

A circular collage of various photographs, including groups of people, individuals, and outdoor scenes, overlaid with a large white stylized fish graphic. The fish is oriented horizontally, with its head to the right. The collage includes photos of people in various settings, some in uniforms, and outdoor scenes with greenery and buildings. The fish graphic is a simple, white outline with a small circle for an eye.

Matt Talbot Community Trust



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Matt Talbot Community
Trust is a company limited
by guarantee.

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**"Many things
have fallen only
to rise higher"**

SENECA

FORWARD *from the* DIRECTOR

GRAINNE JENNINGS - DIRECTOR

"Why do you go away? So that you can come back. So that you can see the place you came from with different eyes and extra colours. And the people there see you differently, too. Coming back to where you started is not the same as never leaving."

-Terry Pratchett, A Hat Full of Sky

On behalf of the Board, staff and participants of The Matt Talbot Community Trust I would like to welcome you to our 29th annual report. I hope that the report in some measure captures what life is like within the walls of our very special community and it encourages all who read it to consider the complexity of need and remarkable journeys that our participants embark on each and every day.

While 2015 seemed to offer some hope that we are slowly emerging from austerity, many organisations continue to struggle to meet presenting need, respond to emerging and new developments and ensure that they maintain programme costs within the parameters of value for money within limited budgets and growing demands to spend inordinate time in administrative duties. In essence this means that to be efficient, staff need to have expertise in financial, legal, technological and income generation skills if we are to continue to provide what we know works for our community.

Spending any time in an organisation such as Matt Talbot will clearly answer this – what value

can someone place on ensuring an individual recognises their unique potential and the important role they play in the lives of their family community and as a global citizen.

I opened the Report with a quote from Terry Pratchett and in many ways it sums up what we have been attempting to do within Matt Talbot to ensure we remain relevant and that our approach has lasting value to all who come to us for support. What this has meant in real terms is evident throughout this report and recognised in the review of our updated strategic plan for 2015 – 2020.

We value our growing relationships with many like-minded Organisations such as An Cosan and An Cosan VCC, Dublin City Council Sports Office and recognise that our community is strengthened through these exchanges in what we can provide for our group in terms of life experiences and new learning. Our



GRAINNE JENNINGS
DIRECTOR

Director's report continued.....

programme itself is slowly developing in exciting ways to reflect new and innovative ways of learning which will incorporate the use of technology in what has become known as the “flipped classroom” approach. This is best reflected in the Future Options approach and Inside Out programme further elaborated on in this report.

Key objectives within the strategic plan centre on the provision of a quality educational program. With this in mind I would like to thank the ongoing support of CDETB in providing us with tutoring support specific to the needs identified within the group. We worked closely with An Cosan VCC on the Learning to Learn program which gave participants an opportunity to engage with live virtual learning which was a unique experience for all. A clear objective within the strategic plan was our focus on growing our relationship with the corporate sector. Through this we are exposed to new ways of thinking, operating and equally as important is our ability to break down perceived barriers, perceptions and develop clear pathways into employment on behalf of our group. In practical terms we could never achieve in two working months what one Impact day represents to us at our site in Ballinascorney. As we start to consider the full potential of the site these relationships will become central to the evolution of The Matt Talbot Community Trust. There is a commonly held belief that when you come to Matt Talbot you never leave. In this regard we have always been very fortunate that staff turnover has remained very low which

lends itself towards a more consistent and stable approach within the community. Jean Collender who was an integral part of the team for six years left us to move on to a new position with Gaisce as Business and Fund Raising Manager and we wish her well in this post. We also welcomed Hazel Walsh and Mairead White who combined bring many gifts and talents to the team which I know will continue to help us develop our program into the future. Mark, Pat and Damon remain the backbone of our organisation bringing a vast range of skills and interests to our approach. The ongoing development of the Inside Out programme has been progressed in such a competent and professional manner by Rossa who volunteered with us throughout 2015. I want to thank the Board of Trustees for their ongoing encouragement and support shown to the community. Board membership has become an onerous task so we are privileged to have such a wide range of expertise from the world of Industry, finance and Voluntary sector.

Finally to our State funders who year on year commit resources and finance to our programme and recognise the real value to the participant, community and society.

CHAIRPERSONS REPORT

It is once again time to present the Annual Report of the Matt Talbot Community Trust in which we outline for our members, participants, statutory funders, benefactors and the wider community in Ballyfermot the challenges and achievements of 2015, take stock of how we have fared in the last year and outline our plans for continuing in the coming years with the mission for which we were established. This mission is to provide services for disadvantaged adult men and women, particularly those coming out of the prison system or striving to overcome addiction, so as to support them in developing to their full potential and to enable them to take their place in a community to which they can contribute and where they are valued and respected. The Report also affords us the opportunity to acknowledge and thank our benefactors and statutory funders without whom we could not survive, and with the aid of the audited accounts to make ourselves transparently accountable for the resources that have been entrusted to us in the service of our participants.

Once again it is a pleasure to read in the Report accounts of the progress and achievements of the participants in education, in training and in accessing employment. Some have achieved far beyond their expectations and all have grown in confidence and discovered hidden depths and strengths within the Matt Talbot Community.

The success of the Trust is dependent on our capable and extraordinarily dedicated staff

under the able and energetic leadership of Grainne Jennings. As well as their expertise they bring to their task a deep respect for all the participants and an ability to create within the organisation a relaxed atmosphere of community and trust where all are respected, everyone is valued and each can feel at home. We take this opportunity to express our thanks to Thomas Lawlor who left our employment in February and to note that in late 2015 Jean Collender gave us notice of her intention to take up a new post elsewhere in 2016. Over her years of service with us she has made a wonderful contribution and has shown a dedication and commitment far beyond the call of duty. Her leaving is a great loss to us but we wish her the happiness and success she richly deserves in her future undertakings. We are grateful to the Department of Social Protection, the Probation Service, the Local Area Drugs Task Force, and the City of Dublin Education and Training Board through which our programmes are almost entirely funded. We also express our gratitude to the individuals and companies who have provided financial and other support during 2015. We value highly the links that Deloitte, AOL, Valero, Bank of America and Business in the Community have established with us over the years and we look forward to developing those relationships further where possible in the years to come. Matt Talbot Community Trust welcomes the establishment of the Charities Regulator in 2014 as it will insure greater accountability and transparency

in the charities sector. As a registered charity the Board fully recognise that we have a duty to ensure that Matt Talbot are compliant and operates in an efficient manner being accountable to our donors, beneficiaries and the public. In evidence of this, the recommendations of the Statement of Recommended Practice (SORP) have been implemented in our Report and Financial Statements for the year ended 31st December where relevant although this is not yet mandatory.

As a company limited by guarantee, the work of the Matt Talbot Community Trust is directed by a Board of Trustees. This Board is responsible for ensuring that we remain faithful to our mission, that all statutory obligations are adhered to and that we remain on a secure financial footing. As in all organisations, there is a natural ebb and flow on the Board with new trustees being appointed from time to time and others stepping down. In 2015 there were some significant changes including John Redmond joining the Board. We are grateful to him for subsequently taking on the position of Company Secretary which had been filled until then by John Shine. Although adequate measures were taken to eliminate in 2015 a deficit which had recurred over a number of previous years the Board was faced with a new challenge in 2015. Owing to the necessity of complying with the Department of Public Expenditure and Reform circular 13/2014, the Board have engaged with our Funders throughout the course of 2015 with a view to resolution on all outstanding matters. Key target area for the Board in 2015 was the development and implementation of a Governance Code and drawing up a Strategic Plan for the organisation for the period 2015 to 2020. We are indebted to Elaine Mc Carthy who through the sponsorship of the ESB facilitated the exploration and decision making process. Space would not permit me to elaborate here

on the details of the Plan. However, among the ambitions for the organisation were the development of the education programme to cater for the younger age group that are currently accessing our services, while continuing to remain a drug free service with a focus on the quality of the interventions in a community setting rather than on quantity in terms of large numbers of participants; the implementation of a Governance Framework; the achievement of greater financial stability and the accessing of more sustainable funding; the strengthening of relationships with Corporate partners in order to enhance the programmes. To lead the progression of this work two sub-committees were established by the Board to bring forward both the Governance Code and the Strategic Plan 2015-2020.

The achievements of the Matt Talbot Community Trust as outlined in this 2015 Annual Report are a source of pride which encourages us to look forward with hope. We are grateful to all who have made the achievements of 2015 possible and we look forward to working together to create an even brighter and more fruitful future.

IMPORTANT NUMBERS

HERE ARE A FEW IMPORTANT NUMBERS THAT GIVE A CLEAR IDEA OF THE CHALLENGES OUR ORGANISATION FACED IN 2015...

32%

The percentage of the population of Ballyfermot who never progressed beyond primary education

14,904

The number of opiate drug users in Dublin

1:87

The ratio of drug counsellors to prisoners in Irish prisons.

1,500

The number of children in emergency accommodation in Dublin - an increase of 50% since last year

53%

The percentage of the population of Ballyfermot who left school before the age of 15.

...AND HERE ARE SOME OF THE THINGS WE DID TO HELP OUR GROUP

6,734

The number of hot meals we have provided in 2015

167

The number of counselling hours we have provided for individuals in crisis

768

The number of urinalysis samples we have taken in 2015 to support people to remain drug free

8

The number of people who were in mainstream education in 2015 after completing our programme.

12

The number of families in crisis who needed our support in 2015

2015

FUTURE OPTIONS PROGRAMME

The aim of the Future Options Programme is to equip participants with the necessary skills and competencies for a successful move on to further education and/or employment. The core driver is the continued development of a flexible personal profile which allows participants to explore different interests and options. This is bolstered through work experience placements that aid participants in developing a diverse array of employability skills. Participants can build general experience while working towards their long term goals.

Work In

The Work In Programme develops knowledge and experience of the working world. It provides participants with a realistic picture of the world of work and a sense of different workplace cultures. The most significant value of the programme is the confidence and personal development that it instils in our participants. We organise:

- Workplace tours
- Employer presentations
- Single day placements
- Work shadowing
- Information interviews with key people in our participants areas of interested

Work Through

During Work Through our participants identify any barriers they may have in accessing employment and further education. This essential phase is designed to build experience in specific career and academic areas. Activities include:

- Short specific placements
- Developing interview skills
- Designing tailored CV's
- Coaching
- Academic development

To cater for our participants diverse set of life experiences we have created three flexible career development programmes; Work-In, Work-Through and Work-Out. The programmes build confidence and provide opportunities for successful transitions into further education and long lasting employment.



FUTURE OPTIONS PROGRAMME

Work Out

Our Work Out programme is more focused on structured work placements. The aim is to develop specific skills and competencies that will help realise our participants' career goals and help in making a successful transition into the working world. The core elements are:

- Participating in coaching and mentoring relationships with employers
- Structured supported placements that focus on the development of key employability skills



Outcomes from the Future Options programme

In the period since our last annual report:

- 5 participants have moved on into full time employment
- 1 participant has been accepted to a Level 8 degree course in Maynooth University
- 1 participant will be attending the Return to Learning access programme at Maynooth University
- 2 participants' have completed Return to Learning certificates with An Cosan and Maynooth University

EDUCATION PROGRAMME

Education is central to our programme in the Matt Talbot Community Trust. We see it as a route for our group to create their own futures. We cater for all levels of education, from adult literacy to entry to university. We run a number of courses in house that provide a solid grounding in the skills needed to move on with learning. We also collaborate with a number of educational institutions which give our group access to a wide range of knowledge and subject matter.

Literacy

This year we would like to thank the CDETB for running their Literacy through History programme, which was accessed by our whole group. The CDETB provided two literacy tutors for weekly sessions, with our participants, to work through literacy issues using history as the link subject. As many of you will know, literacy is one of the key educational barriers for many of our participants, so we really appreciate the efforts of the

CDETB and hope that we can work together again in the coming year.

Computers

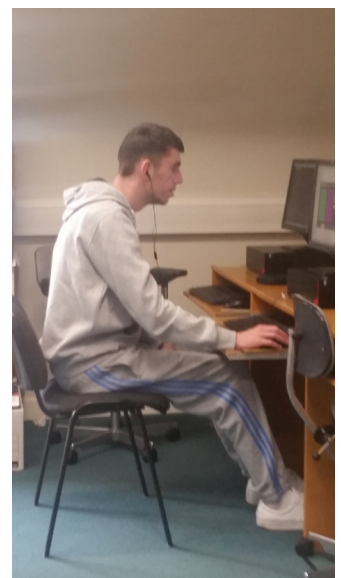
Digital literacy has become fundamental to the modern learners' ability to navigate the social space and engage with current educational practices.

Our experience, via our participants enrolling in An Cosan's Virtual College, has shown us the importance of quickly adapting to a range of open source and free on line teaching platforms, such as Alison and Coursera, which our participants frequently access. This will ensure our participants are capable of driving their own independent research and successfully transition into further education and employment. In addition to a basic functional grounding through QQI Level 3 and 4 Computer Applications, our participants are supported in, creating on line profiles on various job search sites, developing tailored CV's and

professional standard cover letters to enhance their range of digital skills.

A sad loss the community, as a whole, has been the closure of the Ballyfermot IT Centre. Dolores James and her team have given our participants' immense support over the years. We wish Dolores and the staff the very best in the future and thank them again for all their help in the past.

We are especially grateful to Ballyfermot Library for use of its fantastic computer room. It has been really beneficial to our computer programme.



EDUCATION PROGRAMME

Mathematics

As is the case with our computer programme, the delivery of numeracy skills has been enhanced with modern teaching programmes such as Maths Eyes and “Sigmath bringing numeracy to life”. Numeracy, for some of our early school leavers, is a tangible barrier to their continued progression to education or full time employment. We feel our small group setting and the one to one support we provide, instils confidence in our participants, many of whom go onto complete QQI Level 3 and 4 programmes.

Woodwork

Over the years many gifted participants have completed this course, as can be seen in some of the fabulous projects that have been created. This module includes reading technical drawings and measurements to produce precise project pieces. Participants also develop a

range of practical skills through the use of varnishes and glues with instruction and guidance on how to correctly use hand and electrical power tools. Six of our participants hope to complete the woodwork module in the coming months which we intend to run in a block format.

Kayaking

Our QQI Level 3 Kayaking Skills course is run in conjunction with our Health and Fitness programme. It is often one of the most enjoyable for our participants as many will have not had any experience of it prior to completing the programme. During the course the group learn a number of different kayak strokes, how to conduct safe rescues and how to read different hazards on the river. The real value is the leadership and group cohesion it provides as the group rely on each other for the overall safety of the river trips.

We would like to thank Derek Ahern from the DCC for enabling one of our participants to train as a kayak instructor. This was a community initiative to develop peer instructors within the community and we wish DCC every success with the programme.



COMPLETED CERTIFICATES

Computers	8
Maths	7
Life Skills	6
Community Addiction Studies	1
Return to Learning	5
Work Experience	4
Manual Handling	5
Kick Start 1	4
Safe Pass	4
Social Studies	1
Psychology	1
Healthy Food Made Easy	7
Kayak Instructor Skills	1
Leader and Community Development	1

CERTIFICATES IN PROGRESS

Health Related Fitness	7
Computer Literacy	3
Work Experience	4
Painting and Decorating	1
Pre Nursing	1

EDUCATIONAL DEVELOPMENT

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character- that is the goal of true education"

—MARTIN LUTHER KING JR

The Inside Out programme has been in development at the Matt Talbot Community Trust (MTCT) since August 2015. The programme uses the mediums of film, street art, music, advertisements and other elements of the popular culture to explore societal issues. This approach was taken as a direct response to the low literacy levels and often negative educational experience of our participants. Using the popular culture has proven to be an extremely effective 'gateway' into discussing issues that affect participants and their communities.



The programme seeks to place the participant at

the centre of community, global and societal issues. By blending therapy and education the programme facilitates the participant to find their own place within these issues and to empower them to find personalised solutions. The idea is that by exploring the societal issues that affect them and their communities, participants can be encouraged through the use of Solution Focused Brief Therapy (SFBT) to find personalised solutions to these problems. SFBT is an approach that focuses on how participants change, rather than diagnosing and treating problems. As such, it uses a language of change.



Inside Out is designed to help participants visualise their "preferred future" and also their

EDUCATIONAL DEVELOPMENT

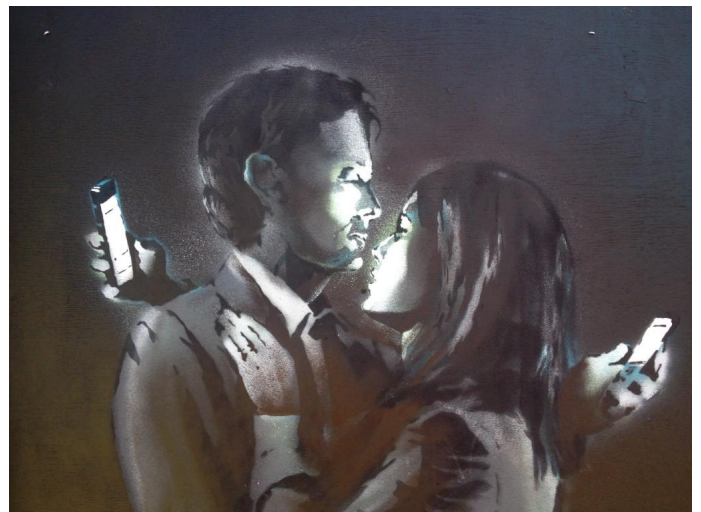
communities' future. It then empowers them with the skills (goal setting, discourse, self-care, problem solving, critical thought...) to construct a personalised pathway to making the vision a reality. The programme terminates with an 'empowerment' module in which participants put what they have learned on the programme into practice.



By autumn 2015, enough programme material had been written to carry out a formal piloting at MTCT. This pilot was a success and the learning gained from this pilot was used to inform further programme development and led to the formulation of the programme's guiding principles and core competencies. The programme was shortlisted (from 12 projects) to pitch for seed funding awarded by Social Entrepreneurs Ireland (SEI). These projects had to address the theme of "Unlocking a positive future for offenders". Our programme won this award (the Minnovation award) and was recognised as "outstanding and innovative" by SEI.



Additional modules are now in development and we are hoping to incorporate a peer led component into the programme. It can be used as an extremely effective and innovative rehabilitation tool, enabling participants to make healthier choices and reduce the isolation from society that participants often feel.



STUDENT PLACEMENT

I came to the Matt Talbot Community Trust on a five week student placement as part of my first year course in Social Care. The placement was recommended to me by someone who works in the addition services as they felt that I would have an opportunity to learn across a range of experiences.

The interesting thing for me was that I have lived all my life in Ballyfermot but knew very little about the Organisation or the work they were involved in. Having grown up in the same community, I felt that I had a highly developed sense of the implications of social disadvantage and a realisation that everyone's journey in life was unique. Having said that, when I came to Matt Talbot I became very aware of how a singular event or poor decision making could shape the life chances of someone in such a profoundly negative way resulting in entry into the criminal justice system and limited opportunities open to them. When you come to Matt Talbot this becomes evident in the life stories and discussions that happen within the group.

Prior to coming to Matt Talbot I met with the Director to go through information on the programme, expectations and support needs to be addressed while on placement. This in itself was very helpful in that it gave me time to prepare and focus my thinking on the overall objectives of the placement.

From the outset I was struck by the diversity of need and in particular how educational experience to date had impacted on the individuals levels of confidence and self-esteem.



Having read that the programme was educationally based I assumed that classes would be operated in accordance with traditional teaching methods. What I was not prepared for was how unique the approach was in Matt Talbot in that each participant was encouraged to have complete control over their educational journey. This meant that staff and participant worked towards individualised programmes based on the interests and expressed need of the participants. Giving the control back to the individual encouraged them to be responsible for their own learning and increase their sense of independence and control over their own life choices.



This approach was reflected in everything that happened in Matt Talbot and this I feel was my greatest learning. I started to understand that as a practitioner my role was to facilitate and encourage learning and not to be the imparter of knowledge and solutions to the participant. This required me to truly listen to the person and support them in ways that ensured they understood that they had the skill and ability to be the catalyst of real change. Equally important and evident was the considerable time spent in building relationships within the group that were vital in supporting the individual to continue to affect change in their life.



If I was to think of key words to describe the Organisation and work it is involved in they would be – education, encouraging self-belief, building enduring relationships and supporting people to get back up and out there so that they can feel part of something more than just themselves and realise how important they are to the future of their community. I am very aware that the nature of this placement would not suit every student and could be overwhelming in that it required the student to initiate activities or discussions which can be difficult. Once trust was established I realised the power of just allowing the participant to relax and know that their thoughts and opinions were really what mattered.

CIVIC ENGAGEMENT

Before I get started I would like to take this opportunity to thank Grainne and all the staff and participants at Matt Talbot Community Trust for everything they have done for me over the last couple of months. As a mature student of Maynooth University I had the opportunity to take part in the Civic Engagement programme during my final year as an undergraduate. This programme focuses on the practical engagement of students with the public sector, voluntary and charitable organisations and civil society. The module offers 2nd and 3rd year BSocSc (Social Science) students the opportunity to actively engage with a variety of organisations. In doing so students can develop a better understanding of how policy is implemented in various contexts and make the link between theory and practice. Organisations can also benefit from having an extra pair of hands on board and although supervising students can be time consuming, students can bring new skills, perspectives and opportunities to organisations like Matt Talbot.



The Civic Engagement module has been a great experience for me. During my time at the Matt Talbot my eyes have been opened up to a whole range of social issues such as, barriers to education and employment that individuals from socioeconomically deprived areas often come up against. Participants often lack the resources to participate in education, and many have had negative experiences in the past, leaving them with no trust in the education system. As well as financial resources, some participants lack confidence in themselves and this can be a real barrier to furthering their education or applying for a job. The staff at the Matt Talbot work with the participants to challenge these barriers, thus making further education, training and employment an achievable goal for individuals on the programme.

During my time at the Matt Talbot I worked on a proposal to develop a University-Community partnership. The aim of the proposal was to create and establish a partnership between the Matt Talbot Community Trust and educational institutions, in this case Maynooth University. The initiative proposes to break down cognitive and social barriers preventing participants progressing onto third level education. By normalising the university experience through various activities, further education can become a real possibility for participants, and hopefully have a ripple

effect within the wider community.

Overall my time at Matt Talbot was a real learning experience. I thoroughly enjoyed every minute of it and came away with a lot to reflect on. I think that the community and voluntary sector is extremely underfunded and that volunteers are so important to assist organisations to continue to carry out the work they do. I think by establishing partnerships between educational institutions and organisations such as Matt Talbot, there are huge benefits to be gained by all involved. I hope that I will have the opportunity to work with Grainne and her team in the future.



SUPPORT PROGRAMMES

Key Working – Structured Support, Care and Personal Development

Key working and case management are a vital element of the programme at the Matt Talbot Community Trust. All participants avail of key working and are actively involved in the development of their care plans. Key working is at the core of developing trusting relationships between staff and participants at the Matt Talbot. Through the supportive environment of key working sessions participants have the opportunity to reflect on their past life experience and begin the work of moving towards self-sufficiency making informed, positive decisions about their future. Each participant of the Matt Talbot is allocated a key worker who is responsible for steering their education and training as well as monitoring their general welfare. We attempt to see each person in the complexity of what constitutes humanity - as someone with skills and abilities that need encouragement and nurturing to realise their full potential. It is our task to respond to needs and discover ways and means of fostering this potential. As the people that we work with are in difficult and complicated situations we quite often find ourselves in the position of crisis intervention. By building relationships in this manner we attempt to treat people with the respect and dignity that they deserve. The staff of the Matt Talbot have integrated the use of the Outcomes Star assessment tool as a framework in keyworking sessions. The Outcome Star both measures and supports progress for participants towards self-reliance or other goals. This tool has also proved invaluable in demonstrating to participants the benefits of setting goals and planning a process to achieve said goals. The Star is designed to be completed collaboratively as an integral part of keyworking process.

Treatment and Rehabilitation Protocols

The Matt Talbot has adopted the Interagency Protocols, a framework through which all the drug agencies in Ballyfermot can work more effectively together. Within the field of addiction it is widely accepted that service users have diverse and multiple needs. Hence it follows that it is unlikely that any single agency can provide everything that is needed to address the issues contained within this cycle of addiction. If services are not co-ordinated, service users can have difficulty negotiating the complex service network, 'fall between the cracks,' fail to receive the help they need, and/or be subjected to unnecessary delays, frustration, trauma, and intrusion into their lives. On the other hand, when services are well co-ordinated, it reduces the need for multiple interviews, which, in turn, cuts down on trauma and inconvenience for people and reduces wasteful overlap and duplication. The Matt Talbot has fully integrated these policies into our key working and case management when participants are engaged with other agencies. The below illustration shows where every project in Ballyfermot sits within the framework.

Continuum of Care
for people availing of drug
and alcohol rehabilitation
and treatment services
(DARTS) and family sup-
port services in Dublin 10

Rehabilitation and Reintegration

Relapse prevention and After-care

Advance - D10 After-care - Fusion CPL - Familibase - Matt Talbot - Star

- Low threshold/
- Early treatment

Advance - BSII - DOS -
HSE - Familibase -
Fusion CPL - Star



Service user

Family members/ Significant others

Family support process

Substance misuse treatment process

 Familial involvement in treatment

- Advance
- Familibase
- YPSMP
- Fusion CPL
- HSE
- Jobplan
- Star

Stabilisation and

Mental health support

n of Medic
th- psycho

Treatme



Notes

Key working

2.Holistic the

4. Crisis couns

Assessment

throughout

4 types of familial involvement in the context of drug/alcohol services

- 1.Support for the family member/ significant other alone (Family support)
- 2.Inclusion of significant other into care plan of adult service user
- 3.Compulsory involvement of parent/guardian in care plan for under 18s
- 4.Interventions addressing parental substance misuse

Advance - HSE -
Familibase - Fusion
CPL - HSE JobPlan -
Star

Treatment and rehabilitation

Notes for working with substance user

1. Key working/care planning available from initial contact and throughout
2. Holistic therapy can be provided at any stage of wheel
3. Crisis counselling in early treatment (if needed)
more intensive counselling provided as part of rehabilitation
4. Assessment of needs of any dependant children throughout Continuum

Smart Recovery

In 2015 we incorporated Smart Recovery into our programme at the Matt Talbot. Smart recovery is a science based program. SMART stands for **Self-Management and Recovery Training**. It's built upon well-established scientific approaches used to manage behavioural problems and achieve successful change from any type of addictive behaviour. Smart recovery uses techniques from Cognitive Behavioural Therapy (CBT), Rational Emotive Behavioural Therapy (REBT) and Motivational Enhancement Therapy (MET).

No single approach to recovery is right for everyone. Research suggests that mutual aid and professional treatment can help people who are in recovery; many people benefit from a combination of the two. Smart recovery helps participants decide if they have a problem, builds their motivation to change, and offers a set of proven tools and techniques to support recovery. The four point programme is at the heart of Smart Recovery. Each point provides techniques and strategies that can help participants on their journey. Many of these tools and techniques are skills that can be used once a person is in recovery, to assist them to deal with future problems and achieve more satisfaction and balance in their life.

The four points are:

1. Building and Maintaining Motivation
2. Coping with Urges
3. Managing Thoughts, Feelings and Behaviours
4. Living a Balanced Life

The use of the Smart Recovery approach has proved beneficial within our peer support group, **"Along with the other supports I use I find smart recovery really good, it has really helped me change the way I think about stuff when it comes up"**.



A recovery journey

Through my years of struggling with addiction the Matt Talbot Community Trust have stood by me and supported me in whatever plan I had. I was released from prison 2 years ago and quickly fell back into addiction. During this difficult stage of my life I was offered a keyworker and we met regularly to discuss my options for obtaining sobriety. We explored the numerous treatment centres and eliminated the ones that didn't suit me or I didn't reach the criteria expected to gain entry.

discussed the next step after my release. Around this time I was introduced to an addiction counsellor. I met with the counsellor on a weekly basis and I feel that these sessions really aided me in my preparation for entering the centre. It was a really slow process from there on in.



Eventually we found one that suited me and we quickly discovered that I matched the criteria level for admittance. We initiated contact and received a referral form from the treatment centre. We sat down and went over the form and

Weeks went by without hearing anything back from the centre. They were long and frustrating weeks helped only by my continued support from Matt Talbot coupled with my counselling sessions. My keyworker rang the treatment centre on a weekly basis, looking for information, to no avail. So it came as a shock when I got a phone call, 4 months after submitting my referral, informing me that I had my first assessment the following week. I attended the assessment as required and

left the centre feeling hopeful again. I could now visualise my new life, a drug-free future. Following my first assessment was another long frustrating wait. My keyworker rang once weekly to check up on the progress of my application. In the mean time we both sat down and looked at the options available to me on my release. We found a 20 week introductory college course on accounting. The date of this course coincides with my release from the centre. On the advice of my keyworker I wrote a letter to the manager of the treatment centre outlining my ambitions to secure a place on this course and stated that any further significant delay would jeopardise my place on the course. I hand delivered the letter and was immediately rewarded with a date for a pre-admission interview.



Today I am preparing to enter the treatment centre where I will attend for 6 weeks and hopefully get a seamless transaction to an aftercare centre. My hope, when I leave aftercare, is to attend the college course. After the course I hope to obtain work placement in an accountancy firm. This is being organised by Matt Talbot. I am now in a really good place. I have never been this positive and I am really hopeful. I could not have gotten this far without the help of Matt Talbot. And I'd like to extend my sincerest gratitude to the staff of Matt Talbot.



WOMEN'S GROUP



The women's group meet every Tuesday evening in our centre in 77 Colepark Drive. The group has been together some for twenty years now and has had much support and input from its members over that time.

We meet for Lectio Divina which give us an opportunity to reflect upon the Sunday Gospel. This reflective period allows us to incorporate the core message into our daily lives and see how we may use it to enrich the lives of our families and the wider community.

Sr Ronnie, who has been involved with us for many years, is taking a sabbatical. She will be missed a lot for her input and the genuine love she transmits to our group. We wish her lots of love and all the best in her future.



Titanic Trip

The women's group had a brilliant trip to Belfast to see the Titanic exhibition and it proved a most enjoyable day for all who attended. The mini bus was full as we left Dublin in high spirits heading for Belfast. First stop was Foleys Tea Rooms in Castlebellingham. The staff were really friendly and were waiting for us with tea, scones and coffee. Again we must thank Sr Ronnie for covering the cost of this stop.

We only got a sense of the scale of the exhibition when we entered the building. It is truly a worthwhile trip and many hours past as we soaked up the history and got a true sense of story of titanic.

A big thank you to all who turned up and made the day so enjoyable."



Family Support



The Matt Talbot also works with the families of our participants who need support. We talked to some family members who got support through our programme to get an idea of how this worked for them:

"I was told about the Matt Talbot when I went looking for help for my son and daughter who were both struggling

with addiction. My son went on to the programme and it was really good for him. Over the years I have gotten so much support from the staff there, I have always felt welcomed and listened to whenever I have an issue and need some help. I feel that the door is always open for me

and my family in the Matt Talbot. They ring me to check in on me and have also given me support with my other kids around family matters, coming to school meetings and dealing with social workers, stuff I would feel under confident having to deal with on my own. I used to take the kids on the summer project, it was great, the kids loved it and it was a nice break for me.

When my daughter passed away I would have been lost without the staff in the Matt Talbot. It was a really difficult time and they helped me with the practicalities of funeral

arrangements and were always only a phone call away when I needed to talk, I was heartbroken and that meant so much to me.

They organised and paid for me to take part in a course with the Rise foundation, the course was structured to support family members of people struggling with addiction. It was a

fantastic opportunity for me; I would never have been able to afford to do it myself. Through the course I learned ways to cope with my situation, it has really helped me and my family. I feel the Matt Talbot is a necessity for our

community. They go above and beyond to help and support people and their families who are struggling. I can't say enough about them".

All of the staff in the Matt Talbot enjoy the Family Support parts of our work the most, even though it is often very hard, we get to see the families we work with grow and thrive, and there is nothing like it!



Family summer programme

Thanks to the generosity of Atlantic Philanthropies Employee Designated Fund we were able to run our family summer programme in St Martin's Ballinascorney. Due to the gradual deterioration of the building over a number of years the preparation for the programme needed to commence at the end of May and continued right up to the day before the families arrived.

With input from key staff and a number of volunteers we managed to apply a range of skills to upgrade the premises. This included painting every room, replacing mattresses, sofa's, tables and replenishing our stock of arts and crafts. We became very adept at haggling for every item which did not go down well in the Art's and Hobby shop!!

The staff worked tirelessly but it was incredible to see the spaces start to come alive again and looks more like the homely atmosphere that is associated with St Martin's.

Due to an increase in families wanting to access respite we ran out the programme Monday to Friday for four weeks which was a major undertaking from all involved. For some of the new families coming to the site the initial reaction of the older children was – no TV, no signal I'm going home – by end of day one their attitude had rapidly changed to – can we come back again next week. The additional work to the site itself through the Impact days meant that we increased our capacity to run out more activities at the Centre. One of the highlights for all groups was the journey we made to the camp site area each night where we set up the camp fire and drank our hot chocolate and toasted marshmallows over the open fire. This was a magical experience for young and old and was still being talked about at the children's Christmas party.



In a similar vein we are very grateful to a private donor who provided us with all the selection boxes, and funding for the food for both the party and participant's Christmas dinner.

The family support elements of our programme are vital from a systems theory perspective. It allows us to engage with the individual in many ways and increase their capacity to recognise the value of family, community and societal influence into their own lives.

The expression "it takes a village to raise a child" comes to mind. For Matt Talbot to achieve the above it required many independent elements to work together – staff, volunteers, corporates, funders and donors all with the objective of making a significant difference to the lives of the families we work with.



CORPORATE PARTNERSHIP

Corporate partnerships form an integral part of the strategic future of the Matt Talbot Community Trust. Our impact days have far reaching value way beyond the physical works that go into transforming the site at Ballinascorney.

Firstly, the day's give our participants the opportunity to develop leadership, practical and life skills by leading corporate groups through a variety of practical projects. This experience is invaluable for our participants and the projects feed into and are evaluated through our Future Options programme.

Secondly, the corporate impact days afford The Matt Talbot a number of development opportunities by tapping into the diverse knowledge and skills with the corporate groups. This has led to a number of workplace tours and CV and Interview skills workshops for our participants.

With every corporate group that comes to the site you can clearly see the progressive development making Ballinascorney a viable and long lasting community resource capable of hosting a variety of valuable community

activities. With this in mind, The Matt Talbot Community Trust would like to extend our heartfelt thanks to the following companies and link organisations:

- Deloitte
- Radius
- AOL
- Valero
- Bank of America
- Business in the Community
- Hilton Hotels

Deloitte.





FUNDRAISING AND FUNDING

THANK YOU!!!

The Matt Talbot Community Trust owes a huge debt of gratitude to a number of private, business and corporate financial donors!

It is impossible for us to continue to provide the array of services we do without this vital support and a special thank you must go out to these people.

We are in the lucky position to have people that continue to actively fundraise on behalf of the organisation.

The activities that happened as a result of these activities are:

- The development of a new counselling room.
- Christmas dinner for our participants and friends of the Matt Talbot.
- The part funding of our Health and Fitness programme.
- A visit from Santa for the children attending our Christmas party.
- Selection boxes for all the children

We could not do it without You!!!



We would really like to thank the staff D.C.C for all their help and support with organising two charity cycles and providing our participants with a bicycle maintenance course.

Sponsored Cycle

We did several training sessions prior to the big day. Word was put out on the DCC web site in Dublin Bike Week and all the local community groups. Goodie bags and posters were all sponsored by DCC. There was several practice cycles before hand with other local groups. We had a great turn out on the day from these groups. After registration and photos, the pelathon headed for the cycle track on the canal. They then made their way towards Tallaght and onto Kiltipper. From here the road rises sharply ,the small groups of cyclists became single ones as the hill sorted the men from the boys. Everyone was glad to see Saint Martins in Sight. Everyone tucked into the refreshments and enjoyed the well earned rest and chat. Then all on the bikes again for the trip home mostly down hill thank God. We would like to thank all those who turned up on that day. The Catering staff that always do us proud ,supper food. Saint John Ambulance who supplied six members a Response Car and Ambulance and kept us safe on the Day. The Marshals who made sure no one was lost and everyone finished safely. All the helpers and again the immense support from DCC, Derek Ahearn and Garret Herbert without whom the day would not of being such a Hugh success .Thanks lads.



Grants

The Matt Talbot also accessed a number of grants last year which funded a brand new professional quality kitchen, counselling hours and our summer programme. Thank you so much to all of our sponsors!

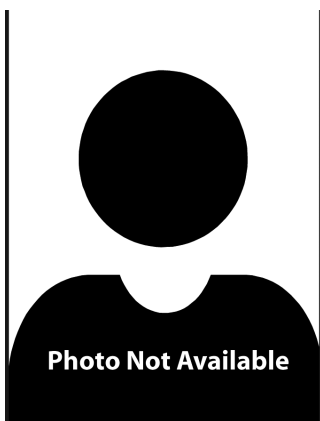


Funders

A special thank you must go out to our funders, without their continued support our programmes would be impossible to run. The organisation and our participants are very grateful for the value you place in our programme.



BOARD *of* TRUSTEES



FR. SHÁN Ó CUÍV
CHAIRPERSON



JENNIFER FARRELLY
VICE CHAIRPERSON & TREASURER



JOHN REDMOND
COMPANY SECRETARY



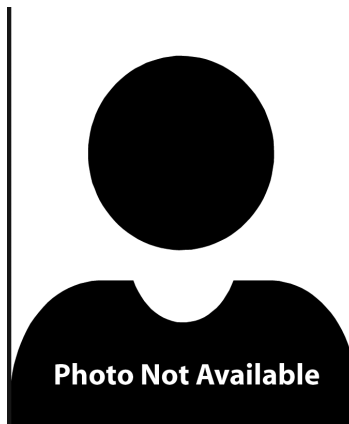
ÁINE MCNULTY
BOARD MEMBER



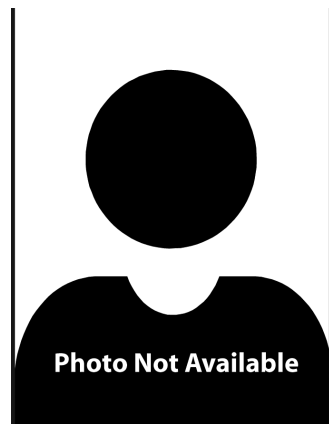
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BOARD MEMBER



NIAL O'BRIEN
BOARD MEMBER



**SR. CAOIMHÍN NÍ
UALLACHÁIN**
FOUNDER & HONORARY PATRON

The organisation is looking for new Board Members. Please get in touch with the Director for further details.

ORGANISATIONAL STRUCTURE

COMPANY MEMBERS

A group of friends and supporters of the Matt Talbot Community Trust who along with the Trustees attend and vote at the A.G.M

Mr Denis Murray	Mrs Monica Beausang	Mrs Catherine Robinson	Mr Gerry Bates
Ms Siobhan Hickey	Mrs Nora Hickey	Mrs Sheila Bates	Fr. Roy Donovan
Mrs Olive O'Brien	Mrs M. Shine	Mrs C. Lynam	Ms. Sara Barnes
Fr. K. Enright	Sr. Liz Lawlor	Mr. Tony Sourke	Mr. David Kirkwood
Mr L. O' Gorman	Ms S Barron		

STAFF

Grainne Jennings	Director
Mark Kavanagh	Programme Manager
Pat Talbot	Assistant CE Supervisor
Damon Shortt	Future Options Project Worker
Hazel Walsh	Project Worker
Mairead White	Financial Administration

VOLUNTEERS

The staff and Board of the Matt Talbot would like to take this opportunity to thank everyone who has volunteered their time, energy and skills in 2015 and into the future to support our work. It would be impossible to carry on without your support.

Ken Byrne	Sr. Caoimhín Ní Uallacháin	Trish Talbot	Gary Roche
Sr. Veronica McCabe	Siobhan Connolly	Rossa Hurley	Felicity Proctor
Lucy Collender	Marianne O'Dwyer	Mark Johnson	Sara Barnes
Anne McNeill	Jess Giltrap	Clodagh Talbot	Katie Kirkwood
Niamh Talbot	Siobhan Talbot		

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2015

	Notes	Unrestricted Funds 2015 €	Restricted Funds 2015 €	Total 2015 €	Total 2014 €
Incoming Resources					
Generated funds:					
Voluntary income					
Donations & Fundraising Income		30,093	-	30,093	13,631
Fundraising		-	-	-	12,850
Activities to generate funds					
Corporate Impact Days & Fundraising Events		4,719	-	4,719	-
Investment and other income	5	-	-	-	80
Charitable activities:					
Revenue Based Grants		-	456,360	456,360	475,345
Other Income		-	-	-	404
Total incoming resources		34,812	456,360	491,172	502,310
Resources Expended					
Cost of Generating Funds		2,443	-	2,443	6,013
Charitable activities:					
Cost of Charitable Activities		31,246	456,360	487,606	522,051
Other resources expended:		24,686	-	24,686	24,686
Total resources expended	6	58,375	456,360	514,735	552,750
Net movement in funds for the year		(23,563)	-	(23,563)	(50,440)
Reconciliation of funds					
Balances brought forward at 1 January 2015		628,896	2,431	631,327	681,768
Balances carried forward at 31 December 2015		605,333	2,431	607,764	631,328

ANALYSIS OF INCOME AND EXPENDITURE

for the year ended 31 December 2015

Analysis of Income & Expenditure by Grant Provider

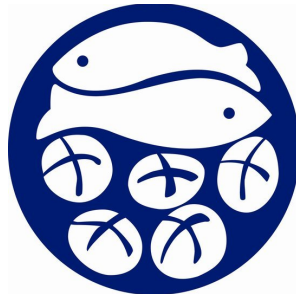
	CDETB SOLAS DES €	CDETB LDTF DOH €	Dept of Social Protection €	Dept of Justice & Equality €	Other €	Total €
Grant Income	67,001	106,502	200,857	82,000	21,447	477,807
Donations & Fundraising	-	-	-	-	13,365	13,365
Insurance claims receivable	-	-	-	-	-	-
Interest receivable	-	-	-	-	-	-
	<u>67,001</u>	<u>106,502</u>	<u>200,857</u>	<u>82,000</u>	<u>34,812</u>	<u>491,172</u>
Wages & Salaries	55,675	72,006	183,672	45,026	5,030	361,409
Employers PRSI	5,957	7,734	8,057	4,633	545	26,926
Staff Pensions	4,961	3,488	-	7,481	-	15,930
Death in Service	408	342	-	813	-	1,563
Fundraising Costs	-	-	-	-	994	994
Training & Development	-	1,485	2,805	1,324	4,274	9,888
Materials	-	-	80	-	-	80
Telephone	-	2,219	-	2,067	-	4,286
Stationery & Postage	-	1,142	353	724	-	2,219
Food & Household Expenses	-	5,430	-	1,212	2,367	9,009
Summer Project & Family Support	-	537	-	-	9,128	9,665
Counselling	-	-	-	-	4,250	4,250
Corporate Impact Days	-	-	-	-	1,449	1,449
Drug Equipment, Analysis & Testing	-	-	-	3,675	-	3,675
Heat & Light	-	862	2,399	3,398	-	6,659
Cleaning	-	277	836	222	29	1,364
Security	-	965	-	887	-	1,852
General Repairs & Maintenance	-	1,958	-	1,069	390	3,417
General Expenses	-	2	-	2	3,526	3,530
Property Insurance	-	1,461	-	1,461	-	2,922
Scheme Insurance	-	-	1,470	-	-	1,470
Motor Insurance	-	1,179	-	1,179	-	2,358
Motor Running Costs	-	2,154	212	2,903	118	5,387
Travel Expenses	-	-	-	-	167	167
Legal & Professional	-	-	-	-	1,230	1,230
Audit	-	3,075	700	3,598	-	7,373
Accountancy & Payroll Services	-	111	111	-	-	222
Bank Charges	-	75	162	326	192	755
Depreciation	-	-	-	-	24,686	24,686
Expenditure	<u>67,001</u>	<u>106,502</u>	<u>200,857</u>	<u>82,000</u>	<u>58,375</u>	<u>514,735</u>

BALANCE SHEET

as at 31 December 2015

	Notes	2015 €	2014 €
Fixed Assets			
Tangible assets	10	617,227	641,914
Current Assets			
Debtors	11	25,380	18,091
Cash and cash equivalents		43,540	12,846
Creditors: Amounts falling due within one year	12	68,920 (78,383)	30,937 (41,523)
Net Current Liabilities		(9,463)	(10,586)
Total Assets less Current Liabilities		607,764	631,328
Funds			
Restricted trust funds		2,431	2,431
General fund (unrestricted)		605,333	628,897
Total funds	15	607,764	631,328

The total unrestricted funds includes a revaluation reserve of €-2995 (2014 - €-2995)



Matt Talbot Community Trust