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Are you up to the challenge?
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for Peter McVerry Trust.

Launch of Peter McVerry Trust Newsletter



Welcome to the first newsletter of the re-named Peter McVerry Trust. Our organisation for homeless young people was formed in 1985 and consisted then of a three-bedroom flat in Ballymun, which accommodated up to 19 homeless children and young people! It was called The Arrupe Society, after a famous Jesuit Superior, Fr. Pedro Arrupe SJ, a Basque Jesuit who was very committed to the poor, and to refugees in particular, and is considered by many Jesuits as our second Founder, after St. Ignatius. However, many people with no Jesuit connections, constantly ask us what "Arrupe" means, one person thought it was an American Indian tribe! So we recently took the decision to change the name. From a three-bed flat in Ballymun, which caused the authorities a lot of headaches as it highlighted their failure, at that time, to provide services for homeless children, we now provide a wide range of services to address the needs of young homeless people.

While services for homeless children have improved immeasurably over the past twenty years, the services for young homeless adults are still very inadequate. The emergency accommodation services provide dormitory accommodation, which many young homeless adults perceive, often rightly, as dangerous and drug ridden, and feel safer on the streets.

Homeless young adults will often have a 12 month wait to access addiction services. The State provides 21 residential detox beds for 13,500 heroin users and no aftercare, recovery houses. The Peter McVerry Trust are now providing 7 residential detox beds and 10 residential drug aftercare places (see page 2 inside this issue for information on the re-opening of our Residential Community Detox Service).

The Peter McVerry Trust hopes to expand its services further over the next few years. To enable it to do so, and to provide a quality service in what we offer, Pat Doyle has become our new CEO, while I remain on as a Company Director. Pat comes with a lot of experience with young people on the margins and we were very fortunate to secure his services. Pat's new role will allow me to spend more time writing and talking with groups about the needs of young vulnerable people and hassling the Government to do more, all of which I enjoy, particularly the latter.

I would like to thank everyone, our very many friends and sponsors, who have contributed to our work over the years, either directly to myself or through Welcome Home, our very committed fundraising committee. Every contribution is gratefully received, from children who have made their first communion and want to help children less fortunate than themselves, to individuals and companies who have contributed so generously according to their means. Every contribution is acknowledged, unless the donor requests none. These contributions have enabled some young homeless people to change the course of their lives, to find hope for their future and to overcome what often appeared to them to be overwhelming problems. To continue supporting individuals through our services we have opened a fundraising office to help raise crucial funds, allowing us to continue our work. In a few cases, I have no doubt that these contributions have kept some young people alive.

Visit our new website www.pmvtrust.ie

Note from CEO Pat Doyle



I would like to welcome all our friends and supporters to our first ever PMVT newsletter. I was delighted to take up appointment as CEO with Peter McVerry Trust last year. Having worked in the area for many years I am delighted with the opportunity to help shape best practice. It is our aim to offer individuals support and choice, enabling them to move out of homelessness and to move towards independent living.

We provide a continuum of care model aimed at reducing the impact of homelessness, drug problems and social disadvantage among young people in the Dublin area. The range of services offered by the charity include:

- **Referral and Assessment**
- **Outreach**
- **Tenancy Sustainment**
- **Open Access**
- **Education and Training**
- **Residential Transitional Accommodation**
- **Residential Community Detox**
- **Residential Drug Aftercare**

These services make a huge and positive difference to the lives of those we come into contact with. Finally, I would like to thank you for your support in allowing us to continue our work with Dublin's homeless.



Pat Doyle

The Lantern Residential Community Detox Service secures Clinical Governance approval from HSE, Northern Area.

The Residential Community Detox service re-opened in March this year, to provide a safe place for people who wish to detoxify from illicit and prescribed substances.

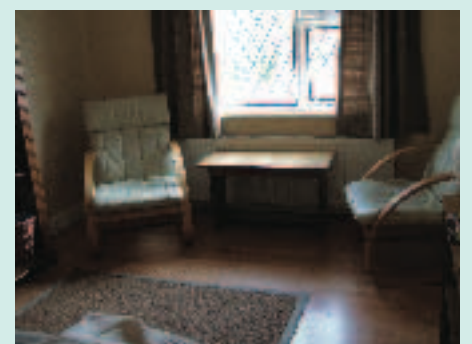
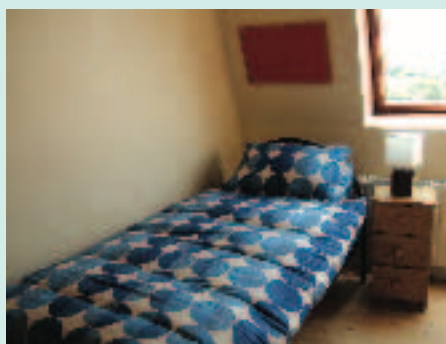


A 6 week residential programme is provided where residents, in line with their G.P./Prescriber, detoxify from drugs. Support is provided from a multi-disciplinary team including a visiting G.P., on-site nurse, psychotherapist, counsellor, manager and project workers.

Once admitted, the residents participate in a 2 tier programme. The first element of the programme provides daily psycho-educational groups on relapse prevention, equipping the residents with the practical skills to remain drug free. The second part of the group work is a horticultural programme where residents learn about

nature by developing and maintaining the 6 acres of land surrounding the unit. This is overseen by a qualified landscaper.

Individual care plans are developed with the resident, including setting goals and targets for the duration of their stay as well as planning for their move on to further treatment. The aim is to equip residents with the skills needed to remain drug free on completion of the programme. Information on further services run by Peter McVerry Trust is also provided, helping the individual to make the best choices available to them.



New Service Education, Training & Development Centre

"We believe that education transforms peoples lives, and that a very high level of one-to-one support is needed to break the cycle of homelessness."

The new Education, Training and Development Centre of the Peter McVerry Trust opened on 25th September. The Centre provides educational and training opportunities, as well as one-to-one support to participants, to help break the cycle of homelessness.

On accessing the service the participant meets with a staff member who provides the one-to-one support needed to build a trusting relationship whilst giving priority to any accommodation or personal care needs s/he may have. Once these primary needs are cared for the participant is then free to avail of the diverse range of courses and activities the centre offers:

- **Cookery**
- **Computer skills - E-mail and Internet**
- **Health and Fitness**
- **Personal Care**
- **Drama**
- **Art**
- **English**
- **'Getting That Job'**

This programme will change regularly according to the needs of participants. There is also a social activity programme, which presently consists of evening football and monthly trips to the country and cinema.

The centre tracks the progression of participants on their journey through education and employment, with the centre's Employment Officer playing a vital role in getting people into the work force.

Our new service enables the client to avail of every opportunity to move out of the cycle of homelessness. It is a huge addition to the range of services Peter McVerry Trust provides, which now respond to practically all the needs of homelessness.

For clients struggling with addiction, and those ready to move on, the centre facilitates a stabilisation group that helps them prepare to access other services of Peter McVerry Trust, our Community Residential Detox Centre and Residential Drug Aftercare facilities.

The new centre is a hub offering many educational and training opportunities, above all it is a home from home, a happy place where people feel safe, supported and valued, and somewhere they can find someone to turn to.

Pictured are: The team - Valerie Bowe, Tim Hickey, Karrie Bright and Damien Gibney.



Resident's Story

I've known Fr Peter McVerry for more than 10 years now and initially met him when I was in prison. He used to visit regularly and always had time to talk. When I went through a period of not wanting to leave my cell he encouraged me to go to mass, where I would read on Sundays. This really helped build my confidence.

I have been in and out of prison since I was 15 years old. Although I knew for many years that I needed to change direction, it took me a while to finally make the decision to do something serious about it.

On 4th April this year I was assessed for a place at Peter McVerry Trust's Residential Community Detox service - The Lantern, and started my programme 2 weeks later. To be honest I was apprehensive about going as I didn't know what to expect. On my second day there my uncle died from an overdose. After attending his funeral it made me more determined to return to the house and give it my best shot.

It took me a week or two to settle in and trust the staff, who were both direct and understanding. There were some real characters and no-one ever judged me. There was a great

atmosphere in the house, and I felt I could be myself there.

When it came to my leaving date, I didn't want to go. Although deep down I knew this was merely a way of opening doors for me and helping me move on to other services. I was provided with many options to consider before my exit date and the staff helped me to plan out what to do next.

I learnt a lot about myself and others while I was there. I've started seeing things through a new set of eyes, and enjoy simple things like going for a walk, visiting the beach or working out at the gym.

I am now back living at home, where I am helping re-build the trust and respect among my family. I'm starting studies at the end of the month and set myself little goals every day to help keep the bigger goal in place which is to stay clean.

I got so much out of my time in the Lantern and my aim is to give something back. Other residents helped me in the house and towards the end of my stay I was helping others with their problems. I hope my story will give others hope.



Trek Namibia October 2007



Experience the trip of a lifetime and help us make a difference to the lives of homeless people by signing up for Peter McVerry Trust's first overseas challenge to Namibia. The expedition takes you to one of the most remote and breathtaking regions of the world.

Over a ten-day period, you will hike through the spectacular Namib Desert of Namibia, famed as the oldest desert in the world. Seldom visited by Western tourists, the ancient terrain of Namibia is renowned for its vast open spaces, towering red mountains, and extraordinary wildlife.

To find out more about this exciting and rewarding expedition contact the Fundraising Office 01 8230776 or visit www.pmvtrust.ie.

With limited places available it is advisable to register your interest as soon as possible.

Corporate Christmas Appeal Team Up with Leinster Rugby

Your company can help make a huge impact into our work with homeless young people. For further details on how your company can help please call 01 8230776 for an information leaflet.

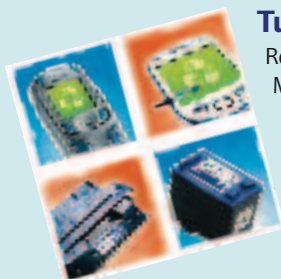
Charity Christmas Cards

Individual packs can be purchased or corporate cards can be over-printed with your company name and logo. Please contact the Fundraising Office for further details.

Turn your trash into cash

Recycle and raise vital funds for Peter McVerry Trust. Used ink cartridges and old mobile phones are worth valuable Euros!

We can send freepost collection envelopes or collection boxes to your home or workplace - contact the Fundraising Office to sign up.



News from our Supporters



Wexford Cycle

Welcome Home is a dedicated fundraising committee who have been supporting the work of Fr Peter McVerry since 1990. Each year they organise events raising vital funds for the charity.



Photo kindly supplied by Irish Times

Their annual Wexford Cycle on 16th September was the most successful to date, with 450 participants, raising an expected €300,000! Thanks to all for their hard work. For more information about Welcome Home please visit their website

www.welcomehome.ie.

Calcutta Run



The annual Calcutta Run held on 27th May in Dublin was another great success, raising more than €100,000 for Peter McVerry Trust. A big thank you to all 1,500 who took part, and to the organising committee at A&L Goodbody Solicitors.

Congratulations to Peter McVerry Trust's Project Worker Anne-Marie Keenan who successfully completed the Berlin marathon on 24th September, raising much-needed funds for the charity.

How you can help

For information on ways to donate, volunteer your time, organise a fundraising event or take part in any of our upcoming events please contact the Fundraising Office on 01 8230776 or visit www.pmvtrust.ie.

Your donation could go even further - at no extra cost to you!

We can reclaim the tax on donations over €250 made within a tax year. This could be an extra €181 if you are a higher rate tax payer or €63 if you are a standard rate payer. Please contact the Fundraising Office for a Tax Relief form (CHY2) or to find out more.

Thanks to all our supporters. Without your generosity we could not help so many people move out of homelessness.

Every good wish for Christmas and the New Year from all at Peter McVerry Trust.