



# ANNUAL REPORT 2020

# 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."*

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*Supporting families with loved ones in addiction*



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# CHAIRPERSON'S REVIEW 2020

As I consider The Rise Foundation over the course of 2020, a quote by the poet Iain Thomas come to mind:

*"Everything has changed and yet,  
I am more me than I've ever been."*

**This encapsulates the experience of Rise over the unexpected terrain of serving family members with loved ones in addiction who needed our support during a pandemic.**

So much changed in terms of how Rise brought services to family members (online), which we had not thought possible prior to the pandemic, but which became essential to so many people during this time. We identified and expanded supports outside the scope of our normal 10-week family programmes such as one to one counselling (again - online), of which so many family members could avail. We developed new ways of working so family members' needs could be met in their unimaginably difficult circumstances. Rise therapists remained tireless in their dedication and agility to help our clients. In all of this, the demand for services rose steadily, reflecting the added strain that many family members were experiencing.

Our funding changed dramatically as well over the pandemic period in that the large, in person events that we rely on for all of our funding, were not possible and instead new ideas and approaches took their place. Events such as the Big Dip presented itself as a new way to connect with so many people who want to support the work that we do, and we raised in excess of €11,500 through the hard work of Jonathan Smith of Ernesto's café and his stalwart team of supporters. We look forward to the time when we can engage with our supporters through in- person events again, and we were recently able to get a taste of that in 2021 through our annual golf classic which was organised by Sean Kirby of RWL – Advanced Solutions. A great success with over €22,000 raised.

The Board maintained our focus on governance by working towards compliance with the Charity Governance Code through frequent, online, Board meetings and plenty of work behind the scenes.



As chairperson, the publication of our 2020 reports seems a fitting time to express deep gratitude to my colleagues on the Board, our therapists, our executive team, our generous donors from all walks of life and locations - and most importantly, the family members who reached out to Rise in these most uncertain of times. Their bravery and strength humbles and inspires me to help Rise continue its' impactful and important work.

And so, although everything changed in 2020 in the way that Rise delivered and funded its' services, what stayed the same is our commitment to support families impacted by a loved one's addictive behaviour through awareness, education and therapy. That is who we are- now more than ever.

A handwritten signature in black ink that reads "Danica Murphy". The signature is written in a cursive, flowing style.

Danica Murphy  
Chairperson The Rise Foundation

# CEO REPORT 2020 **FRANCES BLACK**

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**I am delighted to present the annual report for the year ended December 31st, 2020.**

2020 has been the most challenging year to date since I set up the RISE Foundation in 2009. The lockdown in March 2020, meant that we had to immediately curtail our services and cancel our main fundraising events. However, as a consequence of this disruption we were forced to rethink how we delivered our services and as we began to offer our services online it has resulted in people from all over the island availing of our supports and expanded our reach. .

We developed an online version of our ten week Family Programme and this has proved very successful with very encouraging feedback from the participants.

The one to one counselling service moved online immediately and the increased demand for this service has resulted in four new counsellors joining the team at Rise.

Looking to the future it is clear that in order to be in a position to continue to offer these services online and indeed continue to expand the services we provide, we will need to increase our fundraising activities and I am confident that we will secure the backing and funding to deliver these services.

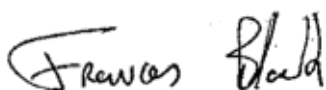
***“I believe that the services provided by RISE to family members who have a loved one with an alcohol, drug or gambling problem should be available free of charge and to this end we will endeavour to secure Government funding.”***

The impact of the pandemic is manifesting itself in increased levels of stress and anxiety in the family members we are supporting and I believe it is imperative that this is addressed before it leads to a drain on the already stretched mental health services.

I would like to pay huge tribute to the counsellors who have worked tirelessly to support our clients through these challenging times. I also want to acknowledge and thank the Rise foundation Board, especially our Chairperson Danica Murphy who has given great leadership in these very trying times.

Rise is committed to broadening the reach of its services, alongside building sustainable sources of funding. At this time of crisis, it is more urgent than ever that we continue to provide timely and relevant support to those whose lives are severely impacted by living with someone in addiction.

I am looking forward to the future with optimism and a belief that we will be able to continue providing the valuable supports to the sometimes forgotten family members in our country.



Senator Frances Black



# ABOUT THE **RISE FOUNDATION**

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ONE-TO-ONE  
COUNSELLING

10 WEEK  
FAMILY  
PROGRAMME

AFTER  
CARE

- **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**
  - **Dublin based but offering family programmes in many country wide locations**
- 

**Directors:** Danica Murphy  
Tim Duggan  
Dermot Tynan  
Lasairiona Mulligan  
Pat Flanagan  
Lorraine Doherty

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

**Co. Secretary:** Dermot Tynan

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

**Charity no:** 17312

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

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

# FUNDRAISING 2020

Our inaugural **Friends of Rise** lunch was held on Feb 27th 2020 in Saba restaurant, South William St Dublin. Who could have imagined on that day, the new reality which would be ours a few short weeks later? And more importantly- that the reality of those suffering with loved ones in addiction would be as challenging and as painful as it has been for so many of them.

However on that day we acknowledged and celebrated many of the supporters and businesses that have helped Rise deliver on its mission to family members with loved ones in addiction and equally importantly raised badly needed funds.

We thank Paul Caden and all the team in Saba for such a lovely event and look forward to the day when we can all gather together again for the next Friends of Rise Lunch.



Norah Casey, Des Cahill and Frances Black



Fun on the day



Grace Delahunt and Ann Boyle



Brenda O'Grady, Frances Black, Mary O'Neill, Andrea Smith



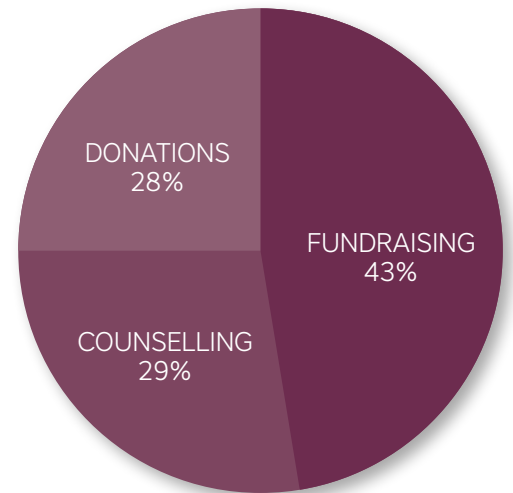
Rise Chairperson Danica Murphy and Paul Cadden of Saba



Karen and Conor Sheehan

# HOW WE ARE FUNDED

Donations to Rise	2019 €26,219	<b>2020</b> <b>€23,714</b>
Fundraising	€32,819	<b>€38,207</b>
Counselling services income	€42,416	<b>€26,285</b>
<b>Total</b>	<b>€101,454</b>	<b>€88,206</b>
Fundraising	Friends of Rise Lunch Big Dip 2020	



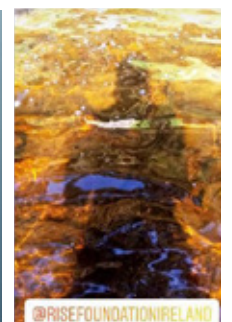
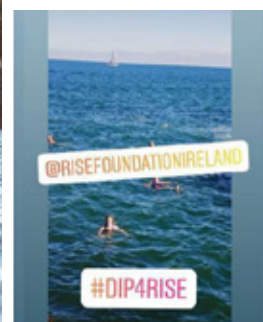
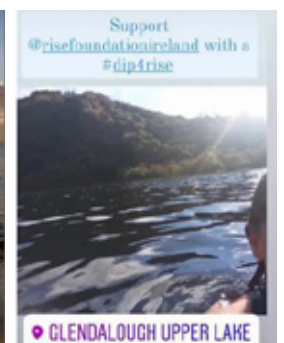
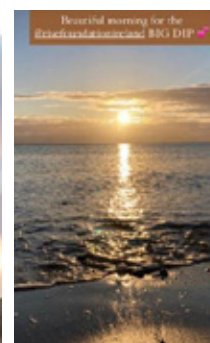
For more information see **Appendix 1: Statement of Financial Activities and Balance Sheet** on pages 7 and 8.



## Rise Big Dip 2020

Jonathan Smith of Ernesto's café in Rathmines has long been a loyal friend and supporter of Rise. He is also an avid sea swimmer. In October 2020 he and a group of stalwart friends organised a swimming event for Rise – The Big Dip. Originally it was to be an in-person event on Killiney Beach but as Covid restrictions tightened it was changed to a virtual

swim. People swam, donated and shared their photos from locations around Ireland and even some beyond. It was a wonderful success, raising an magnificent sum of €11,800 and creating great memories at a challenging time. Many thanks to all the team involved.





# IMPACT BY NUMBERS

21\*

FAMILY MEMBERS  
ATTENDED  
PROGRAMMES

839

ONE-TO-ONE  
COUNSELLING  
SESSIONS

35\*

FAMILY MEMBERS  
ATTENDED AFTERCARE  
FORTNIGHTLY

€88,206 TOTAL INCOME

630

AVAILABLE OF TELEPHONE  
& ADVICE SERVICE

11,750

SOCIAL MEDIA  
FOLLOWERS

100%

WOULD RECOMMEND  
OUR SERVICES

\* Covid 19 restrictions curtailed family programmes and aftercare service provision in 2020.

## 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 financial year ended 31st December, 2020

	<b>Unrestricted Funds 2020 €</b>	<b>Total 2020 €</b>	Unrestricted Funds 2019 €	Total 2019 €
<b>Incoming Resources</b>				
Voluntary Income	<b>23,714</b>	<b>23,714</b>	26,219	26,219
Charitable activities				
-Family Programmes, One to One				
Support and Aftercare	<b>26,285</b>	<b>26,285</b>	42,416	42,416
Activities for generating funds	<b>20,210</b>	<b>20,210</b>	32,819	32,819
<b>Total incoming resources</b>	<b>88,206</b>	<b>88,206</b>	101,454	101,454
<b>Resources Expended</b>				
Raising funds	<b>68,546</b>	<b>68,546</b>	54,339	54,339
Charitable activities	<b>32,852</b>	<b>32,852</b>	50,878	50,878
<b>Total Resources Expended</b>	<b>101,398</b>	<b>101,398</b>	105,217	105,217
<b>Net incoming/outgoing resources before transfers</b>	<b>(13,192)</b>	<b>(13,192)</b>	(3,763)	(3,763)
Gross transfers between funds	-	-	-	-
<b>Net movement in funds for the year</b>	<b>(13,192)</b>	<b>(13,192)</b>	(3,763)	(3,763)
<b>Reconciliation of funds</b>				
Balances brought forward 1 January, 2019	<b>33,897</b>	<b>33,897</b>	37,660	37,660
<b>Balances carried forward at 31 December, 2019</b>	<b>20,705</b>	<b>20,705</b>	33,897	33,897

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 12 August 2021 and signed on its behalf by:**

Patrick Flanagan  
Director

Tim Duggan  
Director

# APPENDIX 1: BALANCE SHEET STATEMENT

**Balance Sheet** (as at 31st December ,2020)

	<b>2020</b>	2019
	€	€
<b>Fixed Assets</b>		
Tangible assets	<b>160</b>	240
	_____	_____
<b>Current Assets</b>		
Debtors	<b>225</b>	5,070
Cash at bank and in hand	<b>44,995</b>	41,528
	_____	_____
	<b>45,220</b>	46,598
	_____	_____
<b>Creditors:</b>		
<b>Amounts falling due within one year</b>	<b>(24,675)</b>	(12,941)
	_____	_____
<b>Net Current Assets</b>	<b>20,545</b>	33,657
	_____	_____
<b>Total Assets less Current Liabilities</b>	<b>20,705</b>	33,897
	_____	_____
<b>Funds</b>		
General fund (unrestricted)	<b>20,705</b>	33,897
	_____	_____
<b>Total funds</b>	<b>20,705</b>	33,897
	_____	_____

**Approved by the Board of Directors on 12 August 2021 and signed on its behalf by:**

Patrick Flanagan  
Director

Tim Duggan  
Director

# RISE

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Carmelite Community Centre, Aungier Street, Dublin 2

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