



ANNUAL REPORT 2020

RISE

THE RISE FOUNDATION
Supporting families with loved ones in addiction

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."

RISE

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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 script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Danica Murphy
Chairperson The Rise Foundation

CEO REPORT 2020 **FRANCES BLACK**

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.

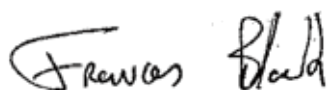
"I believe that the services provided by RISE to family members who have a loved one with an alcohol, drug or gambling problem should be available free of charge and to this end we will endeavour to secure Government funding."

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**

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

Co. Secretary: Dermot Tynan

Charity no: 17312

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

Bankers: Bank of Ireland
88 Lower Camden Street
Dublin 2

Solicitors: Tom O’Grady
Market Place
Mountrath
Co. Laois

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 Caden of Saba

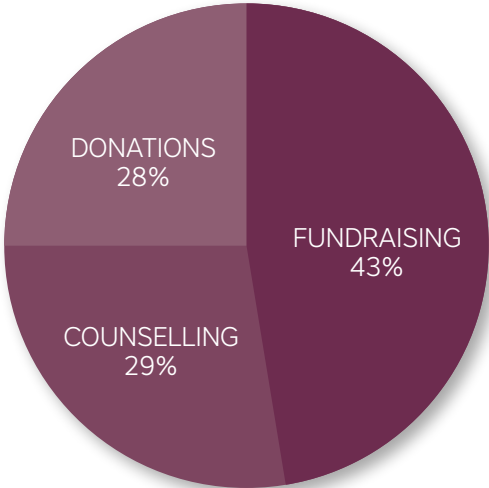


Karen and Conor Sheahan

HOW WE ARE FUNDED

	2019	2020
Donations to Rise	€26,219	€23,714
Fundraising	€32,819	€38,207
Counselling services income	€42,416	€26,285
Total	€101,454	€88,206
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.



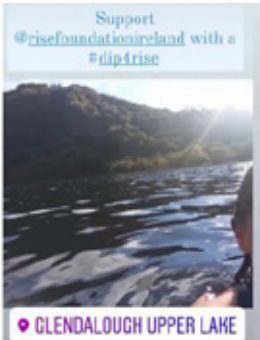
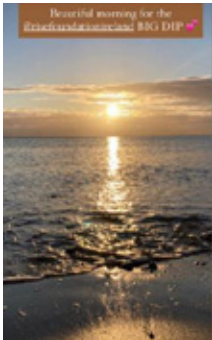
Rise Big Dip 2020

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.



For all those who dipped and donated to The Big Dip today, don't forget to DM me for your code to Thursday's breathing class.



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

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

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

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

Patrick Flanagan
Director

Tim Duggan
Director



THE RISE FOUNDATION

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Carmelite Community Centre, Aungier Street, Dublin 2

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