



# ANNUAL REPORT 2018

# RISE

THE RISE FOUNDATION  
*Supporting families with loved ones in addiction*

[www.therisefoundation.ie](http://www.therisefoundation.ie)

*"The counsellors were fantastic, they created a lovely environment, safe and comfortable which encouraged me to go to the next step."*

*"It helped increase my awareness about addiction and the effects it has on my family members."*

*"I think the support of the group has been amazing... it really helps when you realise you are not on your own."*

*"My stay on Rathlin Island had the most impact on my recovery and really helped me deal with my husband's addiction."*

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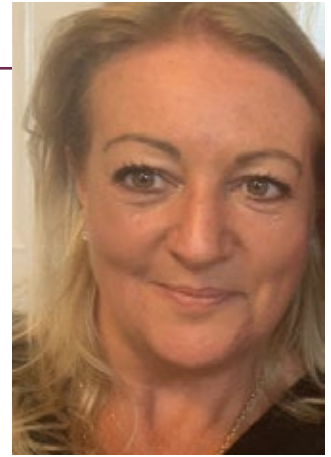


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# CHAIRPERSON'S ADDRESS 2018



**As Chairperson of the Board of the Rise Foundation and having been newly appointed to my role on January 1st, 2018 I am happy to report that 2018 was a successful and positive year for the Rise Foundation. Working with a newly appointed Board we aimed to improve the funding level to support an increased demand for our services. I am happy to report that the efforts of the Board, our stakeholders and a great team of volunteers were rewarded with a significant increase in our financial income. Our total income for 2018 was €137,044 which was a significant increase on 2017 at €82,201.**

Of particular note in 2018 in helping us to achieve this significant lift in earnings were events such as:

- Lord Mayor's Ball – Feb 2018 - we were fortunate to be nominated to be one of 3 charities to benefit from this wonderful event. 10 tables of supporters represented Rise and we raised a magnificent €25,000.
- Rathlin Ramble – this annual event is both a gathering of supporters and an important fundraiser.
- Golf Classic – this event is developing into one of our signature fundraisers.
- Camino – 16 supporters walked the last leg of the Portuguese way and raised €16,000.
- Continuing support from the USA based group – Friends of Rise.
- Support from generous individual and corporate supporters.
- The year ended with the annual Rise gathering and AGM in December.

We have nurtured and grown our relationships with both Turas Addiction treatment Centre and Family Addiction Support Network (FASN), both based in Dundalk and through them have received funding for programmes in both Drogheda and Dundalk.

I cannot finish without thanking Frances Black for her ongoing commitment to RISE in her role as CEO. Despite her many commitments in her role as a Senator, she continues to work tirelessly and advocate for Rise and the family members both here and in the USA. As a senator her role in the progression of the Alcohol Bill 2018 was pivotal. In April 2018, NBC's Vivian Salama, on behalf of the politician George Mitchell, personally presented the Arab American Institute Foundation (AAIF)'s Award for Individual Achievement to Frances Black at the 20th annual Kahlil Gibran Spirit of Humanity Awards in Washington. Mitchell made a special video message in praise of Frances. The award was in recognition of her

work as founder of RISE Foundation and her "tireless efforts on behalf of those struggling with addiction and their families". On behalf of the Board I extend my congratulations to Frances for this magnificent award.

Reviewing 2018 I wish to thank my fellow Board members for their help and assistance over the course of the year. Their work at both Board and sub-committee level and support at fundraising events has been very much appreciated. With our financial situation more secure we look forward with anticipation to the coming years.

I thank you all again for your support and look forward with confidence and enthusiasm to the future for Rise.

With every good wish.

A handwritten signature in cursive script, reading "L. Mulligan".

Lassie Mulligan  
Chairperson The Rise Foundation

# WELCOME **FRANCES BLACK**

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The Rise foundation offers both one to one counselling and group educational and therapeutic sessions to family members of those with addictive behaviour. The stress, anxiety and worry of having a loved one who has an unhealthy relationship with alcohol, drugs, or addictive behaviour can have physical, emotional, social, and spiritual consequences. Family members who are affected by the impact of someone else's addictive behaviour often feel confused, frustrated, angry, helpless and completely exhausted.

At RISE, Family members learn that they can't control a loved one's addictive behaviour, they didn't cause it, and they can't cure it. By becoming aware of the beliefs and experiences that shape their own behaviours, participants identify new, healthy ways of coping with addiction and relationships. We have developed a documented 10 week educational and therapeutic program for family members, which offers a unique recovery experience. Family members are referred to our services by doctors, treatment centres, probation services, HSE and other support services. Others contact us by email or phone after an internet search or word of mouth for support for families with loved ones in addiction.

***“The RISE philosophy is that it is important for the whole family to step into recovery, addictive behaviour from one person impacts the whole family in a destructive way”***

I would like to make a special mention of our counsellors who deliver such an amazing service to family members impacted by the drug, alcohol or gambling problems of their loved ones.

The empathy and professionalism of the therapists ensures that the participants in our Family Programmes run by Aoife in Dublin, Derek in Dundalk and Sibyl in Drogheda get first class support.

The Aftercare groups are run by Stephen Rowen, who has been with RISE since it was founded. The Aftercare service is essential addition to the one to one counselling delivered by Sibyl and the Family Programmes. I believe we are uniquely qualified as a centre of excellence in this field in Ireland.

It was my work with RISE and my collaboration with other community and charitable organisations that inspired me to run for the Seanad, as I believe that there is a need to



represent these services and be the voice of those who are vulnerable in society. I was delighted to be elected to the 25th Seanad Éireann in April 2016. My commitment to Rise remains constant as does my advocacy for social justice and equality.

To date the Rise Foundation has relied exclusively on the generous support from both individuals and businesses. We have several regular fund raising events such as our golf classic, the Rathlin Ramble, the Camino and our upcoming lunch. The support we receive at these and in direct donations is enormously appreciated and has allowed us to provide the services we believe are essential.

Moving forward it is our vision to significantly expand the number of Family Programmes and roll them out throughout the island of Ireland. The Board of the Rise Foundation is currently in the process of developing a 3 year strategy and business plan to move the organisation forward to the next stage.

I thank you for your support to date and look forward with enthusiasm for this next stage of our journey. The need and relevancy of our services is being recognised more and more and we hope this will allow us to fulfil our ambitions to expand and extend our reach.

Senator Frances Black

# ABOUT THE **RISE FOUNDATION**

ONE-TO-ONE  
COUNSELLING

10 WEEK  
FAMILY  
PROGRAMME

AFTER  
CARE

RATHLIN  
RESIDENTIAL  
PROGRAMME

- **Founded in 2009 by Senator Frances Black**
- **The Rise Foundation offers therapeutic support services to families of those who have an addiction problem**
- **Unique, documented psycho educational model**
- **High quality, professional service delivered by specially trained counsellors**
- **Fostering and encouraging a message of change**
- **Compassionate recovery experience for family members**
- **Established partnerships with Turas Counselling and Family Addiction Support Network**
- **Referrals from GPs, treatment centres, HSE, probation services, online searches**
- **Rathlin residential programme**
- **Dublin based but offering family programmes in many country wide locations**

**Directors:** Kathryn Maher (resigned Dec 2019)  
Patrick Flanagan  
Lasairiona Mulligan  
Tim Duggan  
Danica Murphy (Appointed Sept 2019)  
Lorraine Doherty (Appointed Sept 2019)

**Bankers:** Bank of Ireland  
88 Lr Camden Street  
Dublin 2

**Solicitors:** Tom O'Grady  
Market Place  
Mountrath  
Co Laois

**Co. Secretary:** Dermot Tynan

**Charity no:** 17312

**Auditors:** McDonough Hawkins and Co  
Pro Cathedral House  
Lr Abbeygate Street  
Galway

**Reg. Office:** Carmelite Community Centre  
63 Aungier Street, Dublin 2

Below: Annual Rise Rathlin Ramble on Rathlin Island, North Antrim, to raise funds for the Rise Foundation



Photos: Brenda O'Grady



# CAMINO 2018

Walking the Camino was something that was always on my bucket list. When I realised that the Rise Foundation, which I was already involved with, were organising a trip in 2018 signing up was an easy decision to make.

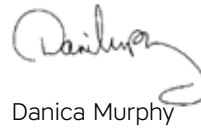
Together with my husband Ken and 4 old friends we started training and fundraising for this adventure. On Sunday Sept 30th, 2018 we flew with the rest of the group of 16, to Vigo in Northern Spain. Over the course of the next week we walked for about 130km. Every day was different, we started walking by the coast enjoying the beautiful views and dipping our toes in the Atlantic Ocean.

Soon we were wandering through beautiful countryside. At all times we enjoyed wonderful camaraderie with a fantastic bunch of people. We chatted, listened and laughed - all the while walking and walking. At all times knowing that what we were doing was for a great cause and would be very impactful. But I also benefitted personally from the steady pace of the walking which allowed space in my head from all the normal routines and stresses of life.

Walking the Camino was an exceptionally positive experience for me and one I will remember for a lifetime. Thanks to Umberto Di Venosa from "Follow the Camino" for his organisation and guiding us that week.

To all my friends from that week, both old and new, thanks for the companionship, fun and memories. Arriving into the square in Santiago de Compostela on the Friday afternoon was an emotional experience. Rise will do the Camino again in the near future and if you get a chance to join in, I can only recommend it highly.

Buen Camino!

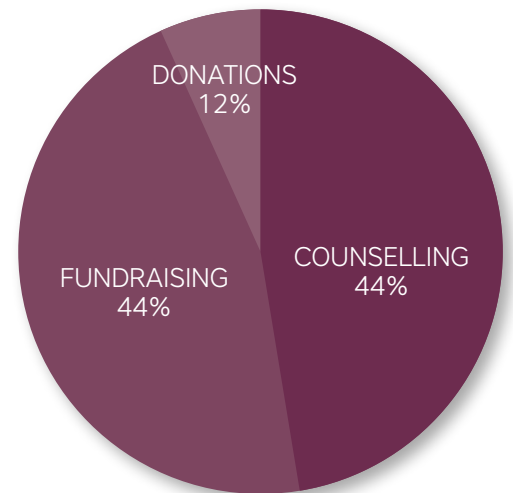
  
Danica Murphy





# HOW WE ARE FUNDED

	2017	<b>2018</b>
Donations to Rise	€14,417	<b>€16,502</b>
Fundraising	€21,842	<b>€61,800</b>
Counselling services income	€45,942	<b>€60,827</b>
<b>Total</b>	<b>€82,201</b>	<b>€137,044</b>
Fundraising	Golf Classic Rathlin Ramble	Golf Classic Rathlin Ramble Lord Mayor's Ball Camino



For more information see **Appendix 1: Statement of Financial Activities and Balance Sheet** on pages 7 and 8.



Aoife Scott, Mary Black, Damien Dempsey, Frances Black and Roisin O after performing for a Rise fundraising Concert

Performers singing at The Rise Christmas gathering to celebrate all the families who came through The Rise programmes





# IMPACT BY NUMBERS

105

FAMILY MEMBERS  
ATTENDED  
PROGRAMMES

690

ONE-TO-ONE  
COUNSELLING  
SESSIONS

34

FAMILY MEMBERS  
ATTENDED AFTERCARE  
FORTNIGHTLY

€82,000 TOTAL INCOME

400

AVAILABLE OF TELEPHONE  
& ADVICE SERVICE

8,300

SOCIAL MEDIA  
FOLLOWERS

100%

WOULD RECOMMEND  
OUR SERVICES

## FAMILY PROGRAMMES

1. **Dublin**
2. **Dundalk**
3. **Drogheda**
4. **Portlaoise**
5. **Kilkenny**
6. **Navan**
7. **Carlow**
8. **Dochas Women's Prison, Dublin 7**
9. **Residential Programme, Rathlin Island**



# APPENDIX 1: FINANCIAL ACTIVITIES

**Statement Of Financial Activities** (incorporating an income and expenditure account) for the year ended 31 December, 2018.

	Notes	Unrestricted Funds 2018 €	Total 2018 €	Unrestricted Funds 2017 €	Total 2017 €
<b>Incoming Resources</b>					
Voluntary Income	3.1	16,502	16,502	14,417	14,417
Charitable activities					
-Family Programmes, One to One					
Support and Aftercare	3.2	60,827	60,827	45,942	45,942
Activities for generating funds	3.3	61,800	61,800	21,842	21,842
<b>Total incoming resources</b>		<b>139,129</b>	<b>139,129</b>	<b>82,201</b>	<b>82,201</b>
<b>Resources Expended</b>					
Raising funds	4.1	47,802	47,802	39,110	39,110
Charitable activities	4.2	56,753	56,753	49,766	49,766
<b>Total Resources Expended</b>		<b>104,555</b>	<b>104,555</b>	<b>88,876</b>	<b>88,876</b>
<b>Net incoming/outgoing resources before transfers</b>					
		<b>34,574</b>	<b>34,574</b>	(6,675)	(6,675)
Gross transfers between funds		-	-	-	-
<b>Net movement in funds for the year</b>		<b>34,574</b>	<b>34,574</b>	(6,675)	(6,675)
<b>Reconciliation of funds</b>					
Balances brought forward 1 Jan 2018	14	3,086	3,086	9,760	9,760
<b>Balances carried forward at 31 December 2018</b>		<b>37,660</b>	<b>37,660</b>	3,085	3,085

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure relate to continuing activities.

**Approved by the Board of Directors on 3 September 2019 and signed on its behalf by:**

Dermot Tynan  
Director

Tim Duggan  
Director



# APPENDIX 1: BALANCE SHEET STATEMENT

**Balance Sheet** (as at 31st December 2018)

	Notes	2018 €	2017 €
<b>Fixed Assets</b>			
Tangible assets	9	320	284
		<hr/>	<hr/>
<b>Current Assets</b>			
Debtors	10	1,072	5,737
Cash at bank and in hand		50,022	17,293
		<hr/>	<hr/>
		51,094	23,030
<b>Creditors:</b>			
Amounts falling due within one year	11	(13,754)	(20,229)
		<hr/>	<hr/>
<b>Net Current Assets</b>		37,340	2,801
		<hr/>	<hr/>
<b>Total Assets less Current Liabilities</b>		37,660	3,085
		<hr/>	<hr/>
<b>Funds</b>			
General fund (unrestricted)		37,660	3,085
		<hr/>	<hr/>
<b>Total funds</b>	14	37,660	3,085
		<hr/>	<hr/>

**Approved by the Board of Directors on 3 September 2019 and signed on its behalf by:**

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Director

Tim Duggan  
Director

# RISE

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Carmelite Community Centre, Aungier Street, Dublin 2

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