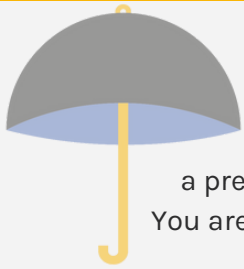


Jane's Story



"Turas was a lifeline for me."

Hi. My name is Jane Fegan. I am a board member of Turas, and also a previous Turas client. I just want to sincerely thank all our generous supporters. You are helping almost 400 local people on their journey to recovery from addiction to alcohol, drugs or gambling.

My own addiction to alcohol was caused mainly by grief. My husband and I had a very loving marriage, but we experienced a lot of loss and tragedy. Both our mothers passed away from cancer at just 61 years old, within 12 days of each other. We lost our first baby at birth due to hydrocephalus, and suffered 2 more miscarriages. Thankfully, we were blessed to have 4 more beautiful, healthy children, who are all grown up now. However, these traumas all took their toll, leading to severe depression and, eventually, alcohol addiction.

My drinking came to a head when my husband was diagnosed with terminal cancer. Thanks to the love and support of my husband and family, I managed to get sober. I was in recovery for over 6 years, until my husband died in 2007, aged just 53. The pain of his loss was too great to handle. I was in and out of institutions to get help with my addiction, staying sober for short periods, but then relapsing again. Sometimes, I wished I was dead myself, but I knew I had to get well for my family's sake, and because I had made a promise to my husband.

I was at an AA meeting one night in Dundalk, and a friend told me about Turas. He said he had done their Transformational Recovery Programme and found it very helpful. I decided to reach out to them and started my own 15-week programme. What clicked for me was learning how to retrain my thinking and going home every night to practise my new, healthier behaviours.

I finally realised that I needed to recover for myself, first and foremost.

One-to-one counselling was also a big aspect of the course. I kept that up for 3 years and am forever grateful to my Turas counsellor for allowing me that time. The weekly Women in Sobriety group became another vital tool for my recovery, and it still is to this day.

I had my last drink in June 2009, and have been sober ever since. Turas was a lifeline for me, and I am proud to now serve them as a board member. It is my way of giving back, and making sure that other people like me can get the help they need to recover from addiction.

Earlier this year, I was proud to be part of the organising committee for the inaugural Turas Golf Classic, along with my Turas colleagues, friends and fellow members at Greenore GC. Thank you so much to everyone who supported this and all our other fundraising events in 2023. Whether you joined us for an evening of wellness at our Solstice Gathering, dressed yourself and the kids up for our Spooky Trail at Halloween, donated on behalf of your company, sponsored one of our Skydivers or organised your own fundraising event - THANK YOU.

"You are offering that lifeline to hundreds of people in our community."

With gratitude,

Jane

