance and advice to all the loved ones who have been affected by addiction.

This service has been operating since 2008 and is for any participant who is engaging with, or has engaged with, any Tiglin service.

Marilyn is trained and certified in best practice models including the 5 Step Method and CRAFT (Community Reinforcement Approach and Family Training) in responding to alcohol and drug related problems in the family.

The aim of family support is to help adults and children who have been affected by the addiction of others to become mentally sound, emotionally

balanced, socially adjusted, physically well and spiritually alive.

Family interventions include one-to-one support in person or by phone, monthly support group meetings, 4-way meetings involving staff, student, family member and family support worker.

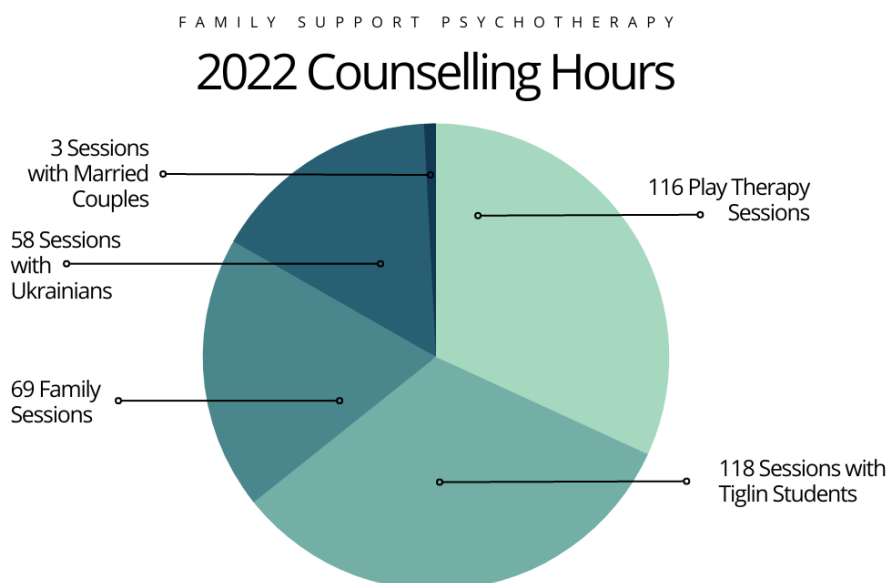
All of these interventions in 2022 were done by 2 part time volunteers without any dedicated space for use. It was a very welcome decision by the end of 2022 to get approval for funding for a 4 day/ week family support worker which will allow the family support team to develop an even stronger response to families' needs as they address their own recovery process.

Total interventions with individuals in 2022: 425

Note – this number does not include therapeutic interventions involving Dorine Linn, which are listed separately below.

2022 COUNSELLING HOURS

In addition to the family support services listed above, our dedicated Family Support Psychotherapist, Dorine, offers a variety of counselling services to those engaging with Tiglin's services. Here is a breakdown of the **306 total hours** of counselling services she provided in 2022:



LOSS & BEREAVEMENT COUNSELLING

This is the outline and outcomes of counselling that was given by Rosaleen Conroy to students on the Tiglin Residential Rehabilitation programme at the men's centre during 2022.

As part of Tiglin's programme and the student's individual journey, counselling is provided if a student requests it and are then placed on a waiting list.

However, due to the nature of addiction and the

ANXIETY ASSESSMENTS

Anxiety assessment tools were introduced to the bereavement counselling process in 2019 to help identify symptoms of anxiety and stress caused by loss, grief and by many years of addiction often resulting in homelessness. This has continued throughout 2022.

The use of these tools improves outcomes during the therapeutic process, by helping to identify symptoms and thus to develop a specific plan of treatment for each individual student.

Where appropriate and beneficial to the student, the assessment results are a collaborative process, and the students themselves are involved in identifying and resolving their own symptoms.

The anxiety assessment reflects to students their progress and the reduction in the initial symptoms that they presented with. For this report a sample of 6 students is used: Aged between 23 - 52-year-old males. The number of counselling sessions for each student ranged between 6 and 31 sessions.

Beck Anxiety Intervention (BAI), created by Aaron T. Beck, MD. was used by Rosaleen to identify

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, loss and bereavement counselling does not start until a student has been on the programme for 2-4 months.

In 2022, counselling/therapy was provided by Rosaleen for 18 students, giving a total of 233 hours of one-to-one therapy sessions.

symptoms of anxiety; these are in three categories.

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.

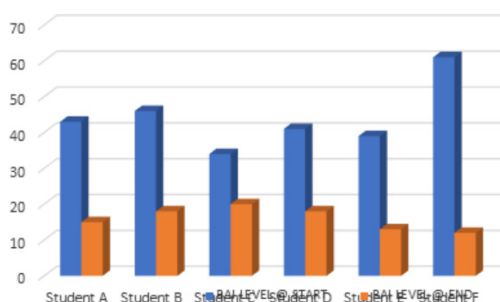
The above anxiety symptoms were greatly reduced in all students who received counselling.

In conclusion, the use of the Beck's Anxiety Intervention in counselling has helped continue support and recovery for students on the Tiglin programme. The measurable results of the reduction of stress and anxiety is just one illustration of the tools and skills students gain through counselling.

The below charts illustrate the reduction of stress and anxiety in the sample of 6 students:

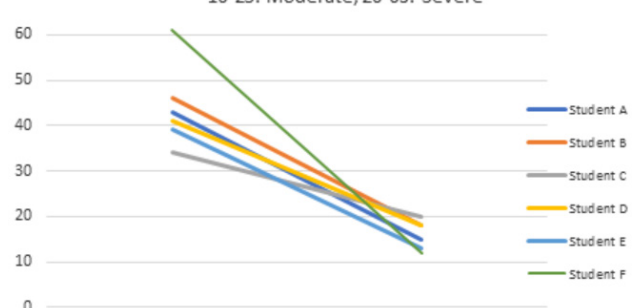
Change in BAI Levels

0-7: Minimal, 8-15: Mild,
16-25: Moderate, 26-63: Severe



Change in BAI Levels

0-7: Minimal, 8-15: Mild,
16-25: Moderate, 26-63: Severe



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 thanks to you that we have helped individuals who were once addicted to reach a goal of “life beyond addiction”.

Amongst all our funders we here at Tiglin would like to say a specific thanks to:

- An Cosan
- The Community Foundation for Ireland
- County Wicklow Partnership
- Department of Social Protection
- Dublin City Council
- Dublin Region Homeless Executive
- East Coast Regional Drugs Task Force
- Health Service Executive
- Homeless Care
- International Protection Accommodation Services
- Kildare County Council
- KWETB
- mac-group
- Peninsula
- Salesforce
- SETU
- South Inner City Drugs & Alcohol Task Force
- Wicklow County Council

We are incredibly grateful to the many agencies and individuals that have provided and continue to provide much needed help with us here at Tiglin. We would like to acknowledge our appreciation for all the community fundraising efforts that took place in 2022. 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 were always 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 that is needed whilst upholding ongoing professional conduct. 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 to sustain a “life beyond addiction”. Thank you so much!!!!

Finally, we would like to thank everyone who supported and supports Tiglin both in a financial, practical and prayerful way. From the smallest to the largest gift, it all counts in the Kingdom. You all have made a difference to so many lives by your kindness to our students.

WAYS TO GET INVOLVED

There are many ways to help us here at Tiglin and make a difference in seeing “life beyond addiction”. Whether it’s your time, your ideas, or a financial contribution, we are grateful for all the support you can offer. If you’d like to get involved, here are a few ideas to get you started.

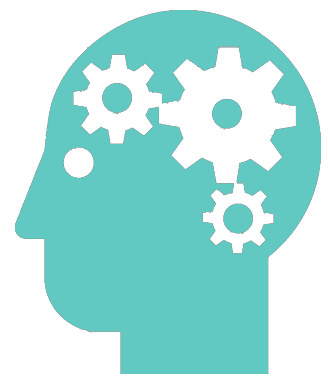
AS AN INDIVIDUAL



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

€35 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

