

Coolmine Therapeutic Community's commitment to those who need our help will continue to remain throughout these difficult economical times, as now more than ever people need our services.

However, we do need the support from the wider community to help us continue to turn lives around and allow people the chance to contribute positively to society.

We provide a range of quality services including; outreach, drop in services, stabilisation programmes, day programmes, residential programmes, education, community employment, right through to lifelong aftercare.

Our mother and child residential treatment programme is the only one in Ireland. Often a major barrier for mothers seeking treatment is that they are afraid to leave their children or simply don't have anyone to look after them. We eliminate this barrier by allowing children stay with their mothers while they seek treatment. The children, who may have come from chaotic backgrounds, are looked after during the day in our safe and secure crèche by our dedicated staff. The children are then cared for by their mothers in the evening and weekends, allowing vital bonding continue.

*"I just felt stuck. You want to get clean but you don't want to leave your kids ...women who are in addiction and have kids don't really have very many options."*

*Gillian, mother who had her child in Ashleigh House*

Coolmine Therapeutic Community, Ashleigh House, Damastown Walk, Damastown Industrial Estate, Dublin 15. Registered Charity : CHY5902

Tel: 01 6404087 | [www.coolmine.ie](http://www.coolmine.ie) | [www.facebook.com/CoolmineTC](https://www.facebook.com/CoolmineTC)  
Outreach: 087 1229307 | [fundraising@coolminetc.ie](mailto:fundraising@coolminetc.ie) | Twitter: @CoolmineTC



*40 years helping  
people overcome  
addiction*

**coolmine**  
therapeutic community

## Friends of Coolmine

Coolmine Therapeutic Community is a charity which supports and empowers people to overcome addiction. We have been helping people in Ireland for 40 years and unfortunately our services are needed now more than ever.

*Will you give us a helping hand  
and become our Friend?*

By becoming a Friend of Coolmine you are supporting a vital service which will help transform the lives of the people we assist and their families. For every one person caught up in the torment of addiction at least eight other people's lives are impacted upon; children, parents, partners, brothers, sisters, friends....

We work with over 1,000 people each year to support them and their families as they commence their journey to overcome their addiction. By committing to make a regular gift to Coolmine you are helping us provide this support.

**Please, will you help us so we can continue our work among  
some of the most vulnerable people in our society.**

# How Your Monthly Gift Will Help

**€10** Your monthly gift of €10 will help provide a bed and treatment for someone who is staying in our residential treatment services



*Our 5 month residential treatment programme provides people with a place to call home whilst they attend therapy sessions, educational and life skills classes to empower them to lead an addiction free life and contribute positively to society.*

**€15** Your monthly gift of €15 will help us provide baby supplies and food for babies who are residing in our Mother & Child Programme at Ashleigh House.



*Ashleigh House is the only mother & child residential treatment programme in Ireland. Young children and babies are cared for in our full time crèche, a safe and secure environment, whilst their mothers attend treatment in this 5 month programme.*

**€21** Your monthly gift of €21 will help us provide for our client's medical needs and help fund our detox programme.



*There are over 10,000 methadone users in Ireland and a very limited number of detox beds; we are one of the few charities which provide detox beds for those who are looking to overcome their addiction.*

**Any gift amount, no matter how small, will help us provide services to those who need it most.**

## Becoming a Friend of Coolmine

I'd like to make a monthly gift of:	€10	€15	€21*	OR €
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(by standing order)

Your Name: .....

Address: .....

Phone: .....

Email: .....

Bank / Building Society details

Name: .....

Address: .....

Name of account holder(s): .....

Account Number: .....

Sort Code: - -

Start Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature(s): .....

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please pay the above monthly amount to Coolmine Therapeutic Community, account number 25791089, AIB, 7/12 Dame Street, Dublin 2. Sort Code: 93-20-86

**\*If you are a PAYE tax only payer, a gift of €21 a month, or €250 or more in any one year, could be worth up to an extra 70% to us. Please tick if you are PAYE**

We understand if you are unable to commit to a monthly gift but would however like to make a donation. Please fill out your credit/debit card details or send a cheque or postal order to the address below.

Please charge my:

Visa

Mastercard

Laser

Laser only

Card number:

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Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Security CVV Code: **Last 3 digits on the strip on the back of your card**

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Signature(s): .....

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please complete & return this form to Coolmine TC, Ashleigh House, Damastown Walk, Damastown Industrial Estate, Dublin 15 and we will forward onto your bank.

## Thank you!