



**Finglas Addiction  
Support Team (FAST)  
Annual report 2015**





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# Chairperson's Report



As FAST moves into the second decade of its existence 2015 was a year where we continued to advance our strategic plan and meet the ongoing demands for our services.

In 2015 the board engaged in reviewing its code of governance. It is important that as a board whilst focusing on the long term direction and the development of FAST that we also ensure that effective systems are in place so that we assure ourselves we are meeting our legal responsibilities but also that we can assure our funders that robust financial systems are in place. This has resulted in ensuring that FAST's governance code is compliant but also that practices are in line with best practice standards.

We managed to deliver our services within budget despite the growing demands and the increase in the number of services been accessed. This is only possible thanks to our funders for their support and we are committed to working with all our stakeholders to delivering on the mission of FAST.

On behalf of the board I want to acknowledge the commitment of all the staff that provides a high quality person centred service.

## **Mary Flanagan**

Chairperson Board of Management



# General Manager's Report

In 2015 FAST continued to evolve with an emphasis on consolidating service provision and working in partnership with others to inform and influence substance misuse policy and practice. Our work during the year was directed and guided by our Strategic Plan 2014-2016 which specified the following four outcomes focused strategic priorities for the three year period:

- 1. Consolidate existing services and structures**
- 2. Promote a community of acceptance in Finglas for substance users**
- 3. Promote genuine person centred progression routes**
- 4. Balance the service/programme elements of FAST with the community development/volunteerism side of the organisation**

Details of how we achieved our strategic priorities are provided throughout this report.

In 2015, we saw approximately 440 individuals similar to 2014 but take up of appointments was higher in 2015 with an increase in sessions by 7%. Service Users continue to present with a wide range of complex issues such as addiction, dual diagnosis, mental illness, homelessness, poverty, unemployment and social exclusion. The level of complexity poses challenges to the organisation in terms of resourcing as the work is very labour intensive. Notwithstanding that, 2015 was a fruitful year with lots of achievements which include:

- » **Implementation of Strategic Plan 2014-2016**
- » **Governance Code Journey**
- » **438 participants availed of core services in 2015 resulting in a wide variety of significant and positive outcomes**
- » **Staff and Recovery Coaches participated in training in Cyprus through European mobility grant funding supported by Lèargas**
- » **Evaluation of CARE Alcohol Project**
- » **Strengthened governance and quality assurance**

Trends and patterns with substance use continue to change and the service and sector are continuously challenged to meet new demands. We look forward to the coming year with lots of optimism as we embark on the final year of our current strategy.

Finally, on behalf of the Board of Management we wish to thank all the staff, volunteers and community activists for their hard work and commitment to FAST. Thank you to our participants for your courage and strength as you journey through addiction and recovery. We look forward to a prosperous 2016.

**Barbara Condon**

General Manager

# Vision & Mission

## Vision

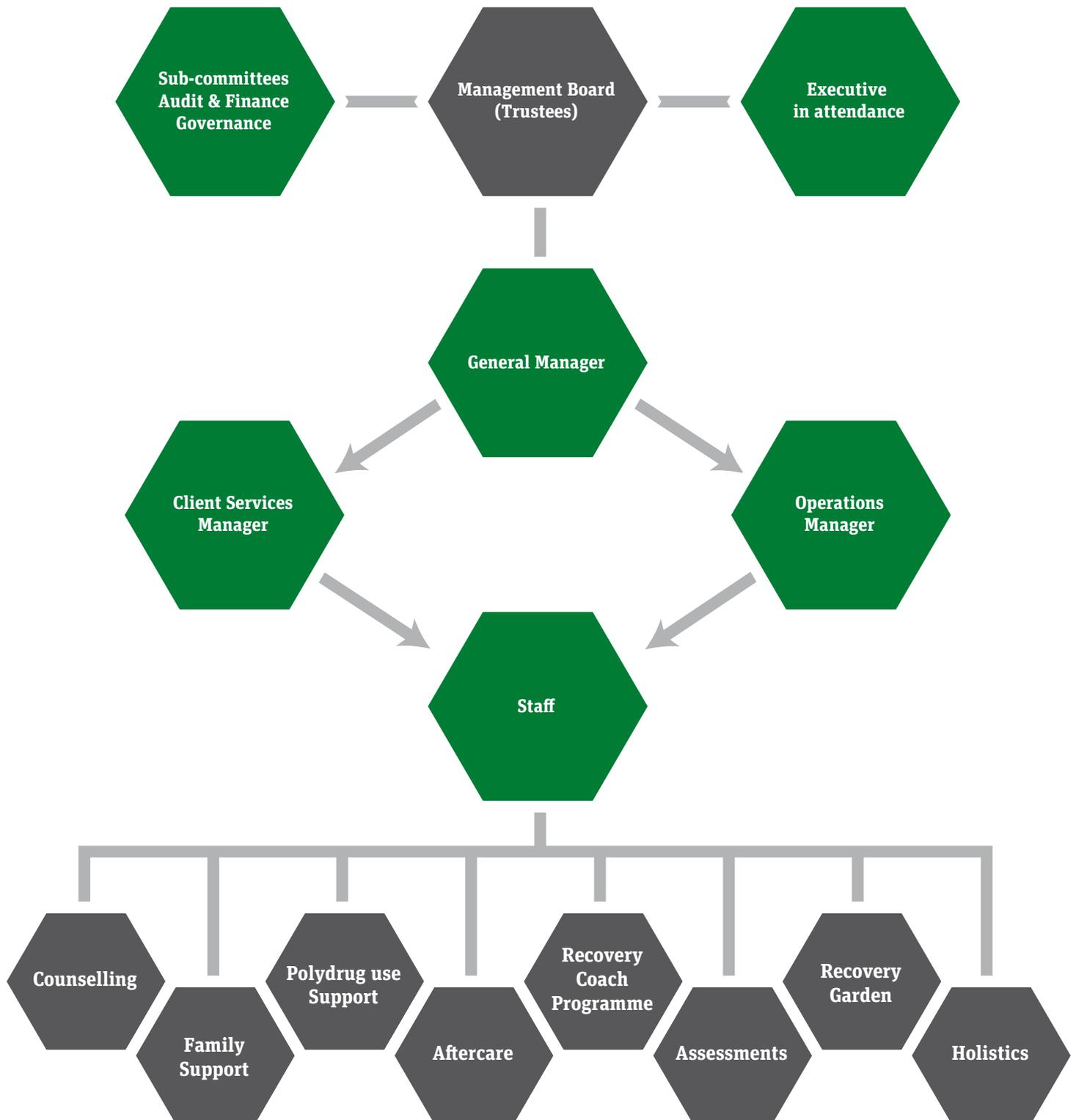
Our vision is to work in partnership with participants; their families and community's to create a more inclusive community in Finglas where our participants are treated as emerging active citizens, with strengths and contributions to make, to their own, and their community's wellbeing.

## Mission

Our mission is to continue to provide the highest standard of addiction support to the people of Finglas.

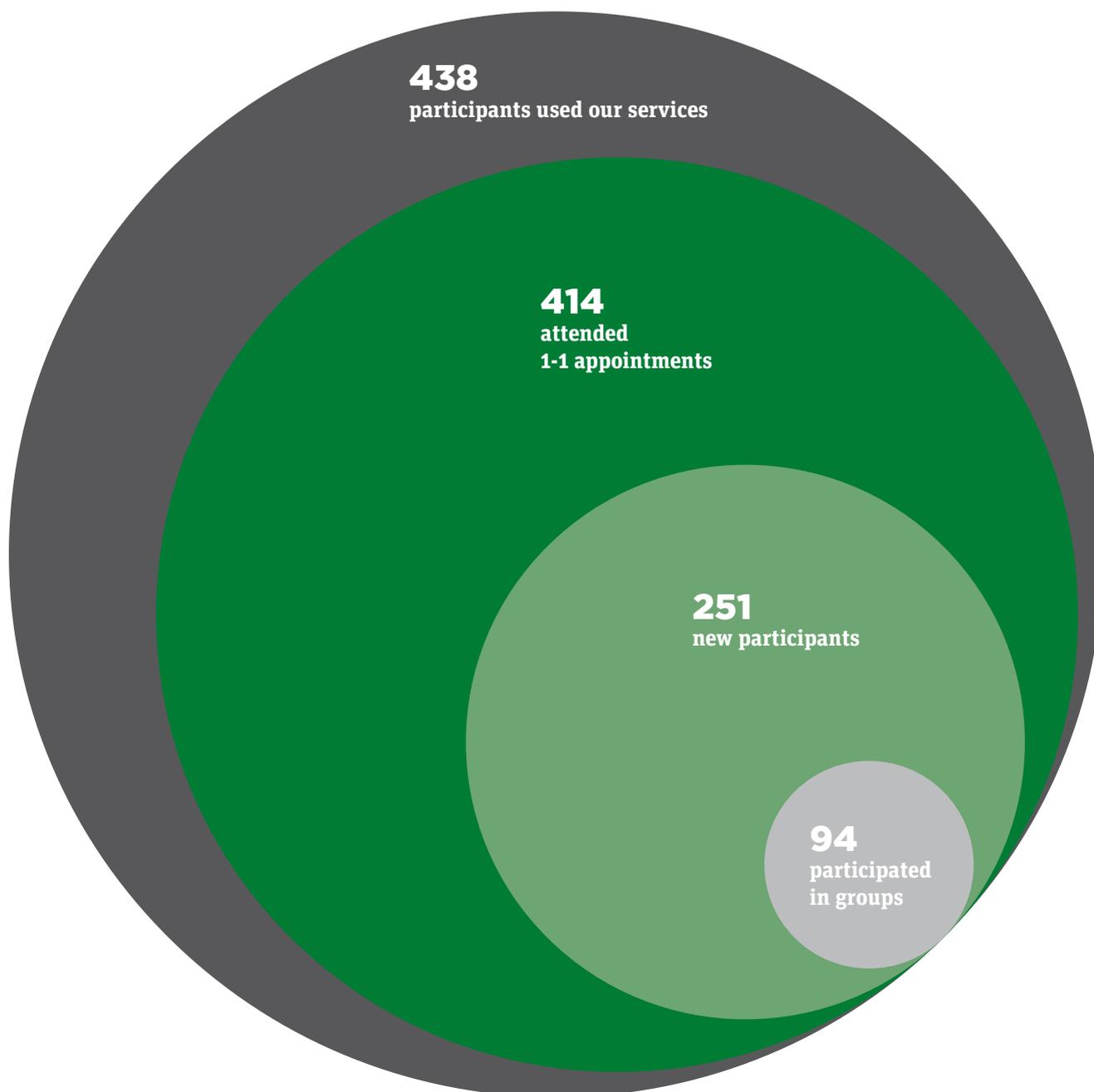


# FAST Organisation Structure



# Service Provision

Figure 1 - The number of people using our services in 2015



**Figure 2 —  
FAST services  
accessed 3665 times**

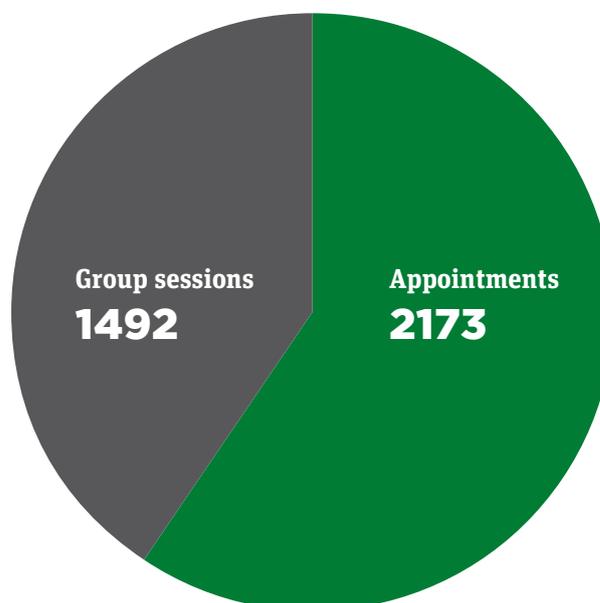
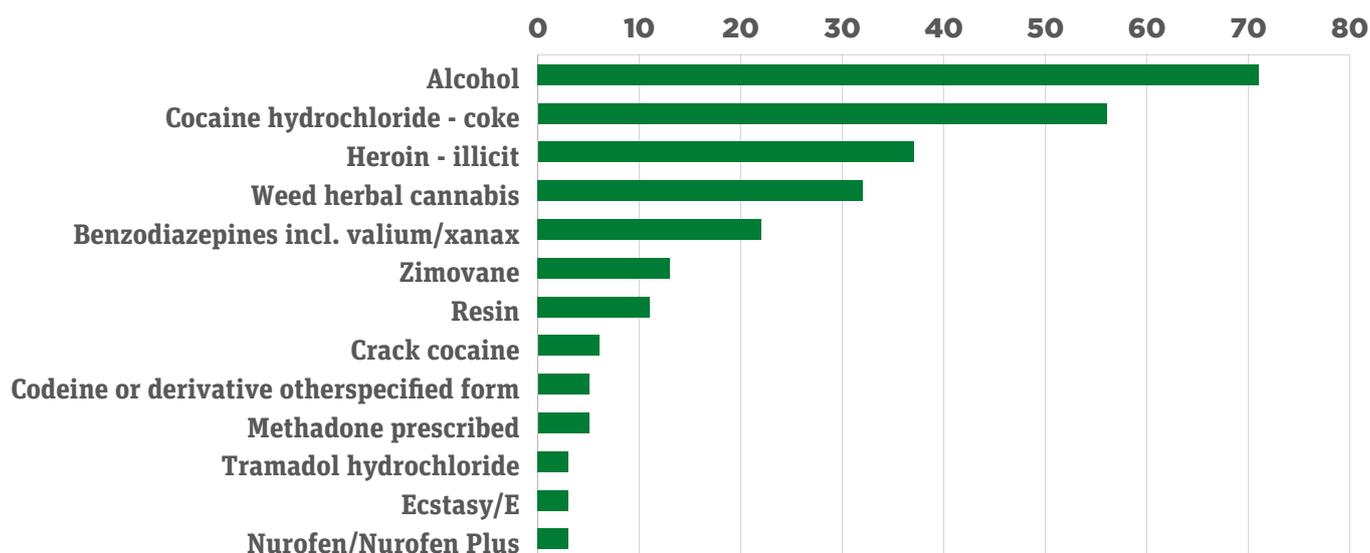


Figure 2 above indicates an increase in participant access of 7% over 2014 figures

**Figure 3 —  
Main reason for referral**



The wide range of substances being used is outlined in Figure 3. Alcohol is by far the most used substance, and a large proportion of our participants attend the service to address their alcohol use.

# Counselling

FAST offers one to one counselling to participants who wish to address their substance use. It is also open to people who are in recovery from substance use.

When a participant engages with a counsellor in FAST it gives him/her an opportunity to be in a process that looks at how underlying issues, painful or distressing life events can contribute to that persons behaviour with regard to substance use.

For example a participant may come who has always been able to set limits on their alcohol use in the past but notices in the last year their drinking has been more excessive and lacked control at times resulting in behaviour that they feel guilty or embarrassed about. Through counselling the participant may begin to acknowledge that a loss they have suffered and not been able to process fully has been at the root of this negative period in their life. Other painful events may also have the power to drive self-destructive behaviour and for many people a therapeutic counselling relationship may help them regain a sense of control through greater awareness and understanding of self.

Effective counselling does not judge and make decisions for people but encourages the individual to look deeper at their conflicts and motivations so they may exercise real choice going forward. All counselling invites people into their power to make changes in their life if they decide it is best for them.

In counselling in FAST it is recognised that deeper work takes time and the participant is encouraged to commit this time to themselves.

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**72 individuals - 56 male & 16 female**

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**- 538 appointments offered**

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**- 343 appointments attended**

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**- 43 participants attended 1-3 appointments**

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**- 29 participants attended 4+ appointments**

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Evaluations were completed using treatment outcome profile (TOPS).

70% of the group attending 4 + appointments reported reductions in substance use and improved physical and mental health.

A total of 15 reporting substance free status and 18 are in employment.

**“It was a life changing experience for me”**

**“The counselling I received within FAST has been absolutely crucial to my recovery from alcoholism and the maintenance of my daily mental health”**

# Aftercare

During 2015 the Aftercare group had a consistent committed membership throughout the year. Having a solid group coming every week that are substance free and really willing to support each other to keep this going is the key to making any Aftercare group a success. It is the members who make it what it is and this year was no exception.

The facilitators' role is to help create a safe space for the individual to commit and bring honesty to the process. In this way the group learn about themselves and grow in confidence as they get to know their sober self.

Doing fun activities and learning to enjoy life without drink or drugs is another essential part of Aftercare. During 2015 the group participated in a number of activities outside their weekly group. These included:

- » **22 kilometres walk on the Wicklow way**
- » **Climbing wall excursion**
- » **Cinema**
- » **Pitch and putt**
- » **Bowling**
- » **Walking tour of Howth**

For the past five years we have taken the group on a weekend away in November. It is a quiet reflective space for them to pause and recognise how far each of them have come and help them move forward. This year we used the Bobbio Centre near Wicklow town for our retreat. This centre is part of the Columban sisters Convent and is a perfect place to be for this type of work.

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## Aftercare Group - 18 Individuals

- **13 male & 5 Females**
- **49 Group Sessions in 2015 with 321 attendances**
- **4 Participants graduated from the group**
- **9 participants are in college**

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## Aftercare 1-1 service - 29 Individuals

- **19 males and 10 females**
  - **92 appointments offered, 60 attended**
  - **4 participants are in college**
  - **9 participants are parenting children**
- 



# Polydrug use Support Service

FAST's Polydrug use (PDU) Service offers a combination of different therapeutic and holistic interventions to those presenting with problem drug and alcohol use.

The poly drug use service is made up of Tom Bissett (PDU Coordinator), Natalie Carr (Trainee Project Worker), Linda Philips (Project Worker) & Dave Shipsey (Sessional Acupuncturist).

Participants who access the PDU Service are likely to use a combination of different drugs such as cocaine and its derivatives, tablets, stimulants, alcohol, opiates (heroin and methadone) and cannabis (in all forms). A lot of the time it is word of mouth that brings new participants into the PDU Service, usually a friend or relative will have accessed the service and have had a positive experience in dealing with their addiction issue and recommend to others that they attend.

In the past year there has been an increase in people attending with both addiction issues and mental/psychiatric issues, and this has led to an increased demand on the service. Other sources of referrals are from local GPs, mental health services, MABS, and St Helena's Family Support.

**“I look forward to my sessions of acupuncture, the treatments work effectively, and they help me in my recovery and self-care process, they help me stay grounded and positive.**

## 1:1 services

1:1 therapeutic support: *within the service we utilise a combination of different psychological techniques such as Cognitive Behavioural Therapy, Neuro Linguistic Programming, Community Reinforcement Approach and Motivational Interviewing* – the aim of using these varied techniques is to help the person to begin to change the drug or alcohol usage or to stop completely if that is what they want to achieve. It is also to explore the thought patterns that led to drug misuse and addictive behaviours in the past, and what effective strategies they can put in place so as to ensure the risk of relapse diminishes in the future. The sessions are structured, goal oriented and focused on immediate problem solving.

Holistic supports include full body acupuncture, hypnotherapy sessions and relaxation techniques.

## Group Support

The Poly drug use service has built up a wealth of experience and learning from its running of the Reduce the Use group in previous years. In 2015 we ran two groups. The Poly drug Use team's method is that we encourage the participant to initially look at whatever drug is causing the most harm and to concentrate on reducing that first. Participants are encouraged to keep a written journal of what they are taking. The participant and facilitator can then keep track of progress or 'slips' and it provides us with a tool to review and reflect on whether the programme is working well for the participant or needs some adjustment. Similarly if a participant is presenting with an alcohol addiction as the primary cause for concern, we will work with them and their GP to slowly reduce the amount of alcohol being consumed, the times it is being consumed, etc. in order to best reduce the harm. As a result of tailoring Reduce the Use Group to suit each participant, we have found that the majority of our participants were successfully able to reduce their dependency on a variety of substances over time as a direct result of their participation in the group.

**“I have found the support that I have received even in the short time I have been attending has helped me greatly.”**

Some of the outcomes that participants benefit from attending the groups are:

- » Gain a deeper understanding of their addictive behaviours
- » Gain an awareness of the impact of their drug and alcohol use on self and others
- » Create an awareness of how they can control and change the thought patterns that lead to addictive behaviours
- » Learn how to set goals around reducing their use
- » Learn skills on avoiding situations of risk
- » Learn how to cope with substance cravings/triggers
- » Learn how to cope with a lifestyle that is drug and alcohol free or self-controlled



Pictures from the “Reduce the use” graduation ceremony.

## Attendances

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**132 individuals - 75 males & 57 females**

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- 102 participants attended 1-1 appointments
  - 885 1-1 appointments offered & 579 attended
  - 58 participants attended acupuncture appointments
  - 279 acupuncture appointments offered and 194 attended
  - 2 ‘Reduce the Use’ groups each with 10 sessions and an average of 8 participants
- 

## Outcomes

- » 38 participants have reported a significant reduction in mental health problems, such as depression, suicidal thoughts, and paranoia
- » 29 participants have expressed a reduction in negative behaviour patterns associated with problematic poly drug use
- » 38 participants have expressed a reduction in their drug use from 3-4 times a week down to once a month or less
- » 26 Participants have expressed an improvement in their relationship with their partners and/or children since attending the service
- » 31 participants have become drug free since attending the service and have used 1-1 to support to help them stay drug free

**“I would recommend the service to anyone who thinks they may have a problem and are seeking to take the first step of dealing with their addictive issue.”**

# Family Support

## Introduction of the 5 Step Method

The aim of the 5 Step Method is to develop interventions and services to help families cope with a loved one's addiction.

This model observes that affected family members are ordinary people living with a stressful situation which is not of their own making.

To counteract the stress and strain of this situation the 5 Step Method incorporates coping and social support strategies.

International evaluations of the 5 Step Method have shown a reduction in the strain experienced by family members engaging in the programme. These gains have sometimes had a knock on effect on other family members including both children in the family and the drug or alcohol using relative.

FAST uses the 5-Step Method in both 1:1 and group settings. It is a unique way of working with family members.

It draws on the family members' coping skills and is delivered in a non-judgemental form and does not engage in blaming or stigmatising.

Unlike other models it does not take the stance that family members are powerless in assisting the individual drug use, nor does it perceive that family members are suffering from a form of a personality disorder.

In summary the 5 Step Method is an evidence based intervention tool for working with family members.

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**Individuals - 49 participants - 8 males & 41 females**

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**- 268 appointments offered with 202 attending**

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**Facilitator led group**

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**- 16 members attended**

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**Peer led Groups**

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**- 27 members attended**

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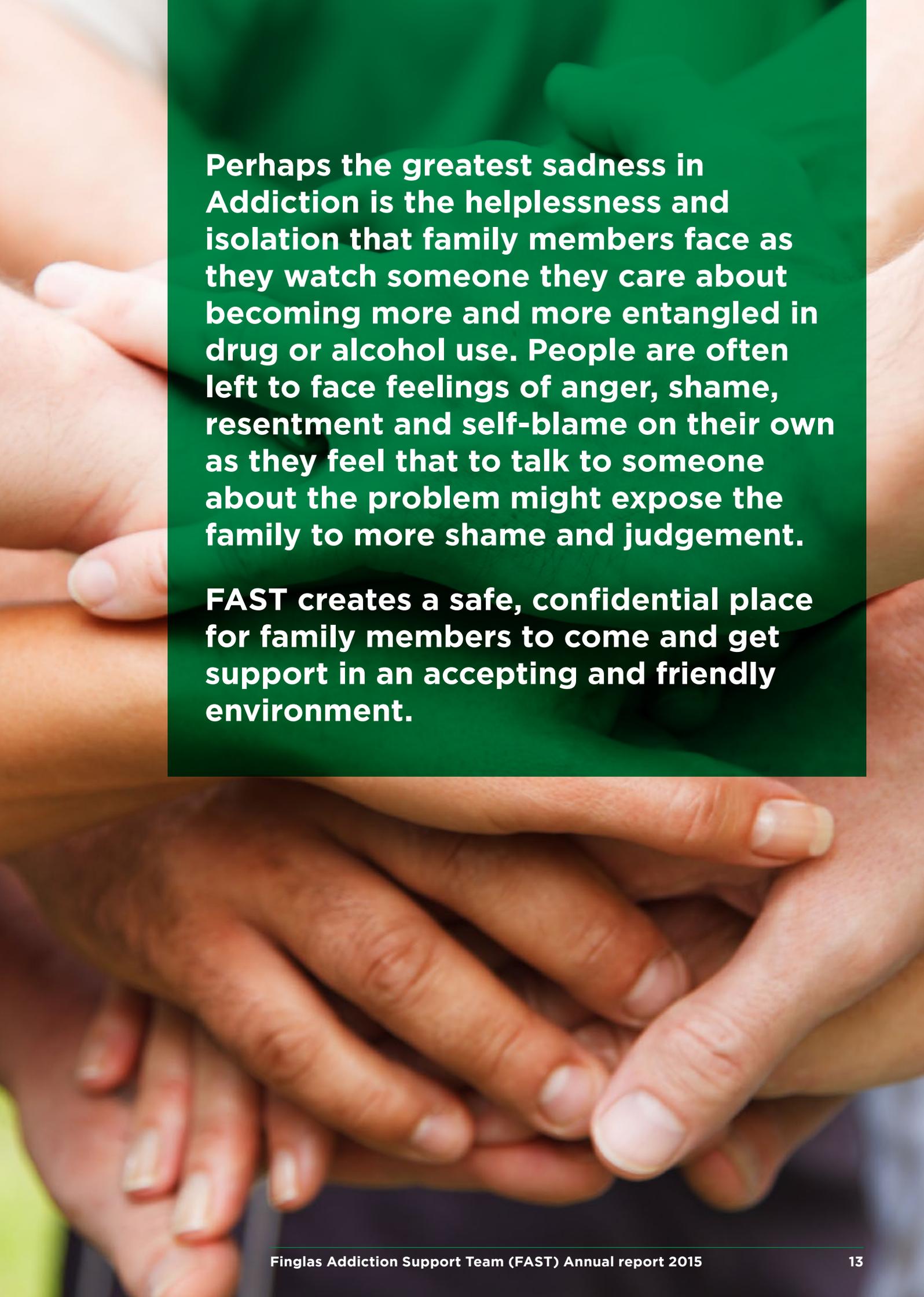
**“The 5 step helped me understand what he was going through himself in his mind and body”**

**“5 steps taught me I can't change her, but I can change me”**

**“I felt at ease being listened to and that I was not alone in the madness”**

**“There's no point trying to talk to them when they're drunk - that was a big learning for me and it cut the fights straight away; it's all about the knowledge you get from the 5 step and you can always look back on the manual”**

**“I learned to control my anger and not get pulled into his world”**



**Perhaps the greatest sadness in Addiction is the helplessness and isolation that family members face as they watch someone they care about becoming more and more entangled in drug or alcohol use. People are often left to face feelings of anger, shame, resentment and self-blame on their own as they feel that to talk to someone about the problem might expose the family to more shame and judgement.**

**FAST creates a safe, confidential place for family members to come and get support in an accepting and friendly environment.**



## Recovery Coach Volunteers

The Recovery Coach Programme began as a joint partnership between FAST and Dublin City University (DCU) in 2013.

The RCP is an innovative programme that provides the theoretical and practical support to recovered users of drugs and alcohol so that they can work, in a coaching relationship, with people who are currently struggling with addiction. It is part college based (level 8 module) and part placement based.

Two of the trainee Recovery Coaches were in placement in FAST in the first half of 2015. A further two qualified recovery coaches also worked here during this time. In June 2015 all four, then qualified recovery coaches, formally signed volunteer job descriptions and contracts covering their work involvement with FAST for the June – December time period.

In 2015 under the tutorage and supervision of one of FAST's full-time workers all were involved in working directly with our service users either on a 1:1 basis or as the co-facilitators of our 'Reduce the Use' groups (March-May 2015 and September-November 2015).

As part of their training in FAST the recovery coaches attended Erasmus+ training on facilitation skills in Cyprus. This was an eventful trip for all involved and further enhanced their skills when working with participants in FAST.

Recovery coaches commitment and passion at helping those who are struggling with addiction has been inspirational and humbling to other staff within FAST. In their interaction with participants they bring a legitimacy all of their own – a legitimacy drawn from experiential knowledge and experiential expertise. They have enriched FAST's response to problem drug use, and continue to make a real difference and impact on those with whom they work.

We hope via their work with FAST and their formal learning on the RCP course – that this will also continue to contribute to their own personal recovery pathways and provide access to other programmes and opportunities at third level and in the workplace.

FAST ultimately believes that the growth of recovery capital as a collective community concept brings mutual empowerment, support and recovery contagion in substance misusing groups and within communities.

Our sincere thanks to our Recovery Coaches.



## Recovery Garden

The Recovery Garden consolidated in 2015 with a dedicated team of volunteers and a sessional worker. It provides an oasis of calm for participants and staff alike.

# CARE Alcohol Service Pilot Program Evaluation

The CARE project is a new community alcohol treatment pilot project, which was developed to provide a localised integrated care pathway with specific interventions for those presenting with alcohol problems. The CARE project is a cross task force initiative (Ballymun, Finglas and North County Dublin) in collaboration with the HSE North Dublin Addiction Service and local drug and alcohol service providers.

The CARE project provides an integrated response to locally identified needs using a partnership approach. The project combines both medical and community psycho social supports, providing a joint learning opportunity and integration of resources. The CARE project utilises existing community based psycho-social drug and alcohol support services, delivered primarily via agencies (FAST, BYAP, North Dublin Community Care Service – CCS).

The project aims to facilitate individuals to address their problematic use of alcohol through a structured non-residential process. The CARE project provides a comprehensive treatment service for patients over 18 years presenting with alcohol-related problems, including health screening, alcohol use assessments, one-to-one key working, alcohol information and educational sessions and a motivational group programme. Preparation for community Librium detoxification can also be provided where required and appropriate, as well as support during detox and aftercare/relapse prevention following detox.

CARE rolled out in Finglas in FAST in September 2014, Ballymun in November 2014 and North County Dublin in January 2015. Quality Matters were commissioned to do an independent evaluation of the pilot project, this report was launched by Minister Aodhan Ó Riordáin in October 2015. The key findings suggested that the CARE programme was a highly effective support which improved outcomes for people with alcohol difficulties. The report strongly recommended that the programme should continue and expand further. Minister Ó Riordáin speaking at the launch reiterated his support and commitment to the on-going development and expansion of CARE.



# Staff Training — Erasmus+ Programme



FAST received the opportunity to send staff and volunteers on training in the EU as part of the Erasmus+ programme. Four members of the team attended courses in the EU. Project Worker Linda Phillips outlines her experiences on the training:



My training with Dorea was in Limassol, Cyprus. It was on 'Problem Solving and Decision Making'; it was an amazing experience both culturally and academically.



The training lasted five days. The skills that I learned, and brought back to FAST, were using effective ways of engaging with others and dealing with unresolved issues. Via the training I have become much more self-reliant and self-confident in dealing with crises when they arise. The training enhanced my self-reflection, communication and creativity skills and they have helped me greatly in my performance as a group facilitator. I especially enjoyed the section on how to use art as a tool for helping people express/explore issues non-verbally. I have used this in my work to help participants identify/instigate desired change in their lives.



My sincere thanks to FAST, Leargas, Erasmus+ and Dorea for giving me this rich training opportunity.



# Governance

## Governance Code

In 2015 the FAST Board of Management started the journey to compliance with the Governance Code - a voluntary code of good practice for the charity, community and voluntary sectors in Ireland.

## What is the Governance Code?

The Governance Code is a 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 the organisation runs effectively. The Governance Code is a voluntary code, and as such there is no requirement to sign up to it.

## What the Governance Code means to us

Finglas Addiction Support Team believe that all organisations have a responsibility to provide and follow a code of good practice when it comes to how their organisations are run. Ensuring compliance with the Governance Code is our way of letting all our stakeholders know that we are committed to operating in this way - with good leadership, appropriate controls, accountability, effective work practises and integrity. By the end of 2015 we were well on our journey and hope to have the compliance completed by mid 2016.

## Audit & Finance Sub-committee

The Audit & Finance sub-committee is a sub-committee of the Management Board. It was set up to assist the Board in the following ways:

- » **To undertake longer term financial planning with the aim of ensuring the organisation has sufficient funding to maintain appropriate levels of service delivery**
- » **To advise on measures that need to be taken to ensure financial solvency**
- » **To monitor expenditure to ensure this is in line with the approved budget**
- » **To recommend the yearly annual budget to be approved by the full Board**
- » **To ensure appropriate financial policies and safe guards are in place regarding financial procedures**

The sub-committee consists of the treasurer, chairperson, senior officer and financial administrator. The management board shall at their first meeting in each year, determine the members of the sub-committee. If vacancies arise then these shall be filled at the following management meeting. The committee met 4 times in 2015 and prepared recommendations for the Board on the budget, funding opportunities, training, and financial administration of the organisation. Minutes of all the meetings were disseminated to the Board after each meeting.

## Charities Regulatory Authority

As an organisation registered for charitable tax exemption with the Revenue Commissioners in 2009, the establishment of the Charities Regulatory Authority (CRA) in October 2014 was welcomed by our organisation and many other charitable organisations. The CRA is Ireland's national statutory regulator for charitable organisations and are an independent authority. Our registration process was completed in October 2015. Being able to provide our services as a charitable organisation is a privilege we do not take for granted. We look forward to the changes in the charitable sector that the Charities Regulatory Authority will bring about and to simultaneously strengthen our processes.

## Board Meetings

The Board met 9 times during 2015 including 2 half days for governance review

<b>FAST Board of Management</b>	<b>Attendance at Board meetings</b>
Chairperson: Mary Flanagan (Trustee)	8/9
Secretary: Debra Delaney (appointed 28 January 2015)	5/9
Treasurer: Debra Kearns (Trustee)	8/9
Lucy O'Neill (Trustee)	7/9
Sinead Deegan (Trustee – appointed December 2015)	3/9
Denise Proudfoot (Trustee – appointed December 2015)	4/5
Janis Maxwell (Trustee – appointed December 2015)	4/5
Dr. Paul Quigley (Trustee)	8/9
Paul Nolan (Trustee - resigned 2015)	0/2
Garda Aidan Flanagan	3/6
Barbara Condon (Executive in Attendance)	8/8

Following a governance review, it was agreed that all Board Members would become Directors of the company with the exception of An Garda Siochana

## FAST Staff

<b>Staff Member</b>	<b>Role</b>	<b>Fulltime/Part-time/Volunteer</b>
Barbara Condon	General Manager	Fulltime
Mick Williams	Client Services Manager	Fulltime
Leanora Wilkinson	Operations Manager	Fulltime
Tom Bissett	Polydrug use Coordinator	Fulltime
Rita Furlong	Family Support	Part-time
Grainne Delaney	Project Worker	Part-time
Linda Phillips	Project Worker	Part-time
Andy Robertson	Counsellor/Psychotherapist	Part-time
Sheila McCarthy (left May 2015)	Aftercare Worker	Part-time
Lorraine Giltrap	Aftercare worker	Part-time
Natalie Carr	Trainee Project Worker	Fulltime
Martina, Mandy, Claire (left Aug 2015), Natalie (left July 2015)	Reception & trainee reception staff	Part-time & CE Staff
Jimmy Dixon, Mark Rooney (left March 2015)	Caretaker	CE Staff
Sharon Dawson	Recovery Coach Volunteer	Volunteer
Martin Smullen	Recovery Coach Volunteer	Volunteer
Dave Shipsey	Acupuncturist	Part-time (Sessional)
Eamonn O'Brien	Gardener	Part-time (Sessional)

# Acknowledgements

The Board of FAST wish to thank and acknowledge the following for their help and support

- » **Finglas / Cabra Local Drug & Alcohol Task Force**
- » **Health Service Executive (HSE)**
- » **Dublin City Council (DCC)**
- » **Leargas**
- » **Dublin City University (DCU)**
- » **Dublin North West Area Partnership (DNWAP)**
- » **St Helena's Family Resource Centre**
- » **The Finglas Centre**
- » **Irish National Organisation of the Unemployed (INOUE)**
- » **Tesco, Clearwater**
- » **Dealz, Finglas Village Centre**
- » **Community, Voluntary and Statutory agencies both locally and nationally**
- » **The Community of Finglas**
- » **A & L Goodbodys**
- » **Public Representatives**
- » **Voluntary Fundraisers**
- » **Sheila Cahill**
- » **Michelle Culligan**
- » **Fast Staff**
- » **Fast Participants**

# Thank you!

# Financial Report

All of the funding received by Finglas Addiction Support Team is rigorously budgeted, monitored and accounted for in accordance with our internal policies and external regulations that are applicable to our organisation.

The information in the following pages are extracted from our annual audited accounts. As part of our governance review in 2015 we reviewed our financial reporting. A decision was made to align our financial reporting with the Charitable SORP (Statement of Recommended Practise) which is a standard of charitable organisation reporting developed in the UK. Although not a legal requirement in Ireland, it is prudent of us to adopt the SORP as it is a standard of best practise. This is the beginning of the transition and we have adopted the layout where appropriate. We will continue to make the transition to this accounting standard in 2016.

Fundraising is part of our annual plan and we receive donations throughout the year. These donations are used to offset the reducing/stagnant core funding and as an emergency contingency fund. The majority of our fundraising in 2015 came from room hire and from local initiatives including the Tesco Community Fund. Any additional monies received from fundraising ensures the continuity of our services to the community.

Our 2015 audited accounts were completed by BKRM Corporate Services Ltd.

We have outlined the sources of our funding for 2015 below.

## ANALYSIS OF GRANTS RECEIVED

	FAST Core Funding	The Therapy Project Funding	Erasmus+ Training Funding	Other Funding
<b>Funding received from State Bodies</b>	€	€	€	€
Health Service Executive	415,377			
City of Dublin Youth Service Board		48,000		
ERASMUS+ via Leargas			8,619	
Finglas Cabra Local Drug & Alcohol Task force	1,100			
<b>Monies generated from other activities</b>				
DCU - Recovery Coach				5,475
Donations received				1,368
	<b>416,477</b>	<b>48,000</b>	<b>8,619</b>	<b>6,843</b>

Finglas Addiction Support Team Ltd  
(A company limited by guarantee, not having a share capital)

## STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 December 2015

	Unrestricted Funds 2015 €	Restricted Funds 2015 €	Total 2015 €	Total 2014 €
Incoming Resources				
<b>Generated funds:</b>				
<b>Activities to generate funds</b>				
Amortisation of Capital Grant	-	28,133	<b>28,133</b>	30,376
<b>Charitable activities:</b>				
Grants Received	421,952	56,619	<b>478,571</b>	494,754
<b>Other incoming resources</b>	1,368	-	<b>1,368</b>	-
<b>Total incoming resources</b>	<b>423,320</b>	<b>84,752</b>	<b>508,072</b>	525,130
Resources Expended				
<b>Charitable activities:</b>				
Staff, Direct & Administration Costs	411,984	97,496	<b>509,480</b>	525,130
<b>Total resources expended</b>	<b>411,984</b>	<b>97,496</b>	<b>509,480</b>	525,130
<b>Net movement in funds for the year</b>	<b>11,336</b>	<b>(12,744)</b>	<b>(1,408)</b>	-
<b>Reconciliation of funds</b>				
Balances brought forward at 1 January 2015	17,116	33,913	<b>51,029</b>	56,998
<b>Balances carried forward at 31 December 2015</b>	<b>28,452</b>	<b>21,169</b>	<b>49,621</b>	56,998

Finglas Addiction Support Team Ltd  
(A company limited by guarantee, not having a share capital)

## SUMMARY INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2015

	Statement of Financial Activities	2015 €	2014 €
Gross income	Unrestricted funds	423,320	
	Restricted funds	84,752	
		<b>508,072</b>	525,130
<b>Total income</b>		<b>508,072</b>	525,130
<b>Total expenditure</b>		<b>(509,479)</b>	(525,130)
<b>Net income/(expenditure)</b>		<b>(1,407)</b>	-

The charity has no recognised gains or losses other than the results for the year. The results for the year have been calculated on the historical cost basis.

## BALANCE SHEET

As at 31 December 2015

	2015 €	2014 €
<b>Fixed Assets</b>		
Tangible assets	1,326,201	1,351,892
<b>Current Assets</b>		
Debtors	3,165	2,290
Cash at bank and in hand	73,496	82,136
	<b>76,661</b>	84,426
<b>Creditors: Amounts falling due within one year</b>	<b>(30,992)</b>	(34,909)
<b>Net Current Assets</b>	<b>45,669</b>	49,517
<b>Total Assets less Current Liabilities</b>	<b>1,371,870</b>	1,401,409
<b>Capital Grant</b>	<b>(1,322,248)</b>	(1,350,381)
<b>Net Assets</b>	<b>49,622</b>	51,028
<b>Funds</b>		
Restricted trust funds	20,859	33,914
Unrestricted designated funds	11,247	5,970
General fund (unrestricted)	17,516	11,144
<b>Total funds</b>	<b>49,622</b>	51,028

**Finglas Addiction Support Team Ltd**  
**(A company limited by guarantee, not having a share capital)**

**CASH FLOW STATEMENT**

for the year ended 31 December 2015

	<b>2015</b>	2014
	€	€
<b>Net cash outflow from operating activities</b>	<b>(3,081)</b>	23,090
<b>Capital expenditure</b>	<b>(5,558)</b>	(740)
<b>Movement in cash in the year</b>	<b>(8,639)</b>	22,350
<b>Reconciliation of net cash flow to movement in net debt</b>		
<b>Movement in cash in the year</b>	<b>(8,639)</b>	22,350
<b>Net funds at 1 January 2015</b>	<b>82,136</b>	59,786
<b>Net funds at 31 December 2015</b>	<b>73,497</b>	82,136

# **INDEPENDENT AUDITOR'S REPORT**

## **to the Trustees of Finglas Addiction Support Team Ltd**

**(A company limited by guarantee, not having a share capital)**

We have audited the financial statements of Finglas Addiction Support Team Ltd for the year ended 31 December 2015 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the related notes. These financial statements have been prepared under the accounting policies set out therein.

This report is made solely to the charity's trustees, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

### **Respective responsibilities of trustees and auditors**

As described in the Statement of Trustees' Responsibilities, the charity's trustees are responsible for the preparation of the financial statements in accordance with applicable law and the accounting standards issued by the Financial Reporting Council (Generally Accepted Accounting Practice in Ireland).

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Act 2014. We state whether we have obtained all the information and explanations we consider necessary for the purposes of our audit and whether the financial statements are in agreement with the books of account. We also report to you our opinion as to:-

- » **whether the charity has kept proper books of account; and**
- » **whether the Trustees' Annual Report is consistent with the financial statements.**

We report to the members if, in our opinion, any information specified by law regarding trustees' remuneration and trustees' transactions is not given and, where practicable, include such information in our report.

We read the Trustees' Annual Report and consider the implications for our report if we become aware of any apparent misstatement within it.

## **Basis of opinion**

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the trustees in the preparation of the financial statements, and of whether the accounting policies are appropriate to the charity's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error.

In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

We have undertaken the audit in accordance with the requirements of the APB Ethical Standards including the APB Ethical Standard, Provisions Available for Small Entities, in the circumstances set out in Note 2 to the financial statements.

## **Opinion**

In our opinion the financial statements:

- » **give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of affairs of the charity as at 31 December 2015 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended; and**
- » **have been properly prepared in accordance with the requirements of the Companies Act 2014**

We have obtained all the information and explanations that we consider necessary for the purposes of our audit. In our opinion proper books of account have been kept by the charity. The financial statements are in agreement with the books of account.

In our opinion the information given in the Trustees' Annual Report is consistent with the financial statements.

## **Declan Fitzgerald**

**for and on behalf of**

**BKRM CORPORATE SERVICES LTD**

Registered Auditors & Business Consultants

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Ireland

## Notes:





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Company Reg. Number: 378645  
CHY: 17626  
Charity Number: 20066017

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