

CARRICKFERGUS CORNERSTONE ADULT ADDICTION GROUP



c/o 31 Lancasterian Street
Carrickfergus
BT38 7AB
Tel: 07598 746742

TRUSTEES REPORT 2023 - 2024

Charitable Purposes of Carrickfergus Cornerstone

- 1 To foster an atmosphere of mutual support among adults who are experiencing or recovering from the effects of substance abuse and addiction in the Mid and East Antrim Borough (hereinafter called the area of benefit) and facilitate access to premises / meeting facilities.
- 2 To provide information, training, signposting, guidance and support to the inhabitants of Mid and East Antrim Borough on issues such as alcohol, drugs and addiction.

How we achieved this in 2023/2024

Carrickfergus Cornerstone continued to meet weekly in the Carrickfergus Community Forum premises where the group were able to meet in a safe, central venue to talk about their addiction issues. This was done in a non-judgemental setting giving members a chance to help each other while offering a safe place to come helping to remove the stigma that is attached to addiction while offering a place to come to tackle social isolation.

The group also has an allotment which is there for all members of the group. The allotment is used for occupational therapy and occupying the mind away from their addiction. The allotment is also used for group members to just chat and relax with a up of tea when the weather allows.

Carrickfergus Cornerstone also offered one to one recovery coaching where members who are struggling can avail of private sessions. The recovery coaching is also available to people with addiction issues who are referred to the group by the community addiction service NI, GP's or word of mouth from existing group members. These sessions offer clients a way to

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take some control of their own recovery through mutual respect and gentle advice. For new clients these sessions also offer a chance to join in with the group offering long term help from others in the same situation.

Our group has a telephone line for members to use if they need to talk privately outside of meeting times when they are alone and cravings of their addiction are strong. This phone number can also be used for other people suffering with addiction who are interested in coming to the group or just to enquire about a few one to one sessions or hear what we do.

The group went on a best practice visit to the Armagh Planetarium. This offered the group members a chance to socialise in an unfamiliar setting which was both educational and enjoyable with the day finishing off with a light meal. This activity was a way to promote wellbeing and aid good mental health. The group also had an end of year celebration which is to congratulate members for their past year of sobriety and instil pride and encouragement. This takes place in a drug and alcohol free environment where we also hand out certificates to members for any courses they have completed in the last year.

During the year 2023 – 2024 our group secured funding from the Halifax Foundation, Impact Network, Mid & East Antrim Council and Ascertainment. This enabled our group to continue to help the people of Carrickfergus Whitehead & Greenisland and the outlying towns as we strive to tackle addiction, social isolation and mental wellbeing. We hope to continue to host speakers on the recovery from addiction enrol members on relevant courses and maintain and make use of the allotment in the year ahead.

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