



Tiglin

life beyond addiction

www.tiglin.ie



“for unto us a child is born”

A word from our chairman *Aubrey*

2016 was a massively busy year for all at Tiglin. It was a time of positive transition and it showed that “we can be quietly optimistic knowing that God is in control”.



system was installed. A lot of capital was invested in the men’s centre and I, as chair, am hugely grateful to each one of you who have supported us throughout the years. Without your support none of this would be possible. 2016 also brought Phil Thompson and I into Dáil Éireann on several occasions. Tiglin were asked to present to the joint houses of the Oireachtas where we discussed areas such as homelessness and addiction. Trying to communicate that a faith based programme such as Tiglin’s can also be a state of the art professional programme had its challenges, but we were definitely



We are in the business of seeing walking miracles

The recent graduation of Tiglin residents and Arklow day programme participants was yet another reminder that there is “life beyond addiction”. What a privilege to be involved in witnessing individuals coming in broken and in pain transforming into men and women who can face tomorrow with confidence and certainty. These individuals needed huge courage to reach out and ask for help but they showed that they were prepared to grasp it. Austin Prior (formerly of the Rutland Centre) stated at our graduation that “We are in the business of seeing walking miracles!!” This year saw the new dental suite being opened at Tiglin and our new heating

well received and our recommendations appeared in final governmental reports. We had a lot of politicians, TD’s, European Parliament members and ministers visit us throughout the year. Minister for Health, Simon Harris, and Minister for Communities (with responsibility for drugs) Catherine Byrne were on hand to open the new dental clinic. Local TD Stephen Donnelly put in some great work for Tiglin by documenting a proposal for the Minister. I wish you all a happy Christmas and am reminded that the birth of Christ represents “*new life and new beginnings*” something that is on offer to all of us and makes the work at Tiglin possible *Aubrey*

INSIDE

A word from the Chairman

Political awareness meeting

No Bucks Outreach

IT Carlow Graduation

Dental Clinic

Parenting Course

NEWSLETTER 2016



Our CEO - Phil Thompson's Report

AS 2016 draws to a close and we get ready to celebrate Christmas with our residents, participants and homeless friends I am reminded once again of how the anxieties that we often have at the start of the year become distant memories as we see 2016 wind down.

These anxieties become victories and reasons to celebrate.

It's incredibly clear that Tiglin, as an organisation, is not self-sufficient. We are deeply intertwined with many other agencies, individuals and organisations and could not exist without the support and generosity of others and the faith to keep on going.

Not only are we linked with so many of you in a sense

of community and support but addiction in itself is a problem that is intrinsically linked to an array of other complex issues. Housing, homelessness, health, education, employment and family relationships are just some of the hurdles facing our students. Our programmes are continually expanding to address these needs.

Today I'm reminded of some of these expansions and provisions and in particular;

our women's programme moving to its very own property in an amazing location in Brittas Bay. In addition to this Tiglin were successful in their application to become an Approved Housing Body, hosting IT Carlow as education providers at our Ashford campus and the opening of an amazing dental surgery at Tiglin where our residents can avail of free dental care of the highest standard, to name but a few.

We have lots to celebrate as we look back on the year and I hope this newsletter will demonstrate to you our thanks and appreciation. It is a mere screen-shot of what



Senator Frances Black at an Alcohol Awareness Event

your support of our vision has achieved in the lives of those we have walked with this year.

Thank you for walking with us. From all at Tiglin we wish you a Happy Christmas and New Year.

Phil Thompson CEO

Tiglin Launch New Dental Surgery

Tiglin are delighted to have welcomed Minister Catherine Byrne TD (Minister of State for Communities and National Drugs Strategy) and Minister for Health Simon Harris TD, to the Ashford Campus on 9th September to officially open our dental surgery.

The new dental surgery at Tiglin is sponsored by Henry Schein, Ivoclar Vivadent, and was the brainchild of Dr. Johnny Fearon of Ashgrove Dental, Naas. This surgery was set up to specifically cater for the dental needs of those in the care

of Tiglin. The work that takes place is completely voluntary by Dr. Fearon and Kim Behan, meaning that none of the residents at Tiglin are charged for the work they receive.

A big thank you to Dr. Johnny Fearon, from Ashgrove Dental, Kim Behan from Ivoclar Vivadent, Pat Bolger, John Rice, Siobhan Cleary and everyone at Henry Schein. The work on this surgery would not have been possible without the stellar workmanship of Noel Walsh, who project managed and built the surgery alongside volunteers and residents at Tiglin.



Minister Simon Harris & Minister Catherine Byrne



Salesforce Sleep Out

Due to the success of our Charity Sleep Out last year, which contributed to much needed funds for the Tiglin Centre, we have arranged for a second event on Thursday 15th December 2016. This will be led by Phil Thompson and we already have at least 60 Salesforce Volunteers signed up to spend the night under the Gaiety Canopy on South King Street in Dublin.

Thank you!

mac-interiors

Thank you to Mac Interiors for their ongoing support and recent donation of various office furniture.



Thank you to Twitter for a recent donation of furniture and office equipment, which will be installed in both Men and Women Centres in the coming weeks.

Salesforce Soccer Match

We had a great day with our corporate sponsors Salesforce on Friday 9th September. After a morning of Trojan work, painting and decorating around the Men's Centre, we had our annual soccer tournament. There was a great battle between the Tiglin Ronaldo's and the Salesforce Messi's. After three hours of blood, sweat and tears Salesforce were declared the champions this year.

IT Carlow Graduation 2016



IT Carlow Graduation

Institiúid Teicneolaíochta Cheatharlach



INSTITUTE of
TECHNOLOGY
CARLOW

... very well
done lads!

A huge highlight of my year so far was seeing eleven Tiglin students recently graduating from the Institute of Technology Carlow.

They graduated in a higher certificate in Marketing with Social Media Skills Level 6. This was a wonderful day of celebration at the IT Carlow Rathnew Campus for all the graduates, their families and the Tiglin staff. Each of the graduates had faithfully dedicated themselves to study, research and the completion of all their assignments. This is a great achievement as some of the students had been out of the education system for some time. Yet with hard work, a willingness to “give education a go”, with a real determination in their hearts ... and with lots of encouragement, they celebrated with great joy their wonderful day of achievement along with many other graduates.

How did all this begin you may ask? It all began at the start of the year...! In January 2016 Tiglin Challenge formed a new partnership with IT Carlow. The vision was that recovery and education go hand in hand together. It is now a reality,

where those who initially came for recovery are also furthering themselves educationally. On review and evaluation of the pilot scheme, IT Carlow were delighted to offer a second course. We currently have 18 students enrolled in Purchasing and Quality Management with Lean Six Sigma. The IT Carlow tutors faithfully deliver this course every Monday, Wednesday and Thursday afternoons at Tiglin. We hope that we will have many graduates from this course in 2017...!

Alan Gavagan, CE Supervisor



No Bucks Cafe Outreach Programme



“Look at how a single candle can both defy and define the darkness.”

Anne Frank

This quote summarises what No Bucks Cafe is about. The uniqueness of this service is that those who lead it are the ones who came through the Tiglin services. These men and women are examples of both ‘defying and defining the light’. 2016 has seen the Tiglin Outreach services expand to 5 nights a week. Each night is manned by volunteers from all over while the coordination work is done by graduates Tom, Sinead, Anto and David.

Jason's Story...

Hi, my name is Jason and I want to share my story on how I started my journey into Tiglin. I am 42 years old and I grew up in Tallaght Dublin.

I started taking drugs at the age of 14 years and I quickly became addicted. By 18 years old, I was addicted to heroin. I spent most of my time from my early 20's until my late 30's involved in crime. I was in and out of prison because of my addiction. Within myself, I thought that this was the way that my life would always be, that I was always going to be addicted to drugs and involved in crime.

By the age of 41, I was hopeless. I found myself at a stage where I did not care if I lived or died. I was talking with a friend who knew about Tiglin. He was convinced that they could help me. I had never been in rehab before and the thought of going into residential treatment was "daunting" but I decided that I would give it a try as I had nothing to lose.

The first impression of Tiglin that stuck in my head to this day was seeing people who were coming from the same background of addiction as myself, were getting free. These people were inspirational to me as all I had known and seen up to this point was addiction. I had never known anyone who had broken free. When I came into Tiglin it was the



start of a change for me I could never have imagined. It was a long programme and extremely hard but I needed this, and the support that I got from staff who guided me through was crucial.

Now I'm studying Addiction Studies in college. I volunteer as a co-ordinator on Tiglin's Outreach Bus, helping people, providing them with advice, support and a listening ear. I also volunteer with Tiglin Residential Centre in Ashford, giving a helping hand with some of the guys who are on the programme.

My Life is great today as I now have a purpose and I want to give back to others who feel trapped in addiction. I have my family back in my life and I look forward to my future.

... I have my family back



Keith Flynn, one of the members of our board of directors was recently awarded internally by Intel for being chosen as Intel's European Volunteer of the Year for his contributions over the years to Tiglin. He has been put forward for their global final for Intel's Hero of the Year award. We wish him all the best for the final and thanks to Intel for the generous support over the years through their Corporate Social Responsibility grants.



I thought life would never change

Tiglin was a name I had often heard

You will get help from them and cure yourself

I had little faith, and a confused mind, so I ignored them for a very long time.

One day I approached the No Bucks Café,

It was on O'Connell Street when I dared to have faith

A man called Phil came up to me and offered "would you like something hot to eat?"

He talked to me for some time and I told him I thought I was going to die

He said have faith and let's get you some help, it is better than no hope and living in hell

I started a road that led me somewhere and gave me light in a very dark world

I now sit in an office and work hard every day and praise the Lord that he showed me the way.

Duffy

Aubrey McCarthy is 2016 Rehab Kildare Person of the Year

Our Chairman Aubrey was announced as the winner of this award for his work in establishing the Tiglin Rehabilitation Centre. He thanked local TD Fiona O'Loughlin and others for their ongoing support and help to establish the Treatment Centre. He joked that the award would "definitely help me get a wife now".



New beginnings & farewells



Emmanuel Eguare & Simon Harris at Tiglin

We are delighted to have two new members on our Board of Management, Property Developer, Jerry Conlon; and Consultant Surgeon Emmanuel Eguare, both of whose appointments provide us with even more expertise on Tiglin's Board.

We would like to welcome Ger Ganley, our new Rehabilitation Services Manager, Paul Millar and Gary O'Heaire, two new Support Workers in our Men's Centre. Sarah Marshall has joined the Team in the Women's Centre as Support Staff. Welcome also to Karen Douglas who has joined our Day Programme in Arklow. This year we were excited to welcome the newest member of the Tiglin family River Thompson (Phil and Ann's new little boy).

Farewells

Best of luck to Eddie Gregory and Linas Raizys who left our Men's Centre staff recently. Our best wishes also go to Gillian McCutcheon, who served as our Programme Manager for the last three years and Jessica Wade, who has moved on to a full time position to further her career. They will be sadly missed and we wish them all the best in their future careers.

Political Awareness Meeting



We ran a series of political awareness evenings for our students in Tiglin, in advance of the February 2016 General Elections. Pictured with Aubrey McCarthy are Billy Timmons, Susan Philips, Jennifer Cuffe and Sean McDermott.



Stephen Donnelly TD

Pat Carey (Former Government Chief Whip), Catherine Byrne TD, (Minister of State for Communities and National Drugs Strategy) talking to Simon Harris TD, (Minister for Health)



Catherine Byrne TD, (Minister of State for Communities and National Drugs Strategy) & Simon Harris TD, (Minister for Health) with Aubrey and Phil at Tiglin.



**Without regular financial donations
the future of Tiglin is under threat.
Please consider setting up a standing order**

BANK STANDING ORDER

Please complete in block capital letters and return to Admin Dept., Tiglin Challenge, Tiglin, Ashford, Co. Wicklow

Your bank/ Building Society: _____

Sort code: _____ Branch: _____

Branch Address: _____

Account No: _____ Account Name _____

Reference: _____

(This will appear on Tiglin Challenge's Bank Statement and would normally be your name)

Please pay to AIB Dame St, Dublin 2 in favour of:

Tiglin Challenge Account Number: 17486007, Sort Code 93-12-09

IBAN: IE90 AIBK 9312 0917 4860 07 BIK: AIBKIE2D

I wish to donate:

- € 10 per month € 15 per month
 € 21 per month € other _____ per month

Start date: _____ - _____ - _____ Thereafter until further notice.

Name (Block): _____

PPSN: _____

Email: _____

Address: _____

Telephone: _____

Signed _____ Date _____

Thank you. If you do **not** wish to receive future news about our work please tick this box

Tiglin Challenge is certified by the Revenue Commissioners as being eligible for tax relief, **we may be able to reclaim up to 45% on top of your donation.**

Please Post to this Address:
Admin Department
Tiglin Challenge,
Tiglin, Ashford,
Co. Wicklow,
Ireland

Registered Charity: CHY 11596



Tiglin Day Programme *almost 3 years*

THE Tiglin Day Service, has been running for almost 3 years now and is becoming more established in the community.

We recently had an article in the local paper that highlighted the positive impact the service provides. While mentioning the difficulty of the stigma around addiction in communities and particularly in small towns, Leonard Finnigan, told this story of hope.

I lost 10 years of my life because of addiction. I came from a very dysfunctional background. My family had their own problems and that contributed to me leaving home at the age of 13 or 14. I would have spent some time with my nanny but overall I was on the street smoking hash and drinking. I got mixed up with people older than I was and I was young and gullible and easy to use. That's why at 17 I ended up in St Patrick's institution. That was my first period in prison. A lot of my family members were in prison so I was familiar with the system. The sad part was that it became home to me, somewhere to sleep, where I could get something to eat and could watch a bit of telly.

I used to smoke hash and do coke and take tablets but I never had heroin until I went to prison. After that I would wake up every morning and I would have to have

it. I was prepared to do whatever it took to get it and that meant committing crimes. My addiction spiralled out of control and I smoked it every single day. I would go drinking every day and then I would buy a handful of tablets from one guy and coke from another. Then I would smoke heroin to come down off them. I never thought of the consequences and to this day I still have to accept everything I did and the people I let down, including my daughter.

I got out of Limerick Prison 5 years ago and all I was given was a bus ticket back to Dublin. I knew I couldn't stay there or I would end up back the same way. I moved to Arklow but I had no idea where to get help. That's where I first heard of Tiglin. They helped me with residential support for my addiction. When I returned to Arklow is when Tiglin Day Service really helped me. I found my feet here and now I am 3 years clean and sober.

Today I work at Tiglin Day Programme as an assistant project worker and it is here that I can now give back to others what I was given. Support, love, hope and vision.

Leonard Finnegan

Everything we do in the **Tiglin Day**



Programme, from fitness to Relapse Prevention courses, are intended to support the participant to gain an understanding of their addiction from the relationship with the substance, their identity, value and beliefs so that they are empowered to make the changes they want in their lives.



Barbara Reid (Tiglin Day Programme Manager), John Brady TD and Phil Thompson at Wicklow County Council Awards

Tiglin Supported Housing

We are delighted to report that our new house in Arklow is now full to capacity with four new residents. Supported and affordable housing is a solution for CE Participants to maintain their independence and become part of the Community. They are attending Community Employment in Arklow as part of their journey to maintain safe recovery. The house offers security, stability and ongoing support. The tenants are empowered with instruction in all areas of house budgeting, cooking, work experience, gardening, social interaction and paving a well-balanced future.

Parenting Course

12 of our students in the Men Centre took part in a six week Parent-Child Communication Course recently. Thank you to Geraldine O'Driscoll and Sue Kennedy who instructed and supervised the programme. The lads all had lots of fun and looked forward to their weekly sessions. They learned how to listen, interact and play with their own children. All the participants received a certificate on completion.



Tiglin
life beyond addiction

Family Support Group There is a family support group meeting held at 110 Middle Abbey Street in Dublin from 2-4pm on the 2nd Saturday of every month. If family members have any questions or concerns,

Marilyn, the Family Support Worker can be contacted at: **Phone: 085 887 5774 or Email: family.support@tiglin.ie**

Tiglin Women's Centre
Telephone: (0404) 47552

Tiglin Men's Centre
Telephone: (0404) 40010

Tel: (0404) 496 83
Web: www.tiglin.ie
E-mail: admin@tiglin.ie