



2018

Annual Report

Tiglin Challenge is a Company limited by guarantee and registered in Ireland no. 220213

2018 Annual Report

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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 Roinn Coimirce Sóisialaí
Department of Social Protection
Helping you build a better life

Chief Executive's Statement

2018 was a special year for Tiglin. We had great reason to reflect and look back as we celebrated 10 years since the opening of Tiglin residential services. In that time the expansion of the services has meant that Tiglin has become an innovative leader in both residential and day service rehabilitation for those struggling with substance addiction and life controlling problems as well as a homeless outreach service and approved housing body.

Within the services of Tiglin at any one time are over 100 individuals who are undertaking the brave journey of sobriety and change. All of these people are being supported in line with Tiglin's mission statement where the whole person is the focus of care and we endeavour to see each person to be renewed:

- ✓ Mentally
- ✓ Physically
- ✓ Socially
- ✓ Emotionally
- ✓ Spiritually

Operating under the continuum of care it is important that each care plan and service we provide puts those in our care in the driving seat, empowering them to choose the help they feel they need. In line with this our staff continue to work using evidence based practices and 2018 was a year that we continued to invest in training and supporting of staff to work with the latest evidence based practice and under the Christian ethos of Tiglin.

Improving our excellence in 2018 was further compounded by our team being strengthened with the addition of Andy O'Connell who is a Psychiatric Nurse who oversees all our assessments and intakes.

Community Employment has been a vital part of presenting education and employment opportunities to our participants. Progressions to both education and employment remain strong and expanding this to include an extra 12 CE places with work experience on Tiglin's No Bucks Cafe has allowed another way for the people to use existing skills and learn new ones to reach the homeless on our streets.

A notable increase in demand for residential services for women has seen our centre near Brittas Bay experience lengthy waiting lists in 2018 as beds remained full at all times and an expansion from 11-13 beds.

Without the support of others Tiglin would not be able to keep the doors of our services open. Task forces such as the South Inner City Local Drugs and Alcohol Task Force, the East Coast Regional Drugs and Alcohol Task Force And HSE North Dublin City and County along with the DEASP remain our only state funders. We are grateful for their support. Those filling in the remaining gaps, of which is two thirds of our operational budget, are a loyal and supportive mix of individuals, trust funds churches and corporate groups. These are incredible heroes who we are deeply indebted to.

Our most memorable hero's from 2018 are the overcomer's of Addiction who came through our services along with their families, many of whom never gave up hoping that their loved one would recover and be made new. To them all we say well done and keep going.

Lastly, without a dedicated and loyal team of staff and volunteers we would only have buildings with no services to deliver. These men and women sacrifice incredibly in order to reach others. Your work and support is not in vain and we are extremely thankful for you all.

Philip Thompson
CEO
Tiglin

Chairman's Statement

Overview

Once again it is encouraging for me to report a year of growth for Tiglin Challenge. It was a year where we celebrated 10 years in existence and we marked this by holding a family day for graduates. Over 200 people attended the event and four graduates gave a short presentation on their life experiences. From starting their own business and employing 30 people to graduating with an honours degree, it allowed both the board of directors and staff observe first-hand the impact that Tiglin has made in society.

State bodies such as the HSE, Department of Social Protection Wicklow County Council and many individual and corporate donors provide both financial and practical support which ensures that the work of Tiglin continues to reach lives trapped in addiction and homelessness and to provide a way out.

Through our own internal resources and the valuable support of external agencies we continue to provide wrap around care services that introduce individuals to addiction free living, self-development, educational opportunities, jobs skills, housing and family support. Through these our residents and participants set goals to reach their potential and our dedicated staff team empower them to make the best decisions for their future.

Residential centres

Strong and steady demand for both our women's and men's residential services are signs that society is increasingly been drawn towards 'a ritualistic alternative to real life'. The ritual here is not just the drinking of alcohol, but the escape from reality with opioid, benzodiazepines, cocaine and crack cocaine abuse giving rise to continued demand for help.

Our ladies centre has greatly benefited from an overhaul of the outdoor space. With the kindness of a donor we have been able to erect a poly tunnel there and commence a horticulture course with the sponsorship of the KWETB. Four of the ladies also graduated from AN COSAN with a QQI Level 6 in Learning to Learn.

Tiglin men's centre also witnessed wonderful success in terms of education and achievements and once again we had 10 residents graduating from IT Carlow with a QQI Level 6. It was an inspiring moment for all present including family members when the graduates took to the stage in their graduation gowns to receive their certificates.

I deeply regret having to report that one of our students tragically died while swimming in the nearby Devils Glen Wood. Our thoughts and prayers are with the close family and friends and all who were impacted by this sad accident.

Community Employment Schemes

Our rehabilitation day services in Arklow continue to grow in strength and introduce our participants on Community Employment Schemes to educational and employment progression while supporting them in their recovery through one to one and group support.

Outdoor initiatives have been very beneficial for our participants. Courses which were beneficial in our Day programme were a Sailing in to Wellness course, therapeutic interventions made on the Care Farm and co-operation with Coillte restoring a forest walkway.

No Bucks Café

Our homeless outreach service has continued to be a place of refuge for up to 120 people each night. 2018 has also seen No Bucks become a place for both volunteers and CE participants to reach out together. The Department of Social Protection agreed to allow an extension of Tiglin as a sponsor group and now we have a Supervisor and 12 participants working to improve the lives of those on our streets.

Housing

It has been a year of planning and working with the authorities as we prepared for the refurbishment of Carraig Eden for male graduates who have completed our residential programme. With work due to start in Summer of 2019 it will be exciting to see 34 accommodation units being made available and support being provided to those who have committed to a new way of living.

Other highlights for the year 2018:

- We had a variety of fundraising events but some of the more memorable ones were the Wicklow Regatta, Paddy Casey concert in Temple Carriage School in Greystones and a women's business luncheon hosted by the Kildare Branch of Network Ireland.
- Our annual Salesforce sleep-out and soccer tournament and donations from MAC Interiors again highlight the generous support we receive from corporate Ireland.
- RTE featured one of our graduates on the Late Late Show along with Tiglin Patron Gillian Hussey.
- An invitation was extended to both Phil Thompson Tiglin CEO and myself to visit Aras an Uachtarain. We also attended the Presidential Inauguration in Dublin Castle.
- Tiglin commenced a closed Park run group.
- We had a 10 year anniversary celebration at the Tiglin men's centre which inspired many to stay strong on their road to recovery.



Finance

The organization is very grateful to the South Inner City, East Coast, and Dublin North Inner City Drug Task Forces for their continuing support in providing funding for the operation of our student Centre's. In the rapidly changing world around regulation and compliance we maintain a close relationship with the Drug Task Forces and work together to ensure that the organization operates best practices both in the delivery of services and compliance with HSE rules and regulations. Our relationship with the Department of Social Protection in the operation of Community Employment Schemes continues to grow.

Careful management of finances is essential particularly so in the charitable sector which relies entirely on the confidence of the public sector. Our finance team which includes qualified Accountants endeavors to ensure best practices are applied across the organization.

The loan balance continues to be paid as it falls due and the year-end balance stood at €56k.

Governance

Corporate governance is an important focus of the Board. To ensure the confidence of all our stakeholders the Board endeavors to ensure that the organization is up to date with developments in governance. Steps already taken include compliance with the Governance Code and adoption of the Charities SORP in our financial statements. Our focus now turns to learning and preparation for the Charities Governance Code as compliance will be mandatory from 2020.

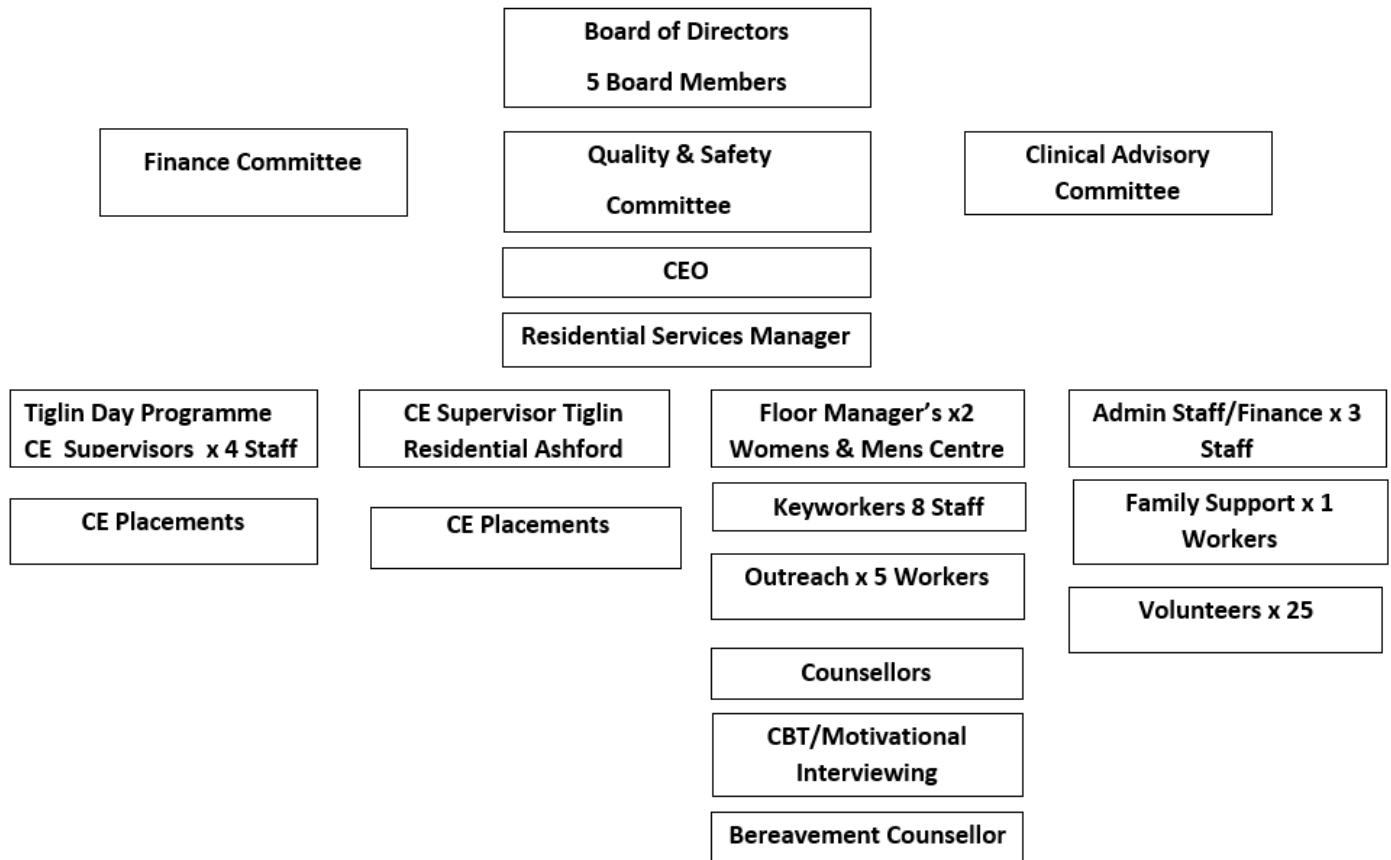
The Board audit ensures that the appropriate skillsets are in place which includes medical, educational and pharmaceutical representation. During 2018 Paul Caffrey resigned as a Board member and I am pleased to welcome Susan Philips to the Board.

Tiglin has seen remarkable growth over recent years and demand for our services continues unabated. Many challenges exist in ensuring that Tiglin continues at the forefront of rehabilitation services. The Board of Tiglin is passionate about continuing to position Tiglin as a professional provider of services within the rehabilitation sector.



Aubrey McCarthy, Chairman, Tiglin

Organisational Structure



Tiglin Services

Residential Services

Tiglin Women's Centre operated at full capacity this year and was continually under high demand for more beds. This demand was relentless throughout the year despite the fact that women who are caught in addiction face more obstacles to recovery and rehabilitation than men do.

Under the direction of the Women's Centre new Manager, Gary O'Heire, Tiglin Women's Centre has thrived as Gary's skills and abilities have guided and moulded the centre to cater for each individual's needs in a truly personal and professional manner.

The fruit of this was seen in the various educational courses that were undertaken by the students culminating in certificates and graduation from the all. Among the many courses that the residents took part in was a Barista Training course undertaken by KWETB. This theme of continual upskilling combined with counselling, support, key working and intervention helps build recovery capital and provides evidence of lives transformed and spiritually renewed.

Tiglin Men's Centre continues to be a hive of activity. Each day is packed with fantastic opportunities for the men to discover some of the 'whys' and 'how's' of what led them to, and held them in, the stronghold of addiction. Men explore and embrace things like education, discover the importance of health and fitness, and witness the rebirth of their new selves as they journey a new road of faith that can hold their recovery together.

At times we can all forget where we came from. 10 years on Tiglin Men's Centre is vastly different place to what it was. Buildings have been restored, expanded and brought back and contributed to 2018 being a hugely successful year for the Men's Centre.

Re-Integration House (Carraig Eden)

Carraig Eden has been home to students of Tiglin Men's Residential Centre since 2010, a place of safety and community for students who have left the Residential Program and are reintegrating into life. The men either work, go back to education or do voluntary work whilst living in Carraig Eden and stay there between 6 months and 3 years.

After a few years of negotiations, uncertainty as to the future and intervention by Government Ministers the purchase was finalised and the men living in Carraig Eden were secure in the knowledge they had a safe and supportive environment to live in while they re-integrate back into society.

During 2018 planning commenced for the renovations of our now permanent re-integration home with work due to commence and complete during 2019.

'Tiglin helps you to ease back into society. Gives you the tools to manage life'

Carraig Eden Resident

Day Programme

The aim of the Tiglin Day Service is to provide a supportive and progressive rehabilitation programme through education, training and personal development within a community setting.

The Tiglin Day Programme is supported by Department of Social Protection, which is funded by the Irish Government under the National Development Plan 2007 – 2013.

We work closely with the Wicklow partnership, HSE, the local GP's and other drug rehab residential facilities who have found it helpful to refer people into a day program after they have completed their fulltime residential programme.

Throughout 2018, Tiglin Day Service was involved in many new evidence based intervention initiatives. The 'Blue Green Intervention' which is about connection with our natural environment has been an exciting new addition to our service. Working with Coillte, clearing and developing walk ways in our local forestry, learning to sail with 'Sailing to Wellness' and the Care Farm, where the participants learned basic farming skills and working with the farm animals. All of these new initiatives have proven to enhance the process of recovering and wellness. We continue to deliver a holistic service that creates opportunities to build capacity and develop healthy minds, body, soul and spirit.

The numbers of positive progressions are growing every year and this year saw 18 participants progressions including 3 attending QQI Major Award, 3 QQI Minor Award, 4 Learning to Learn (KWETB), 2 back to full-time work and 2 full-time 3rd level education. Soft skills, relapse prevention and life skills courses are attended in the day service, where most participants will succeed in gaining tools to maintain sobriety and personal development.

The supported housing provides 4 beds and the house is full. This has been a great support for those coming out of rehab who could otherwise be homeless. It not only gives them a place to get themselves back into life but offers the support of the day program to help them maintain their sobriety while moving forward.

We would like to take the opportunity to thank our volunteer counsellors and tutors that over the past year have added to the quality of service we can offer to those motivated to change.

Barbara Reid, Service Manager

Tiglin Day Service

Day Service Program Participant

"My time in Tiglin has been a real journey. For me the Day Service has helped me to get my life back on track after a long struggle with drugs which was almost 3 decades, but I am still at an age where I have a lot to look forward to and a lot to offer. The future is bright"

Family Support Programme

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 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.

Within several days of intake, Marilyn phones the designated NOK to begin a connection with the family, answer questions, listen to their stories and provide them with a booklet explaining details of the programme such as the Phase schedule, phone calls, visits, curriculum, etc.

Marilyn offers one-to-one meetings or phone support as requested and also facilitates a monthly support group in Dublin City Centre - half of the group time is used for open sharing and the other half is used for input around relevant topics such as:

- Understanding Relapse
- How to Prepare for Visits
- Strengthening Communication Skills
- Healthy Boundaries
- Dealing with Stress
- Coping Strategies

Often at meetings there are questions about what they're observing in their family members' spiritual growth and quoting of Scripture. Discussion has often turned to their questions on how to read the Bible for themselves and quite a few have stopped in the bookshop downstairs on their way out and purchased a Bible.

At a recent one-to-one meeting, the mother of a new student asked what would she do if her son called to say he was leaving. Through coaching and role-play, Marilyn helped her work out what her response would be. As if on cue, her phone rang right then, son on the other end, stating that he couldn't take it anymore, he was leaving. She was ready with a reply that helped him think it through differently and talked him off the edge.

This past year it has become standard practice for the students to be required to meet with a family member(s), Marilyn and their key worker before having the interview for Phase 4. This allows families to understand the next phase, be part of the conversation of how reintegration will involve them, and express any concerns they have from their perspective on reintegration.

There have been multiple meetings this past year between students, the key worker, Marilyn and family members to work through especially complex dynamics and challenges between the student and their families. This has allowed for better scope towards reconciliation as well as giving the key worker exposure to the broader picture of the effects of the addiction on the family and additional needs for growth in the student's recovery process.

Homeless Outreach – No Bucks Café

The Tiglin “No Bucks Café” Outreach Bus serves the homeless communities in Ballymun and Dublin City Centre 4 nights a week.

The aim of the Outreach Bus is:

- To provide food, clothing, blankets etc for the homeless
- To build relationships and friendships with people on the streets
- To provide a safe & welcoming environment for people to share their life stories should they so desire
- To introduce and make people aware of services available to them in their vicinity, including centres similar to the Tiglin Challenge rehabilitation Centres



“No Bucks Café” Location and Times

Monday	6.30pm – 8.30pm	Clerys, O’Connell St
Tuesday	7.30pm – 9.30pm	Old Tesco Car Park, Ballymun
Wednesday	7.30pm – 10.30pm	Clerys, O’Connell Street
Thursday	7.30pm – 10.30pm	Clerys, O’Connell Street

Clients visit the bus for a hot drink, bite to eat and a chat in a casual and welcoming environment. The volunteers who man the bus every evening also provide advice and guidance to clients who are looking to make their way out of homelessness.

2018 has seen big changes for the No Bucks Café. The Department of Social Protection has allowed Tiglin to expand the reach of its Community Employment (CE) Scheme to provide this valuable service to those wishing to train in the area of outreach.

Spearheaded by Tiglin’s newest member of staff, Sean Curren, this service has gone from strength to strength and is now serving up to 120 people per night with food, clothes and hope.

Our partnership with Dublin Bus has continued to grow and their voluntary commitment to what we do is a vital life line to this service. The enthusiasm of all the bus drivers, led by Colin Whelan is a huge encouragement to all the No Bucks staff and volunteers.

Life Story, Mens Centre

Hi my name is Denis and I'd like to share with you my story on how I came to Tiglin. I grew up in the West Donegal Gaeltacht parish of Gort an Choirce. My journey into addiction started off with a single cigarette when I was 11 years old and finished off using heroin when I reached 50 years of age. So having spent forty years in addiction, trying different treatment Centre's and programs nothing worked. By the time I'd reached 50 I knew that nothing on earth could save me and I had to look deeper to something that was bigger and better than the sum of all I knew to replace the drugs and alcohol, you see the problem for me wasn't stopping, I could stop every day when I passed out or fell asleep. The problem was staying stopped and finding something to fill the void. So it was in hospital, depressed and suicidal that I met with a doctor that told me that if I needed something other than medical treatment to help me with my addiction, I must go to Tiglin, and that I would beat my addiction, and true to her word, today 24 months after I embarked on my journey of recovery I can safely say that I have beaten addiction.

So having battled addiction for 40 years what was different about Tiglin? The key to my recovery was finding and developing a relationship with God which the program at Tiglin allowed me the time and space to do. Looking back at my time on the program it was long, tough, and quite a challenge but the end result it was absolutely necessary and worth the effort in order for me to overcome addiction. The support help and encouragement I received from staff, volunteers, and my peers was different to anything I'd ever experienced in any other rehab Centre I'd attended. The program didn't just remove the substances, it looked at the whole person, and challenged every area of my life, social skills, education, attitudes, and behaviors housing and employment.

Tiglin challenge is more than just a treatment Centre it's a life rebuilding process that students are brought on. I entered the program looking to fill a spiritual void and exited the program not just finding and developing a relationship with God which is the key to my recovery, but gaining an education at level 6 with IT Carlow, going on to further studies with Urrus in community addiction studies, looking to further studies with Urrus and UCD in community drug and alcohol work in September 2019. Also being asked to be a service users representative on the East Coast Regional Drug and Alcohol Task Force and having graduated the programme I'm working at Tiglin.

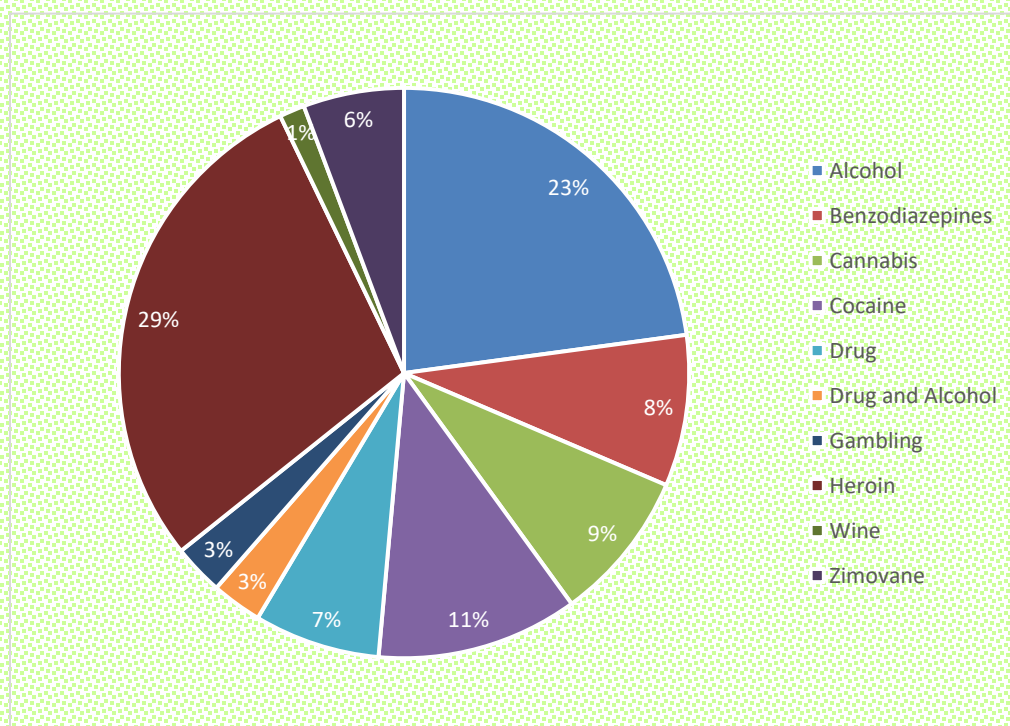
Now today I'm able to give back to others the chance and opportunities that I was given. I see myself today as the hope which was lost now stands renewed. I am living proof that even after 40 years in addiction that there is as they say at Tiglin challenge, a life beyond addiction for anyone who wants it.

2018 Statistics

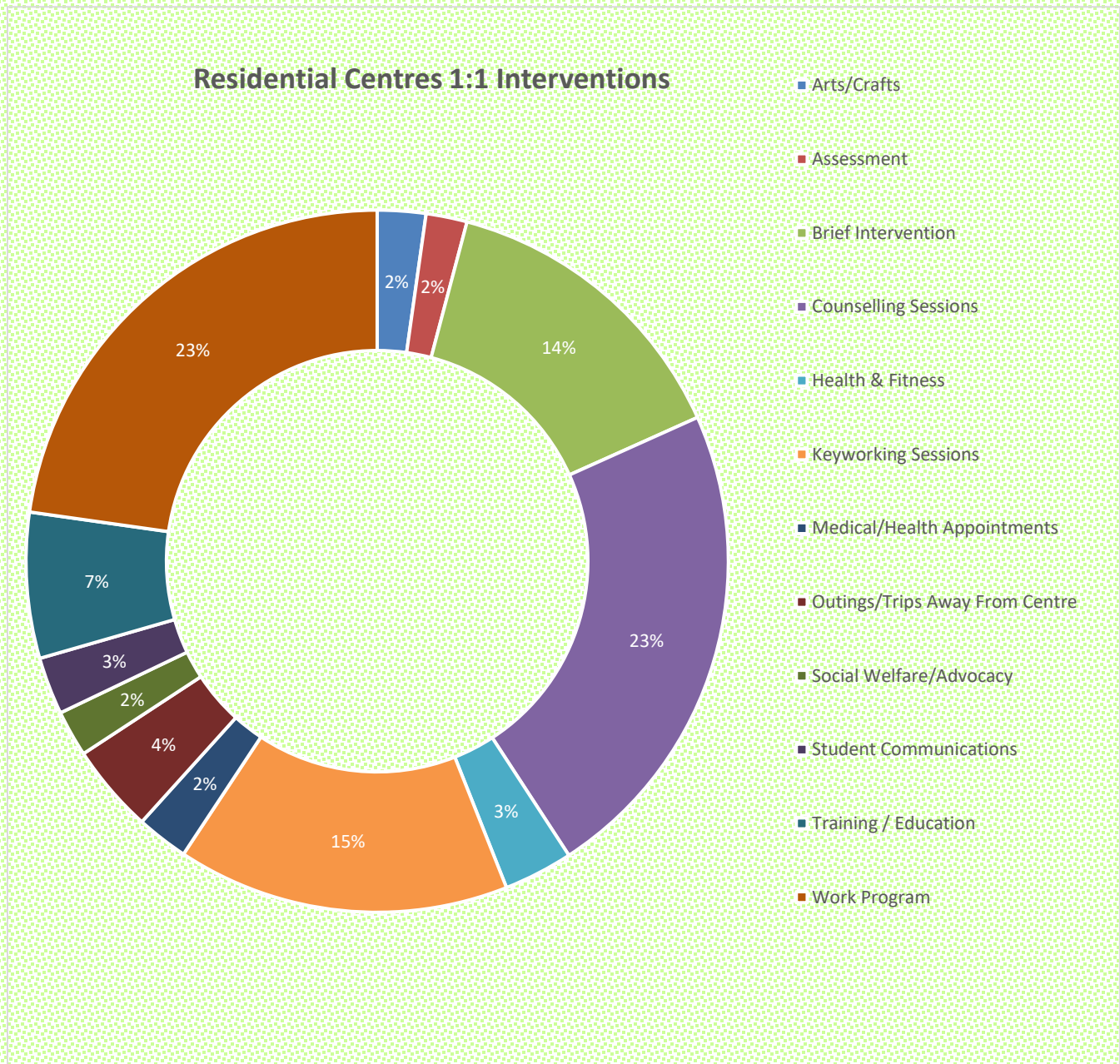
Tiglin Residential 2018 Overview

FIGURE	INDICATOR
198	Total people who were assessed for Tiglin residential in 2018
102	Total people who resided at Tiglin in 2018
20	Completed 8-11 months or more of treatment at Tiglin during 2018
18	Completed 4-7 months of treatment at Tiglin during 2018
31	Completed 1-3 months of treatment at Tiglin during 2018
33	Completed less than 1 month at Tiglin during 2018

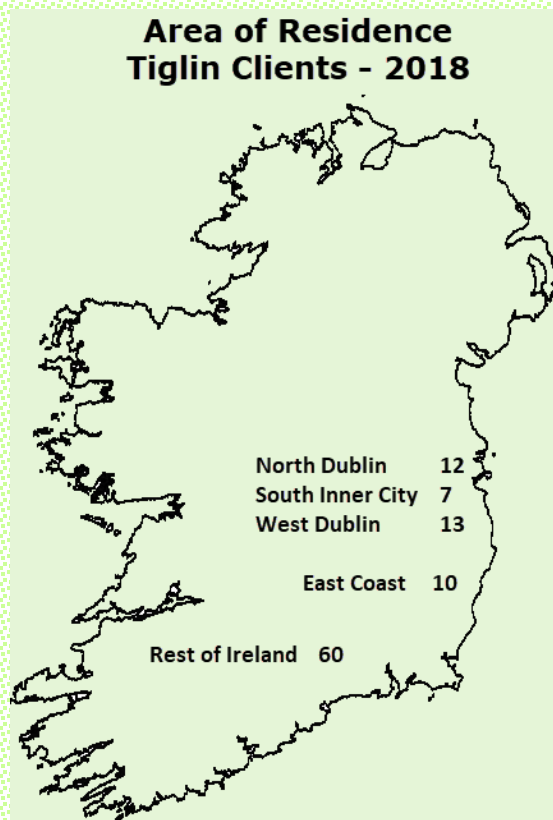
Main Presenting Issues of Clients Accessing Tiglin Residential 2018



Residential Centre's 1:1 Interventions 2018



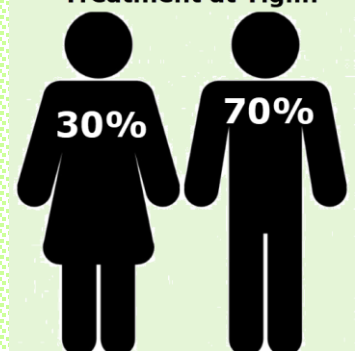
Total Number Of Client Activities 2018



Number of Clients Tiglin Services worked with in 2018



Gender of Clients Accessing Residential Treatment at Tiglin



Number of individual hours of educational groupwork / literacy



Number of Staff Hours worked with Clients in Tiglin Services



2018 Statistics Men's & Women's Residential Centre's

Personal Development, Education & Therapeutic Group Work

HOURS	INDICATOR
3,792 hours spent on all residents in 2018	One to one intervention / counseling / key-working
1,200 group teaching hours	Education / Personal Development
989 teaching hours on all 13 clients	Literacy classes, 13 clients accessed our literacy teacher
143 hours per resident per treatment episode	Occupational therapy
148 hours per resident per treatment episode	Fitness & Recreation

Personal Development, Education & Therapeutic Group Work

Programs that are running on a rotated yearly cycle
Carpentry KWETB
First Aid No.2
Healthy Eating 3
Learning to Learn QQI 6
Manual Handling
Safe Pass Training 4
Safe Pass Training 5
Tiglin Addiction Recovery Studies
Time Management
Woodwork QQI 4
Personal Development Classes

Tiglin Aftercare Program

2018 Yearly Overview

STATISTICS AFTERCARE PROGRAM	Indicator
18	Re-Entry Phase: Minimum 6 months in length
10	Participants were housed in our community house
4	Moved into housing
4	Moved into family/friends accomodation following treatment
5	Participants gained full time/part time employment

Employment/Training & Education status who completed Tiglin Aftercare Programme in 2018

NUMBER OF PEOPLE	CURRENT STATUS
5	Full time Employment
3	Part time employment
9	Part time employment & education
1	Full time education

Housing status of those who were on Tiglin Programme in 2018

NUMBER OF PEOPLE	CURRENT STATUS
102	Individuals moved into Housing
17	Private rented
43	Returned to family
16	Transitional Accommodation/ Emergency Homeless Accommodation
26	People residing and accessed our Community Houses
TOTAL: 102	

Tiglin Bereavement Counselling Report 2018

Bereavement counselling/therapy has been provided for students on the Tiglin program since 2012, by *Rosaleen Conroy*. Bereavement counselling supports students who are coming out of addiction by releasing emotions and feelings around loss, or many losses in some cases that have not been expressed without substances having been consumed.

The grieving process we all go through in life is natural, we all have losses, for example; loss of jobs, loss of health, loss of relationships, some of us loose our homes, and the inevitable loss by death, each of us will have a death of someone close to us, at some point in our lives.

In addiction masking happens and our natural emotional responses are stopped, this includes the grieving process, which is hindered by shutting off and the blocking of emotions and feelings.

Due to masking, a student's successful recovery and walking out in complete freedom from substance abuse, is dependent on attending to the losses that happened while in addiction, or prior to addiction.

Sometimes addiction is entered into after the death of someone close to a student, emotions and feelings may have been too hard to process at the time of a loss. To avoid these thoughts and feelings drugs and alcohol were used to block and numb emotions.

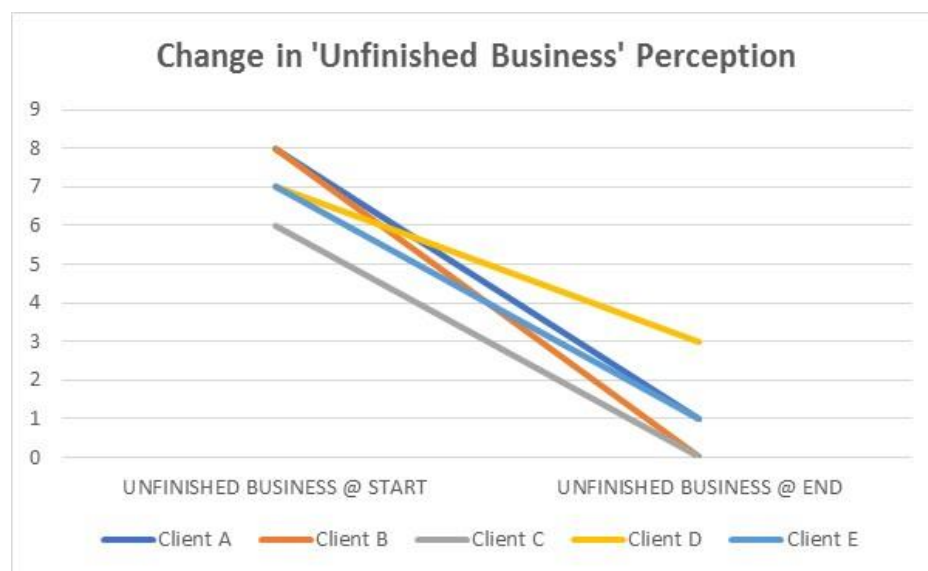
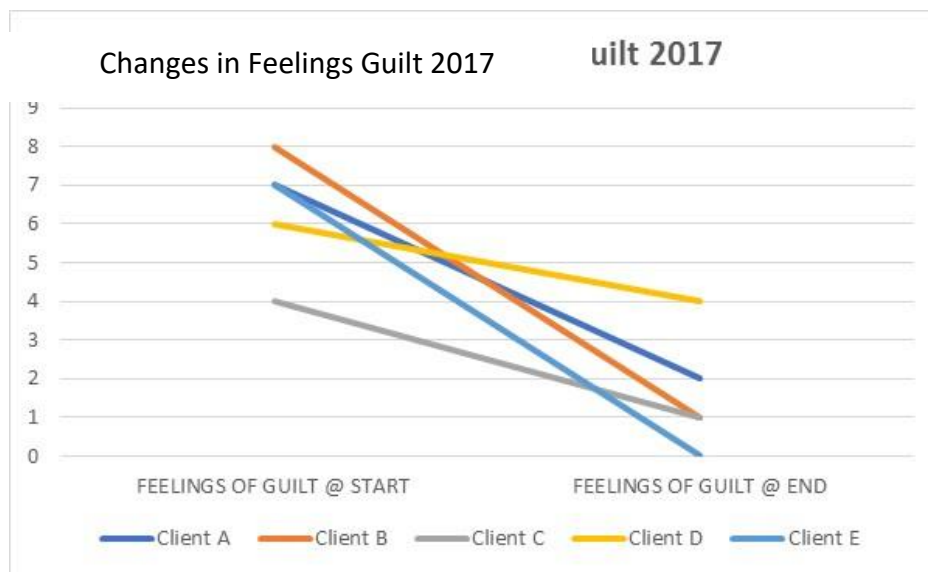
Expressing and releasing of these feelings and emotions is needed to support recovery. This is done through one to one bereavement counselling. For some students this is a short process, for others a little longer, we each grieve differently. The Tiglin program allows for these differences and provides bereavement counselling/therapy for students where and when it is needed.

Grief symptoms feel like fear, anxiousness, along with feelings of guilt, shock/overwhelm, and 'unfinished business'. These symptoms are present prior to grief work, but often are supressed through sustenance misuse.

Following are graphs identifying the decreasing of the above symptoms as a result of bereavement counselling:

This example is from males between the ages of 21-50, at the Tiglin rehabilitation centre. They were compiled with permission, in less than 10 sessions of bereavement counselling during 2017.





Grief counselling/therapy involves decreasing the above symptoms, while at the same time identifying, and building the students own resources, both their Internal and external resources.

During 2018 Bereavement Counselling/Therapy was provided for 14 students in Tiglin, this was a total of 216 hours one to one therapy sessions.

As part of this bereavement support, 3 grave visits were made to facilitate any unfinished business, with a deceased relative.

1 prison visit was made, sometimes students will be incarcerated while on the program. The visits by the Tiglin counsellor is to support the students, and help them to continue the great work they had started while on the Tiglin program. This has been successful for the students who returned from prison to Tiglin drug free.

4 bereavement groups were given, with follow on one to one sessions where need was identified. This supports students when there has been a loss of a close friend or past member of the Tiglin centre.

Complied by: Rosaleen Conroy, MSc. Bereavement. Dip., Counselling. B.BS.

Reg. BACP., Accredited IACP.

2018 Statistics Tiglin Day Service

Stats 2018 Community Employment Day Program

NUMBER OF PEOPLE	Indicator KPI's
59	Total number of People assessed in 2018
41	Number of people the day programme worked with in 2018 and on ongoing basis
4	Progressed to work in 2018
2	Progressed to full time/part time education in 2018
3	Progressed to other treatment options
25	Enrolled in QQI accredited courses
4	Enrolled in Third Level College Courses
29	Completed personal development groups and soft skills courses

Personal Development, Education & Therapeutic Group Work

2018

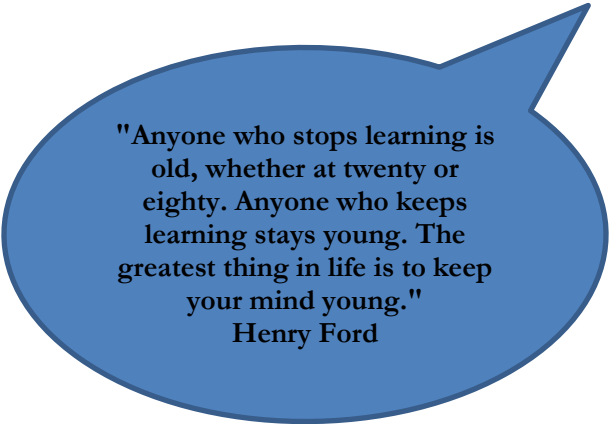
Certificates	
1	Cookery Evening Classes
2	Community Awareness of Drugs
3	Cooking with Pat Lawlor
4	Breakthrough Therapeutic Workshop
5	Christies Grooming
6	Introduction to Community Drug Works
	Introduction to Addiction Studies, Self
7	Esteem & Assertive Training
8	Nutrition A Practical Guide
9	Domestic Appliance Repair
10	Key working & Care Planning
	Stages of Change & Motivational
11	Interviewing
12	Hepatitis C Awareness Training
13	Motavational Interviewing
14	Time Management
15	Healthy Eating made Easy
16	Wellness Workshop
17	Happy Heart Course
18	Mingfulness based Relape Prevention

Industry Standard	
1	Safe Pass
2	2 Day Forklift
3	Manual Handling
4	Zero U
5	Child Protection Training
6	Community Reinforcement Approach
7	Basic First Aid
8	Occupational First Aid
9	Conflict Resolution
10	Youth Development & Counselling
11	Toolbox Safety
12	HACCP

QQI		
1	L3	CV Prep & Interview Skills
2	L5	Community Addiction Studies
3	L5	Manual Handling
4	L5	Health Care Support
5	L6	Learn to Learn
6	L5	Addiction Studies
7	L6	Leadership & Community Development
8	L7	Diploma in Community & Alcohol
9	L8	Degree in Applied Social Studies
10	L5	Reception & Front Line Office Skills
11	L5	Community Skills
12	L7	Project Management Professional-CMIT
13	L6	Purchasing Strategy Quality Managemnt & Lean 6
14	L8	Diploma in Counselling & Pyschotherapy
15	QQI Minor	CPC Theroy Test
16	L5 Minor	Customer Care
17	Q4 Minor	Career Planning
18	L4 Minor	Experiencce Teamwork
19	QQI Minor	Women & Substance Mususe
20	QQI Minor	Keyworking & Care Planning
21	L7	Execuitive & Life Coaching

Soft Skills	
1	Pottery
2	Self Defence
3	Building Self Esteem
4	Reflexology
5	Film Making
6	Breakthrough Therpay Workshop
7	Tiglin Addiction Recovery Studies
8	Craft Copper Embossing

2018 Statistics Tiglin Day Service



**"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."
Henry Ford**

Tiglin Day Service would like to say a huge thanks to all its supporters, volunteers and external services that have helped to make its service the success that it is. We here in the Tiglin Day Service are really appreciative of all the help that was shown to our participants and staff throughout 2018. We look forward to an even bigger success in 2018 to see lives been changed and peoples recovery capital been enlarged.

Governance 2018

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 2018.

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).

Partnerships, Funders & Supporters 2018

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:

- South Inner City Drug & Alcohol Task Force
- East Coast Regional Drug & Alcohol Task Force
- Health Service Executive
- Salesforce
- Co. Wicklow Partnership
- Wicklow Co. Council
- Electric Ireland
- KWETB
- IT Carlow
- Department of Social Protection
- An Cosan
- Mac Interiors

We are so grateful to many agencies and individuals that have 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 2018. Thanks to those that organized and partook in bag packing, homeless sleep outs, marathons/mini marathons. 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 Counselors 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 Counselors 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.

THANK YOU TO A FEW OF OUR MANY SUPPORTERS

To MAC Interiors:

Who selected Tiglin as their Charity Partner of 2018.

MAC Interiors also made a very powerful short video about their involvement in Tiglin featuring some of the Tiglin students.



To Salesforce:

For their ongoing support in fundraising, IT Assistance, yearly football tournament & sleep-out



Board of Directors 2018

Chairman	Aubrey McCarthy
Company Secretary	Aidan Nevin
Board Members	Gerald Farrell
	Susan Phillips
	Emmanuel Eguare
	Keith Flynn
	Jerry Conlon

We would like take this opportunity to acknowledge and thank Paul Caffrey for his contributions during their period as a dedicated member of the Board.

Fundraising Opportunities

There are many ways to help us here at Tiglin and make a difference in seeing “Life beyond Addiction”

Ways to Donate



Volunteer
Fundraise for Tiglin
Organize an event
Individual Donate



Ways To Get Involved

Involve Your Company
Partner With Tiglin
Staff Volunteering
Individually Donate

Showcase: Annual Funding Raising Event - Salesforce Sleepout for Tiglin

Every year staff from Salesforce sleep for one night outside the Gaiety Theatre as a fundraising effort. This year was no different and the Sleep was a huge success 42 salesforce employees doing the sleepout.

