

TURAS NEWSLETTER



TEAM TURAS AT DUNDALK ST. PATRICK'S DAY PARADE

Turas staff and volunteers had a great day at the St. Patrick's Day parade in Dundalk! It was a lovely community event, with lots of other local groups and businesses represented. Thanks to Louth County Council, Dundalk Credit Union and Paypal for sponsoring the parade, and to the committee and volunteers for making sure the town got to celebrate the day in style!

SOBER SOCIALISING

Turas Sober Socialising events give people in recovery a chance to make friends and have fun without substances, while also supporting local businesses.

Thank you to Sitar Indian Restaurant for hosting our most recent event in March. Gorgeous food and great service - we will be back! Our remaining 2023 Sober Socialising events will be on 1st June, 26th October and 14th December. To find out more, please email us: info@turascounselling.ie



TURAS RECOVERY CAFÉ 1ST BIRTHDAY!



Pictured above L to R: Michael Dwyer (Turas volunteer & Recovery Coach), Alan Duff (Turas Clinical Manager) & Nicki Jordan (Turas Manager).

Michael says: "I helped Turas to set up the first and only Recovery Cafés outside of Dublin - one in Dundalk and another in Collon. They are places to socialise without substances, get addiction information and support and, of course, enjoy a cuppa! We welcome people who are in addiction themselves or have concerns about someone they love."

Turas Recovery Café's take place on Wednesdays from 2-4pm in Mellifont Abbey, Collon and from 5-7pm in Proper, Clanbrassil St, Dundalk.

Thank you so much to Proper, XXI Ice, Mellifont Abbey and all our amazing volunteers for making Turas Recovery Cafés possible.

WELCOME TO OUR TURAS NEWSLETTER!

Welcome to the Spring 2023 edition of our 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 art therapy, nature 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. Thank you so much for your support.

Nicki

Nicki Jordan
Turas Manager



MEET THE TURAS TEAM

Back Row: Ciaran Warnock – Reception/Admin, Frank Fitzpatrick – Project Worker, Nicki Jordan – Manager, Cian McCooey – Reception/Admin.

Front Row: Deirdre Murphy – Counsellor, Joy Booth – Fundraising Manager, Leah Weich – Dual Diagnosis Case Manager, Chloé Rowland – Project Worker, Caroline Macken – Counsellor, Alan Duff – Clinical Manager.

Not Pictured: Maureen Zeltner – Administrator, Patricia Kelly – CAD Nurse Manager, Tiina Univer – Finance, Michael Dwyer – Recovery Coach, and our many incredible volunteers!

PARENTS UNDER PRESSURE



This new programme aims to support families who are confronting parental substance abuse.

The objective is to aid parents in developing more positive relationships with their children, and to use new techniques and strengths to better their family lives.



This programme will run for 10 weeks, and will consist of weekly 90min sessions.

**Starts 10-11:30AM on
Wednesday 26th April in Turas.**

Call 042 933 8221 to register.

turas



North Eastern Regional
Drug & Alcohol
Task Force
Carry - Monaghan - Louth - North

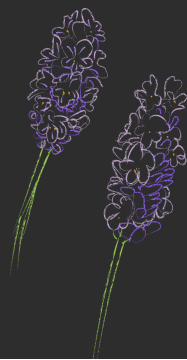
GAMBLING AWARENESS CAMPAIGN



Announces €1.7M funding for Gambling Support Services



Gambling Awareness Trust has announced the allocation of €1.7M for services to support those affected by problem gambling in 2023. Enormous work has been done to develop easily accessible services on the ground to respond to the needs of those experiencing problem gambling. Recent news reports and research found that there are an estimated 55,000 problem gamblers in Ireland. With funding from Gambling Awareness Trust, Turas plans to hire an additional counsellor and carry out an extensive gambling awareness campaign to educate and support people in the North East who struggle with a gambling addiction.



TURAS SERVICES

HOW WE HELP

Transformational Recovery Programme

Community Alcohol Detox

Counselling

Outreach Support

Family Support

Empowering Women in Sobriety Group

Empowering Men's Group

Recovery Cafés

Nature Therapy

Creative Therapies

Please call/email us for more information:

042 933 8221

info@turascounselling.ie

www.turascounselling.ie

Turas Support Groups

Mixed Recovery Group

Mondays @ 5:30-6:30pm

Outcomers, 8 Roden Place, Dundalk (through the arch)

Recovery Cafés

Wednesdays @ 2-4pm in

Mellifont Abbey, Collon &

Wednesdays @ 5-7pm in Proper, Clanbrassil St, Dundalk

Empowering Women in Sobriety Group

Thursdays @ 1-2pm in

Turas, Clanbrassil St, Dundalk

CONTACT TURAS



042 933 8221/042 933 8224



www.turascounselling.ie



info@turascounselling.ie



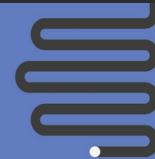
59 Clanbrassil Street
Dundalk, Co. Louth



facebook.com/TurasSupport



instagram.com/turasdunkalk



Transformational Recovery Programme

Ready to stop your addiction now?
Join us to help on your path to recovery.

Drama workshops Stress Management
Relapse Prevention Outdoor Therapy
Art Therapy

Takes place every Monday and Tuesday.
Contact us at 042 933 8221 to register your interest.
More info at www.turascounselling.ie

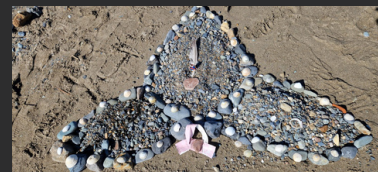
Our 15-week Transformational Recovery Programme (TRP) is ideal for people motivated to overcome drug and alcohol addiction. TRP is non-residential and seeks to re-integrate those struggling with addiction into the community, and to bring about positive change in their lives. This is done through restoring independence, developing new coping skills, outdoor therapy and self-direction work. Participants must be sober for a month to start this programme. For more information, please call us on 042 933 8221 or email info@turascounselling.ie

Client Quote

"I am more aware now how important it is for me to look after my mental health if I want peace and contentment in my life. I owe all I have today to Turas."

turas

TRP Nature Therapy at Templetown Beach, March 2023





GIVE THE GIFT OF RECOVERY

- **Donate to Turas online:** www.turascounselling.ie/donate
- Contact us to arrange a bank transfer or cheque donation
- Set up a Birthday Fundraiser on Facebook
- Take on a personal or group challenge e.g. Women's Mini Marathon, Dublin Marathon or Hell & Back
- Organise a gig, bake sale, coffee morning or raffle for Turas
- Donate to Turas in memory of a loved one
- Donate on behalf of your business, club or group
- Choose Turas as your Charity of the Month/Year
- Organise a fundraising event with your colleagues

Your gift will help us to support even more people on their journey to recovery. Thank you so much.

For more information on how you can support Turas, please email fundraising@turascounselling.ie or call our Fundraising Manager on 086 127 5043 or 042 933 8221.

Thank you.



Leah Weich - Turas Dual Diagnosis Case Manager & Chloé Rowland - Turas Project Worker

LEAH & CHLOÉ'S SKYDIVE FOR TURAS!

Leah and Chloé always go above and beyond for their clients, but now they're taking it to a new level! This May, our in-house heroes will be jumping out of a plane together, to raise much-needed funds for Turas!

Leah says: "We are dedicating our jump with Skydive Ireland to all of our courageous clients who took the even bigger jump of reaching out to Turas for support in their recovery from drugs and alcohol. Every donation received will help to fund incredible Turas services, like counselling, community detox, group supports, creative therapies, outdoor therapies and our Transformational Recovery Programme. Turas also made a huge leap in progress when they started one of Ireland's first dual diagnosis programmes, bridging the gap between mental health and substance use treatment."

You can support Chloé & Leah's fundraising campaign by clicking or scanning the QR code below, or visit www.turascounselling.ie/donate
Thank you!



Scan Me!



idonate
making giving easier

WIN a €2,500 holiday voucher PLUS a €2,500 donation to Turas!

Raise €100 or more on iDonate for the VHIWMM 2023 and be in with a chance to WIN a €2,500 holiday voucher...plus a €2,500 donation to Turas! Here's what you need to do to be in with a chance to win this great prize:

1. Enter the VHI Women's Mini Marathon www.vhiwomensminimarathon.ie
2. Set up a personal fundraising page for Turas on iDonate www.idonate.ie/event/vhiwmm2023
3. Raise €100 or more for Turas on your iDonate personal fundraising page, between now and June 30th.

Please let us know if you're joining Team Turas for the Mini Marathon! We are here to help: fundraising@turascounselling.ie

