

Carrickfergus  
Adult Addiction



Carrickfergus Cornerstone  
C/O 31 Lancasterian Street  
Carrickfergus  
BT38 7AB

Support Group Tel: 07598 746742

## Trustees Report 2022-2023

During the year 2022-2023 The group continued to meet weekly at above premises. The group secured funding from Halifax foundation, Ascert, Impact Network and Mid and east Antrim Council.

The funding enabled the group to continue to meet twice weekly in the community forum building which is a safe central location where the group can meet to discuss their addiction issues in a nonjudgemental environment.

During 22/23 year we were able maintained the group's allotment where members of the group can go for therapeutic activities and relaxation this was weather permitting. Funding received enabled the group to purchase equipment and materials to be used for the therapeutic activities that take place during the allotment activities. The group allotment is a means of occupying the mind and discussing issues on a one-to-one setting.

Our group had a best practice visit to Cultra Folk Park, these group outings support the mental health and well-being of participant. Engaging with others in an open space environment, gaining historical information on the ways of previous living and life previously experienced by their ancestors. This also helps group members to bond and off load personal issues in a relaxed environment reducing isolation often suffered by those who experience addiction.

The group continues to offer telephone support which members can avail of if they need to talk outside of meeting times and this is also the number for new people with substance issues to reach out for help. One to one coaching session is offered to clients who come through referrals from addiction services and local GP,s this service is a recovery service building relationships with the client referrals guidance on recovery and methods used and introduction to the group.

The funding secured enable the group to offer members transport to meetings on dark, wet nights, this encourages members to attend as social isolation during the winter months can lead to relapse. Members attended an end of year celebration. This celebration is held annually members can have a night out without the use of drugs or alcohol, this builds pride and self-esteem and encourages the

group to continue on the path of sobriety. Holding this event gives all members recognition to what they have achieved over the year.