

FAST
ANNUAL
REPORT
2025

"From Connection to Change"

FINGLAS ADDICTION SUPPORT TEAM



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Organisation Details

Finglas Addiction Support Team (FAST) is a community-based service providing fair, inclusive and evidence-based support to individuals and families experiencing problematic drug and alcohol use.

We are committed to strengthening recovery, resilience and wellbeing across the Finglas and Cabra communities.

Contact Us

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Governance & Registration

FAST is a registered charitable organisation

Registered Charity Number: 20066017

CHY: 17626

Company Registration Number: 378645

Acknowledgements

FAST gratefully acknowledges the continued support of our funders, partners, staff, volunteers, and the communities of Finglas and Cabra.

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WELCOME INTRODUCTION

“

*Leadership, compassion,
and connection support
meaningful lasting
change*

”

INTRODUCTION

FROM THE CHAIRPERSON

2025 was a particularly important year for FAST as we marked our 20th anniversary with a special celebration in the Mansion House. This milestone provided an opportunity to recognise the growth and development of the organisation over the past two decades, and to reflect on the enduring commitment of those who established FAST and the communities we continue to serve.

The anniversary event focused on community, partnership, and recognition of the many individuals who contributed to the foundation and success of FAST. We were honoured to welcome the Minister for Public Health, Wellbeing and the National Drug Strategy, Jennifer Murnane O'Connor, who acknowledged the contribution of FAST founding member Marie Kearns and the importance of community-led responses to substance use.

We were also pleased to welcome the Minister to FAST later in the year, recognising both the work of the organisation and the evolving needs within our communities.

Throughout 2025, FAST continued to respond to significant and changing needs across Finglas and Cabra. Patterns of substance use continue to evolve, placing additional pressures on individuals, families, and services. In response, FAST remained focused on strengthening service delivery, expanding supports, and ensuring access to compassionate, evidence-informed care within local communities.

A significant development during the year was the progression of new premises for the Cabra Alcohol and Drug Service (CADs) in partnership with the Northwest Partnership, strengthening the long-term capacity of services in the area.



On behalf of the Board, I would like to acknowledge the commitment and professionalism of our CEO and staff team, whose dedication underpins the quality of our services. I also extend sincere thanks to our volunteers, partners, and wider community supporters for their continued contribution.

We are deeply appreciative of the ongoing support of the HSE and the Finglas Cabra Local Drug and Alcohol Task Force, whose partnership remains central to our work.

I would also like to acknowledge the Board for their continued governance and commitment throughout the year.

Most importantly, we recognise the individuals and families who engage with our services and place their trust in FAST. Their resilience and courage remain at the heart of everything we do.

As we look ahead, FAST remains committed to strengthening supports, responding to emerging needs, and improving outcomes for individuals, families, and communities.

Peter Brennan

Peter Brennan
Chairperson

MESSAGE FROM THE CEO

FAST had another very successful year and I remain immensely proud of our team and deeply grateful to our Board of Directors, who continue to work tirelessly behind the scenes in support of the organisation.

A particular highlight of 2025 was our 20 Year Anniversary celebration, which brought together staff, board members, partners, supporters, and the wider community to reflect on the journey of FAST over the past two decades. We were honoured to welcome Minister Jennifer Murnane O'Connor, who launched our commemorative anniversary video and helped us recognise the many people whose commitment and vision shaped FAST into the organisation it is today. The celebrations also provided an opportunity to preserve and share the history, community spirit, and collaborative approach that continue to define FAST, with a full feature included within this report.

Throughout 2025, FAST continued to deliver a significant depth and breadth of work across our services. In particular, we strengthened our collaborative work with the HSE through the delivery of a number of targeted programmes, including cocaine interventions, alcohol-specific early intervention initiatives, and the COSAR aftercare programme. These partnerships demonstrate the strength of our relationship with the HSE, not simply as a funding body, but as a genuine partner in responding to emerging community needs.

Another significant development this year was the acquisition of new premises for the Cabra Alcohol & Drug Service in partnership with Northwest Partnership. This represents an important investment in the future sustainability and development of services in Cabra and reflects FAST's ongoing commitment to long-term sustainability and development of services through a collaborative approach.



Family support also remained a central priority throughout the year. FAST hosted a highly successful Family Support Conference featuring Senator Frances Black as keynote speaker, highlighting the importance of supporting families affected by substance use and recognising the vital role that families play in recovery, resilience, and long-term wellbeing.

None of the work delivered by FAST would be possible without our dedicated and passionate staff team and volunteers, whose professionalism, compassion, and commitment continue to make a meaningful difference in the lives of individuals, families, and communities every day.

I hope this report reflects and showcases the scale of their work, dedication, and impact throughout 2025.

Deborah Morgans

Deborah Morgans
Chief Executive Officer

VISION, MISSION & VALUES



VISION

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



MISSION

We provide accessible, professional, and compassionate support to people affected by addiction and their families, empowering them on their journey to recovery and wellbeing with the dedication of our staff and volunteers.



VALUES

Dignity: We uphold the dignity of service users, staff and volunteers by listening, respecting their choices, and providing a safe, supportive environment where everyone feels valued and able to thrive.

Integrity: We demonstrate integrity through ethical practices, transparent systems, and accountable interactions, earning the trust of our clients, community, and partners.

Empowerment: We empower individuals, families, staff, and volunteers to grow, make informed choices, and build positive connections, working together to achieve positive outcomes.

Quality: We deliver high-quality, evidence-informed services that are effective, responsive, and focused on achieving the best outcomes for those we serve.

Compassion: We show compassion by listening with empathy, understanding, and responding with care, building trust and positive connections with service users, families, and colleagues.

CONNECTION

*"Connection creates the
courage to begin again."*

20TH ANNIVERSARY

CONNECTION TO FAST'S ORIGIN



*Our Story
Our Community
Our Impact*

20

To commemorate its 20th anniversary, the Finglas Addiction Support Team commissioned a short film documenting the organisation's journey over the past two decades, from its grassroots beginnings to its current role as a key community-based service in Finglas.



The film captures the determination and commitment of the local volunteers who first identified the need for addiction supports in the area and who worked tirelessly to secure funding and establish the project.



It acknowledges the challenges and barriers faced during the early years, as well as the vital support provided by local services and the wider community that helped sustain the initiative at a critical time.



The film, with contributions from original founding members such as Marie Kearns, traces FAST's development through its early locations, including its initial base in Janelle Shopping Centre, the employment of staff, and the move to portacabins at St Helena's. These milestones reflected the gradual growth and increasing demand for services.



"Securing a future for FAST took vision, persistence, and a lot of doors that didn't open the first time".

Barbara Condon
First CEO, FAST



Another central feature of the film is the contribution of FAST's first Chief Executive Officer Barbara Condon, who recounts the sustained efforts required to secure and retain capital funding, culminating in the development of the purpose built facility on Wellmount Road, which remains the organisation's home today.

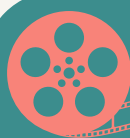
FROM THE PAST TO THE PRESENT

The film concludes with reflections from the current Chief Executive Officer Deborah Morgans, outlining FAST's work today, the impact of the service, and the organisation's strategic focus as it looks to the future.



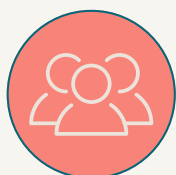
"Our focus is people, potential, and partnership. The future is about growing, impact, and creating hope".

Deborah Morgan
CEO, FAST



This anniversary film serves as a record of FAST's history and achievements, while also recognising the resilience, leadership, and community collaboration that have underpinned the organisation's work over the past 20 years.

A Journey of Growth



Early 2000's

Local volunteers identify the need for addiction supports in Finglas



2003

First base in Janelle Shopping Centre



2004

Service expands and first staff members join



2011

Opening of our purpose-built home on Wellmount Road



2025

20th Anniversary Commemoration in the Mansion House



CELEBRATING

20 Years of Impact

To launch this video and celebrate our 20th Anniversary, FAST was honoured to host a special celebration event at the Mansion House, Dublin.



**20
YEARS**

Of commitment to our community



**COUNTLESS
LIVES**

Supported, empowered, and inspired



**STRONGER
TOGETHER**

With our partners, funders, and friends



**LOOKING
AHEAD**

To a future of hope and impact

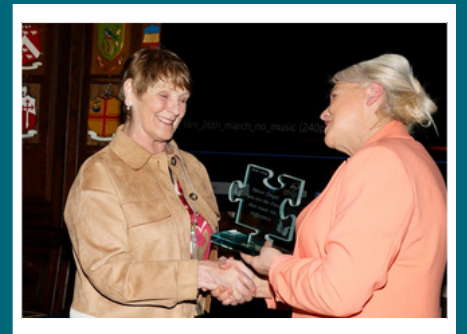
20TH ANNIVERSARY CONNECTION TO FAST'S ORIGIN

Minister Jennifer Murnane O'Connor officially launched our anniversary film.

It was a wonderful night shared with our many elected TDs and local councillors, funders, stake holders, a lot of the original founding members who worked tirelessly to establish FAST, our service users, and many more friends of FAST all of whom helped make the celebration so special.



We were especially honoured to present Marie Kearns with an award recognising her outstanding contribution to FAST as a founder member. Marie accepted this award on behalf of the incredible Finglas community, whose strength, resilience, and support have been at the heart of FAST since the beginning.



The event was also supported by the unwavering dedication of our Board of Directors, past and present, who generously give their time and expertise on a voluntary basis, as well as our staff team, whose commitment, compassion, and hard work truly make a difference in people's lives every day.

Thank you 
to everyone who has been part
of our journey. Here's to the
next 20 years!

SPIRIT OF FINGLAS

COMMUNITIES CONNECTED



We were honoured to welcome Jennifer Murnane O'Connor to our service for a visit during the year, following her attendance at our 20 Year Anniversary event where she officially launched our commemorative film.



Her continued engagement with our organisation was greatly valued by staff, participants, and families alike.



Minister Murnane O'Connor was joined by long-time supporters Paul McAuliffe and Dessie Ellis, as well as Mayor of Finglas Linda Emmett, Philomena Byrne Murphy from Finglas Tidy Towns, representatives from Dublin City Council including Larry Dooley and Róisín White, Health Service Executive representatives Bernadette Rooney and Anne Devoy Kelly from North West Partnership.



During the visit, guests toured our facilities, met with staff and participants, and attended an art competition hosted by our Family Support Groups. The event celebrated the creativity, resilience, and achievements of those engaging with our services, while also highlighting the importance of collaboration across community, voluntary, and statutory sectors.



The visit reflected the strength of partnership working and demonstrated how meaningful collaboration between community organisations, local representatives, and statutory bodies can create positive opportunities, strengthen supports, and make a real difference in the lives of individuals and families affected by addiction.



"To witness a client going from a methadone clinic to college in the space of 2 years and, then for that client to call you with such joy, happiness and freedom in their lives, just reinforces why I choose to work in FAST".

Alex Murphy
Project Worker, FAST



SPIRIT OF FINGLAS

COMMUNITIES CONNECTED



A successful collaboration between FAST, Finglas Tidy Towns and The Den Youth Service brought young people together through a creative art competition titled “The Spirit of Finglas”. Participants engaging with The Den were invited to design an image reflecting the rich heritage of Finglas.

As part of the project, Finglas Mayor Linda Emmet visited the group, spending time with the young people and sharing insights into the history of the area. Particular emphasis was placed on the Viking heritage of Finglas, including references to the historic Viking village and the Viking queen discovered in the local graveyard, helping to inspire the creative process.

The winning artwork will serve as the foundation for a large-scale mural, planned for installation in the FAST garden space in 2026. The project celebrates youth voice, local heritage, and community partnership, while contributing to a lasting visual legacy for Finglas.



"Being able to express myself through art was so helpful"

**COSAR Group Member
FAST**



ENGAGEMENT

“

*“Every act of engagement
strengthens connection and
opens the door to change”*

”

OUR SERVICES IN ACTION

THREE PROGRAMMES

One Shared Mission

*In proud collaboration with the HSE,
working together with the Health Service
Executive to deliver accessible, evidence-
Informed and person centered supports.*



COSAR (Coping Skills for Addiction Recovery)

IN COLLABORATION WITH THE HSE



Skill development for
independent living



Relapse prevention
strategies



Emotional resilience
building



Peer support networks



OVERALL GOAL:

Empower individuals to
maintain recovery and
lead independent,
healthy and fulfilling
lives, post treatment.



COCAINE & ALCOHOL PROGRAMMES

IN COLLABORATION WITH THE HSE



41% of all our participants
presented with cocaine use.



Initiatives included the North
Dublin Triage Service and
one to one support services.



A social media campaign
reached **388,764** accounts,
generating **370** contacts,
and **30** participants engaged
directly with the cocaine
practitioner in FAST.



Vulnerable Women's
Contingency Management
programme engaged 8
women.



Wellmount Clinic Mixed
Gender Contingency
Management Programme
engaged 11 participants,
improving wellbeing and
finances.



SAOR EXTENDED BRIEF INTERVENTION PROGRAMME

IN COLLABORATION WITH THE HSE



Providing structured
referral pathways from
GP's to integrated
alcohol services.



25

Individuals
supported in
2025

Strengthening early identification,
brief intervention and onward
support within community based
settings.

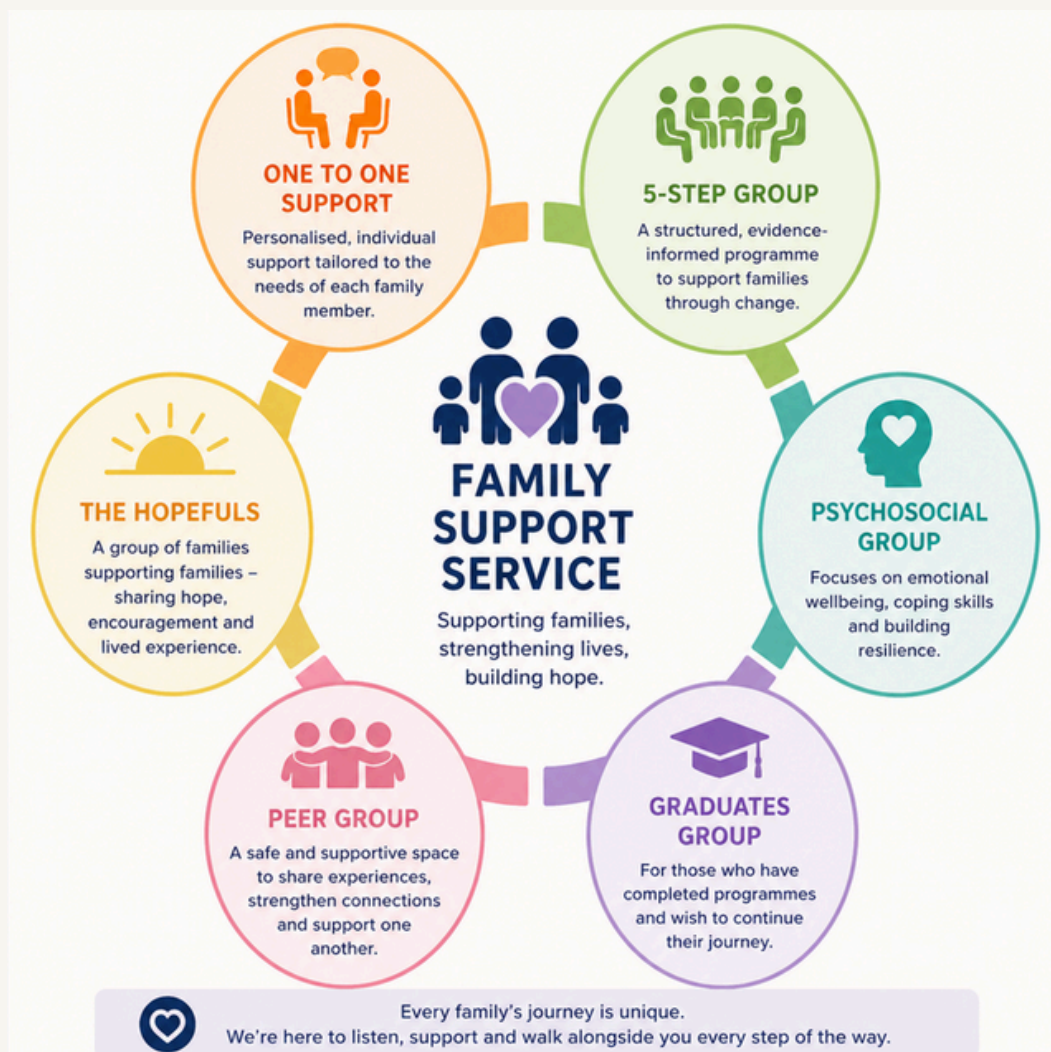
DELIVERING SUPPORT WHERE OUR COMMUNITIES NEED IT MOST

Ballygall Area services

Navan Road Primary Care Centre

Grangegorman Primary Care Centre

OUR SERVICES IN ACTION



SHARE INFORMATION

Providing up to date information and valuable resources

STRENGTHEN CONNECTIONS

Building relationships and networks that support and empower

OFFER MEANINGFUL SUPPORT

Supporting families on their journey towards recovery and wellbeing

STRONGER FAMILIES STRONGER COMMUNITIES

Working together for a healthier, more supportive community



"The importance of FAST in the case of Family Support members, is that they don't get a choice if their loved one is actively in addiction or recovery. We help them see that they DO have choices, as many feel trapped in a situation when they first come to FAST".

Edel Wayte
Family Support Worker, FAST



"FAST gave us practical tools, especially around setting boundaries and looking after ourselves, which we hadn't even realised we needed. Perhaps most importantly, it gave us a sense that we are not alone. There is something incredibly powerful about being in a room with people who truly understand what you are going through".

Family Support Member
FAST



FAMILY SUPPORT CONFERENCE 2025

FAST hosted a wonderful Family Support Conference in September, supported by the Finglas Cabra Local Drug & Alcohol Task Force.



KEYNOTE SPEAKER

Senator Frances Black - The Rise Foundation

Senator Frances Black spoke powerfully about the importance of family supports in addiction, drawing on both her lived experience and the work of her organisation, The Rise Foundation.



WHO ATTENDED

Deputy Rory Hearne

Professionals from partner organisations such as the HSE

Many family members who have directly accessed support from FAST



“

"I needed recovery, and FAST brought me by their skill, support and care of one to one counselling and group education to a place where although the addict in my life still hasn't found their way to recovery, I have found peace and understand what it is to live, and 'detach with love' each day"

**Family Support Member
FAST**

”



**FAMILY SUPPORT - A MAIN PILLAR OF
OUR SERVICES**

18%

**OF ALL PRESENTATIONS TO FAST ARE
FOR FAMILY SUPPORT**

Thank you 

**THANK YOU TO EVERYONE
WHO ATTENDED A TRULY
INSPIRING DAY**

WORKING TOGETHER FOR LGBTQ+ HEALTH

Our work with the Gay Mens Health Service



The Men who have sex with men stimulant group was run by Trish and Wayne and was hosted by the Gay Mens Health Service at Meath Primary Health Care Centre in Dublin 8.



Programme design was a collaboration between HSE clinical team, HSE management and Section 39 partners FAST and Coolmine.



Aim of the Programme



To raise awareness of the health related harms of stimulant use and support participants to regain control over their decision making to reduce their use.



Using evidence informed practice is positively impacting participants and helping them to reduce their cocaine use. 100% of programme participants reported feeling better equipped to address their drug use.



Strong Engagement

We successfully engaged MSM in Dublin 8, with consistent attendance and active participation



Open Conversations

A safe, non judgemental space where men felt comfortable sharing, listening and learning from each other



Positive Impact

Participants reported increased knowledge, healthier choices, reduced stimulant use and improved wellbeing



Stronger Connections

Built peer support, reduced isolation and strengthened community links

WOMEN'S ALCOHOL AWARENESS GROUP

Building on the success of the SAOR Extended Brief Intervention Programme in 2024, CADs developed and delivered its first 12 week womens specific alcohol reduction programme in 2025.

A safe, supportive space for women to reflect learn and take positive steps towards a healthier future.

HIGHLIGHT

We were honoured to welcome Nikki Hayes, DJ & Broadcaster, who shared her remarkable story of her own alcohol use, through to her recovery. Her honesty, courage and warmth inspired our group and gave hope to many women on their own journey.



"I feel more like me again"

"This group changed my outlook on life"

"I'm not alone anymore"

Participants

CAD's Women's Alcohol Awareness Group



2025 Programme Outcomes



10

Women participated



80%

Completion rate



80%

Reported a reduction in alcohol use



80%

Reported improvements in overall wellbeing and mental health



80%

Felt more confident in their relationship with alcohol



THE NEED IS GROWING

20%

INCREASE IN INDIVIDUALS SEEKING SUPPORT FOR ALCOHOL USE IN 2025 COMPARED TO 2024



STRONG START BRIGHT FUTURE

THE SUCCESS OF OUR FIRST WOMEN'S PROGRAMME IS A POWERFUL STEP FORWARD. TOGETHER, WE CONTINUE TO BUILD STRONGER, HEALTHIER FUTURES

Thank you 

To all of the women who took this step for themselves. Your committment is driving real change for a stronger future

REPRESENTATIVE ENGAGEMENT

Following the acquisition of our new premises for the Cabra service in 2025, we welcomed a number of local TDs, councillors, and public representatives from across the Cabra constituency to visit our service. The visits provided an opportunity to showcase the work being carried out within the community, highlight the growing needs of individuals and families affected by addiction, and strengthen awareness of the supports available locally.

Engaging with public representatives also allowed us to demonstrate the importance of accessible, community-based addiction and family support services, while fostering positive relationships and ongoing collaboration in support of the wider community.



CHANGE

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*“Change begins with
hope.”*

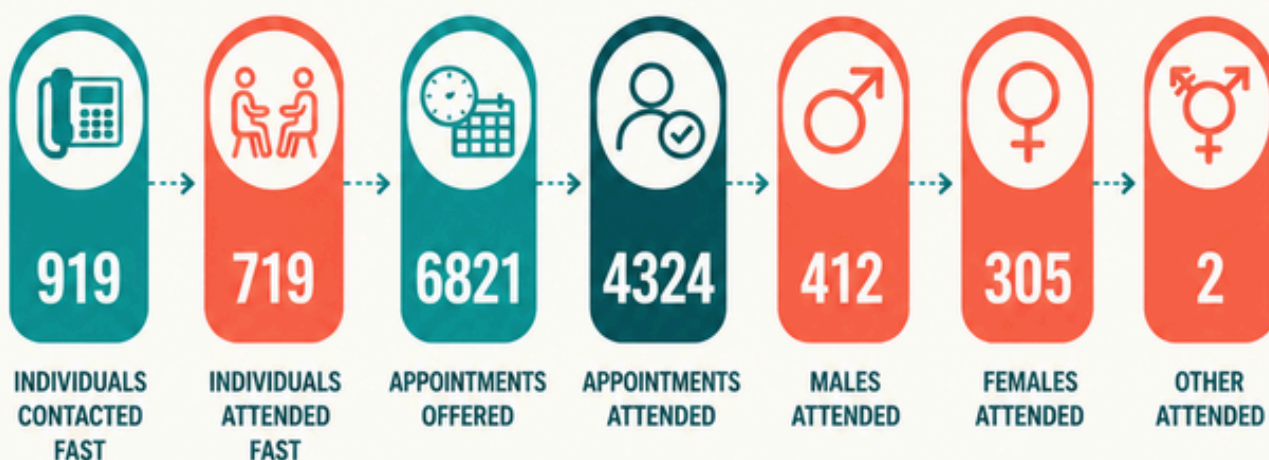
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MEASURING CHANGE

Fast Finglas & Cabra CAD's

January 2025 - December 2025

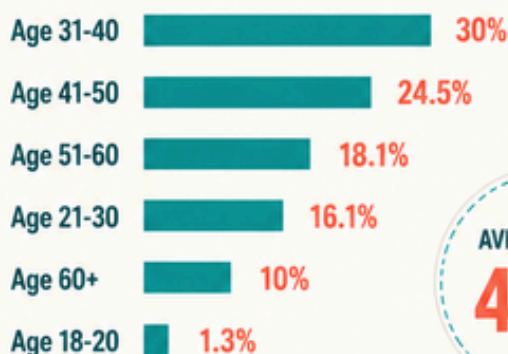
FAST 2025



EMPLOYMENT STATUS



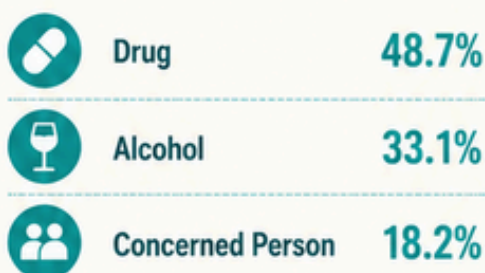
AGE BREAKDOWN



AVERAGE AGE

43.9

PRESENTING ISSUES



TOP 4 SUBSTANCES



MEASURING CHANGE

Cocaine Support Campaign

January 2025 - December 2025



Messaging conversations
started

50,214
conversations
started



Views

2.5M
total views



Reach

552.8K
people reached



Post shares

697
times shared



Total Engagements

33,752
interactions



Unique Users

388,764
unique users

ACTIVITY SUMMARY



Post engagements

15,107
engagements



Link clicks

10,940
clicks



Post reactions

3,108
reactions



Post shares

697
shares

AUDIENCE INTERACTIONS & ENQUIRIES



370

Individuals
messed us
directly via our
Social Media Ad
asking for more
information about
our service



265

Individuals
are in the
'consideration phase'
- they made
enquiries and are
aware of our services,
but have not
availed yet



105

Individuals
requested
a call back



29

Requested
call back but
did not answer



46

After call back
were referred to
another service



30

Offered and
attended appt
after call back



A NEW CHAPTER FOR CADS

Partnership, Progress & Impact



2025 marked a significant and exciting milestone for CADS with the acquisition of a new building in partnership with the Northwest Partnership. This development represents not just a change in location, but a meaningful step forward in how we deliver and grow our services.

We are incredibly proud of both the CADS and NWP teams for the commitment, professionalism, and collaboration they have shown throughout this transition. Their shared focus and positive approach have ensured a smooth process and laid the foundation for a strong and effective partnership.

This collaboration has already begun to yield real benefits. By working closely together, we have strengthened referral pathways, improved accessibility, and enhanced the overall experience for our service users. Most importantly, this partnership is helping us to reach more people, respond more effectively to their needs, and support better outcomes.

This is a development worth celebrating not only for what has been achieved, but for the opportunities it creates for the future.



WE CAN ACT

ARTICLE

We Can Act is a campaign to celebrate the impact of Ireland's charities and community groups.

It elevates the positive stories and acknowledges the remarkable, everyday efforts of thousands of people around the country.

In 2025, they published an article about FAST. The article was told in two parts, Marie Kearns, one of the original founders of FAST story is about the past, and current CEO Deborah Morgans story is about the present and the future.



"We had 118 homes on Berryfield Road, in Finglas. In the late 80's we had three families affected by drugs, mine was one of them. A year later it was 50 families, then 70. It escalated very very quickly"

Marie Kearns
FAST Founding Member

"One particular night, I took an armchair out onto the green, I brought a magazine and my cigarettes out and I sat there. I was told to get off it. I said no. They sent for motorbikes to circle around me. I didn't move. After that they left that spot alone, it hit me, we had a bit of control"

Marie Kearns
FAST Founding Member

"We had Mary McAleese up to visit us, and she asked how did FAST happen, I was a bit emotional, so she said. "Can I explain how I see it? In one hand, you had a broken heart, and in one hand you had a dream, and they met." and she was so right"

Marie Kearns
FAST Founding Member

"I'm so very very proud of FAST. I'm now a community member. FAST has a purpose built premises and I still go to the "Granny & Grandads Group" There is a great amount of us who have been affected"

Marie Kearns
FAST Founding Member

"I am very passionate about breaking the shame and stigma of addiction, because it could happen to any one of us"

Deborah Morgans
CEO FAST

"A very high proportion of people in our service are using cocaine and alcohol, everyday people. That's people like you and me. Over 50% of people using our service have jobs"

Deborah Morgans
CEO FAST

"Marie and the group took action when something needed to be done, CEO's come and go, staff come and go and boards of management come and go. We didn't want their story to be lost"

Deborah Morgans
CEO FAST

"20 years later, we have developed into a large professional service, with 22 staff employed and offer a multitude of programmes for all drug use. We want to honour the past, be grateful for the present, but also look towards the future"

Deborah Morgans
CEO FAST

WALK AND TALK

Promoting health, inclusion & wellness

A SUCCESSFUL PILOT

PROMOTING HEALTH, INCLUSION AND CONNECTION



In collaboration with Get Up Adventures and local services CADS, Coolmine TC, TRP, Feed Our Homeless, and Finglas Youth Resource Centre, we piloted Walk & Wellness Adventures.



The initiative promoted health, wellbeing, social inclusion and positive community engagement through guided hikes and outdoor wellness experiences.



Participants took part in 3 hikes across Dublin's scenic outdoors, including the Dublin Mountains and Phoenix Park.



The walks supported physical activity, mental wellbeing, social connections and personal development in a safe, inclusive and welcoming environment.



WHAT WE ACHIEVED TOGETHER



Created opportunities for individuals from different services to connect, engage with nature and support each other.



Brought together coordinators, facilitators and staff to share ideas and strengthen partnerships.



Explored future collaboration and the importance of accessible community-based wellness initiatives.



Demonstrated how outdoor recreation and partnership working support inclusion, recovery and wellbeing.



Showed the positive impact wellness initiatives have on individuals and the local community.



LOOKING AHEAD

Following the success of the three hikes, there is strong enthusiasm to continue and further develop Walk & Wellness Adventures in the future.



SUPPORT

“

“Every step of change is stronger with support.”

”

STAFF REFLECTIONS

LINDA

Over 20 years ago, I started my journey with FAST, initially working in admin. I remember those early days when FAST was working from St Helena's and providing services in Millenium Carving.

Over time, I gained valuable experience and had the opportunity to work closely with many of the CEOs and contribute to various projects, which helped shape my understanding of the organisation and its vital role in the community.

Throughout my career, I've been fortunate to have managers who saw potential in me and encouraged me to grow. Inspired by their belief, I pursued further training becoming a clinical hypnotherapist, earning an Honours Degree in Counselling and Psychotherapy, and qualifying as a CRA, Triple P practitioner, leadership skills, supervisory management and many more. These achievements have allowed me to expand my skills and deepen my commitment to the work we do.

What I love most about my role is watching our team grow and develop professionally. Seeing staff gain confidence, enhance their skills, and make a real difference in people's lives is incredibly rewarding. Our management team is passionate about supporting the team, providing them with the opportunities and encouragement they need to thrive, like I was given.

Over the years, I have met some of the most amazing people both professionally and as participants who have touched my life in profound ways. We make an impact not just on individuals, but also within our communities. That's what makes my job worthwhile. We truly do make a difference, and that's what drives me every day.

Today, I find myself in a role I never imagined, working with an incredible team leader Michelle Quinn, with the guidance of our inspiring CEO, Deborah . I am constantly learning and striving to improve, and I feel proud to be part of an organisation that makes such a meaningful impact.

I love what I do. I couldn't imagine doing anything else. My journey with FAST has been truly fulfilling, and I look forward to continuing to grow, lead, and make a difference every day.



STAFF REFLECTIONS

NATALIE

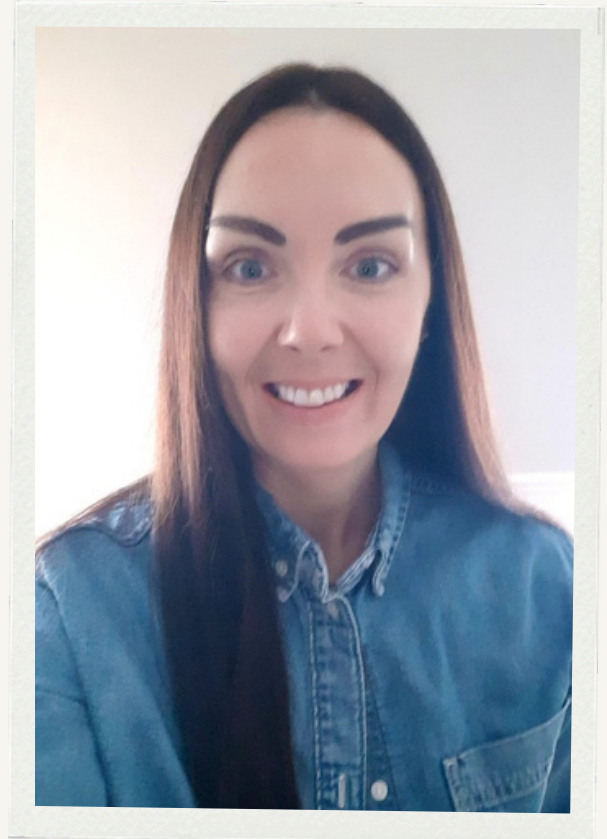
My employment started in FAST 10 years ago, my very first role was a Community Employment scheme on the front desk as a receptionist, this was a position that lasted 2 years. I had very little experience in the role at the start, but over the two years but I was given the opportunity to upskill on the skills needed for admin/reception work and this allowed me to build on my own confidence and self-belief and question my own career path going forward.

I felt very much valued as a person in my role by staff and management and was encouraged to return to education to develop a career as an Addiction Support Worker.

FAST is a community where others could see my potential at a time that I couldn't. This empowered me to complete my level 7 in Addiction studies with URRUS/UCD.

I got a real understanding of how important FAST was and the impact it was making on individuals walking in the door, families as a whole and the wider community. Clients are treated with respect, the staff are very caring and have a real understanding of addiction and peoples struggle's in the community from professional, educational learning and lived life experience. This gave me the opportunity to be part of my own community in a positive meaningful way helping people and the wider community recover from addiction I felt I could give clients the opportunity that was given to me.

After my level 7 diploma I started as a trainee Project Worker, where I received guidance and experience from senior staff on delivering services, groups and one to ones. I also continued to develop professionally by up skilling and learning evidence based approaches such as CRA, MI, CBT in a way that will support me to have the right skills to deliver high level of care to the client's walking into FAST for support and give everyone an equal opportunity to recover.



Today I am now a senior staff member in FAST. I am still very much valued as a staff member and continue to get the opportunity to develop and up skill in my role and professional pathway but also to adapt with the changes in the community and what's being presented.

I have recently completed training for PUP Therapist (parenting under pressure) and COSAR (coping skills for addiction recovery). This training was provided by the HSE for clients in need of aftercare support. With my experience and education in FAST I am developing and delivering services in the organisation on a weekly basis. I have been given the lead role of interagency and referral pathways connection with other services and community networking which allows me to build rapport with others services to support clients being integrated back into society.

STAFF REFLECTIONS

SHAEN



Working in Cabra over the past number of years has been both challenging and rewarding. Through my role with CADS, I've had the opportunity to work with individuals at different stages of their recovery journey, many of whom are navigating complex relationships with substances alongside broader social and mental health challenges. A central part of our work has been building and strengthening community connections in Cabra, developing close working relationships with local GPs, community organisations, housing services, and mental health teams.

These partnerships have been key to creating a more joined-up approach to care, allowing us to respond more quickly and effectively to people's needs. By working collaboratively, we've been able to support individuals not just in addressing their substance use, but also in accessing wider supports that contribute to stability and their recovery.

CADS and FAST has continued to prioritise accessibility and engagement. A strong emphasis has been placed on a variety of evidence based approaches such as CRA, EBI & MI. These supports are designed to meet people where they are at, and support them at their own pace. This has included offering flexible appointments, maintaining consistency and supporting both harm reduction and abstinence-based goals. These approaches have helped to build trust and encourage ongoing engagement, particularly for individuals who may have found it difficult to access more structured services in the past.

Another important aspect of the work has been supporting the continuity of care. Many of the individuals we work with require input from multiple services, and CADS has played a key role in building and coordinating these support structures. Whether linking people in with primary care for medical treatments, facilitating access to counselling, or supporting engagement with housing and a wide range of community based services.

What stands out most from the work in Cabra is the importance of relationships, both with the individuals we support and across the wider community. Progress is often gradual and non-linear, but consistent engagement and a flexible, person-centred approach can make a significant difference over time.

Alongside this, working within the wider HSE system has provided valuable opportunities for learning and professional development. Engaging with different parts of the service from primary care to acute settings has deepened my understanding of how addiction services have a role to operate within a broader social and health context. It has also highlighted the importance of integrated care and how collaboration plays in improving outcomes.

Being part of CADS and FAST has supported me to continue developing my skills, adapt to new challenges, and build confidence in working across multidisciplinary teams. My experience with CADS & FAST had shown me how important the values of collaboration trust, and consistency are, as these became central to how services are united in supporting the community in making changes. It's truly amazing in how our services work together to get the right supports to people at the right time



STAFF WELLNESS CONNECTED TOGETHER

Connection is our foundation, change is our impact

Staff wellness is essential to the work we do and the impact we create. Throughout the year, we prioritised opportunities for connection, team building and fun, because a strong, connected team drives meaningful change.

We know that when our team feels supported, connected and recharged, we can better support others on their journey.



Stronger Relationships

Building trust and connection across teams and sites



Better Collaboration

Working together, sharing ideas and celebrating wins



Open Communication

Creating a culture where everyone feels heard



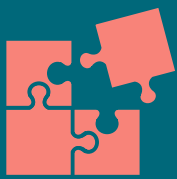
Stronger Team

Connected teams create positive change together



CONNECTION AT CHRISTMAS

One team, many services, celebrate and connect



Connection

This annual event is a chance for everyone across all of our services to come together, build relationships and strengthen the connection that drives change



SUSTAINING CHANGE

“

*“Connection,
accountability, and
collaboration sustain the
change we create together.”*

”

STRONG FOUNDATIONS

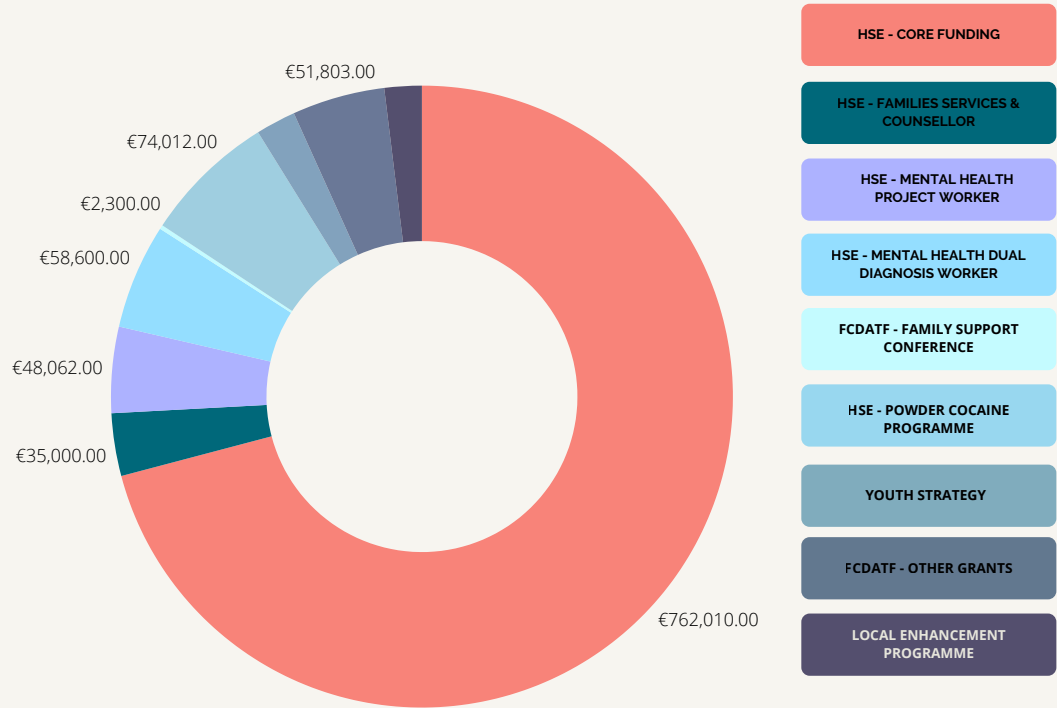
FAST continues to operate as a charity funded under Section 39 arrangements and benefits from the strong governance, oversight and engagement provided by its Board of Directors.

The organisation’s financial position improved during the year, supported by more timely funding payments and additional income streams.

FAST continues to apply prudent financial management practices, including regular monitoring of cash flow, funding commitments and operational costs. This supports effective governance, appropriate financial controls and the long-term sustainability of the organisation.

During the year, FAST maintained a focus on reviewing and strengthening its core services to ensure resources are directed towards priority needs. Within existing funding levels, the organisation continues to explore opportunities to strengthen staffing and enhance service capacity while maintaining financial stability.

Funding Sources 2025

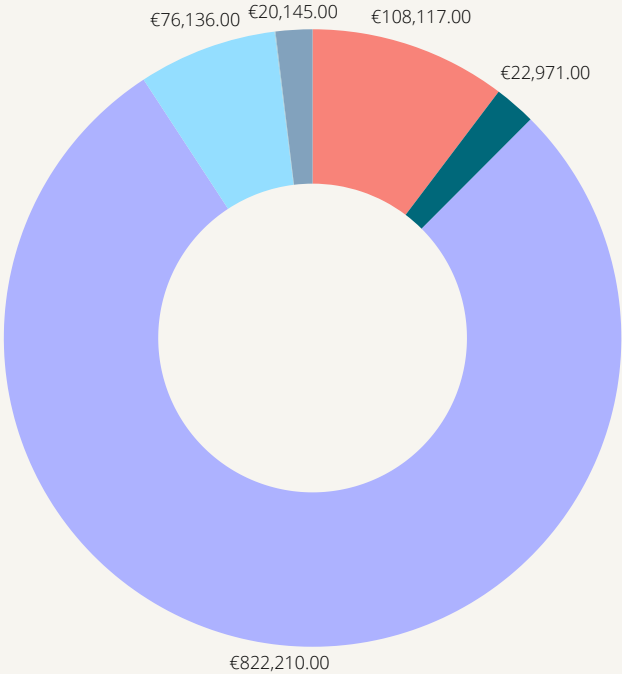


Funding from State Bodies	€
Health Service Executive	€999,994
Finglas/Cabra Local Drug & Alcohol Task Force	€54,103
DCC Local Enhancement Fund	€20,827
Total	€1,074,924

Funding Generated	€
Donations Received	€5,619
Other Income	€3,033
Total	€8,649
Total Funding 2025	€1,083,573

STRONG FOUNDATIONS

Expenditure 2025



Expenditure	€
Central Premises & General Office Costs	€108,117
Courses & Residences	€22,971
Salaries, wages & related costs	€822,210
Maintenance	€76,136
HR Support Costs	€0
Bank Charges	€521
Governance Costs	€24,957
Total Expenditure 2025	€1,054,912

Employees & Remuneration	2025	2024
Manager	1	1
Project Workers	9	9
Team Leaders	3	3
Administration	8	6
Total	21	19

Staff Costs	2025	2024
Wages & Salaries	€731,749	€714,827
Social Security Costs	€77,192	€74,407
Pension Costs	€27,986	€28,042
Total	€836,927	€817,276

STRONG FOUNDATIONS

Statement of Financial Activities - for the year ended 31st December 2025

Income	Unrestricted Funds 2025 €	Restricted Funds 2025 €	Designated Funds 2025 €	Total 2025 €
Donations and legacies	€5,619	-	-	€5,619
Charitable activities	-	€1,074,924	-	€1,074,924
Other income	€3,033	€617	-	€3,650
Total Income	€8,652	€1,075,541	-	€1,084,193
Expenditure				
Charitable activities	-	€1,054,912	-	€1,054,912
Other Expenditure	-	-	€29,281	€29,281
Total Expenditure	-	€1,054,912	€29,281	€1,084,193
Net income/(expenditure)	€8,652	€20,629	(€29,281)	-
Transfer between funds	(€1,265,982)	-	€1,265,982	-
Reconciliation of Funds (total funds at the beginning on the year)	€1,300,638	€182,517	€1,483,155	€1,483,155
Total funds at the end of the year	€43,308	€203,146	€1,236,701	€1,483,155

Balance Sheet - As at 31st December 2025

Total Funds	2025 €	2024 €
Tangible assets	€1,265,982	€1,304,311
Current Assets		
Debtors	€13,360	€24,049
Cash at bank and in hand	€332,583	€199,959
	€345,943	€224,008
Creditors: Amounts Falling Due Within One Year	(€128,770)	(€45,164)
Net Current Assets	€217,173	€178,844
Total Assets Less Current Liabilities	€1,483,155	€1,483,155
Funds		
Restricted trust funds	€182,517	€184,121
General fund (unrestricted)	€1,300,638	€1,299,034
Total Funds	€1,483,155	€1,483,155

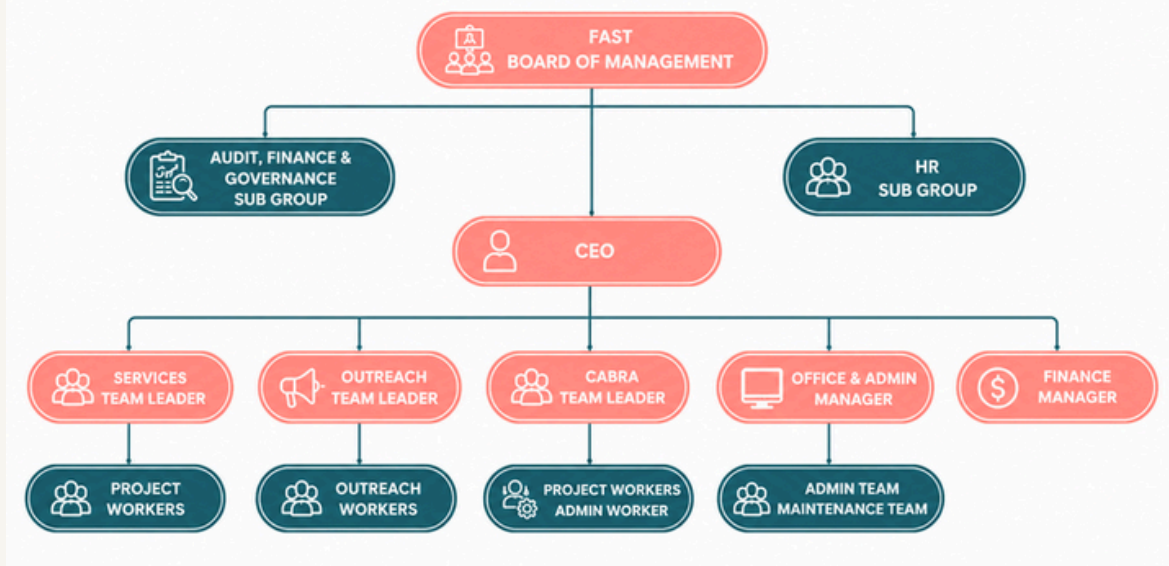
Statement of Cash Flows - As at 31st December 2025

Cash Flows from Operating Activities	2025 €	2024 €
Net movement in funds	-	(€55,843)
Adjustments for: Depreciation	-	€11,604
Gains and losses on disposal of fixed assets	€38,329	-
	€38,329	(€44,239)
Movements in working capital: Movement in debtors		
Movement in debtors	€10,689	(€17,588)
Movement in creditors	€83,606	€15,713
Cash generated from operations	€132,624	(€46,114)
Net Increase in Cash and Cash Equivalents	€132,624	(€46,114)
Cash and Cash Equivalents at 1st January 2024	€199,959	€246,073
Cash and Cash Equivalents at 31st December 2025	€332,583	€199,959

STRONG FOUNDATIONS

“It has been a privilege to become a trustee and member of FAST’s board of directors, and to give support to the important work of the dedicated team of workers that make FAST a key addiction service for the community and wider area”
Bronwen Maher
Company Secretary

FAST ORGANISATIONAL STRUCTURE



BOARD OF DIRECTORS

NAME	POSITION	DATE JOINED	DATE RESIGNED
Peter Brennan	Director	-	-
Ciaran O'Ceallaigh	Director	-	6 February 2025 (Resigned)
Cliona Dalton	Director	-	15 January 2025 (Resigned)
Denise Bronwen Maher	Director	-	-
Philomena Murphy	Director	-	-
Gerard Fallon	Director	-	-
Colette Cotter	Director	-	-
Gerard Gill	Director	-	-



CHAIRPERSON

Peter Brennan



COMPANY SECRETARY

Denise Bronwen Maher

MEETING HISTORY 2025



8

BOARD MEETINGS



1

AGM



4

AUDIT, FINANCE & GOVERNANCE COMMITTEE MEETINGS



4

HR COMMITTEE MEETINGS

2025 MEETING TIMELINE



INVESTING IN OUR PREMISES

Investing in a Safer and More Sustainable Future

Investing in a Safer and More Sustainable Future



For many years, FAST experienced ongoing roof leaks throughout the building during periods of heavy rainfall.



These recurring issues caused significant disruption and, on several occasions, resulted in electrical damage and health and safety concerns for staff, volunteers, and service users.



In 2025, FAST successfully secured full funding through the Dublin City Council Local Enhancement Programme to undertake a complete roof replacement project.



This vital investment has transformed the safety, comfort, and long-term sustainability of our premises.



The new roof has eliminated persistent leaks, protected the building infrastructure, and improved the overall environment for everyone accessing our services.



We are extremely grateful to Dublin City Council for recognising the importance of this project and supporting FAST in creating a safer and more resilient community facility.



BEFORE: ONGOING ROOF LEAKS



Persistent leaks during heavy rainfall



Electrical damage and disruptions



Health and safety concerns for all



Disruption to staff, volunteers and service users



AFTER: NEW ROOF – BUILT TO LAST



Eliminated persistent leaks



Protected building infrastructure



Improved safety, comfort, and environment



A safer, more resilient and sustainable community facility



Thank you, Dublin City Council, for investing in the safety, wellbeing, and future of our community.



Comhairle Cathrach
Bhaile Átha Cliath
Dublin City Council

MEMORIES

2025



FINGLAS ADDICTION SUPPORT TEAM

 www.fastltd.ie

 01-8110595

 reception@fastltd.ie

 2a Wellmount Road, Finglas, D11 WC89



FAST

Finglas Addiction
Support Team