



# 2022

## ANNUAL REPORT



**FAST**

Finglas Addiction  
Support Team

RECOVERY IN ACTION



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# CHAIRPERSON'S INTRODUCTION

As I write this statement I consider the continued development and commitment of FAST to address problematic substance use in Finglas and Cabra, through the use of evidence based drug and alcohol approaches. FAST Strategic Plan Creating Integrated Pathways, Recovery in Action 2022-2024 underpins the work of FAST and through the leadership of our CEO continues to evolve and more importantly be responsive. The team's commitment and enthusiasm for their work is visible in that many of the team assumed new roles and responsibilities and reacted to service needs in a professional manner, while ensuring that the service users and their families remain at the forefront of the service. Key highlights of 2022 were the FAST participation at the BLOOM show in June and the launch of the Outreach Mobile Service in December.



We had some changes to our Board of Management in 2022 and I want to acknowledge the work of those who resigned, in particular Ms Mary Flanagan who resigned as the Chair of FAST after many years of involvement with FAST. On behalf of the Board of Management, I would like to acknowledge and thank Mary for her leadership, support and hard work over the period of time that she was involved with FAST. We also welcomed new board members and the board continually play an active part in supporting the organisation in consultation with the CEO.

Finally, on behalf of the board I want to acknowledge the sustained commitment of all of the FAST team and the CEO to the service, mission and values of Finglas Addiction Support Team.

*The team's commitment and enthusiasm for their work is visible*

*Dr Denise Proudfoot, Chairperson*

# CEO MESSAGE

We are delighted to present to you our 2022 Annual report. 2022 was a very energetic year, with lots happening, lots to plan for and more to action. 2022 was an exciting year here at FAST as we launched, in consolidation with our stakeholders and service user's our Strategic Plan 2022 - 2024 "Creating Integrated Pathways, Recovery in action". This guides the work we do here in FAST and keeps us focused on our goals as we keep moving forward in the work that we do in the Finglas and Cabra communities.

Service provision has expanded and we are proud to have developed services along the Continuum of Care from low threshold services to recovery coaching opportunities. Embedding a recovery oriented system of care, through this process, enables any service user coming through the doors of FAST, we share our vision with them as they are heading towards a recovery outcome. Having this model changes the language from addiction to recovery, it reduces stigma and it is a health led approach which encompasses mental health associated with active or long term drug use.

Another highlight for FAST was the success in bringing our Horticultural Gardening Project to Bloom 2022, a new platform to highlight a positive project that was co-produced with service users, CDETB, Finglas Tidy Towns, Probation Services and a big thank you to the many helpers over the five days in the Phoenix Park. Our garden entitled "The Many Pathways to Recovery" got lots of excellent feedback and we were commended for our work by President of Ireland, Michael D Higgins.

FAST understands the role and the importance of Mutual Aid when someone is trying to find their place in recovery and opened spaces in 2022 to facilitate as much peer to peer support available to the people of Finglas & Cabra. We also launched a recovery café called "Sober Space" on 17th February in-conjunction with Recovery Academy Ireland. Sober Space highlighted that there is an active and vibrant recovery community in the Finglas and Cabra Area.

In December we invited Minister for Health Mr. Stephen Donnelly to launch our Mobile Outreach Service. The Mobile Outreach Service will serve Finglas, Cabra and Blanchardstown. It provides health promotion information, support, advocacy and an opportunity for us to create accessible services. We also expanded our staff team and work was carried out with our "On the Street Presence" through our Outreach Service and team.

I wish to acknowledge the Board of Management for their consistent support to all at FAST, to our Management Team who are the driving force behind FAST when things need to happen and to our amazing staff team who work tirelessly, whom are innovative and inspiring to our service users, and mostly to our service users whom make it all possible as they allow us to walk the path of recovery with them.



*Recovery replicates gardening, just like planting a seed, providing light, nurture and sunlight allows the individual to grow to their full potential*

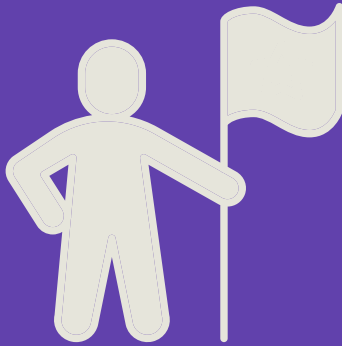
*Sonya Dillon, Interim CEO*

# VISION, MISSION & VALUES



## VISION

Every person experiencing drug and alcohol problems, and their families, will be offered the help they need, when they need it.



## MISSION

We will provide fair and inclusive access to high quality care delivered in a professional and seamless way to every person experiencing problematic drug and alcohol use. We will support every family impacted by problematic drug and alcohol use, so that everyone has an equal opportunity for recovery and to lead a fulfilled life.



## VALUES

At FAST we have a set of five core values that shape and inform everything that we do:

### **Dignity**

We create a respectful, supportive and confidential environment for people who use our services, for our staff and for our volunteers.

### **Integrity**

We demonstrate integrity, transparency, and accountability in our practices, organisational systems and structures.

### **Empowerment**

We support individuals to achieve their personal recovery goals and to connect positively with their families and their communities.

### **Quality**

We are committed to evidence-based practice and continuous improvements in service delivery.

### **Compassion**

We listen carefully, have empathy and act with positive intent.

# 2022 AT A GLANCE



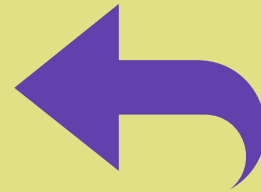
**761**  
**INDIVIDUALS**  
**CONTACTED FAST**



**620**  
**INDIVIDUALS**  
**ATTENDED FAST**



**408**  
**INDIVIDUALS**  
**NEW IN 2022**



**212**  
**INDIVIDUALS**  
**RETURNING IN 2022**



**3778**  
**APPOINTMENTS**  
**OFFERED**



**2493**  
**APPOINTMENTS**  
**ATTENDED**

# SERVICE PROVISION

2022 seen service provision return completely onsite after the previous 2 years of mixed in person, online and teleworking appointments.

2022 was an exciting busy year in FAST, with the continuation of services such as Aftercare, PDU service, Cocaine & Alcohol Group, Recovery Pathways Day Programme, Healthy Choices Group and Family Support.

We also introduced new programmes such as the Women's Wellbeing Group, Recovery Café, Photography Project, Women CA meeting and the introduction of our Social Inclusion worker employed specifically to work with traveler and new communities.

Our mobile Outreach Service was also launched by Minister Stephen Donnelly in December.

FAST organised many events throughout 2022 such as International Women's day Event and an Annual Family Support Information Day,

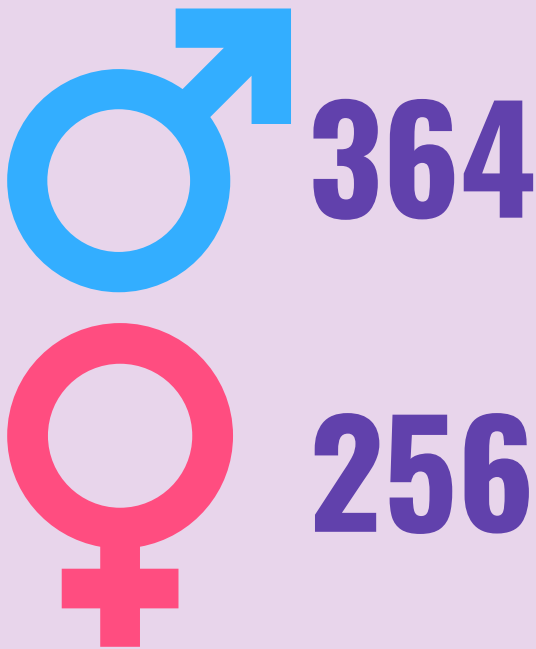
We brought our garden to Bloom in June where we received commendation from President Michael D Higgins.

September as like previous years, Recovery Month was a great success with various events in the community in collaboration with other services.

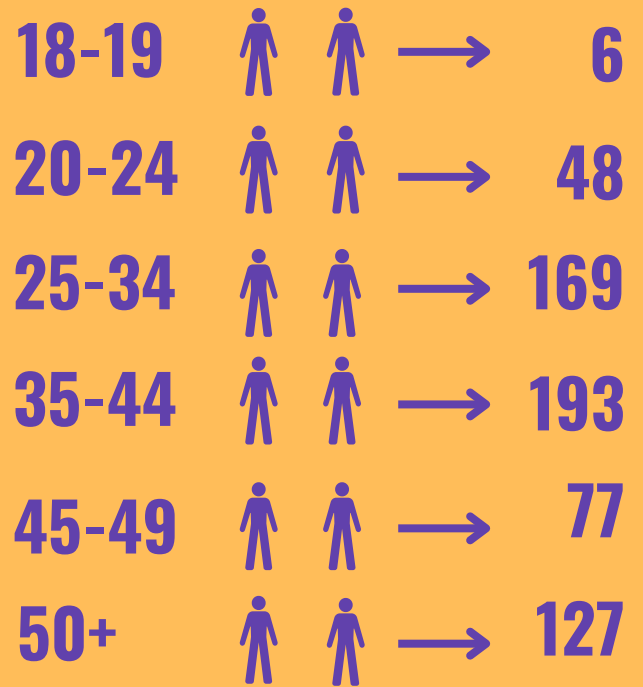
We also launched our Strategic Plan "Creating Integrated Pathways, Recovery in Action 2022-2024".

# SERVICE PROVISION

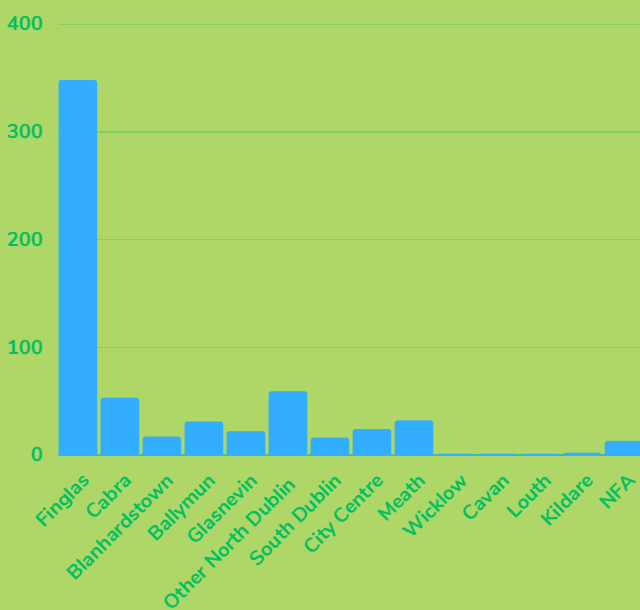
## GENDER PRESENTING



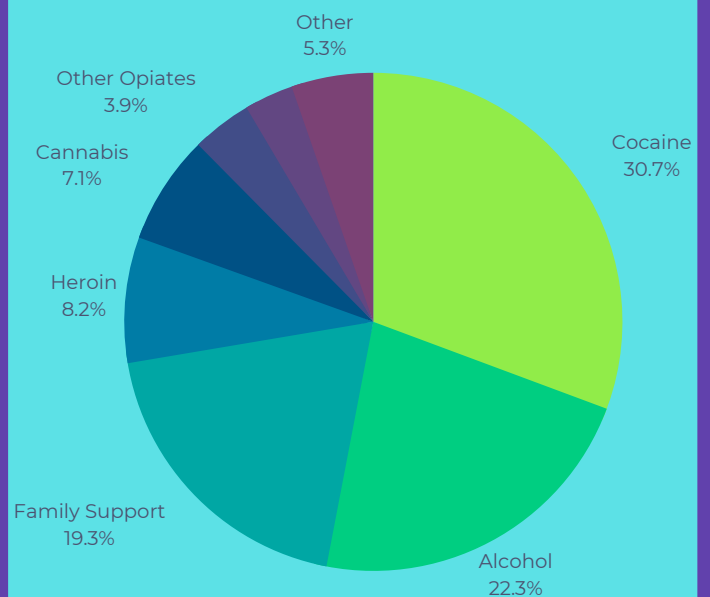
## AGE PRESENTING



## LOCALITY PRESENTING



## SUBSTANCE PRESENTING





# SERVICE PROVISION

## FAST POLY-DRUG USE (PDU) SERVICE

FAST poly-drug use (PDU) service offers diverse therapeutic and holistic interventions to support participants to reduce or stop drug/alcohol use.

The PDU service uses a combination of evidence based models like cognitive behaviour (CBT), community reinforcement approach (CRA), mindfulness based relapse prevention (MBRP), motivational interviewing (MI) and resonance factor to explore patterns linked to drug and alcohol misuse and to identify effective strategies to promote change.

The range of services provided in 2022 included:

- Assessments, Comprehensive Assessments and care planning
- One to one key working support & 6-8 week care plan reviews
- Interagency, Advocacy & Case Management
- Developing and facilitating the "Women's Wellbeing" Group
- Developing and facilitating the "Cocaine & Alcohol" Group
- Referrals to treatments options: Day Programme, residential treatment, HSE addiction services, community detoxes, etc.
- Referrals to FAST internal services: Recovery Social Group, Smart Recovery, Sober Space café, Women's Wellbeing group, Counselling, Aftercare, Day programme, Cocaine & Alcohol Group, etc.

Session Type	Offered	Attended
Initial Assessment	619	331
Comprehensive Assessment	262	148
One to One	887	587
Crisis Intervention	10	10



“

*"I am very grateful for the support and activities given to me from the facilitators, I feel very safe among the others"*

”

# SERVICE PROVISION

## Recovery Pathways Day Programme

The pathways to recovery programme offers a structured client centered approach to help participants meet their goals through referrals, group process, psycho educational workshops, key working and care planning.

We help the participant become accountable in their recovery with the outlook of empowering the client to become self-efficient moving forward in hitting their goals through the biopsychosocial model, Motivational interviewing and Resonance factor, some of the diverse therapeutic models that are used on the pathways to recovery programme.

We believe on the Recovery pathways programme that connection and accountability are key to a participant's recovery and help them to build recovery capital through connecting with all our services and supports in house and outhouse that will empower them in their recovery going forward



“ The day programme has given me hope for the future and it is a place I can come and talk to manage my goals and relationships while I'm on the pathway to recovery ”



## Recovery Pathways Day Programme

Individuals Attending	35
Group Attendances	732

## Recovery Pathways - Pre Entry Group

Individuals Attending	41
Group Attendances	86

“ The day programme gave me structure and security while helping me to reach my goals. On off days it's good to have a place to talk and have support in my recovery. ”

“ The day programme gave me a safe environment to start my recovery, a place to feel completely safe to talk openly about my addiction ”

# SERVICE PROVISION

## Cocaine & Alcohol Group

A 10 week group psychoeducational programme for people with alcohol and cocaine (including dry-sniffing) issues who are stable or in early drug/alcohol free recovery who wish to access support in a professionally facilitated and safe group setting.

The aim is to gain awareness on health and enable learning of relapse prevention, coping skills and a recovery toolkit in order to set and meet their treatment goals and build their sustainable recovery plan using evidenced base approaches.

In 2022 we ran four, 10 week groups throughout the year, average participation was 8 per group. Evaluations found that participants reported a gained awareness of the impact their drug/alcohol use had on self and others. As well as, learning new coping skills for decision making in regards cocaine and alcohol use



“

I can't speak highly enough of FAST and the people I've met there. They are the most understanding and supportive people you can find. FAST has changed my life

”

## Women's Wellbeing Group

An on-going drop in social group to increase wellbeing, peer support and recovery pathways for female participants. It ran for 43 sessions from the 8th of February until the end of December.

242 women attended session's that included: Resilience, Self-Care Tools, Mental Health Workshops, Arts & Crafts and many different outings. We had Yoga classes provided by Helen, a tutor from CDETB in Finglas, we celebrated International Women's Day in March, we organised an event for recovery month "Recovery does Cake" and at the end of the year with a visit to 14 Henrietta Street Museum, funded by the Empowering Communities Programme - Dublin North West Partnership on the 16th of December.



“

My experience to date is, if I had never end up coming here, I don't know where I would be today. I realized I am important and I have experienced with the group that I can speak up and I don't need to have a drink anymore"

”



# SERVICE PROVISION

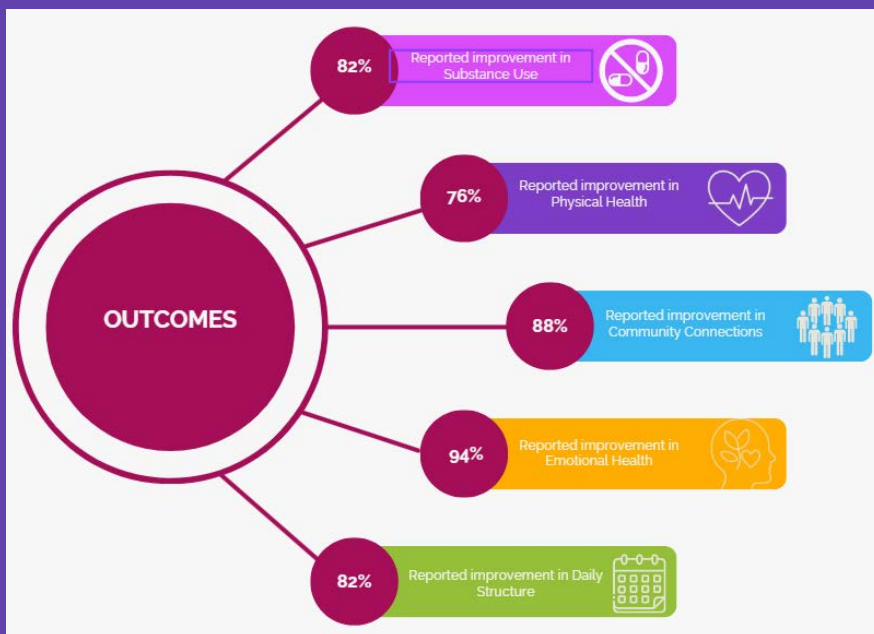
## Counselling Service

The Counselling Service at FAST aims to establish therapeutic relationships with participants who can then use this process to address life experiences which they are coping with by engaging in problematic substance use. The counselling service is available to both active and drug free participants provided they have enough stability and commitment to engage in regular appointments.

Participants are referred to counselling following two stage Initial and Comprehensive Assessment which is completed in 7 -10 days which was a change introduced during 2022.

Counselling Appointments Offered	Counselling Appointments Attended	Attendance %
683	475	69%

The outcome star tool is used both before and at the completion of the counselling process. The reviews demonstrated positive improvement in;



MALE	FEMALE
74 Males attended 353 appointments	21 Females attended 122 appointments



I cannot thank Trish & Andy enough for all the support throughout the last few months, the group completely changed my life without any judgment. Helped me with my life and my family, relationships and I am a lot stronger to make the right choices



**30 Work**  
Participants were able to re-engage or continue in full time employment

**8 Aftercare**  
Participants chose to engage in further substance free aftercare programmes

**1 Residential Treatment**  
Participant engaged in residential treatment

**2 Day Programme**  
Participants went onto engage in a full time day programme

# SERVICE PROVISION

## Aftercare Service

Aftercare has been provided by FAST since 2006. It is provided in the form of a weekly structured group and some outside activities, usually 6 in the calendar year. The capacity of the group is 12 participants, run by two FAST facilitators. This number allows for active engagement from all attending and ensures the group is functional in its aims, to promote change in recovery.

Currently, the Aftercare group is run weekly from 6.30pm – 8.30pm on a Wednesday night. Access is through the FAST Recovery Pathways Programme and the FAST Cocaine and Alcohol group. Outside participants can avail of the Aftercare programme providing certain criteria are achieved.

The FAST Aftercare group creates a rich learning environment in which people learn to face every-day struggles, through their peers, which would otherwise feel overwhelming. In Aftercare we provide and support participants to build and invest in their own recovery capital, enabling a life-long journey in recovery.

2 social evenings (Bowling and Ice Skating). In 2022 the Aftercare Group was attended by 25 men and 7 women.

Individuals Attending	32 (25M & 7F)
Assessments & Comprehensive Assessments	69
One to One	117
Group Attendances	332

## Progression

FAST Aftercare managed successfully through the Covid – 19 pandemic, ensuring all Government and HSE guidelines were strictly adhered to. Providing Aftercare at this time was invaluable to people in early recovery. On the lifting of restrictions, the away activity days were well supported and enjoyed by all who attended. Cinema, Bowling, Phoenix Park walk and Ice Skating followed by food, to name a few.



# SERVICE PROVISION

## Social Inclusion Service

New in 2022 was the FAST Social Inclusion Service with the employment on a Social Inclusion Outreach Worker. This service provides an integrated treatment pathways to recovery providing accessible service provision to Traveler, Roma and new communities in Finglas, Cabra and Blanchardstown providing a confidential and non judgmental service.

In 2022 we provided addiction support, family support, advocacy and mental health support for Travelers, Roma, Romanian, African, Slovakian, South American and Kuwaiti Nationalities.

We support people on a one to one basis within the IPS. We provided Information and education in a group setting in the IPS.

Master Tin Smith James Collins ran a workshop and completed a lovely piece for display in FAST.

FAST hosted a very successful Mental Health & Wellness morning for service users of social inclusion.

## Ukrainian Response

FAST would like to acknowledge the work of The Hopeful's Group for their skill and creativity making ribbons to create awareness around the hardship of the people of Ukraine.

We would also like to acknowledge the hard work from the recovery pathways day programme, volunteer Karl who created a successful social media campaign for more helpers to create hygiene packs for the Ukrainian response.



# SERVICE PROVISION

## Outreach Service

Fast Mobile Outreach service provides information and support to high risk vulnerable individuals who are experiencing substance/alcohol misuse & homelessness. The (MOS) helps participants connect with the most suitable services and work through the challenges that prevent them from accessing the support they need. Services offered on the MOS will be free and delivered in a non-judgemental and confidential atmosphere.

We provide harm reduction information & education, safer injecting training, naloxone to help treat overdose and reverse the effects of the substance ingested, crisis intervention support, sexual health screening support re birth control and condoms, pregnancy tests. We offer information education/prevention services and support to those that are concerned about their sexual health. We also provide rapid HIV testing, hygiene packs, sexually transmitted infection (STI) testing, referral and advocacy.

## Tus Nua Inreach Service

FAST works in partnership with Tus Nua and all local drug and alcohol service providers. In 2022 the service provided a response to presenting emerging needs of participants in Tus Nua, facilitating female participants of the centre to address their problematic drug and alcohol use. The service provides Psycho-social supports, Assessment, One to one key working and care planning, Group support sessions, Workshops, Signposting and Treatment Referrals. There were 35 women in Tus Nua in 2022 and FAST had active engagements with 19 of the women.

## Healthy Choices Group

Our outreach service created a group for low threshold participants, as we saw a need for participants to engage in a group and create a recovery pathway and look at what complex needs they had, it also created a space for participant's to check in to see how their week was in a therapeutic environment with some psycho-educational/addiction workshops to develop life skills, with the aim of making healthy choices in their life. Between January–December 2022, we had 17 active participants who attended 12 group sessions

Advocacy	49
Assessments	48
Comprehensive Assessments	16
One to One	124
Street Work	236



With the support of Dublin Simon Community we sourced accommodation for 31 people. We provided hygiene packs and showering facilities to them in the interim. The Outreach Service provided vital in-reach support and referral to participants in Wellmount & the Den (crosscare) to access groups in other agencies & FAST including:

- Stabilisation Programmes
- Recovery Pathways Programme
- Reduce the Use

# SERVICE PROVISION

## Family Support

FAST has been providing a family Support Service since 2004 and it continues to respond to the needs of family members who have been affected by problematic substance use. Family members can avail of both one-to-one (8-12 sessions) and group (2) supports.

In 2022 FAST offered 416 appointments with a 73% attendance rate of 303 appointments.

FAST Family Service engaged with 105 individuals in 2022. The ratio of female to male remains consistent with approx. 10:2 attending in 2022. 416 appointments were offered to 117 individuals

<b>Individuals Attending</b>	<b>89 Female</b>	<b>28 Male</b>
<b>Appointments</b>	<b>416 Offered</b>	<b>303 Attended</b>

## Family Support Groups Outcomes

95% of participants attending Groups have shown improvement in:

- Coping mechanisms
- Increased self-esteem and strength
- Reduced stress levels
- Reduced negative patterns of behaviour
- Increased knowledge in mindfulness techniques to reduce stigma and Isolation

## Family Support Events

FAST hosted a Family Support conference in April that was attended by 32 participants. Guest Speakers were in attendance from Women's Aid, D15 Suicide, Marie Keating Foundation and workshops were given on Mental Health, Nutrition, Wellness and Regan O'Brien gave a talk on mindfulness.

In July, 11 participants attend a guided walk at Labyrinth Garden followed by a guided tour of the walk of St. Kevin hosted by SR. Peggy, manager of the Heritage Centre.

In September FAST hosted a stress management workshop for family members under stress due to a loved one's substance or alcohol use this was very successful as it helped family members gain understanding and cope better in stressful times.

## Family Support Groups

<b>5 Step Method</b>	2 Groups in 2022	<b>55 Attendances</b>
<b>Psycho-educational Group</b>	2 Groups in 2022	<b>142 Attendances</b>
<b>Graduate Group</b>	1 Group in 2022	<b>79 Attendances</b>

“

I really am very grateful for all the help I have received.

I'm the mother of someone in addiction, something I never thought would ever happen in my family.

When I looked at places to get help I found FAST. I came to FAST in 2022. I started with 1 to 1 counselling which I found really helped me. I had time to share my thoughts, my feelings, and my anger all without judgement.

”



# HIGHLIGHTS OF 2022

## Mobile Outreach Unit

In 2022 we were very excited to launch our FAST Mobile Outreach Service.

We provide a mobile outreach service in Finglas, Cabra and Blanchardstown, which provides information and support to high risk vulnerable individuals who are experiencing substance or alcohol misuse & homelessness. The (MOS) helps participants connect with the most suitable services and work through the challenges that prevent them from accessing the supports they need. Services offered on the MOS are free and delivered in a non-judgemental and confidential atmosphere.



In 2020 & 2021 the FAST Outreach team recognised that areas in Dublin 15, Dublin 11, and Dublin 7 were in need of more sustainable outreach services. FAST recognised that a MOS was needed to cover these areas and reach clients that are unable to attend on site in FAST and services in their own community. Further observations and research by the Outreach Team explored into a model that could work and be delivered. The Outreach Team looked to a model that is already very successful for guidance and support. Some services that are being delivered on an outreach basis in Ireland in a mobile unit are the DASH van in Cork that covers parts of Kerry as well, DASH (drugs alcohol and sexual health), also the Mobile Outreach unit operated by Safety Net & Dublin Simon Community and the Ana Liffey Mobile Harm reduction Unit.



## Mobile Outreach Service Launch

The Mobile Outreach Unit was launched in December 2022 for Minister for Health Mr Stephen Donnelly, we were joined by colleagues from the Department of Health, HSE Social Inclusion and Addiction Services DNCC



# HIGHLIGHTS OF 2022

## Recovery Month

September was a busy month in FAST with a full calendar of events to celebrate International Recovery Month planned. Planning started back in the summer when an inter-agency group was established with various different services to plan and prepare for recovery month.

We partnered with Sankalpa, Finglas/Cabra Drug & Alcohol Local Drug Task Force, The Loft, Soilse, HSE, YAP Ballymun and Ballymun Drug & Alcohol Local Drug Task Force.



## Recovery Month Events

Some of the events FAST organised or FAST took part in that were organised by other services were the Darren Floor Memorial Cup, Soilse "Reeling in the Years" - 30th Celebration, Recovery through the Arts in the Sean O'Casey Theatre, Ballymun YAP Social Event, Motivational Monday had 3 speakers on Resilience, "Recovery Does Cake" women's wellness group cake morning, Services Quiz which had teams from Sankalpa, Soilse, Tolka River Project, Enfield Treatment Centre, Phoenix Warriors run visited FAST, cycle from Cabra to Enfield, Seaswim, Bray to Greystones walk with Tiglin, Irish Recovery Walk, as well as a "Leave a Light on" event on 30th September to name a few!



# HIGHLIGHTS OF 2022

## Bloom

### "The Many Ways to Recovery"

Our gardening project commenced in summer 2021 during lock down. We are privileged at FAST to have such a beautiful space to work from both internally (Building) and externally (garden space). The idea to enter our project into a gardening competition excited us, but was also a reward for all the hard work that had been completed. We were supported by CDETb who kindly offered us some hours from a highly experienced Horticulturist Seamus, we also had lots of help from Finglas Tidy Towns and the Probation Services (Tom) whom guided and supported us to keep our garden in tip top shape.

Recovery from addiction can be a bumpy path; no two journeys are exactly the same, the roads travelled towards the journey of recovery can take time, but like nature planting a seed and expecting a tree in a week is unrealistic.

The recipe for a successful garden is time, consistency, patience, commitment, nurture and hope, this is also the ingredients for a successful recovery.

We brought our Garden "The Many Ways to Recovery" to Bloom 2022 and for five days in June 2022 we used the platform to highlight that recovery is possible and there are many pathways to experience on the journey of self-discovery



# HIGHLIGHTS OF 2022

## FAST Strategic Plan 2022 – 2024 Creating Integrated Pathways, Recovery in Action

In April we launched our 2022-2024 Strategic Plan 'Creating Integrated Pathways, Recovery In Action'. Our Strategic Plan was launched by Mr Tom O' Brien HSE Head of Primary Care, Dublin North City and County. We had a lot of support on the day from Caroline & Declan sharing a Glimpse of Recovery in Action. We also had support for the launch from Finglas Talks, Finglas Cabra Drug & Alcohol Task Force, Dublin Northwest Partnership Paul McAuliffe TD, Dessie Ellis, Róisín Shortall and Recovery Hour.



## International Women's Day

We had a lovely morning in FAST for a special day with inspiring women speakers and well deserved treats to mark International Women's Day 2022.

## Lisbon Addictions

FAST were among 1800 participants at "Lisbon Addictions" Europe's multidisciplinary conference on addictions behaviour's and dependencies that provides a forum for networking across Europe.

The 4 day conference was attended by FAST's CEO Amy Roche, FAST Chairperson Dr Denise Proudfoot and FAST Project Worker's Brian Mitchell and Steven Deane.



# MEET THE TEAM

The FAST staff team work tirelessly to achieve the aims and objectives of the FAST strategic and operational plans. The 2022 team is made up of:

Amy Roche	CEO	Sonya Dillon	Services Team Leader
Linda Phillips	Outeach Team Leader	Sinead O'Brien	Finance & Operations Manger (Resigned July 2022)
Brendan Rodgers	Finance Manager	Donna McCarthy	Administrator/Office Manager
Michelle Milne	Family Support Worker/ Social Inclusion Outreach Worker	Andy Robertson	Addiction Counsellor
Trish Mestres	Project Worker	Natalie Carr	Project Worker
Gary Cunniam	Project Worker (Resigned August 2022)	Steven Deane	Project Worker
Peter Rosenshine	Outreach Worker (CE) (Resigned May 2022)	Brian Mitchell	Assertive Outreach Worker
Edel Wayte	Family Support Worker	Sinead Johnston	Social Inclusion Outreach Worker (Resigned August 2022)
Tony McCarthy	Volunteer Family Support Worker	Vinny Banks	Outreach Worker (CE)
Sarah Barrett	Trainee Project Worker (CE)	Danny Cleary	Trainee Counsellor
Kyran O'Brien	Recovery Coach	Suzanne Murphy	Mental Health Peer Support (Student Placement)
Lorraine Carroll	Recovery Coach	Liz Sweeney	Receptionist/Admin (CE)
Bernie Nerney	Receptionistt/Admin	Caitriona Farrell	Receptionist/Admin (CE)
Jodie Timmins	Receptionist/Admin (CE) (Resigned May 2022)	Jimmy Dixon	Caretaker
John Carter	Caretaker (CE)	Dermot Murphy	Gardener (CE) (Resigned September 2022)

# MEET THE TEAM



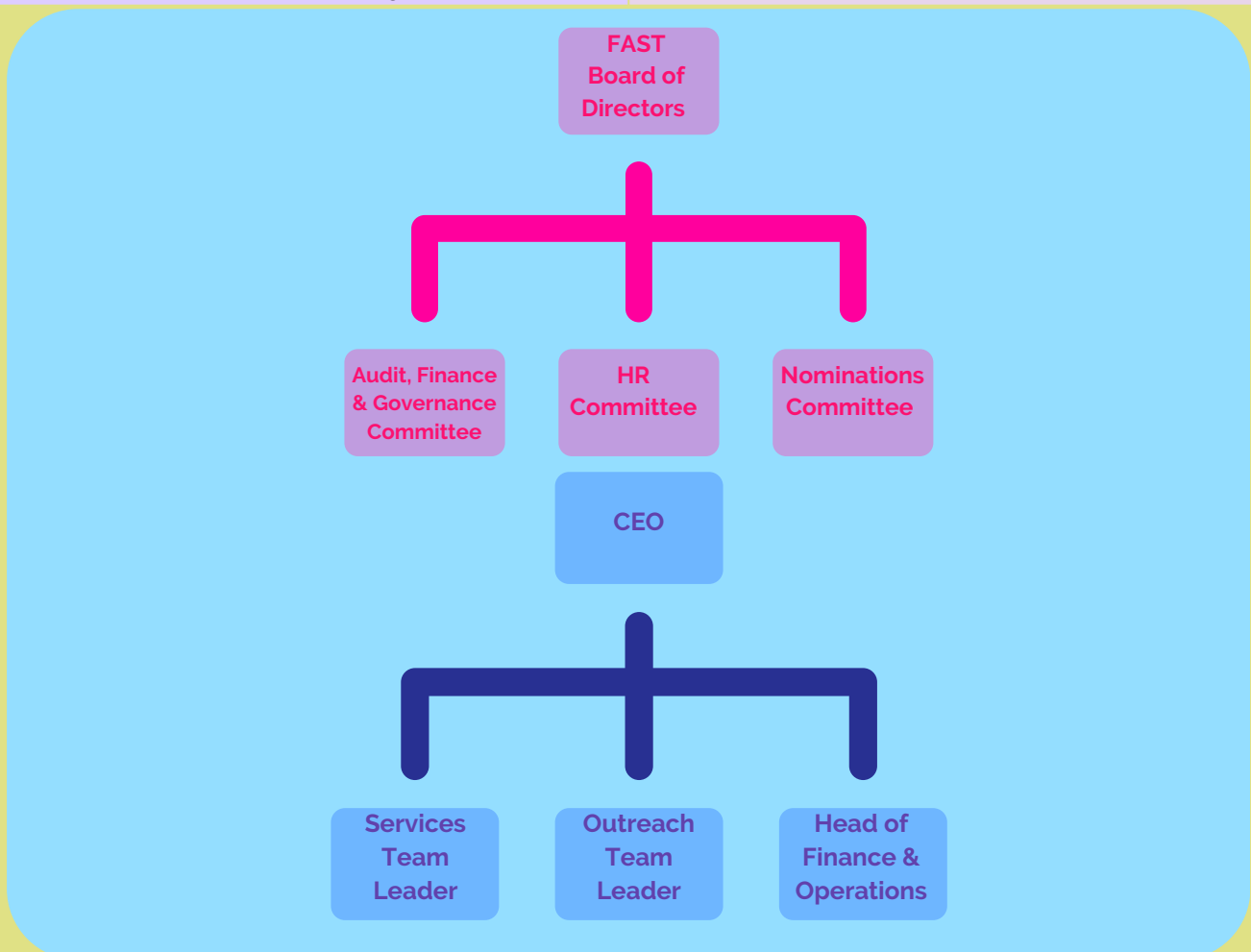
# STRUCTURE, MANAGEMENT & GOVERNANCE

## FAST Board of Management

FAST is registered in Ireland as a company limited by guarantee, not having a share capital. The Directors are elected at the AGM and are engaged to ensure a mix of professional skills and personal experiences. In 2022 two members of the Board resigned and one new member was appointed as Director. The Board met 7 times during 2022 including the AGM. The Board also facilitates attendance at subcommittees i.e. Audit, Finance and Governance. The Board worked hard to develop, in conjunction with staff and management the FAST Strategic Plan 2022-2024 "Creating Recovery Pathways, Recovery in Action. The Board continues to operate under the Governance Code and the Charities Governance code. The Board delegates the management of FAST to the Chief Executive Officer who maintains an oversight and monitoring role.

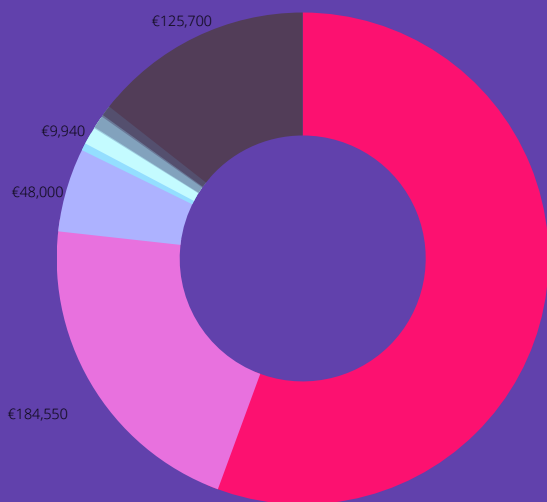
The Board Members in 2022 were comprised of the following:

Mary Flanagan	Chairperson/Director (Resigned September 2022)
Dr Denise Proudfoot	Chairperson/Director
Susan Looby	Treasurer/Director
Janis Maxwell	Secretary/Director
Dr. James Kiranne	Director
Brian Dalton	Director (Resigned October 2022)
Marie Nally	Director
Philomena Murphy	Director
Bronwen Maher	Director (Appointed September 2022)
Detective Damien Mangan	Executive in Attendance



# FINANCIAL OVERVIEW 2022

## Funding Sources 2022



Funding from State Bodies	€
Health Service Executive	€717,701
Finglas/Cabra Local Drug & Alcohol Task Force	€7,254
DCC Community Enhancement Programme	€1,016
Period Poverty	€6,000
<b>Total</b>	<b>€731,971</b>

Funding Generated	€
Donations Received	€9,940
Fundraising	€638
Other Income	€6,820
<b>Total</b>	<b>€17,399</b>
<b>Total Funding 2022</b>	<b>€749,369</b>

HEALTH SERVICE EXECUTIVE CORE FUNDING

HEALTH SERVICE EXECUTIVE SOCIAL INCLUSION

CITY OF DUBLIN YOUTH SERVICES BOARD

DEASP

DONATIONS RECEIVED

FUNDRAISING

€485,151

FINGLAS/CABRA LOCAL DRUG & ALCOHOL TASK FORCE

DCC COMMUNITY ENHANCEMENT PROGRAMME

PERIOD POVERTY

OTHER GRANTS/INCOME

HR SUPPORT COSTS

COURSES & RESIDENCES

CENTRAL PREMISES & GENERAL OFFICE COSTS

BANK CHARGES

MAINTENANCE

FUNDRAISING COSTS

SALARIES, WAGES & RELATED COSTS

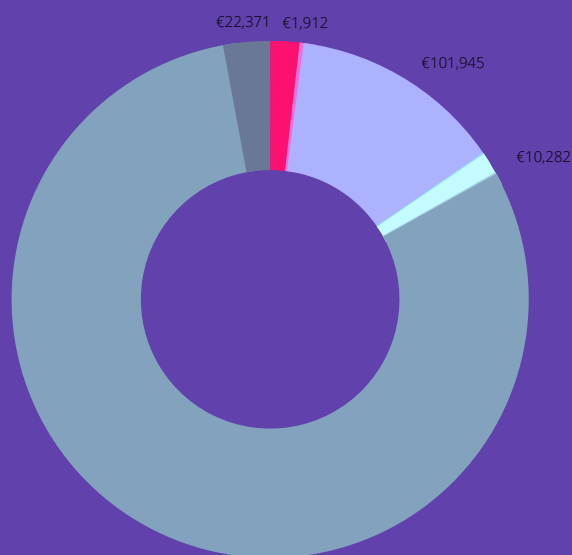
GOVERNANCE COSTS

## Expenditure 2022

Employees & Remuneration	2022	2021
Administration	2	2
Project Workers	11	10
Managers & Team Leaders	4	4

Staff Costs	2022	2021
Wages & Salaries	€539,446	€483,912
Social Security Costs	€57,133	€52,064
Pension Costs	€20,316	€14,490
<b>Total</b>	<b>€616,895</b>	<b>€550,466</b>

Expenditure	€
HR Support Costs	€13,938
Courses & Residences	€1,912
Central Premises & General Office Costs	€101,945
Bank Charges	€624
Maintenance	€10,282
Fundraising Costs	€761
Salaries, Wages & Related Costs	€612,939
Governance Costs	€22,371
<b>Total Expenditure 2022</b>	<b>€764,773</b>





# FINANCIAL OVERVIEW 2022

## Statement of Financial Activities - for the year ended 31st December 2022

Income	Unrestricted Funds 2022 €	Restricted Funds 2022 €	Total 2022 €	Total 2021 €
Donations and legacies	9,940	-	9,940	4,806
Charitable activities	7,254	725,355	732,609	791,601
Other income	6,820	-	6,820	3,504
<b>Total Income</b>	<b>24,014</b>	<b>725,355</b>	<b>749,369</b>	<b>799,911</b>
<b>Expenditure</b>	<b>10,524</b>	<b>754,248</b>	<b>764,772</b>	<b>672,495</b>
Charitable activities				
<b>Net Income/(Expenditure)</b>	<b>13,490</b>	<b>(28,893)</b>	<b>(15,403)</b>	<b>127,416</b>
Transfers between funds	-	-	-	-
<b>Net Movement in Funds for the Financial Year</b>	<b>13,490</b>	<b>(28,893)</b>	<b>(15,403)</b>	<b>127,416</b>
<b>Reconciliation of Funds</b>				
Balances brought forward at 1st January 2022	1,282,132	272,269	1,544,401	1,426,985
<b>Balances Carried Forward at 31st December 2022</b>	<b>1,295,622</b>	<b>243,376</b>	<b>1,538,998</b>	<b>1,554,401</b>

## Balance Sheet - As at 31st December 2022

Total Funds	2022 €	2021 €
Tangible assets	1,315,915	1,265,982
<b>Current Assets</b>		
Debtors	6,461	119,674
Cash at bank and in hand	246,073	219,387
	252,534	339,034
<b>Creditors: Amounts Falling Due Within One Year</b>	<b>(29,451)</b>	<b>(50,615)</b>
<b>Net Current Assets</b>	<b>112,083</b>	<b>288,419</b>
<b>Total Assets Less Current Liabilities</b>	<b>1,538,998</b>	<b>1,554,401</b>
<b>Funds</b>		
Restricted trust funds	243,376	272,269
Unrestricted designated funds	5,962	5,958
General fund (unrestricted)	1,289,660	1,276,174
<b>Total Funds</b>	<b>1,538,998</b>	<b>1,554,401</b>

## Statement of Cash Flows - As at 31st December 2022

Cash Flows from Operating Activities	2022 €	2021 €
Net movement in funds	(15,403)	127,416
Adjustments for: Depreciation	8,067	-
	(7,336)	127,416
Movements in working capital: Movement in debtors	113,186	(118,581)
Movement in creditors	(21,164)	(17,572)
Cash generated from operations	84,686	(8,737)
<b>Cash Flows from Investing Activities</b>		
Payments to acquire tangible assets	(58,000)	-
<b>Net Increase in Cash and Cash Equivalents</b>	<b>26,686</b>	<b>(8,737)</b>
<b>Cash and Cash Equivalents at 1st January 2022</b>	<b>219,387</b>	<b>228,124</b>
<b>Cash and Cash Equivalents at 31st December 2022</b>	<b>246,073</b>	<b>219,387</b>

# ACKNOWLEDGEMENTS

In FAST the work we do is possible due to the support from our participants, staff team, board, our funders and all the different agencies and community groups we work alongside.

We wish to thank the following for all of the support to FAST in 2022:

- Health Service Executive (HSE)
- Finglas/Cabra Local Drug & Alcohol Task Force (FCLDATF)
- Dublin City Council (DCC)
- Dublin North West Area Partnership (DWNAP)
- Wellmount Clinic
- The Abigail Women's Centre
- Aylward Green
- Connolly Hospital
- The Mater Hospital
- Feed our Homeless
- Voyages Centre
- Recovery Academy Ireland
- Board Bia Bloom
- The Loft Cabra
- The Safety Forum
- Pavee Point
- St Helena's Resource Centre
- Primary Care Services
- Century Day Service
- Local TD's and County Councillors
- DRHE Central Placement Service
- Accommodation Providers
- Intreo Social Welfare Services
- Participants of FAST
- Crosscare
- Finglas Tidy Towns
- The Den - Finglas Youth Service
- Littlewoods Ireland
- Period Poverty
- Care Choice Nursing Home
- Masseys Funeral Home
- Dublin Simon Community Outreach Service
- Dublin City University (DCU)
- Gardai
- Sankalpa
- Local Secondary Schools
- Better Finglas
- Barnardos
- Coolmine Therapeutic Community
- Anna Liffey Drug Project
- Safety Net Services
- Irish Prison Services
- Probation Services
- SR. Peggy
- Suicide Awareness D15
- Marie Keating Foundation
- HIV Ireland
- Debbie Kearns
- The Board of FAST
- The Staff & Volunteers at FAST







**FAST**

Finglas Addiction  
Support Team

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T: (01) 811 0595 | M: 083 081 1894 | [www.fastltd.ie](http://www.fastltd.ie)

Company Reg. No: 378645 CHY: 17626

Charity Number: 20066017

FAST is funded by the Finglas/Cabra Local  
Drug & Alcohol Task Force & the HSE as part  
of the National Drugs and Alcohol Strategy