

Cabra Resource Centre
CLG T/A The Loft.

2016 Annual Report.



Company Reg No: 344352
Charity Reg No:20101473

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The Loft Annual Report 2016

The Cabra Resource Centre, T/A The LOFT (Local Outreach Family Therapies) is the only recovery focused project in the area. Cabra D7 has a catchment area approximately 27000 people. We provide a therapeutic support/Intervention service to anyone in the community that has been affected directly or indirectly by substance/alcohol mis-use. This includes our work with young people who historically have needed to be referred to projects in other areas.

The services we provide are:

- One-one counselling. Addiction and Generic
- Aftercare /Recovery. Group and 1-1
- Family Intervention/Family Therapy. Group and 1-1
- Self-Development Programmes. Mental Health, Mindfulness, stress reduction, Emotional Regulation etc.
- Youth Intervention. Outreach and 1-1
- Key working
- Case-management
- Referrals
- Holistic/alternative treatments

Vision Mission & Values

The LOFT is a community based project responding to young people 16+ and families in Cabra affected by alcohol and substance misuse.

Vision

The provision of an open door policy of support/services in regard to substance misuse Inc alcohol, which can be accessed in the community

Mission

Our mission is to support the community in understanding and addressing the consequences of substance misuse. Our approach is therapeutic, inclusive and client centered, always with a view to empowering both the individual and the community.

Values

Respect, dignity, integrity

Provision of a quality, transparent and collaborative service.

Inclusiveness.

Message from the Team Leader.

Following on from a successful and consolidating 2015, 2016 saw a growth and strengthening of our service. As a project we face many issues and similar to other projects, we continue to face the challenges of providing a valuable service to our community. We endeavour to remain focused on the needs of the service user.

During 2016 we built on pilot projects from 2015 such as the youth intervention service, building our profile in the community and broadening our cachet of stakeholders.

2016 saw a significant increase in the demand for our services and on reflection that has evolved as a result of responding to the community's needs. Primarily by focusing on a therapy based service provision, and strong inter-agency networking. We have worked consistently with other projects and relevant organisations to build our profile and inform the community as to what we do. The demand for services is not surprising given the challenges faced by those struggling with addiction and also their loved ones.

Many issues faced our project in 2016 and we are no different to the many projects that faced enormous challenges to continue to provide services to those in our communities. This annual report will give a sense of our work and achievements during the past year.

In 2015 we launched our Youth intervention service which saw our Youth Intervention worker outreach in conjunction with other agencies and engage with the young people of the community. We offer support in many guises from informal brief interventions to 1-1 sessions. This has also proved a credible way to engage families as we know from experience that the concept of substance mis- use has a tendency to be active within the family dynamic.

We understand that what people like to know when looking at an organisation such as ours is to understand addiction in a local context, and what this means for the community. At present the substances causing most problems in our communities are Cannabis, Alcohol and tablet use (benzodiazepines). We have seen the struggle of children who live with addiction in the home, we have also witnessed the resilience and strength of family members who learn to cope with addiction in their families and who move on with their lives. Numerous service users have progressed to counselling, rehabilitation programmes, residential treatment, aftercare and further education. Some service users have found new accommodation and some service users have been reunited with their families. Sadly some service users have passed away during this year and we hope their time with us brought them some support and comfort. We are lucky to have a highly committed staff team and amazing service users who trust us with their struggles. We look forward to working with the community in 2017.

We earnestly hope services like The Loft (Local Outreach Family Therapies) will secure the resources and support they need to continue to provide a vital service in the community.



Liz O'Driscoll



SERVICE SPECIFICATION

The Loft provides and supports a range of treatment interventions from the following theoretical platforms;

- Addiction Counselling
- Aftercare Counselling
- Cognitive behavioural therapy (CBT),
- Brief solution focused therapy (BSFT),
- Motivational interviewing (MI),
- (Family Systems/Psychodynamics)
- Community reinforcement approach (CRA),
- Seeking Safety
- Emotional Regulation
- Psychotherapy

Counselling Service Overall

2016 saw an increasing demand on our counselling service with a waiting list now in place. In 2016 we employed a session psychotherapist and have a placement counsellor.

One to One Support

One to One support and counselling from experienced and professional staff, who understand the issues facing families and individuals concerning substance misuse. You are provided with a space where you can come and talk with the assurance of respect and confidentiality extended to you.

Family Intervention Group.

The Family Support group has a therapeutic focus and as well as social activities has engaged regularly in personal development workshops such as Seeking Safety, emotional regulation, holistic and psycho-social workshops.

Aftercare.

Our aftercare service continues to grow and consolidate. Our approach is therapeutic with a strong emphasis on the development of emotional regulation, resilience and life skills. We provide assessments, one to ones and the therapeutic group experience weekly for 2 years. We place a lot of importance on activities as our focus is on social reintegration in sobriety. A large group of our aftercare service users have progressed to employment and further education. We provide quality, therapeutic support to people in the local community who are engaged in the challenges of recovery.

Family Intervention

The new family therapy intervention is a development in response to needs expressed by local parents in contact with the Centre staff in relation to their children. This intervention has highlighted the need for parents to be supported to resolve issues that may be undermining their relationship with their children and affecting healthy family relations.

“There is a great power in people coming together in a community to support and understand each other. At the Loft we have witnessed this time and time again as spouses, partners, mothers, fathers, brothers and sisters have come together with the common purpose of talking about the impact of Addiction within the family, and finding new ways to live and cope through the support of others living in similar situations.”

Youth intervention

Our young person's intervention service continues to develop based on an inter-agency model involving the local youth services, Gardaí and Community Policing Forum. The intervention service targets young people aged 16 plus who have been identified as being at risk to substance use or engaged in behaviour likely to bring them into contact with the Justice system. As this is very much a new approach to working with young people in Cabra we are delighted that some substantial outcomes are emerging.

Not least the voluntary engagement of some of the young people in discussion around their substance mis-use and regular experiences of social activity without affected substances. Our target group is 16-24 year olds who may have moved away from the youth services and engagement is primarily on street walks, social activities and community events.



Testimonial

Family Intervention

"I can see changes in my reaction to situations/challenges. My thinking is much clearer and I'm less likely to jump straight in with my reaction to things. I feel more challenged in the way I think and behave. I have a better understanding of the family situation I face (addiction) and am more equipped to understand and deal with it".

Aftercare

*"I just wanted to thank you and the group for everything you have done for my partner over the last 18 months or so. It really helped to steady the ship. I can see a big difference in ***. But for me the biggest difference is in how our son has blossomed. This is a direct result of how *** has changed his behaviour, which is due to you and the group.....a circle we could go around all day...thanks ☺"*

"I have started to realise to take one day at a time, to try to stay in the moment, not over think. I am working through things better."

CBT and Mindfulness programme

"It has helped me to get a greater understanding of how I think and behave in situations. Loved every minute of it."

CBT and Mindfulness programme

*"I appreciate the support of the group and love doing the social activities. They help me to build my confidence in a natural way, without chemicals." **Aftercare 1 year in recovery***

Staff Training in 2016

- MEND: Men Ending Domestic Violence, Choices Programme (Facilitation)
- FYRC Training on Engaging Men In Project Work (LDTF)
- Family Constellation Therapy
- Meitheal Framework, Tusla Child and family agency
- Professional skills and ethical practice (psychotherapy)
- Advanced Mediation Practice
- Emotional regulation skills workshop Keltoi
- Health research board (HRBs) HSE
- Garda vetting training
- Health wellbeing & nutrition.
- Clinical Supervision
- Child Protection.



SERVICE PROVISION 2016

SERVICES AND STATS FOR THE LOFT PROJECT 2016 COUNSELLING

LOFT Services	Sessions Offered	Sessions Delivered	Cancelled	No Show/Referred on
Family Intervention Counselling	790	710	46	34
Aftercare Counselling/Relapse/Addiction Counselling	670	605	34	31
Youth/ Intervention Counselling	360	300	29	31

GROUP WORK AND HOURS

Aftercare Groups	44 Groups	44 Groups	88 Group hours
Mindfulness/CBT/EFT	22 Groups	22 Groups	66 Group hours
Family Group	16 Groups	16 Groups	48 Group hours

Brief/Crisis Interventions Street meetings/Outreach/ Crisis phone calls etc Drop in (Tues Mornings)	345 38 drop in service = 114 hours
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217 SERVICE USERS 16+ ENGAGED IN THE LOFT SERVICES IN 2016

121 Females 96 Males

Figures based on service users that engaged in 1-1, personal development or group work more than once.

GOVERNANCE

What is the Governance Code?

The Governance Code is a voluntary code of practice for good governance of community, voluntary and charitable organisations in Ireland. Governance refers to how an organisation is run, directed and controlled. Good Governance means that an organisation will develop and put in place policies and procedures that will make sure that the organisation runs effectively.

The LOFT (Cabra Resource Centre) will engage with “On The Journey” to compliance with the Governance Code early in 2017, a voluntary code of good practice for community and voluntary sectors in Ireland.

The Board of Directors, Management and Staff of The Loft wish to thank our funders and partners.



Cabra4Youth
Sankalpa
FAST
Dublin North West Area Partnership
Probation Services
Tusla
Youthreach
Cabra Community Policing Forum
School Completion Programme
The Cabra Community.
Our Volunteers.

Thank you!

Financial Report

Income and Expenditure Account 2016

Year ended 31 December
2016

	Note	2016 €	2015 €
Income		217,044	218,785
Gross surplus		217,044	<u>218,785</u>
Administrative expenses		(217,625)	<u>(221,375)</u>
Operating deficit		(581)	<u>(2,590)</u>
Deficit on ordinary activities before taxation		(581)	<u>(2,590)</u>
Tax on deficit on ordinary activities			<u></u>
Deficit for the financial year and total comprehensive income		(581)	<u>(2,590)</u>

All the activities of the company are from continuing operations.

statement of changes in equity
Year ended 31 December 2016

	Profit and loss account	Total
	€	€
At 1 January 2015	23,385	23,385
Deficit for the year	(2,590)	(2,590)
Total comprehensive income for the year	(2,590)	<u>(2,590)</u>
At 31 December 2015	20,795	<u>20,795</u>
Deficit for the year	(581)	(581)
Total comprehensive income for the year	(581)	<u>(581)</u>
At 31 December 2016	20,214	<u><u>20,214</u></u>

Statement of cash flows
Year ended 31 December 2016

	2016	2015
	€	€
Cash flows from operating activities		
Deficit for the financial year	(581)	(2,590)
<i>Adjustments for:</i>		
Depreciation of tangible assets	1,680	2,980
Accrued expenses/(income)	(561)	581
<i>Changes in:</i>		
Trade and other debtors	2,234	2,238
Trade and other creditors	(966)	<u>4,006</u>
Net cash from operating activities	1,806	<u>2,739</u>
Net increase/(decrease) in cash and cash equivalents	1,806	2,739
Cash and cash equivalents at beginning of year	25,653	<u>22,914</u>
Cash and cash equivalents at end of year	<u>27,459</u>	<u>25,653</u>

4. Income

	2016	2015
	€	€
Funding	<u>217,044</u>	<u>218,785</u>
	2016	2015
	€	€
HSE	184,128	184,124
Drugs Task Force	32,916	32,911
Other Income		1,750
	<u>217,044</u>	<u>218,785</u>

5. Operating deficit

Operating deficit is stated after charging/(crediting):

	2016	2015
	€	€
Depreciation of tangible assets	1,680	2,980
Fees payable for the audit of the financial statements	<u>2,173</u>	<u>2,173</u>

8. Tangible assets

	Improvement to premises	Fixtures, fittings and equipment	Tangible assets - user defined	Total
	€	€	€	€
Cost				
At 1 January 2016	9,600	13,682	21,073	44,355
Disposals		(11,283)	(21,073)	(32,356)
At 31 December 2016	9,600	2,399		11,999
Depreciation				
At 1 January 2016	8,400	12,243	21,073	41,716
Charge for the year	1,200	480		1,680
Disposals		(11,283)	(21,073)	(32,356)
At 31 December 2016	9,600	1,440		11,040
Carrying amount				
At 31 December 2016		959		959