

Serving Dublin, Kildare, Wicklow, Meath, Cavan, Monaghan.



Researchers Rachael and Pearse with Derek from Sure Steps



Majella from Treatment and Employability launching the new service

## Sure Steps Launch Out of Hours Crisis Counselling

**We recently welcomed the announcement of funding for a new out of hours counselling service for people who are homeless. This will allow us to expand our Sure Steps Counselling Service which has been generously supported by people like you since it began in 2012.**

In association with The National Office for Suicide Prevention, Sure Steps will provide a crisis service out of hours to people who are experiencing homelessness, offering additional support to vulnerable people when they need it most.

Research shows that people who are homeless are at a greater risk of self-harm and suicide ideation.

Sure Steps recently produced a report, 'Opening the Door to Hope', and found that targeted measures can ensure additional support to people at risk.

Derek Dempsey, service manager, outlined the importance of out of hours support and interventions:

"The aim was to identify ways to support people who expressed suicidal ideation with suitable, well established and proven interventions. In particular, we aimed to provide an alternative intervention to A&E for people in a crisis situation."

Sure Steps Counselling was established by Dublin Simon Community to fill an identified gap in services for low threshold counselling supports for people experiencing homelessness.

Thanks to your ongoing kindness we will be able to continue to provide these vital and life saving services to people when they need them most.

To read the full report or for more information on Sure Steps Counselling please visit:

[www.dubsimon.ie](http://www.dubsimon.ie)

## Welcome from Sam



Your kindness continues to help us expand our services to meet people's needs. We have recently introduced our homelessness prevention support in

Cavan and Monaghan, working with people at risk to keep them in their homes. Our housing, treatment and additional supports work alongside each other so that people can leave homelessness behind. Your ongoing support is a vital part of this work. Thank you again from all of us.

*Sam*

## This is How You are Rebuilding Lives.

**1,042**

People accessed our Medical Residential Treatment, Recovery and Counselling Services.

**2,250**

Hours of 1:1 Counselling were provided by Sure Steps, an increase of 115 hours in the last year.

**354,490**

Meals of warm nutritious food were provided across our residential services.

**542**

People developed skills through education and employability opportunities, an 84% increase.

**6,192**

Food Parcels were distributed by our Outreach and Resettlement Teams.

\*Yearly figures based on our most recent Annual Report.



## Mini Marathon 2018

Clients, Volunteers and Staff take on the Challenge

This year, 35 people took part in the VHI Women's Mini Marathon in aid of Dublin Simon Community on the June Bank Holiday weekend. For the first time two clients took part. Weekly training sessions took place since March organised by Fundraising volunteers Karla and Isabella.

The whole group challenged themselves to participate in this great event and are looking forward to continuing their training journey by taking part in the Simon Home Run in October. Our Health and Wellbeing Service supports clients throughout their recovery providing exercise and nutritional advice.

Events like these help our Health and Wellbeing service set training goals for clients, as they rebuild their confidence and fitness each week leading up to the run. It is also an amazing opportunity to bring us all together with our supporters to raise vital funds for our services.

**"It is very nice to raise money for Dublin Simon Community because it's an important cause. It's nice to share the joy of jogging together and to help each other. Overall, it's very healthy for our wellbeing."**

- Ana, Simon Client

## Join us at the Simon Home Run



We were delighted to have Leinster rugby player, Ross Byrne join us to launch the 2018 Simon Home Run. We are aiming to get 3,000 involved on 6th October, and raise money to provide homes. Participants can run, jog or walk the five mile route around the beautiful surroundings of the Phoenix Park.

There will be kids' activities on the day with food and entertainment for all the family to enjoy. It's an enjoyable morning out for an important cause. We would love to see supporters like you on the day with your friends and families.

Sign Up at [www.homerun.ie](http://www.homerun.ie).



## Community Employment

Opportunities Across Our Services

Over the last few years Dublin Simon Community have been running a Community Employment (CE) project for people who are accessing homeless services. The project focuses on improving the participants' employability and on outcomes related to improving their quality of life and helping them get back on their feet.

Participants are provided with different forms of practical training, education and support, such as life-skills training, meaningful occupational skills, volunteering, supported employment and work placements. We are delighted with the success of the project so far with participants gaining experience across our services in retail, warehouse, maintenance, grounds keeping, gardening, group facilitating and in our kitchens.

**"The key ethos of the scheme is that the services are interlinked and they are there to facilitate your journey back into employment. I couldn't speak highly enough about it!"**

- Ben, CE Participant

## How to Help

Your support this autumn can make a vital difference:



**€37.50**

Could help provide **one medical kit** to a person sleeping rough.



**€50**

Could go towards providing someone with a **safe and warm recovery bed**.



**€83**

Could help provide **four Sure Steps Counselling sessions** to clients.



**€150**

Could go towards **three months of Literacy Classes** to rebuild skills.

Visit [dubsimon.ie](http://dubsimon.ie) to find out more.

## Building Homes. Rebuilding Lives.

### Stay In Touch with Simon

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