



# COOLMINE

SPRING NEWSLETTER 2022



## COOLMINE THERAPEUTIC COMMUNITY

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*There's a better life  
to be lived substance  
free, and it does  
get easier.*

## LEANDRA O'MALLEY CHILDCARE MANAGER

Hi Everyone,

I am delighted to take some time to share with you a little around myself and my role here in Coolmine. I was appointed Coolmine's Childcare Manager in August 2021. Since then, I have seen the change, growth and inspiring work that takes place in Coolmine on a daily basis. It is a privilege to be part of an organisation that shares a strong ethos around breaking down barriers for people suffering from addiction and ultimately, improving family outcomes.

In my short time here, it is apparent that Coolmine is committed to providing a continuum of care to our clients. Holding family, quality of life and relationships at its core is what makes Coolmine a unique place to work. I have worked in the Early Years sector for over 20 years, working in the private, public and non-profit sectors, both here and in the UK. However, Coolmine is a special and unique service that sees many professionals, individuals, organisations and groups come together to break the generational cycle of addiction. In Ashleigh House, mothers accessing the programmes can feel secure knowing that their

child is being cared for and nurtured in our onsite Early Years Pre-school and baby room. Our qualified and dedicated staff work in partnership with parents and other agencies to deliver excellent care, education and stability to the children in Ashleigh House. Our service provides high quality early learning and care to children - whilst providing evidence-based parenting support to our mothers, through the facilitation of our Parents Under Pressure Program (PUP). Our experienced childcare team value time to play and provide the children with ample opportunities to play, be creative, express themselves socially and emotionally, in a safe and nurturing environment - whilst providing evidence-based parenting support to our mothers, framing 'Recovery through the lens of the child'.



LEANDRA O'MALLEY

*"Our work provides us with the opportunity to break the generational cycle of addiction, through working with the whole family community – mothers, fathers, and their children."*

Our work provides us with the opportunity to break the generational cycle of addiction, through working with the whole family community – mothers, fathers, and their children. When considering childcare philosophies, the proverb “it takes village to raise a child” really stands out and encapsulates the vision we hold, here in Coolmine.

Our childcare team has grown during the past year, with extra childcare provisions being delivered in the Mid-west, through our Drop-in day services for children in Mahon House. Our new Community Day Service in Limerick supports vulnerable women, pregnant women and women with young children. We plan to establish over the coming 12 months a residential addiction treatment programme for women, with a 15-20 bed facility together with on-site creche facilities – similar to Ashleigh House!

I have always been passionate about delivering quality early years experiences to children and removing barriers for them to reap the benefits from the positive outcomes quality Early Years Education and Care can bring about.

Luckily for me, I get to see much of the organisation, its services and the fantastic work that happens every day... I look forward to creating more meaningful work, alongside the committed and dedicated childcare team!

*Leandra*





## ADDEY & PA'S STORY

"I sat in the Draíocht three years ago and I saw my sister and her partner graduate from Coolmine. It was great to see how far they came in their lives, and how Coolmine really worked for them - that's what gave me the motivation to give it my all, and change my life.



"I came into Ashleigh House in 2019, and it has been a long three years to get to where I am today. But it was worth every minute of it. While I was just two months into my programme, my partner Pa could already see a difference in me. He went into the Lodge and started his recovery journey. It was very exciting that both of us were on this recovery journey together, and wanted a better life. The support we got as a couple here in Coolmine was second to none, and we will be forever grateful for that.



"Before coming to Ashleigh House I was on a very bad road, and had been for most of my life. I am

back stronger than anything and I've learnt a lot in my journey with Coolmine. My life is so good today: I have just recently finished Community Addiction Studies Level 5 and I plan to go to college and do a degree in addiction studies.

"I love my life today and I will be forever thankful to the staff in Coolmine " - Addey



"I've been to treatment a few times, but nothing on the same level as Coolmine... It's different when you go into the Lodge, you want a better life for yourself and I feel like I'm on the right road for that now. I'm lucky enough that I have my partner graduating with me, we're on the same journey together and we're delighted to be here. " - Pa





# CONGRATULATIONS TO OUR GRADUATES:





We are so fortunate to have meaningful partnerships throughout Ireland. Our partners are our lifelines.

Earlier this year, alongside our generous corporate partners CJK, we took on our own version of Operation Transformation to encourage healthier lifestyle choices. Team Coolmine went head to head with Team CJK who kindly donated €25 for every pound of weight lost by both teams! While we were beaten out by 1lb in the end we are grateful as always to the management and staff in CJK for their continued support.



Our heartfelt thanks to all of you who continue to support Coolmine, your generosity is greatly appreciated:



## GET INVOLVED

### HAVE A CUPPA

Can you host a coffee morning for Coolmine? Gather some friends and family round to your house, enjoy a coffee and some cakes, and raise money for a great cause.

Register with us and we'll send you a coffee morning fundraising kit full of decorations, recipes and everything you need to host the perfect coffee morning.

[FIND OUT MORE](#)

### CINEMA NIGHT

Join Damien Dempsey & Special Guests at St. Anne's Park, Dublin, on May 19th 2022 at 6.00pm - 9.30pm for this special outdoor screening of *Love Yourself Today*.

This event is a collaboration with Happenings, Motherland, Damien Dempsey, and Dublin City Council. This will be a moving and meaningful evening, designed to lift people up and give inspiration in these challenging times.

[FIND OUT MORE](#)

### GOLF CLASSIC

We are delighted to announce our Coolmine Golf Classic will be held on Thursday 26th May at Castleknock Golf Club. Tee times are now available from 12 noon to 3pm, followed by a meal in the clubhouse.

We are also seeking sponsorship and support from local businesses. This can be achieved through sponsorship of a hole, goodie bags, prizes or food.

[FIND OUT MORE](#)

## OUR WISH LIST

ITEMS WE CURRENTLY NEED AS A MATTER OF URGENCY:

#### WEAR & TEAR

ITEMS THAT NEED  
REGULAR REPLACING:

BEDDING

TOWELS

KITCHENWARE



#### HORTICULTURE

OVERALLS

BOOTS

PLANTS

SEEDS

#### OFFICE

PRINTERS

BRANDING

LAPTOPS



#### LODGING UPGRADES

WINDOWS

FLOORING

FURNITURE

## 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

€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.

[REGISTER](#)

## 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  
CHY 5902  
Charities Regulator Number 20009687  
Tax Number 00090286F

