



COOLMINE

AUTUMN NEWSLETTER 2021



COOLMINE THERAPEUTIC COMMUNITY

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It was the strength I learned from Coolmine that kept me straight as so many times I nearly failed."

DAVID MCPHILLIPS SERVICES MANAGER COOLMINE MIDWEST

"It is my pleasure to discuss my role and experiences with Coolmine since I took up my position as Coolmine Mid-West manager in 2020.

The last year has brought plenty of excitement, challenges and change. Coolmine were delighted to be allocated funding to provide residential support to mothers impacted by addiction in the Mid-West by the HSE. This funding came from Coolmine identifying the high numbers of mothers presenting to Ashleigh house over the last number of years from the south and Mid-West of Ireland. In addition to this, the MWRDAF were involved with a research piece, "We Would be Stronger" that highlighted the prevalence of trauma and addiction for Woman presenting from the Limerick City Area. Limerick City, a city I grew up in, has unique challenges. While the communities are strong and the people humorous and resilient, it is clear that deprivation and disadvantage disproportionately impacts on the city overall. The consequences to this disadvantage is the high prevalence of trauma which often results in addiction.

Women in particular face a range of barriers to accessing supports, these barriers are often in the form of stigma and shame. We, as a community need to break down these barriers and provide supports to enable women and mothers to break the cycle of addiction. I am delighted to be associated with Coolmine and in particular the 'Coolmine Way' to do our utmost to provide this support. We have a great team in Coolmine, from the top down, and the ethos of believing in peoples' capacity to overcome addiction is alive in all the staff. The Staff here in Limerick are a pleasure to work with - a new team has formed which works well together and most importantly strives everyday to support people who are suffering from addiction.



DAVID MCPHILLIPS

"We, as a community need to break down these barriers and provide supports to enable woman and mothers to break the cycle of addiction."

Coolmine believes strongly in evidence base practices but ultimately it is relationships that Coolmine really believes in; relationships with staff, external services, funders and most importantly building trust and relationships with clients and the community.

We have come a long way in a short time in Limerick and we are looking forward to establishing the residential unit to provide a comprehensive wraparound service for mothers and children impacted by addiction. So, very exciting times in Coolmine and I am looking forward to developing and growing the service in the Mid-West while maintaining a core 'Coolmine Feel' to the services.

It is great to see the staff here in Limerick - who are managed brilliantly by Bernie and Louise - provide such a range of supports. Any day can be different. The team have embraced the need to provide positive outlets for people, we know that structure, routine and a sense of purpose are major contributors to the recovery process. It is wonderful to see many females engage in the pro-socials ranging from yoga, boot camp to fish and chips!! The service has contributed positively to the lives of many people already in the Mid-West. In addition to the expansion in the Mid-West, I am delighted to see the Coolmine Service being delivered in the Southwest by the excellent Dr. Eoin Coughlan (I am jealous of the Dr title) and his really good team of team leaders.

I enjoy working with the management team of Javier, Eoin, Anita and Paul and Lisa; a great support, highly motivated but very approachable. We have a culture of support here in Coolmine, issues are resolved and we move on. Trust is seen from the management and board down through the organisation.

One thing that has stood out for me is that you're a "Coolminer for life"

David

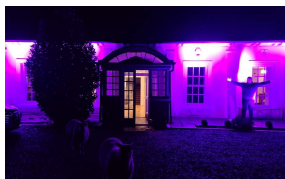
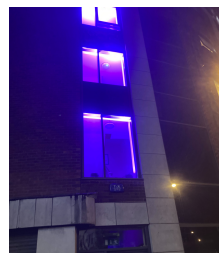


INTERNATIONAL RECOVERY MONTH

Throughout the month of September, along side the rest of the world our organisation came together to celebrate recovery. Recovery month is an opportunity to make recovery visible, challenge stigma and show that recovery is possible, and a cause for celebration. We came together as an organisation across Ireland, as clients and staff challenged themselves with recovery walks, cycles and celebrations.



Thursday 30th September was International Recovery Day, where globally a number of prominent buildings across the world were lit up purple to highlight that recovery is possible and is cause for celebration. Coolmine services across Ireland shone bright for a week as beacons of hope.





On 21st September our clients, graduates and staff - coached by football legend Brian Kerr - took on the local Gadaí and our corporate partners CJK for our Recovery Football Blitz.

As Garda Chief Superintendent Finbarr Murphy put it so aptly:

"After a couple of games of football you're not looking at a Garda and he isn't looking at someone using drugs, you're looking at a footballer... all that stereotyping is gone and we start treating each other like humans."

Our Recovery Football Blitz is an opportunity for our community to come together without the usual labels and roles, and enjoy some friendly competition. It was a brilliant day - thanks to everyone who took part and came to support the teams. Congratulations to our gracious winners CJK Engineering - we'll see you next year!



In September we also hosted our first inaugural Golf Classic in Castleknock Golf Club. Thank you to all our generous supporters and the wonderful teams who stepped up to the tee!



SERVICE VISITS

We were delighted to once again welcome visitors to our services in recent months. We thank you all for your generosity of time and compassion for our community.

On Friday 11 June, **Government Chief Whip and Minister of State for Sport, and the Gaeltacht, Jack Chambers**, joined us in Ashleigh House to view our residential service, meet our clients and hear their inspiring stories of recovery in progress.



Minister for Housing, Local Government and Heritage, Darragh O'Brien visited our newly opened Midwest Service in Mahon House, Limerick on 7 September. Minister O'Brien heard from our Midwest team about our national expansion due to an increased demand for our services.

Senator Emer Currie had the opportunity to visit Coolmine Lodge on 22 October, to hear about the Therapeutic Community Model, a peer led treatment and rehabilitation approach where clients live in a small structured drug-free community. This encourages psychological and lifestyle changes by actively participating in educational activities, group and individual therapy.



Roderic O'Gorman, Minister for Children, Equality, Disability, Integration and Youth spent time in Ashleigh House, Ireland's only women and children's residential facility on Friday 12 November. Minister O'Gorman toured our dedicated early education and childcare facilities, while hearing first hand from our clients the impact the service has had on their recovery. Ashleigh House gives mothers the opportunity to engage in treatment; secure in the knowledge that their child is being looked after in a safe and nurturing environment.





LIAM'S STORY

"I graduated in 1987, after finally putting my head and feelings totally into the programme. At that time the programme was in St. Martha's, Navan. I first came into Coolmine in 1976 but on numerous occasions I split. Thankfully the staff kept faith with me. After graduation I went to work outside the programme and in 1989 I was asked to be a staff member and worked in the lodge for 4 years.

What my recovery means to me is that I totally respect myself and others. Whenever something for me goes wrong, the biggest being when my partner died from cancer which threw my life upside down, but it was the strength I learned from Coolmine that kept me straight as so many times I nearly failed.

I have the utmost respect for Coolmine. I would never let anybody run it down. I have great friends from it, and my peer group we visited the lodge for our 30th anniversary. I would like to tell the residents that if you put your self totally into the programme it works. I'm 65 now I was 18 when I was in contact with Coolmine. Believe me it works.

The journey of a thousand miles begins with the first step."



COOLMINE OPENS DOORS THIS CHRISTMAS



Recovery from drug use opens doors to relationships, education, employment, safe housing and so much more.

Coolmine Opens Doors is a virtual advent calendar full of music, good news, recipes and crafts. This Christmas we want to give you a virtual gift for every day of advent. Join us each day in December to open doors, as we announce raffles and auctions and give you lots of chances to win prizes from your favourite Irish brands!

CHRISTMAS CARDS

This Christmas Coolmine is giving you a chance to spread some Christmas cheer while helping change lives across Ireland! Each pack contains twelve cards and twelve envelopes. Available in two different designs.



- €7.50 per pack of 12 cards.
- Two design themes to choose from.
- Available online at:

WWW.COOLMINE.IE



We are so fortunate to have meaningful partnerships throughout Ireland. Our corporate partners are our lifelines. If you are looking for a way to support Coolmine this Christmas, there are a number of sponsorship opportunities still available. Whether you sponsor a door in our advent calendar, provide a raffle prize, or make a donation you are supporting our addiction services to the most vulnerable in society.



Open your
phone camera
and scan the
code to get
involved



Our heartfelt thanks to all of you who supported us this year, your generosity is greatly appreciated.

mediolanum
IRISH OPERATIONS

CJK

strandum
powering your people

gleasons
traditional family butchers

TESCO



Mallinckrodt

Buisch

Boots

CM DES|GNS

ODEON
FANATICAL ABOUT FILM

Keva's

Good 4U

GER CONROY FITNESS

DMH
DO MY HAIR

kaikø
studio



JENNIFER ROTHWELL

CHEESE & chutney

The Happy Pear™

Vico Robes

THE WOODED PIG

NAKED
bakes

VIXI

THANKS PLANTS

LOLO'S PICKLERY

Butlers
CHOCOLATE MASTERS, SINCE 1932



S&S

Soap Sisters
BATH & BEAUTY

LIADAIN AIKEN

BECOME A FRIEND OF COOLMINE

We work with over 1,500 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



Open your phone camera and scan the code to sign up

€10

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

€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.

€21

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

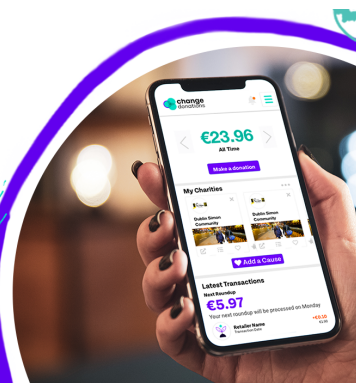
We're excited to announce a new donation tool to make the most of your spare change! Change Donations makes it easy to round up your digital change to support us. Signing up is easy.

Buy a coffee for €2.70 and that €0.30 goes to support our efforts. You can set round-up limits, support multiple causes & more. Together, we can add a little generosity to our busy lives without skipping a beat. Signing up is free & only takes minute, but the positive impact you make will last a lifetime.

**spare the difference.
make a difference.**



Open your phone camera and scan the code to sign up



OUR WISH LIST

We dream big at Coolmine on behalf of our clients. Thanks to the generosity of our donors and corporate partners these dreams have become reality time and time again.

During 2020, Coolmine provided over 12,000 contact supports across Ireland. As well as residential treatment, community & day services. Coolmine also provides additional services such as community employment, housing resettlement and family support.

Our doors have remained open throughout the pandemic. We have expanded and adapted our community, day, residential and recovery services and now have services based in Dublin, Limerick, Cork and Kerry. This is reflective of an increased demand as a result of rising problem drug and alcohol use throughout the challenging Covid-19 time. Now more than ever, people need our services and we need your help.

ITEMS WE CURRENTLY NEED AS A MATTER OF URGENCY:

WEAR & TEAR

ITEMS THAT NEED
REGULAR REPLACING:

BEDDING

TOWELS

KITCHENWARE

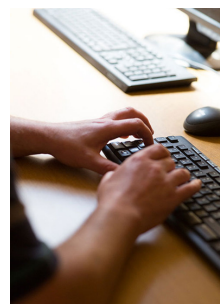


OFFICE

DESKS

WEBCAMS

LAPTOPS



HORTICULTURE

OVERALLS

BOOTS

PLANTS

SEEDS



LODGING UPGRADES

FURNITURE

FLOORING

WINDOWS

THANK YOU



CONTACT US

For more information about the work of Coolmine or to offer us your support please contact:

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Coolmine is a registered charity
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Charities Regulator Number 20009687
Tax Number 00090286F