Support
Treatment
Aftercare
Rehabilitation

BALLYFERMOT STAR

BALLYFERMOT STAR CLG

Annual Report

2019

Since our establishment in 1999 and throughout our growth, we remain an organisation that is led by the needs of our community we work with, and *for* the people of Ballyfermot.

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Foreword by the Chairperson Ailbhe Smyth

The past year has been a very challenging one for Ballyfermot Star, with a deeply sad increase in the number of suicides, especially of women. Our capacity to continue to deliver the highest quality free, confidential and non-discriminatory addiction services is due to the commitment and hard work of very many people which I would like to acknowledge here.

During this difficult time, the continuing support of our funders and their confidence in the services we provide has been crucial. We greatly appreciate it and thank you warmly. Your support means that we have been able to respond directly and effectively to the needs of our service users and the community more widely.

I want to thank our wonderful staff for their tireless work in wholeheartedly supporting our service users and their families. In particularly tragic and emotional circumstances, this requires unusually high levels of dedication and responsibility. The staff have given of their skills and their compassion above and beyond the call of duty.

In turn, they have been helped by our many volunteers who give so generously of their time and understanding to support others in the community. I want to recognise that generosity and to thank them for it.

The work of Ballyfermot Star could not be achieved without the humane and skilful guidance and expertise of our remarkable CEO, Sunniva Finlay, and I would like to express our warmest thanks and appreciation.

Finally, I would like to thank the members of the board for their commitment to Ballyfermot Star and to recognise the key role they play in ensuring that our services continue to achieve the highest standards of care for all who come to us for help and support.

Ailbhe Smyth

Chairperson

Ballyfermot and Substance Use

Community Resilience and Recovery

Ballyfermot Star CLG: A Community Response to Drugs

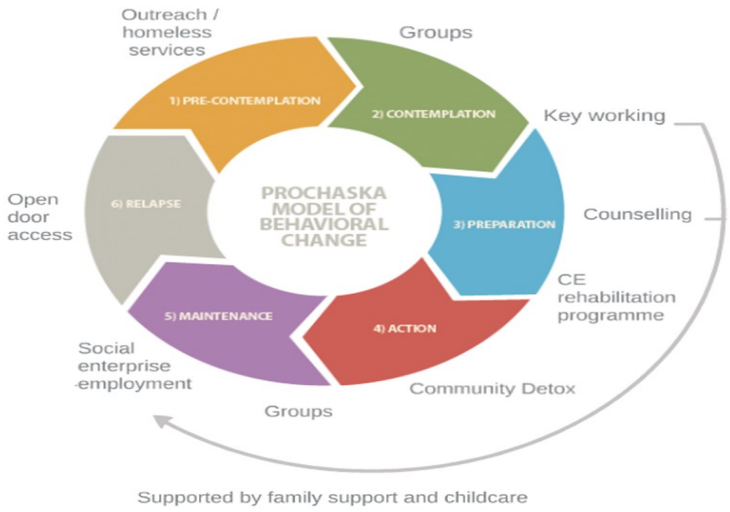
In the 1990s, like many disadvantaged areas in Dublin, Ballyfermot experienced significant increases in opiate drug use and the trauma that accompanies having substance use in the family and the community. Following a number of ministerial reports on the emerging Irish drug crisis, Local Drugs Task Forces were established to address this issue at a community and interagency level. Ballyfermot Star emerged from local collaborative planning process and was led by local community members who saw a need to provide much needed supports to families suffering from the impact of substance. Since this time, Ballyfermot Star has continued to grow and to respond to new emerging needs within the community. In 2002 a Community Employment based rehabilitation programme was developed which continues to work with between 30 to 35 people over a four-year structured programme. In 2006 a purpose built Early Learning Centre was established, this centre works with children and families experiencing the effects of substance use. Family Support is a core aspect of the work being carried out in Ballyfermot STAR.

Our Mission

Ballyfermot Star is a community response to drug use. We provide non-judgemental support, guidance and education to drug users, their families and the community, enabling them to cope with and overcome the effects of drug use in their everyday lives.

Our Services

Established in 1999, we provide a non-judgmental service which spans the continuum of care, serving the needs of people who are actively in drug addiction as well as those in recovery. The service caters to the needs of drug users, their family members and their children. Ballyfermot Star works from a strengths based perspective, working to build the individual and community. resilience.



This year has been a difficult year, with the increase in deaths by suicide by both women and men but there has been a particular increase in women dying by suicide. The trauma of the deaths has hit the whole community very hard. The families and friends continue to struggle to make sense of their loss. The staff team support them in their struggle.

The National Office of Suicide Prevention has commissioned consultants to carry out research in the Ballyfermot area where they will make recommendations which we look forward to carrying out in 2020.

The staff team work tirelessly to provide supports to women and men to discover their potential and offer them space to explore alternatives to substance use. These innovative programmes give women and men the opportunity to tap into and rediscover the skills and knowledge they already possess, as well as building new skills for their future

The staff team using evidenced based programmes assess the needs of service user, family members and children and with them develop care plans that allows them to build their confidence and imagine their future while enriching their skill base in a safe supportive environment that's set at their pace.

We know that children are disproportionally impacted where there is substance use within families and in particular families that are homeless.

Our trauma informed approach recognises that exposure to adverse experiences in childhood such as substance use, chaotic environments, unpredictable stress, persistent fear, has a negative and defining effect on children.

Being trauma informed we do not blame shame or in any way judge parents. What we do is support parents to change patterns of behaviours that they themselves as children may have experienced.

Sunniva Finlay CEO

CEO

BALLYFERMOT STAR

Services 2019

Realt Solas (Star Light)

This is a programme that supports individuals with problematic substance use and gambling behaviour. The staff team in Realt Solas work from a Person-Centred approach and our aim is to help empower the people we work with.

Realt na Clann (Family Star)

Individual family members who are affected by a relatives drug use can access one to one support, counselling, support groups and complimentary therapies such as Reiki, Massage, Acupuncture and Shiatsu.

Realt Luath (Early Star)

This is a support programme for individuals contemplating entry into Realt Nua. It provides a supportive place where individuals can explore and experience what Realt Nua has to offer. Individuals attend on a voluntary basis.

Realt Nua (New Star)

This is the Drugs Rehabilitation Programme DEASP Funded, Training & Education service. The philosophy of Realt Nua is to support individuals to reach their full potential. We offer individuals support to progress into mainstream education and/or employment while also providing the opportunity to address the issues resulting from their addiction in a structured and non-judgmental environment.

Realt Beag (Little Star)

This purpose built childcare facility provides an Early Learning Centre which caters for 26 children full time. The centre supports parents and grandparents to enhance their skills and to learn practical ways of coping with the challenges that parenting brings.

REALT SOLAS

Realt Solas (Star Light) is a programme that supports individuals with problematic substance use and gambling behaviour. The staff team in Realt Solas work from a Person-Centred Approach and our aim is to help empower the people we work with.

The Realt Solas programme incorporates several evidence based approaches in the delivery of our services including (CBT) Cognitive Behavioural Therapy, (MI) Motivational Interviewing, (CRA) Community Reinforcement Approach, (ACRA) Adolescent Community Reinforcement Approach and Motivational Interviewing. Realt Solas deliver a number of therapeutic and psychoeducational groups focusing on interpersonal skills and personal development.

Who we work with:

Males/Females age 14 and over who are using/misusing substances including cocaine, crack cocaine, heroin, methadone (prescribed and street), weed, cannabis, alcohol, benzodiazepines and painkillers (prescribed and Over the Counter medicines). We also support people with problem gambling. We provide a non-judgemental service and we have an open door policy that allows people to access our service as and when they need support. Our centre works from a trauma informed perspective and each person who walks in the door is treated with the utmost dignity, respect and care.

Individuals presenting to our service have the option to access key working and group support programmes. This enables their key worker to have a better picture of how people are getting on and issues that may need to be addressed. One of the benefits for the individual accessing key working and group support is that we can adapt their care plan to address the issues that present in their daily life.

Key Working:

This is our main area of work. When any individual presents to the service they are immediately assigned a key worker.

With the support of their key worker the service user will identify goals areas of their life that they want to address. This is done with the aid of tools such as Cognitive Behavioral Therapy, Motivational Interviewing and Community Reinforcement Approach. Something that really stood out over the past year for our keyworkers was the positive response to the CRA protocols.

Our staff reported a high level of engagement from the people they're working with while utilising CRA protocols such as communication skills, problem solving, relapse prevention, happiness scale, goals of counselling and sobriety sampling.

Feedback from our service users includes some of the following: Improved family relationships as a result of positive communication skills work, improved self-esteem and confidence, better mental health, reduction in drug/alcohol/gambling behaviour, improved work and education prospects, better financial health, addressing legal issues and improved self-efficacy.

Another important aspect of our work is preparing service users for the next step in their lives, particularly readying service users for our Community Employment Scheme in Realt Nua. We normally work with the service user for four to six weeks preparing them for different aspects of the Realt Nua programme. The focus on this work is preparation for group work, group dynamics, communication skills, addressing negative behaviour cycles and reducing substance use.

Realt Solas service user testimony

"When I first attended Ballyfermot Star I didn't like the person I had become. Once I met my key worker a number of times for the first few weeks I then started attending the women's group. Soon I was able to talk about what was going on for me while being in a safe and comfortable environment. The addiction support groups and personal development helped me so much that I have now got my family back in my life".

Under 18's Programme

The under 18's Programme was developed due to family members and service users expressing concerns for their children and young people in the community as the were using substances. We work with young people whose lives have been affected by substance misuse.

The programme we use to work with young people and their families is ACRA (Adolescent Community Reinforcement Approach) which is a behavioural changing programme. We use the ACRA programme as it covers all aspects of the young person's life not just their substance use.

We initially meet with the young person and a parent or guardian to give an overview of the programme and sign consent prior to beginning the assessment.

Following this we gather the information to identify the needs of the young person which are carried out in a one to one setting. During the assessment process we cover substance use, family dynamics, peer choices, mental health, education and training and relations with law.

The young person and their key worker then start working on developing a care plan addressing the areas in their life they would like support with first.

We work with external agencies on behalf of the young person in order to try resolve issues that may have been the cause of the initial referral and set achievable goals with them.

We link family members with family support so they can also develop ways in which they can deal with the young person's behaviour and they do this through the CRAFT (Community Reinforcement Approach Family Therapy).

BALLYFERMOT STAR

A Snapshot of Services Provided in 2019

2017—2018

Family Support Annual Report 2020

Family support is a core aspect of the work of Ballyfermot Star.

The Family Support service is based in the Ballyfermot Resource Centre on Lynches Lane, Ballyfermot. The staff team consist of Kathleen Cronin the Family Support Coordinator, Jenny Bannon, Diane Downes, Michelle Cardiff and June Poland, who volunteers 2 days a week providing complementary therapies for family members and administration to keep the service running smoothly . Kathleen keyworks family members on a one to one basis and facilitates the family support and C.R.A.F.T (Community Reinforcement and Family Training) groups.

Family Support provides a service for family members who have been affected by drug, alcohol or gambling use, bereavement, suicide, and violent death. We provide one to one key working sessions where we deliver sessions using C.R.A.F.T. We also provide a C.R.A.F.T group which family members find very beneficial as they can share their experiences and learn a lot from one another.

Counselling is also offered as an extra support with fully accredited counsellors. However, we also support and facilitate trainee counsellors working towards their accreditation which are supervised by the Family Support Coordinator and their own independent supervisor. Additionally, Realt Na Clann offers a family support group on Monday evenings that provides d themed training programmes. Some of examples of these are:

Restorative Practice 7-week course

Restorative practice is a method that focuses on building and sustaining positive relationships between people. It comes from Restorative Justice, a new way of looking at justice that specifically looks at repairing the harm done to people rather than using forms of punishment. Over the years Realt Na Clann has increasingly adopted this ethos to help families repair or resolve their problematic relationships with children, young people, spouses, and significant others. By practicing this method, it helps the family members to accept their responsibilities in the part they play. However, it also supports them to believe they have a voice and helps them hear the perspective of others.

The aim is to support the family members to become confident in their communication skills and to approach different issues that arise within their homes. It enables them to make positive changes to their own behavior when dealing with such issues.

My Story

The "My Story" course aimed to entitle the family members to tell their story in a confidential setting. Everyone has a story to tell. The family member's life experiences have been the reason they have linked in with Realt Na Clann. Some people find this transition a big deal, therefore telling a compelling story to others can be unsettling. This training has enabled everyone to have a voice to share and talk or be listened to about problems or issues at home or in their personal lives in a confidential and safe place. It is a facilitated group where there is no judgment of anything that is divulged. Every family is unique so what is acceptable in one household may not be acceptable in another and this course has helped the family members realise that this is ok. The Ladies stated that when listening to other stories, it helped validate their own feelings and to help believe in themselves. They also said that it excludes the feelings of fear, shame and isolation.

Steps Programme

The Steps Programme in which 16 family members participated and successfully completed it.

Other training provided has been **Advanced Steps Progra**mme where 16 family members also attended and completed. The programme is a personal development course which covers, Motivation, setting goals and using positive affirmations to develop confidence and self- esteem. Feedback from the group was positive. They enjoyed exploring the way they think about themselves and moving forward positively.

1st Responders Course

1st Responders course where 12 family members attended and completed, it was run by the local superintendent of the St John's Ambulance, Ballyfermot.

The aim was to provide a basic level of First Aid and CPR (Cardiac Pulmonary Resuscitation). They learned treatments for accidents most likely to occur in the home or workplace eg: Burns and scalds, choking and fainting etc, and they were shown how to place unconscious patients into the recovery position.

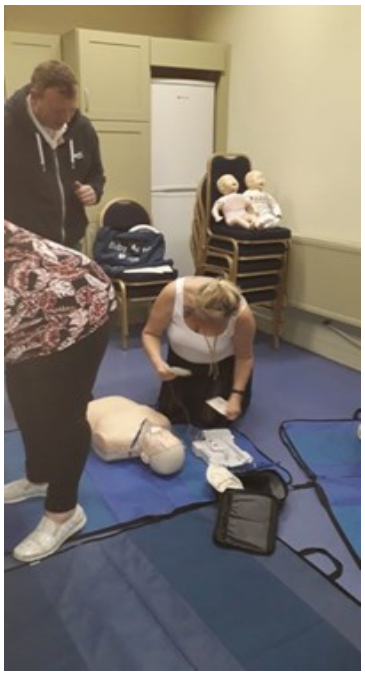
The course also taught them how to access the emergency services and the importance of giving correct and specific information when doing so. They learned the lifesaving skills of using and accessing patients with the use of an AED (Automated External Defibrillator) machine in the event of cardiac arrest which everybody found extremely helpful. Overall the family members said " The course was very informative and relevant ". They learned a lot and gained a greater level of confidence and competence when dealing with emergency situations.

BALLYFERMOT STAR HOLISTIC THERAPIES &

FAMILY SUPPORT GROUP WORK

Complementary Therapies

Complementary therapies are an integral part of Realt Na Clann. We offer massage, auricular acupuncture, reiki, and energy healing to all service users linked into Ballyfermot Star. These therapies are extremely valuable to the family members as they help them to feel less stressed, more relaxed and thereby enabling them to cope better with the difficulties of having a loved one in addiction or trying to cope with the loss of a loved one.



Christmas Crafts & Christmas Budgeting

The family support member prepares Christmas crafts and plan budgets for Christmas to become financially aware over the holiday period.

Respite Weekend

The team in Family Support Realt Na Clann encourage family members to participate in a respite weekends. These occur twice yearly, depending on funding. These respite weekends provide an opportunity for 2 groups of 14 women to go to An Tobar (A respite house in Navan) to take part in workshops on Forgiveness, one in July and one in September 2019. 28 women attended. These weekends aim to take the family member out of their normal high pressure environment and shows them new coping skills to manage their everyday lives with less stress. This helps them relax and supports them to think more clearly and make more informed decisions around their family issues.

FAMILY SUPPORT SUMMER PROGRAMME

Summer Project

During the summer months we provide a summer project which enables family members, grandparents, and service users to bring their children on days out. We tend to go to places like the Zoo, the Aquatic Centre, a picnic in Phoenix Park and a sports day on the beach.

This provides the opportunity for families, who may have financial difficulties, to experience a healthy family day out, where strong family relationships are built or rebuilt. We provide transport, venues, and a healthy packed lunch.

The group participated in a day out in Ballinscorney the Matt Talbot Community Trust house in the foothills of the Dublin mountains. They provided transport and brought the group for a complementary therapies. The family support group is very grateful to them for the great day out.

FAMILY SUPPORT

COMMEMORATION SERVICE

Commemoration Service

Every June we organise a Commemoration Service which commemorates the families loved ones who have passed away through addiction, suicide, and violent death and give support to those who are struggling with their substance use. This is a very emotive service that helps family members remember their loved ones in a very respectful manner. Over the years these services have proved to be a great way of bringing the community closer together.

We encourage as many family members and service users to be involved in order for them to feel a sense of belonging and involvement. This is done through engaging them in the planning of the service by being encouraged to participate by reading poems, taking part in the drama etc.

LIFE IS A JOURNEY & YOU HOLD THE KEY

FAMILY SUPPORT TESTAMONIALS

I can honestly say that I am on my way to where I need to be thanks to the support and care from all the wonderful staff and families I have linked in with through Ballyfermot Star

Since beginning my journey with Ballyfermot Star, I have become a much stronger woman, and I believe that the fantastic service provided by the staff is the reason for this

Anyone who is struggling out there should know that this service is available to them. Thank you for all your help support and friendships

From the moment I met the family support co-ordinator and her team I felt very much at ease and hopeful that this lady could help me

The family support Co-Ordinator and her team are doing an amazing job. Keep up the great work that you all do. It's badly needed.

The family support group are a lifeline to me. They have given me the tools to deal with addiction in the family.

Realt Nua

Realt Nua (New Star) is the Rehabilitation, Training & Education service. The philosophy of Realt Nua is to support individuals to reach their full potential. We offer individuals support to progress into mainstream education and/or employment while also providing the opportunity to address the issues resulting from their addiction in a structured and non-judgmental environment.

Each year we hold planning and consultation meetings in Realt Nua where both groups came together to plan the summer programme and the education programme for the next term

All summer activities and programmes are researched and planned by each group. The outcomes of the research are discussed and agreed upon by both morning and afternoon groups.

This process encourages the participants to develop a programme to meet all their needs; it also gave them the experience of planning as a life skill to use in their own lives.

Realt Nua Service User Testimony:

The support around me in Realt Nua has helped me a lot. I can now trust people around me and have met a lot of new people and a great keyworker. My education has come on a lot as I have struggled with this in the past. But with the support of Realt Nua I have improved. I really enjoy the group work and working on myself.

MATHS QQI LEVEL 4

MANUAL HANDLING

PRINTMAKING QQI LEVEL 3

SAFE PASS TRAINING

INTERNET SKILLS QQI LEVEL 4

COMMUNICATION SKILLS QQI LEVEL 3

CHILDCARE QQI LEVEL 5

ADDICTION STUDIES QQI LEVEL 7

COLLEGE SUPPORT

LITERACY SKILLS

INTERNET SKILLS QQI LEVEL 3

BALLYFERMOT STAR

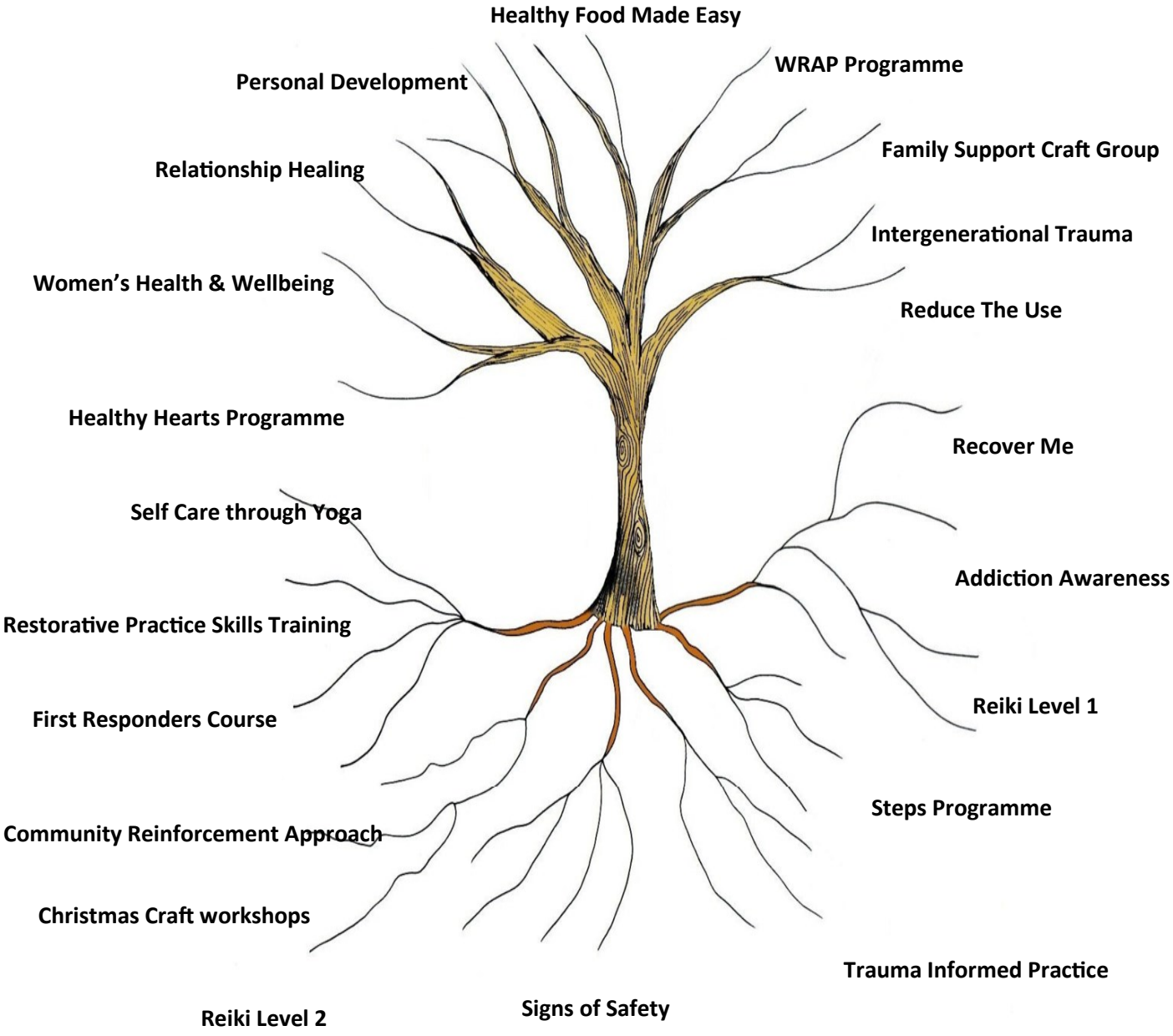
EDUCATIONAL CLASSES

COMMUNITY ADDICTION STUDIES (CASC) QQI LEVEL 5

Working in Collaboration with the Ballyfermot Drug & Alcohol Task Force to support the Ballyfermot Community

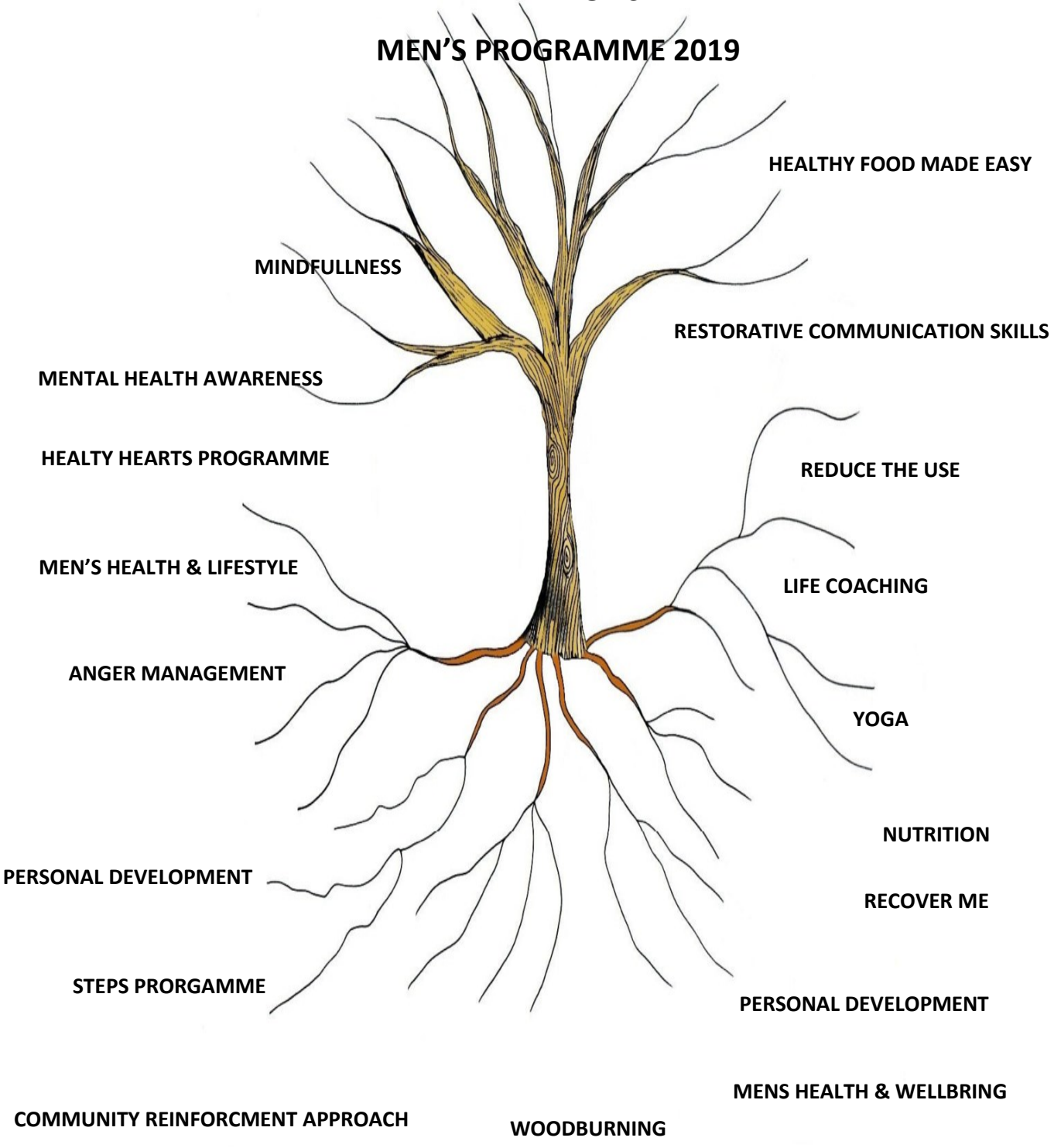
BALLYFERMOT STAR

WOMEN'S PROGRAMME 2019



BALLYFERMOT STAR

MEN'S PROGRAMME 2019



SUMMER PROGRAMME 2019

BALLYFERMOT STAR

CHILD & FAMILY CENTRE

5

BABIES IN OUR
BABY ROOM

10

TODDLERS IN OUR
TODDLER ROOM

EVERY CHILD ACCESSING OUR

CENTRE RECIEVES WEEKLY

KEY WORKING & CARE PLANNING

11

CHILDREN IN
PRE-SCHOOL ROOM

BALLYFERMOT STAR

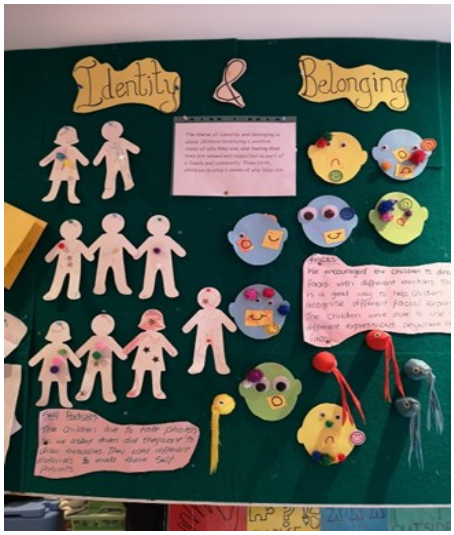
CHILD & FAMILY CENTRE

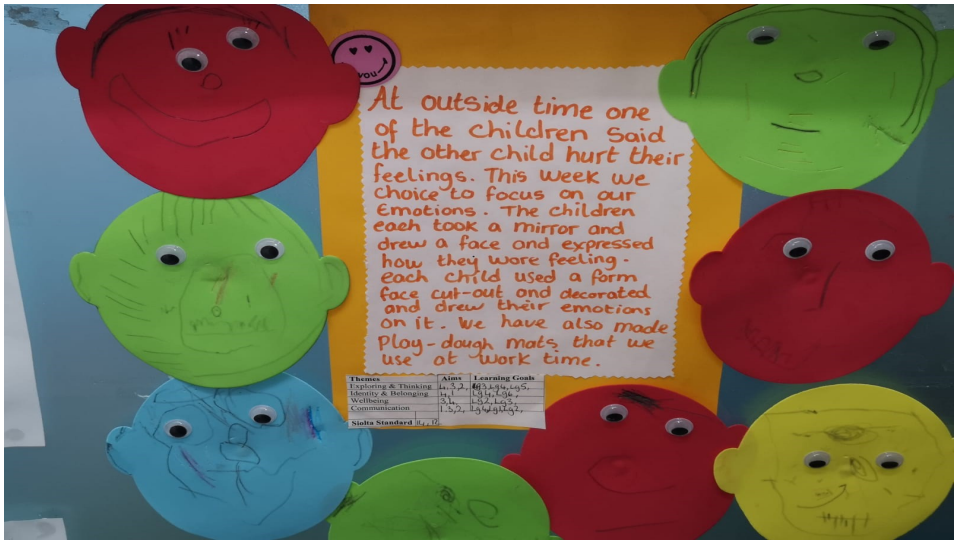
Our Service

Realt Beag operates on a full-time basis for 49 weeks of the year. We have a total of twenty-six children aged from two months to five years attending our full-time service. Children receive three home cooked meals a day. We provide space in the Centre for other professionals to come in and work with the children e.g. speech and language and psychology and social work team. We continue to work in partnership with the parents/guardians, training and rehabilitation programmes, other child welfare projects, other drug projects, Dublin City Council, HSE and Tusla.

High Scope

High Scope is a child led approach to early childhood care and education. The central belief is that children construct their own learning by doing and being actively involved in working with materials, people and ideas. The ideas for learning through play come from the children's own interests. High Scope is also linked to Aistear which is a childhood framework focussing On curriculum.





High Scope supports Aistear by offering the children more choice and independence which, in turn, encourages their holistic development by doing activities and exploration.

The picture above is an example of High Scope supporting Aistear. The children love to take pretend "photos" using old cameras, so the staff encouraged them to draw themselves using different art materials as an "emerging interest" This is part of the "Identity and Belonging" Aistear theme. This encourages children to develop a positive sense of who they are and feeling valued as part of a family and community. High Scope is active in every room in our setting.

This is another High Scope example. One of the children spoke about her Feelings being hurt so the staff in the pre-school room asked them to look in the mirror and "draw how they felt today". This was an emerging interest as it was child led and child suggested.

CHILD & FAMILY CENTRE

Working with Children

Our work with children is very much an early intervention programme giving the children the skills and resources to support them throughout their lives especially when it comes to future choices.

Working with Parents

We work closely with parents to support them with their parenting needs. We continue to work with parents on a one to one basis exchanging information about their child. Through the child's Key Worker, we have the opportunity to build strong, trusting relationships with the parent/s guardian.

Theraplay

This is a short-term therapist guided dyadic evidence-based practice that proves to enhance attachment self esteem and trust through playful engagement. It focusses on four essential qualities found in parent-child relationships: structure, engagement, nurture and challenge.

Parents Under Pressure Programme (PuP):

Two members of staff are accredited as a PuP Therapist. The PuP programme is an evidence-based intervention specifically designed for use with families who are experiencing problems in family life and functioning. These typically include child behaviour problems, parental mental health/substance use and well being problems. This programme is appropriate in our setting as from time to time we have parents experiencing these problems including social isolation.

Ballyfermot Star Company Limited By Guarantee

SUPPLEMENTARY INFORMATION RELATING TO FINANCIAL STATEMENTS

DETAILED INCOME AND EXPENDITURE ACCOUNT

For the year ending 31 December 2019

	2019	2018
	€	€
Income		
Pobal Childcare	**154,398**	253,201
Capital Grant Released – Childcare Premises	**58,200**	58,200
HSE – Costs BF7	**297,239**	294,551
HSE – Education Programme	**61,348**	61,348
HSE Peer Support Programme	**13,601**	13,601
Family Support Agency	**4,600**	4,600
DSP BLDATF	**22,475**	12,863
Capital Grant Released – 7 Drumfinn Park	**22,144**	22,144
Sundry Income	**21,323**	26,711
Childcare Fees	**107,862**	97,613
Capital Grant Released –Realt Nua	**23,771**	23,771
DSP participants Grant Morning	**490,473**	525,830
DSP Materials Grant Morning	**30,161**	7,696
DSP Training Grant Morning	**10,477**	4,652
DSP Participants Wages Afternoon	**-**	8,603
DSP Materials Grant Afternoon	**-**	4,266
DSP Training Grant Afternoon	**-**	1,634
Department of Children and Youth Affairs	**1,537**	21,741
Ballyfermot Partnership	**11,824**	12,300
Other Income	**14,539**	-
	1,345,972	1,455,298
Expenditure		
Wages and Salaries	**938,099**	994,238
Employer's PRSI Contribution	**65,015**	68,270
Staff defined contribution pension costs	**7,200**	7,716
Training – Community Employment Schemes	**18,261**	9,882
Staff Development	**400**	-
Participants Development Costs	**4,936**	5,529
Client Development	**3,621**	3,077
Rent Payable	**28,837**	33,064
Rates	**1,842**	2,294
Insurance	**15,024**	17,066
Support Services	**974**	5,193
Light and heat	**15,853**	15,913
Cleaning	**6,310**	5,459
Repairs and maintenance	**20,236**	34,160
Equipment Costs	**8,198**	12,078
Office Supplies	**5,909**	5,358
Advertising & Promotion	**651**	180
Telephone	**5,293**	6,929
Computer/IT costs	**12,975**	3,345
Counselling	**3,805**	3,125
Motor and Travel Expenses (Service Users)	**5,778**	1,445
Administration Expenses	**-**	590
Family Support Agency	**5,243**	5,985
Supervision	**7,200**	100
Legal and professional	**7,165**	10,823
Bank charges	**1,221**	1,470
Canteen/Kitchen Supplies (Service users)	**14,974**	11,584
Facilitation Fees	**5,000**	9,040
Holistic Services	**272**	484
General expenses	**1,994**	6,459
Commeration Service	**881**	991
Summer Project	**1,247**	1,425

The supplementary information dose not form part of the audited financial statements

Ballyfermot Star Company Limited By Guarantee
SUPPLEMENTARY INFORMATION RELATING TO FINANCIAL STATEMENTS
DETAILED INCOME AND EXPENDITURE ACCOUNT
For the year ending 31 December 2019

	2019	2018
	€	€
Auditor's remuneration	**6,765**	6,150
Depreciation	**109,013**	110,503
	1,330,165	1,399,925
Net Surplus	**15,807**	55,373

The supplementary information dose not form part of the audited financial statements