



**TABOR GROUP**  
**ANNUAL**  
**REPORT**  
**2023**



**TABOR GROUP**  
HOPE • HEALING • RECOVERY









**TABOR GROUP**  
HOPE • HEALING • RECOVERY

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# 2023 AT TABOR GROUP

*in Numbers*



**898**

**PHONE CALLS**  
REGISTERED BY  
TABOR GROUP FROM  
THOSE SEEKING HELP



## ASSESSMENTS

**406** - OFFERED

**363** - COMPLETED



**271**

**ADMISSIONS**  
(Almost 75% of  
completed Assessments)



**172**

**ADMISSIONS**  
to Tabor Group's  
Primary  
Residential  
Programme

63% OF TOTAL ADMISSIONS

**99**

**ADMISSIONS**  
to Tabor Group's  
Integrated  
Recovery  
Programme

37% OF TOTAL ADMISSIONS

**248**

FAMILY MEMBERS  
SUPPORTED  
THROUGH OUR  
FAMILY SUPPORT  
PROGRAMME



**235**

PEOPLE IN RECOVERY  
SUPPORTED  
THROUGH OUR  
CONTINUING CARE  
PROGRAMME



# ONE YEAR SOBER

## A Letter of Gratitude



Dear Amazing Tabor Fellowship Team,

I hope this letter finds you well. Today marks a significant milestone for me - I am celebrating one year of sobriety. As I reflect on this journey, I couldn't help but think of you and everyone at Tabor Fellowship.

The past year has been a whirlwind of challenges and triumphs, but every step of the way, I carried with me the support and encouragement I received from all of you. My life has transformed in ways I never imagined possible, and although the road has been tough, every moment has been worth it.

I want to express my deepest gratitude to you and the entire team at Tabor Fellowship. When I first walked through those doors, I couldn't envision a life free from the grip of addiction. But today, I can say with certainty that alcohol and drugs are no longer a part of my life. Though the journey has its struggles, they pale in comparison to the freedom and clarity I've gained.

Please convey my heartfelt thanks to everyone at Tabor Fellowship. Your unwavering support and guidance have played a pivotal role in my recovery journey. I want you all to know that you were in my thoughts today and every day.

I still remember your advice about taking a moment to ground myself when my mind feels overwhelmed. It's a simple tool, but one that has been incredibly effective for me. In fact, it's probably the one I use the most!

Once again, thank you for everything. Your kindness, wisdom and encouragement have made all the difference in my life. Please give my regards to everyone at Tabor Fellowship, and know that you'll always hold a special place in my heart.

Thanks for everything,

Hazel

*\*Please note, this name has been changed to protect the individual's anonymity and their right to privacy.*





# ABOUT TABOR GROUP

## *Who We Are*

Tabor Group is a leading addiction treatment centre based in Cork. We provide residential and community-based addiction treatment programmes to adult men and women who are struggling with addiction to alcohol, drugs and gambling. Our aim is to offer hope, healing and recovery to those addressing their addiction, as well as supporting their families.

Since 1989, Tabor Group has been providing support and care to hundreds of clients every year from all backgrounds and circumstances throughout Ireland. Tabor Group's facilities comprises of two residential addiction treatment centres: Tabor Lodge at Belgooly, Co. Cork and Tabor Fellowship at Spur Hill, Cork City.

The treatment programmes at Tabor Group are client-focused, trauma-informed, and adhere to the National Protocols for Drug and Alcohol Services. A variety of treatment approaches are delivered including person-centered counselling, 12-Step Fellowship, Motivation Enhancement Therapy, Cognitive Counselling and Mindfulness-based practices.

The treatment programmes are supported by the Health Service Executive and all major Health Insurers. Tabor Group is accredited by CHKS and has achieved ISO 9001 certification.



## Our Services

### **PRIMARY RESIDENTIAL PROGRAMME**

Tabor Group offer a 28-day Residential Treatment Programme at its Tabor Fellowship treatment centre. The programme here consists of comprehensive assessment, individualised care planning, group therapy, counselling, addiction education, meditation, and recreational activities. Our Primary Residential Treatment Programme is client-centred, trauma-informed and includes participation in the 12-step model.

### **INTEGRATED RECOVERY PROGRAMME**

Tabor Group offers a 12-week Integrated Recovery Programme with two phases suited to both male and female clients with complex needs, poly/cross-addiction, history of previous treatment & relapse, deficits in coping, and living skills.

Phase 1 in Tabor Lodge is designed to respond to the complex needs of clients and provides safety and stabilisation. Phase 2 of the programme in Tabor Fellowship, supports clients to take on more personal responsibility while continuing to develop skills for managing addiction as well as everyday living skills. There is an option of a 3rd phase of an additional 12 weeks of 'Recovery Living' in our homes in the community.

### **FAMILY SUPPORT PROGRAMME**

Our Family Support Programme offers comprehensive assistance to families affected by addiction, recognising that the entire family benefits from support. It includes education, one-to-one support, peer support groups, telephone support, intervention advice, and more.

### **CONTINUING CARE PROGRAMME**

Our Continuing Care Programme offers ongoing treatment and peer-led support to clients as they navigate day-to-day living following treatment. It includes participation in a facilitated weekly group meeting and an individualised care plan over 12 months, with an option to extend for a second year.

### **COMMUNITY-BASED EDUCATION & TRAINING**

Tabor Group offer a series of workplace presentations and talks to organisations of all sizes, across all sectors. Our talks are tailored to suit the requirements of the individual organisation / attendees and designed to inform and educate people on addiction and the supports available.



# OUR ETHOS

## *Vision, Mission & Values*



### VISION

To be a centre of excellence for addiction treatment, research and advocacy.

### MISSION

We offer hope, healing, and recovery to those affected by addiction through our compassionate treatment, family and support services.

### PHILOSOPHY

At Tabor Group, we believe that addiction is a condition which adversely affects people's health and wellbeing. It can often have a negative impact on people's relationships, families, work and communities. We support people to become abstinent and make lifestyle changes to sustain long-term recovery.

We also believe that people who experience addiction are entitled to dignity and respect and that each person has, within themselves, the resources for recovery.

There is a spiritual dimension to our programmes, and clients are introduced to various 12-Step programmes.

### VALUES



#### RESPECT

Acknowledging the dignity of every person – regardless of their circumstances.



#### COMPASSION

Having some understanding of what a person is going through and responding appropriately.



#### SOCIAL JUSTICE

Honouring each person's rights in a fair and equal manner.



#### TEAM

Fostering a team approach in the interests of our common purpose.



#### EXCELLENCE

Doing everything to the highest professional standards.

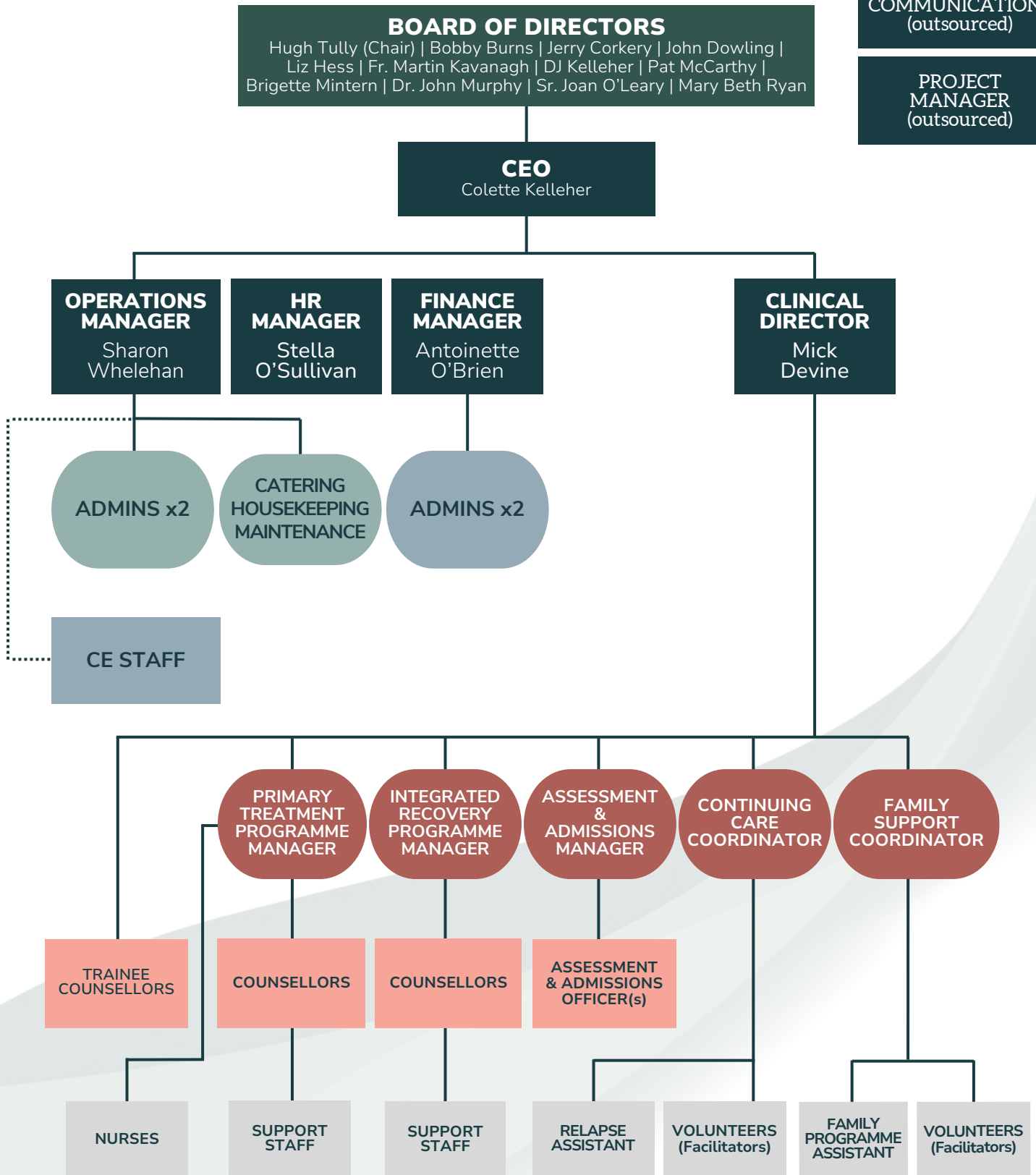


# ORGANISATION CHART

Tabor Group

MARKETING & COMMUNICATIONS (outsourced)

PROJECT MANAGER (outsourced)





***“The success of our organisation is due to the dedication and commitment of our staff”***

# CHAIR'S REPORT

*Hugh Tully*

As Chairman of the Board of Directors of Tabor Group, I am pleased to present the Annual Report for 2023. Notwithstanding the many challenges that we have encountered throughout the year, I am very pleased with our achievements and the services that Tabor Group continues to provide to our clients and their families. I am also happy to report that our financial position is on a sound footing.

The success of our organisation is due to the dedication and commitment of our staff, be they management, clinical, administration, support and our many volunteers. Tabor Group's continuing focus is on helping those men and women who are struggling with addiction to alcohol, drugs and gambling. The range of services that we provide to our clients and their families through the Primary Residential Programme and Integrated Recovery Programme offered at Tabor Lodge and Tabor Fellowship treatment centres and through our Continuing Care Programme and Family Support Programme, we continue to offer hope, healing, and recovery in line with our values.

Key to our success has been the support of our stakeholders – the HSE, the Probation Service, Cork City Council, the various Health Insurers, Drug and Alcohol Task Forces, and Caseworkers. This support has ensured that Tabor Group can pursue continuous improvement and development in both the residential and community services that we provide.



On behalf of the Board, I want to extend our thanks and appreciation to our CEO, Colette Kelleher and her entire team for the work carried out in 2023. The achievements and improvements within Tabor Group, both at the clinical and administrative levels, have been rightly recognised through external accreditation by CHKS and through ISO 9001 certification. In addition to our staff, we are fortunate to have a large team of volunteers who give of their time in supporting and delivering our Continuing Care and Family Support Programmes. We are very grateful to them for their selflessness in supporting our staff and I thank them for their ongoing commitment to Tabor Group.

**“THE ACHIEVEMENTS AND IMPROVEMENTS WITHIN TABOR GROUP, BOTH AT THE CLINICAL AND ADMINISTRATIVE LEVELS, HAVE BEEN RIGHTLY RECOGNISED, THROUGH EXTERNAL ACCREDITATION BY CHKS AND THROUGH ISO 9001 CERTIFICATION.”**

I want to thank my fellow directors for their advice and support throughout the year. In particular, I want to mention the work carried out by our Sub Committees. Through these committees, our Board members come into their own in giving of their own professional knowledge and experience while working alongside relevant members of the Management Team.

I want to say a special thank you to those directors who retired during the year having dedicated many years to Tabor Group and who can rightly share in our successes to date. We also welcomed six new directors to our Board during 2023.

During the year an opportunity arose to revise the roles of some staff members which were subsequently approved by the Board. This was also an occasion to review current arrangements and re-adjust these for current and future needs, in line with the Performance Management Report published during the year. These changes included a revised role description for the Operations Manager, upgrading the role of the Finance Manager and recruitment of a new position of Finance Officer reporting to the Finance Manager and recruitment of a new position of HR Manager. This review also allowed for making the most of existing skills and experience within the organisation and for importance for stability into the future.

There were several noteworthy events and highlights for Tabor Group in 2023, including visits from key figures such as Minister of Finance Michael McGrath, Minister of Enterprise, Trade and Employment Simon Coveney, as well as Ann Doherty, CEO of Cork City Council along with members of the Cork City Council Senior Management Team to name but a few. Additionally, a bustling Recovery Month culminated in an evening hosted by the organisation with Dr. Katriona O’Sullivan at UCC.

In 2024, the organisation will continue in its efforts to meet the goals set out in our 10-year strategic plan. In addition to providing and improving on our services to our clients, Tabor Group will also continue to prioritise on pay and conditions for our staff and also creating opportunities for continuing professional development. Tabor Lodge will also require a significant capital investment to bring the building up to modern standards. In early 2024, we hope to have an outline plan in place prioritising works to be carried out.

In the meantime, we will endeavour to make best use of our facilities in Tabor Fellowship as we review our treatment programmes. We will also continue in our efforts to drive down costs and enhance value for money.

Despite these challenges I am confident that Tabor Group can look forward to a successful year and continue to provide a quality service for our clients.

Finally, I wish to say a special thank you to our organisation Members and the team at Mercy Order South Team under the leadership of Sister Eileen and our special point of contact person, Sister Julianne for their generosity, support, and encouragement.



**Hugh Tully**  
Chair, Tabor Group

**“IN 2024, THE ORGANISATION WILL CONTINUE IN ITS EFFORTS TO MEET THE GOALS SET OUT IN OUR 10-YEAR STRATEGIC PLAN.”**



*“We look forward to the Government acting on the Citizen’s Assembly’s recommendations, helping to make Ireland a better place for people with addictions to receive the support they need.”*

## CEO’S REPORT

*Colette Kelleher*

2023 was the first full year where the spectre of Covid-19 began to recede and ‘business as usual’ became possible again. Tabor Group was ready and waiting to welcome those who needed us, in the wake of a pandemic where addiction challenges emerged for so many people.

In 2023, Tabor Group was pleased to respond to 898 phone calls from people who turned to us in their hour of need. We offered assessments to 406 people, with 271 of those individuals going on to attend either our 28-day Primary Residential Programme or our 3-month Integrated Recovery Programme.

After the first step of residential treatment, Tabor Group continued to support each person on their recovery journey. Following on from treatment, Tabor Group provided ‘Recovery Living’ options in our homes in the community providing women and men with the necessary support for three months or longer.

In 2023, we offered 235 people peer-led Continuing Care groups across Cork city, county and online including a ‘Relapse’ support group.

Tabor Group also attended to the needs of families affected by a loved one’s addiction, supporting 248 family members throughout the year. Additionally, we extended our range of support services, piloting ‘one-to-one’ counselling sessions for family members, a programme which we are continuing into 2024.



With funding from The Sisters of Mercy Order, Tabor Group commissioned an independent assessment to evaluate how 'trauma informed' we are. This process identified areas for improvement, which we are actively addressing, as well as strengths to build upon.

In 2023, Tabor Group was pleased to retain our external accreditation with CHKS.

Tabor Group participated in the Citizen's Assembly on Drugs in 2023. We conducted extensive consultations with individuals in treatment, those in recovery, and their families, culminating in a detailed submission. We welcomed the subsequent findings of the Assembly, which advocated for a health-led approach to drug use rather than a criminal justice one.

**“WE WELCOMED THE SUBSEQUENT FINDINGS OF THE ASSEMBLY, WHICH ADVOCATED FOR A HEALTH-LED APPROACH TO DRUG USE RATHER THAN A CRIMINAL JUSTICE APPROACH.”**

Tabor Group also endorsed the Assembly's call for greater access to adequate and sustainable funding for residential treatment programmes like ours. We look forward to the Government acting on the Citizen's Assembly's recommendations, helping to make Ireland a better place for people with addictions to receive the support they need.

During Tabor Group's 2023 Recovery Month activities, we were delighted to host best-selling author, Dr. Katriona O'Sullivan, as she gave a moving and inspirational account of her own journey through poverty, living with addiction and into recovery to a packed audience in UCC invited by Tabor Group.

Tabor Group was honoured to be recognised as a 'Traveller Ally' by Cork Traveller Visibility Group, an organisation with which we work closely.

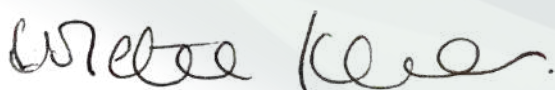
Tabor Group acknowledges and appreciates the contributions of HSE Social Inclusion, locally and nationally, Cork City Council, the Probation Service, VHI, Laya and Irish Life as well as all those who donated and support our fundraising efforts in 2023.

Our organisation can only provide the life-saving and life-changing support to people with addictions and their families with financial support. Tabor Group continues to make the case for making residential addiction treatment accessible for all those who need it and for adequate public funding to make that a reality.

**“OUR ORGANISATION CAN ONLY PROVIDE THE LIFE-SAVING AND LIFE-CHANGING SUPPORT TO PEOPLE WITH ADDICTIONS AND THEIR FAMILIES WITH FINANCIAL SUPPORT.”**

The people who make up Tabor Group - our members, the volunteers and staff, strove together in 2023 to live up to our values of **respect, social justice, compassion, team and excellence.**

These guiding lights 'inform all our work with every person with addictions that we meet and treat, as well as their families'. Our values drive our commitment to helping people in their recovery journey and in pursuit of a better life.



**Colette Kelleher**  
CEO, Tabor Group

**“THE PEOPLE WHO MAKE UP TABOR GROUP - OUR MEMBERS, THE VOLUNTEERS AND STAFF, STROVE TOGETHER IN 2023 TO LIVE UP TO OUR VALUES OF RESPECT, SOCIAL JUSTICE, COMPASSION, TEAM AND EXCELLENCE.”**



# 2023

## In Photos



Arylene Murphy's 'Grace saved a wretch like me' book launch at Tabor Fellowship



Cork City Council Senior Management Team visit to Tabor Fellowship



Minister Michael McGrath visit to Tabor Fellowship



Minister Simon Coveney visit to Tabor Fellowship



Minister Michael McGrath visit to Tabor Fellowship



Arylene Murphy & Dr. Sharon Lambert at 'Grace saved a wretch like me' book launch

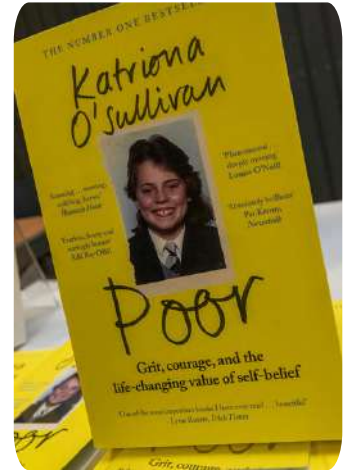


'Grace saved a wretch like me' book launch at Tabor Fellowship





**An Evening With Dr. Katriona O'Sullivan as part of Tabor Group's Recovery Month**







# CLINICAL DIRECTOR'S REPORT

Mick Devine

In 2023, Tabor Group Clinical Operations plan focused on prioritising the effectiveness of both our Primary Residential and Integrated Recovery Treatment Programmes. Our aim is to empower and support people to manage addiction upon discharge into our Continuing Care Programmes. Furthermore, we are dedicated to supporting families throughout the journey of recovery and living with a family member in recovery. Continuous improvement is at the core of our commitment, striving to enhance our services year after year. This plan was guided again by Tabor Group's Strategic Plan 2020-2029 and goal 2 states:

*"Further develop our addiction treatment services to ensure clinical excellence, support sustainable recovery and meet service users' needs."*

The main initiatives undertaken in 2023 to achieve this goal were:

1. Conducting an agency assessment of our trauma informed status.
2. Ensuring the voice of people in treatment, continuing care and family services and staff was clearly heard in our submission to Ireland's Citizens Assembly on Drugs Use.
3. Designing a reconfiguration of our residential services.
4. Training staff to meet emerging trends in the field of drugs and alcohol services.
5. Establishing an evidence base for the efficacy of our services.

In October, Tabor Group commissioned Quality Matters to produce a Trauma Informed Organisational Assessment Report.

The assessment was based on Trauma-Informed Practice Standards for Ireland and entailed an online survey for staff and clients, an onsite evaluation of the built environment, focus groups with clients, a leadership and governance checklist and co-created groups of staff and clients to agree best next steps.

The conclusion found that 'Overall people using the service rated the staff very highly and are positive about the service they receive. Many people using both services credit Tabor Group with saving their lives'. An implementation plan is devised to address 'best next steps' with three aims: (1) To involve staff, clients and family members of clients to implement 'best next steps', (2) To support clients to be more 'on board' with the treatment programmes at Tabor Group, (3) To develop more trauma-informed facilities at Tabor Group.

The voice of people currently in treatment were central to this report.

On June 30th 2023, Tabor Group made a submission to the Citizens' Assembly on Drugs Use entitled 'From Criminalisation to Care: Rethinking Our Response to Drugs Use in Ireland'. Seven focus groups were held in May with clients, their families, staff and volunteers all consulted. In total, 90 people participated in the focus groups.

Some of the key messages to emerge are:

- The attitude of Irish society to drugs use is hypocritical. Using drugs is accepted until a person admits that they have a problem, then the person is frowned upon.
- Drugs use is extremely prevalent in Irish society; in rural and urban areas, and across all socio-economic groups, and it's getting worse.
- When drugs use is described as 'recreational', it sounds ok.
- Childhood trauma can lead to drugs use problems later in life. Children can be emotionally neglected when the parents are using drugs.
- Childhood trauma can lead to drugs use problems later in life. Children can be emotionally neglected when the parents are using drugs.
- One of the ten recommendations of the Tabor Group submission was to 'take necessary measures to destigmatise the issue of drugs use, the experience of people who use drugs and their families and whole communities'.



One of the ten recommendations of the Tabor Group submission was to ‘take necessary measures to destigmatise the issue of drugs use, the experience of people who use drugs and their families and whole communities’.

The number one recommendation of the 36 recommendations from the Citizens Assembly on Drugs Use Report is: ‘The State should take urgent, decisive and ambitious action to improve its response to the harmful impacts of drugs use, including implementing necessary legislative changes’.

The voice of people currently in treatment with Tabor Group and their families were heard clearly in this project.

A key action of Tabor Group Operations Plan 2024 is to operate Phase 1 of the Integrated Recovery Programme at Tabor Lodge and Phase 2 at Tabor Fellowship. While operating our Primary Residential Programme at Tabor Fellowship. The planning and design of this project took place in the last quarter of 2023 and sought to optimise efficient use of treatment beds and treatment space to meet the growing demand for residential treatment episodes.

Throughout 2023, Tabor Group sought to ensure quality improvement and to meet emerging needs of clients. Tabor Group Clinical Training Plan 2023 guided this project. Three trainee counsellors continued to develop towards full recognition as accredited addiction counsellors qualified to FETAC level 8. Training days were delivered to Support Staff to assist in the development of the competencies necessary to provide effective support for clients in treatment. A staff member was supported to complete ‘Diploma in Working with Compulsive Sexual Behaviour Disorder and Sex Addiction’. Seven counsellors engaged in a training programme ‘Beyond Mainstream Treatment A Masterclass in Innovative Approaches to Addiction Recovery’. Training was also received from ADHD Ireland and from Traveller Visibility Group in ‘Traveller Community Awareness Programme’. Three days of training were delivered to volunteers by Tabor Group Continuing Care Coordinator and Family Support Co-ordinator. Clinical supervision was delivered to clinical staff and volunteers. Ongoing reaccreditation of counselling staff was sponsored by Tabor Group.

Tabor Lodge hosted a regional training programme ‘Parenting Under Pressure’. Two staff members are being trained in this programme. Many clients are guilty about how their addiction has undermined their parenting of children and are very motivated to address this issue as part of their recovery. This training programme introduces the capacity to provide parenting programmes as part of Tabor Group’s service.

Tabor Group also contributed to the development of future counsellors, psychologists and art therapists by hosting students from UCC and MTU.

Tabor Group Strategic Plan 2020-2029 Goal 3 states:

*“Deliver a research, education and advocacy strategy to embed evidence-based practice and to be a trusted national voice on addiction.”*

In 2023, Tabor Group submitted data to Health Research Board on each client admitted to treatment. This is done in adherence to confidentiality guidelines. This contributes to national data collection concerning the prevalence of alcohol and drug misuse, emerging trends and treatment outcomes. This, in turn, informs national policy and strategy review.

Our in-house data collection shows that of the 898 phone calls received in 2023, 406 people were offered assessments with 363 people completing them. Of these 363 people, 271 were admitted to Tabor Group, with 172 admissions to our Primary Residential Programme and 99 admitted to our Integrated Recovery Programme. 248 family members supported through our Family Support Programme, while 235 people in recovery were supported through our Continuing Care Programme. Tabor Group continue to develop research partnerships with University College Cork.

Each person who participates in our service are invited to evaluate their experience of engaging with Tabor Group. Complaints are investigated. The voice of people formerly and currently in treatment were heard very clearly in 2023. This voice as well as the voice of staff members, board members and volunteers who were formally in treatment played a crucial role in ensuring decision making was guided by Tabor Group’s values of Respect, Compassion, Team, Social Justice, and Excellence.



**Mick Devine**  
Clinical Director, Tabor Group

**“OUR AIM IS TO EMPOWER AND  
SUPPORT PEOPLE TO MANAGE  
ADDICTION UPON DISCHARGE INTO  
OUR CONTINUING CARE PROGRAMMES”**

# WHAT OUR CLIENTS SAID

in 2023

**“ I WOULD NOT BE ALIVE TODAY IF IT WAS NOT FOR TABOR GROUP.**

---

**“ I couldn't have asked for better treatment by the staff in Tabor Lodge. The counsellors are brilliant.**

---

**“**

I LEARNED WHO I REALLY AM AND HOW IT IS TO FEEL WITHOUT A DRINK AND DRUG. THE TREATMENT GAVE ME TIME AND ALLOWED ME GET AWAY FROM NEGATIVE THINKING AND WITH THE HELP PROVIDED WEEK IN WEEK, IT ALLOWED ME FOCUS ON POSITIVE THINKING. IT MADE ME GRATEFUL AND AWARE OF WHAT MY FAMILY ARE AND WHAT THEY HAVE DONE FOR ME AS WELL AS THE LOVE I HAVE FOR THEM.

---

**“ Workshops were very informative and my one to one counselling sessions were brilliant.**

**“ My key councillor was amazing to work with. I felt he understood and got me. While the kitchen staff, grounds people, admin staff and support staff were equally amazing and worth their weight in gold.**

---

**“ Best decision and investment I ever made for myself.**

---

**“ I had a very comfortable stay in Tabor Lodge. It was an experience that I will never forget. I owe my life to my counsellor, support staff, and everybody else working there. My children are happy to have their old mom back.**



# THE BEACON OF LIGHT

## Edward's Story

Once consumed by the relentless grip of addiction, every aspect of my life seemed to spiral out of control. It was as if I was trapped in a never-ending cycle of despair and chaos, where each day blended into the next in a haze of substance abuse. The drugs and alcohol became my only companions, yet they isolated me further from the world around me. Relationships crumbled, and friendships faded away as I sank deeper into my dependence.

Despite my desperate attempts to escape, I found myself trapped in the clutches of addiction, unable to break free from its suffocating hold. Each day became a battle against my own mind, as I grappled with cravings and withdrawals, desperate for even a fleeting moment of relief.

The isolation weighed heavily on my spirit, leaving me feeling utterly broken and alone. It was a dark and lonely place, devoid of hope or light. But in the depths of despair, a flicker of hope remained with Tabor Group.

I took the first courageous step towards recovery, reaching out for help at Tabor Lodge. Little did I know that this decision would mark the beginning of a journey that would lead me from the depths of despair to the light of sobriety.

Entering the doors of Tabor Lodge, I was greeted with warmth and understanding. From the moment I stepped inside, I felt a sense of belonging I hadn't experienced in years. The compassionate staff welcomed me with open arms, guiding me through the challenging journey of recovery.

At Tabor Lodge, I discovered a community of individuals united in their pursuit of healing. Surrounded by peers who understood my struggles, I found solace in our shared experiences and camaraderie. Through group therapy sessions and one-on-one counselling, I began to unravel the layers of my addiction, confronting the underlying issues that had fueled my self-destructive behaviour.

As the days turned into weeks, my transformation was nothing short of remarkable. With each passing day of sobriety, I reclaimed pieces of myself that addiction had stolen away. I learned to confront my fears and insecurities, building the resilience needed to navigate life's challenges without relying on substances.

But perhaps the most profound change that occurred was learning to forgive myself for past mistakes and embrace the limitless potential within me. In the safe haven of Tabor Lodge, I rediscovered my sense of self-worth and purpose.

Armed with newfound strength and determination, I emerged from Tabor Lodge a changed person. With the support of my Tabor Group community, I embarked on the next chapter of my life with hope and optimism. Though the road ahead would undoubtedly be fraught with obstacles, I faced it with courage, knowing that I was no longer alone.

Today, my journey from addiction to recovery serves as a testament to the transformative power of treatment at Tabor Lodge. Through compassion, support, and unwavering dedication, Tabor Lodge helped me reclaim my life and discover the beauty of sobriety. As I continue my journey, I carry with me the invaluable lessons learned and a deep sense of gratitude for the beacon of light that guided me out of the darkness.



*\*Please note, this name has been changed to protect the individual's anonymity and their right to privacy.*



# 2023

## In Photos



Tesco Community Fund Donation



Bushypark Addiction Treatment Centre visit to Tabor Fellowship



Darkness into Light Walk



Jason Loughnane Family Services Officer and Denise Dowling - Family Support



Mick Devine attending the Citizens' Assembly on Drugs Use





Cllr. Dan Boyle visit to Tabor Fellowship



Staff Social Night



Tesco Community Fund Donation



Cork Traveller Visibility Group visit to Tabor Fellowship

# 2023 FINANCIAL STATEMENT

## for Tabor Group

### STATEMENT OF COMPREHENSIVE INCOME for the financial year ended 31 December 2023

	2023 €	2022 €
INCOME	2,938,653	2,525,018
Depreciation	-123,894	-116,049
Grant amortisation	123,958	123,359
Staff costs	-2,153,444	-1,830,171
Other operating expenses	-823,326	-731,963
OPERATING(DEFICIT)/SURPLUS	-38,053	-29,806
Finance costs (net)	-920	-3,130
TOTAL (DEFICIT)/SURPLUS FOR FINANCIAL YEAR	-38,973	-32,936

### BALANCE SHEET as at 31 December 2023

	2023 €	2022 €
FIXED ASSETS		
Tangible assets	4,972,416	5,055,119
CURRENT ASSETS		
Debtors	162,293	163,371
Cash at bank	1,893,734	1,807,940
Investments	600,000	600,000
	2,656,027	2,571,311
CREDITORS (Amounts falling due within one year)	-903,638	-738,694
NET CURRENT ASSETS	1,752,389	1,832,617
TOTAL ASSETS LESS CURRENT LIABILITIES	6,724,805	6,887,736
CAPITAL ASSISTANCE	-5,086,528	-5,210,486
NET ASSETS	1,638,277	1,677,250
CAPITAL AND RESERVES*		
Accumulated Surplus	1,638,277	1,677,250
MEMBERS' FUNDS	1,638,277	1,677,250







**TABOR GROUP**  
HOPE • HEALING • RECOVERY

**NEED HELP  
WITH AN ADDICTION?**

Contact us in confidence:

021 488 7110

[info@taborgroup.ie](mailto:info@taborgroup.ie)

Tabor Group  
Spur Hill, Doughcloyne  
Cork, T12 YE14



CRO NUMBER: 311070

REGISTERED CHARITY NUMBER: 20042127