

TURAS

NEWSLETTER



TURAS SPOOKY TRAIL 2022

Turas would like to thank everyone who helped to make our Spooky Trail event in October such a huge success. We had a fantastic family day in St. Helena Park to celebrate Halloween and support the many people in our community who need help with addiction.

The event raised over €5,000 which enables us to continue providing essential supports to over 350 people a year, right here in the North East.

Thank you to all our generous sponsors, volunteers and attendees. We are already looking forward to Spooky Trail 2023!

RECOVERY MONTH

September is internationally recognised as Recovery Month, when people around the world participate in events to celebrate addiction recovery and increase recovery awareness.

To mark the occasion, we had our HQ windows lit up in purple (the official colour of Recovery Month) and had Turas info stands in DKIT and Marshes Shopping Centre.



SAILING INTO WELLNESS



Earlier this year, Turas was delighted to partner with Sailing into Wellness, a social enterprise based in Cork. They use the sea and its tranquil, calming waters to help people look after their physical and mental wellbeing. This involves learning to sail on a yacht, developing skills such as judging tides, weather, safety at sea, navigation, controlling the yacht, decision making and working together as a team. Our Turas sailors took to the sea with support from Alan Duff (Turas Clinical Manager) and the SIW crew, including Leonie Conway (instructor & mentor) and Tessa Kingston (counselling psychologist).



Participants experienced the many benefits of Sailing into Wellness, including "the feeling of peace and being able to switch off from everyday problems and challenges." Some felt it was an "out-of-this-world experience" to be able to talk about recovery in such a tranquil environment.

The 4-week course culminated in the group sailing from Howth to Carlingford over 2 nights and 3 days, staying on board overnight. It was an incredible achievement and we are so proud of all involved. For more info on Sailing into Wellness, visit their website: www.sailingintowellness.ie

WELCOME TO OUR TURAS NEWSLETTER!

Welcome to the inaugural Turas Newsletter! We are delighted to be building a community of people in Dundalk who are interested in and support our work. As you will read, we have a huge range of activities on offer to our clients including sailing, art therapy, outdoor therapy and our new Recovery Café. Together with our counselling, harm reduction, community detox and day programme, we offer clients the opportunity to transform their lives and reduce the negative impact of their addiction.

We can't do it on our own and any help you can give by donating to us, attending one of our events or organising your own event would facilitate us to expand our services even further.

From everyone in Turas, I would like to wish all of our supporters a very Merry Christmas and a happy and healthy 2023!

Nicki

Nicki Jordan
Turas Manager



FIRST STEP ART SERIES

We were delighted to recently announce our new First Step Series art psychotherapy programme for people in recovery. It is currently running weekly until Monday, 19th December. Call the office at 042 933 8221 to register your interest, or for any further information. Participants in this programme must not be actively using any substances.



TURAS RECOVERY CAFÉ



In February 2022, Turas opened Dundalk's first Recovery Café, kindly facilitated by our friends and neighbours in XXI Ice on Clanbrassil Street.

It has now moved just a few doors up to PROPER (A91 C2WN) and takes place on Wednesdays from 5pm-7pm. As well as serving tasty treats and great coffee, the Café provides opportunities for people in recovery from substances to meet others who are overcoming similar challenges, get support on their journey, make some new friends and just enjoy themselves in a sober setting.



The Café is run by Turas Recovery Coach, Michael Dwyer, who has benefited from the support of Turas in his own life, and wants to share his learning and growth to help others maintain their sobriety. We are delighted to have Michael, who has been the backbone of this project and took the initiative to get it moving.

The Recovery Café is free of charge, but we do ask for a donation towards the running costs from people who have it.

TURAS SERVICES

MARY'S STORY

Mary is a 43-year-old mother and a recovering alcoholic. She has battled with this over the last 5 years. She is now 14 months sober and says it's all thanks to Turas.



Mary heard about Turas from a friend and came along to do a 6-week recovery course. She then did the Transformational Recovery Programme and says that this is what got her to where she is today. Mary also says that Turas is "a wonderful, welcoming and helpful place, and it's free! If sharing my story can help to save one person from hopelessness and despair, then that's a life saved, and I know Turas has saved many."

Turas Group Times

The mixed group, formerly in Blackrock, will be held in Outcomers (8 Roden Place, through the arch) on Mondays between 17:30 and 18:30.

The women's group is held in Turas on Thursdays between 13:00 and 14:00.

The Recovery Café, merged with the men's group, will be held in PROPER (A91 C2WN) on Wednesdays between 17:00 and 19:00.

HOW WE HELP

Transformational Recovery Programme

Community Alcohol Detox

Counselling

Outreach Support

Family Support

Empowering Women in Sobriety Group

Empowering Men's Group

Recovery Café

Outdoor Therapy

Creative Therapies

Please call/email us for more information:

042 933 8221

info@turascounselling.ie

TRANSFORMATIONAL RECOVERY PROGRAMME



The Turas 15-week Transformational Recovery Programme is ideal for people motivated to overcome drug and alcohol addiction. TRP is non-residential and seeks to re-integrate those struggling with addiction into the community, and to bring about positive change in their lives. This is done through restoring independence, developing new coping skills, outdoor therapy and self-direction work. Participants must be sober for a month to start this programme. We are now welcoming referrals. Please call us on 042 933 8221.



Our recent TRP group had a beautiful outdoor therapy day at Templetown beach. They spent time reflecting on different elements of their lives, with nature as part of the process and not just a backdrop. Everyone took time to go deeper into themselves and to connect with their own inner wisdom and strength, both so necessary for their recovery journey. They all left something behind them on the beach that no longer served them and at the end of the day, they felt lighter and more determined to succeed!

GIVE THE GIFT OF RECOVERY

You can donate to Turas in lieu of sending cards or gifts for Christmas, birthdays or any occasion.

Your gift will help us to support even more people on their journey to recovery.

We will provide you with an e-card to share with friends, family, colleagues, club mates or business associates to let them know you have chosen to give your gift to Turas.

To make your donation to Turas, please visit
www.turascounselling.ie/donate

For more information, contact us on 042 933 8221 or email fundraising@turascounselling.ie



CONTACT TURAS

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ALAN'S DUBLIN MARATHON

Massive congrats to our very own Alan Duff, who completed his first ever Irish Life Dublin Marathon in October. He did it in great time and raised over €1,200 for Turas in the process! Well done to Alan and huge thanks to all his donors and supporters for your amazing generosity.



THANKS TO ALL OUR 2022 FUNDERS & SUPPORTERS!

Special thanks to the HSE, North East Regional Drug & Alcohol Task Force, the Courts Service, Louth Leader Partnership, Louth County Council, Dundalk Credit Union, County Louth Bar Association, Bespoke Trustees, Cusken Ltd, Sync IT, Dash, Dole, Balloon Boutique, Oriel Office, Skypark, Brendan Marmion Decorating Centre, Blooms Flowers, Lidl, Broderick's, Country Fresh, Print Express, Pirates Den, Byrne's Pharmacy, Proper, XXI Ice, our very generous individual donors and our wonderful volunteers. You are helping Turas to support over 350 people each year on their journey to recovery. Thank you.



DUNDALK
CREDIT UNION

