



Inside this issue:

Horticulture Project

Note from CEO

Stabilisation Programme

Employee Focus

Trek Challenge

Fundraising & Events
Information



Trek Lesotho Challenge

Join us on an unforgettable adventure in Lesotho - one of Africa's hidden gems. **Please call 01 8230776 or e-mail trek@pmvtrust.ie for an information pack.**

Visit our website www.pmvtrust.ie

Horticulture Project at the Lantern Residential Community Detox Service



The Horticulture Project is an integral component of The Lantern Residential Community Detox Service. This unique detox model encompasses the therapeutic aspects of horticulture and is the only model of its kind operated in Ireland. The model has been reproduced from similar, successful projects that are run in other European countries.

The horticulture project at the Lantern has been operating for two years and in that time the physical landscape around the house has dramatically improved. At the outset, the aims were to provide a more up-lifting environment for the residents, as well as to form one arm of the therapeutic approach to their recovery.

The first aim was relatively easy to achieve. Large ivy-laden Ash trees which cast long shadows over the southern side of the house were replaced with more suitable planting. The areas surrounding the house were cleared and flower and vegetable beds were installed. The entrance, drive and front lawns were all restored to their former glory and car parking was developed to the rear of the house so that visitors and residents could enjoy all of these features.

During their six week stay at the Lantern residents divide their time equally between group work, household chores, leisure pursuits and horticultural work. For an hour and a half each weekday they maintain the grounds, carrying out tasks such as



hedge trimming, grass cutting, weeding, watering, planting, feeding and harvesting. Over the past two summers this work has produced a small selection of fresh vegetables, fruit and herbs for the kitchen. These include potatoes, carrots, onions, apples, beetroot, parsley, thyme and sage.

This year, we hope to greatly increase output as we are currently developing a further half acre for vegetable production, mostly under polythene. We are also planting a new flower garden and by next autumn we aim to begin creating a Zen or relaxation garden on the site.

Feedback from residents is generally positive; they agree that it helps them to get through those difficult days and weeks. In the year ahead we plan to get some of our past residents back to see the gardens in full bloom, as many have expressed an interest in seeing how their work has developed. As you can imagine, it is very difficult to see the development in the short space of six weeks; of course, the very fact that things don't happen quickly in the garden is a key part of the learning that goes on at the Lantern.

Spring is in the air now and the garden is awakening, whatever lies ahead there will be work to do in the gardens at the Lantern throughout 2008, and it is hoped that we will see changes in the landscape reflected in the people who come to live, work and visit there.

Liam Doyle
Horticulture Co-ordinator

Employee Volunteering Opportunities

Company employees are invited to volunteer for a day on the horticulture project. The plan for the day will be drawn up by the qualified horticulturist and will vary from season to season. This is an ideal

opportunity for your employees to engage in team building and corporate citizenship simultaneously. E-mail corporate@pmvtrust.ie for more information.

PMVT Services are Referral & Assessment, Open Access, Outreach, Education, Training & Development Centre, Transitional Accommodation, Residential Community Detox, Residential Drug Aftercare, Settlement & Tenancy Sustainment.

Note from CEO Pat Doyle



I would like to welcome you to the latest edition of our newsletter Opening Doors, which strives to keep you informed about our work. 2007 was a very busy year for the charity, with many developments taking place which were all made possible by your generous support.

Substance misuse continues to be an issue affecting many people who are homeless and in this edition you can read about how the Peter McVerry Trust is responding to this. We have an article on our Stabilisation Programme, which operates from the Trust's Education, Training and Development Centre. The 12 week programme, which was established last year, provides crucial support for individuals at the early stages of addressing their substance misuse. Over 40 people participated in this programme in 2007.

On graduating from this programme, young people can move on to our Residential Community Detox Service - the Lantern, where they will stay for a period of 6 weeks. During this period of detox they will participate in the therapeutic horticulture project, which you can also read about in this edition. Over 50 people completed our residential detox programme last year.

We are currently working on our annual review and researching how our services meet the needs of young homeless people, so that we can continue to provide high quality and effective services to help individuals to move out of homelessness and towards a brighter future.

We continue to rely heavily on fundraising activities and voluntary donations to deliver our services to some of the most marginalised young people in our society; I would like to thank you for your past support and ask you to continue to help us remain committed to reducing homelessness, in our society, in 2008.



Pat Doyle

Education, Training & Development Centre's Stabilisation Programme

"The main thing which I receive is support, from the staff and my peers, on my journey from addiction to being drug free." A participant on the Stabilisation Programme.

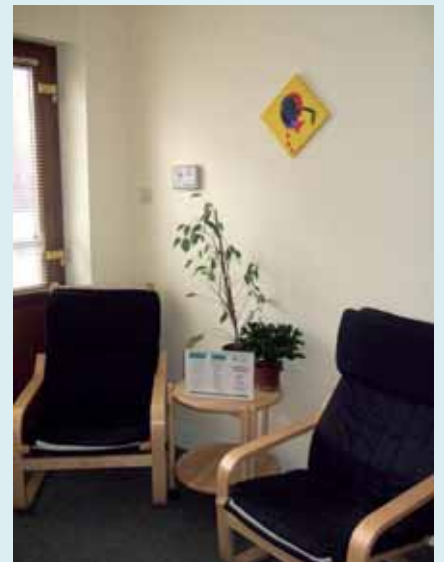


Peter McVerry Trust's Stabilisation Programme was established in May 2007, to provide a safe and stable environment for young people at the early stages of addressing their substance misuse.

Support is provided from a multi-disciplinary team including a Manager, Project Workers and Counsellor. Psycho-educational groups in drug and health awareness provide a forum for peer support, and one-to-one sessions are available for all participants.

The rolling programme runs for a period of 12 weeks, during which participants are presented with a choice of move-on options, for example, Peter McVerry Trust's Residential Detox Service or to other day programmes, continuing the work they have started.

Other participants have commented the centre is a 'homely place' and the programme 'structured and helpful'.



The Stabilisation Programme operates from the Education, Training and Development Centre, which also offers a programme of educational and training activities. It is available to anyone over 18 years old, who is willing to participate in the daily programme and who is motivated to change.

Employee Focus



Richard Duff - Residential Project Worker

My name is Richard Duff and I currently work in the Residential Transitional Service, in our project located on the Whitworth Road. I

am originally from Ballymun, North Dublin, and have been working with Fr. Peter McVerry for over 20 years.

I started my career as a youth worker in a youth club in Ballymun, where I first met Peter when he came to give a talk to the young people. When I heard that Peter was looking for staff for his residential project in Ballymun, known locally as the Hedge's, I applied. I worked there for over 10 years before transferring to the Whitworth Road, when the project in Ballymun was relocated.

As a project worker, I provide direct support to residents, through one-to-one key working, supporting them in addressing any needs they may have and advocating for them with external referral agencies. A large part of workload on a daily basis would include

ensuring that the project is a warm and welcome place for any of our residents. We try to ensure that all residents feel that the Whitworth is their home and that they feel safe here.

What I enjoy most about my work is the daily contact with the residents, talking with them and helping them with any of their difficulties. The most rewarding thing is watching the change occur in the lads during their time with us and seeing them move on to more independent living.

The Residential Transitional Service provides accommodation for homeless people over the age of 18 years. Individuals are given support to address the issues which have contributed to their homelessness, to link with the Trust's other services and to progress from here to more independent accommodation. This facility offers six places.

Peter McVerry Trust's Trek Challenge



Join Peter McVerry Trust on the hiking adventure of a lifetime through Lesotho, one of Africa's hidden gems!

Lesotho's rugged landscape is one of the most beautiful and austere on the African

continent. The entire country, which is surrounded by South Africa, is more than a thousand metres above sea level; it is fittingly known as the Kingdom of the Sky.

Over a ten-day period (17th - 26th October, 2008), you will hike through the villages of the hospitable Basotho people.

The trek will start at the foot of the majestic Sekameng range and move through villages and schools as well as visit Tsehlanyane and Golden Gate Highlands National Parks which are famous for outstanding scenery and bushman paintings, and where zebra, wildebeest and other animals roam the hillsides.



Pat Doyle, CEO who is taking part in the trek said, "I am really looking forward to visiting this unique country. After speaking with some of the group who took part in our trek in Namibia last year I know that as well as being a challenge it will be a rewarding and unforgettable experience."

Space is limited, so contact us today to join up to a once-in-a-lifetime adventure! Call 01 8230776 or email trek@pmvtrust.ie for an information pack.





Women's Mini Marathon

Bank Holiday Monday 2nd June

Walk, jog or run the 10km around Dublin's city centre in aid of the Peter McVerry Trust. E-mail minimarathon@pmvtrust.ie or call 01 8230776 to request your sponsor pack, which includes a free t-shirt and sponsor card.

Please note places fill up fast so register today! Official entry forms can be found on-line at www.womensminimarathon.ie or in the Evening Herald (every Thursday and Saturday).

Trek Lesotho Challenge

17th-26th October



Contact the Fundraising Office today for more information about trekking in the unique and beautiful country of Lesotho.

Gala Ball

Friday 14th November



Our second Gala Ball takes place back in the elegant surroundings of Clontarf Castle Hotel. Last year's event was such a success that we advise you to register your interest early by calling the Fundraising

Office on 01 8230776, to avoid disappointment.

Regular Giving

By donating regularly to the Peter McVerry Trust, you can help us plan longer-term, ensuring young people continue to receive care in secure and supportive environments to help them move out of homelessness.

- €10 per month will provide a personal kit of bed linen, toiletries and towels for someone entering one of our residential services.
- €21* per month will provide settlement support for someone newly moved in to their own accommodation.

You can download a Regular Giving Form on www.pmvtrust.ie or call 01 8230776.

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! Contact the Fundraising Office to sign up.



News from our Supporters

Welcome Home

- Golf Classic at Milltown Golf Club - Friday 9th May
- Wexford Cycle - Saturday 20th September



Details about these events can be found on www.welcomehome.ie

Calcutta Run - 10th anniversary Saturday 17th May

This year celebrates the 10th anniversary of the 10km fun run/walk in Dublin's Phoenix Park, organised by A&L Goodbody Solicitors. Help to make this year the biggest and best yet! Further information, including a training programme and sponsorship cards are available on www.calcuttarun.com.



UCD Annual Camino di Santiago Pilgrimage



For the last four summers, groups of students and staff from UCD have gone to Spain to walk part of the Camino de Santiago de Compostela. This is a sponsored walk and everyone pays for their own travel and other expenses so that every euro raised goes to the Peter McVerry Trust.

Every participant takes part for different reasons, for some it is the physical challenge and a change from study. For some, it is a bit of fun and adventure, a spiritual journey, and the chance to help young people their own age

This year, the group consists of twelve students and two staff from UCD. They head off at the end of May, and will walk 255 kilometres, to arrive in Santiago de Compostela on June 9th.

Congratulations to Eoin Murphy for completing his Aconcagua Challenge in Argentina last December, and for raising vital funds to support the work of the Peter McVerry Trust.

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.

Tax Reclaim

If you are a PAYE taxpayer we can reclaim the tax on your donations of €250 (€21 per month) or more, made within one tax year. Contact the Fundraising Office for a Tax Relief Form (CHY2) or to find out more.

Our sincere thanks to all our supporters - your generosity makes a real difference to the lives of the young people we support.