



ACET

EDUCATING AND CARING

Our Annual Report

2019



CEO's Report

Søren Kierkegaard said that “life can only be understood backwards, but it must be lived forwards.” This Annual Report is an opportunity for us to look backwards to 2019 but is being written at a point in 2020 when the future is marked with deep uncertainty for all of us as the full impact of COVID-19 is yet to be understood.

“Drinking from the Same Cup” is a value of ACET and the connections, mutuality, shared spaces and places of that value are all over this Annual Report from our support and funding of food distribution in Zimbabwe to performing a rapid HIV test to discover one’s status to the intimacy of a shared kitchen table in Dublin.



Yet COVID-19 has meant the loss, for now, of much of that connection as our work largely moves to a remote model. One thing we have noticed in the past few months is that the foundation of trust established through “Drinking from the Same Cup” over the years is now enabling our projects to thrive as much as they can.

So please join us in celebrating this established trust. We are grateful that your support is making it possible. It is a firm foundation for the way ahead as those we serve continue to be impacted by the two pandemics of our world.

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Donations can be made directly from our website.



Care Work

We in ACET work with people affected by HIV. We are supervised, funded and monitored by the North Inner City Drugs and Alcohol Task Force.

2019 ACET Care Work, the Numbers

514 adult care sessions ~ plus another 40 volunteer-led outreach home visits ~ 22 adult support group meetings ~ 42 counselling sessions ~ 152 respite ~ 330 family sessions ~ and 153 youth sessions ~ youngest client 4 months ~ oldest client 78 years ~ for a total of 84 people

TOTAL: 1,253 Interventions

Highlights:

July and August were perfect times for our families to get out of the routine, get out of the city and re-discover joy. Thanks to funding from Dublin City Council and CDYSB, we were able to provide day trips and some overnight respite for people, offering positive fun, bonding and a break from day to day life at home. Through our partnership with Dublin Family Outreach some of our families also took part in their annual family camp in Drewstown House.

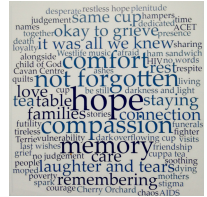
During 2019 **Trevor Lawrence** (centre) joined **Hansi Chisnall** (right) while **Olivia Corbett** (left) was on maternity leave. Trevor connected quickly with the clients and was able to offer invaluable support to them.

I





In **September**, we set aside a time to recall all those we have cared for who have passed away. The ACET team sat together, read their names and remembered them. We included a poem and some Psalms and together created a word art to mark those moments.



The annual Friends Remembering Friends was marked once again in **November**, a vital time in our year to lament, and to give and receive support. As always, the visits with the **Christmas hampers** is a highlight for clients and staff, as we check in with everyone before the year's end.

ACET Care: Client Study 1

A young woman was referred as a youth client in the context of family support through a medical social worker in the HIV clinic at St. James' Hospital. From a young age this woman had taken on a very intensive caring role for a family member who had complex health issues, including HIV. Through work with the family it emerged there was a need for this young woman to have respite from the home and build upon her own personal strengths and life skills. Staff worked to provide an integrated care plan which supported the family, particularly around the ongoing health care needs, while also providing this woman with space to focus on personal development and independence. This illustrates the complexities and dynamics that arise with a family referral and the interconnected nature of care needs which must always be considered and respected.



ACET Care: Client Study 1

Sadly during our time working with this woman a close family member, who we also worked with, passed away. In the midst of this devastating loss she decided to continue with individual support independent of her family unit. In 2019 she moved into her own home and become a mother. During these major life transitions she worked with ACET staff to form a care plan which focused on :



- Supporting her living independently as she learned new skills around managing her home and bills. Care work often takes place in her home and allows for opportunities to help with practical guidance. She has acknowledged she finds it difficult to maintain boundaries around who comes in to the home and also loaning money to people when they ask. She has worked with staff to overcome challenges around boundary setting and self confidence. Budgeting has been an area of difficulty and staff have supported her to set up small payment plans and reduce arrears. She has also been linked with her local MABS and credit union to help manage her bills.
- Encouraging her as a mother while she navigates through parenthood. She often expresses a lack of confidence in her ability and feels overwhelmed with the pressures of parenting alone. Staff have provided her with information on health and developmental milestones to work toward as her child grows and she has been linked with local parenting supports. The setting for care work has also adapted: if a care meeting is not taking place at her home it will often be a walk in a local park or integrated with an errand that needs to be done. Work has continued to reinforce the need for her own self care as she has identified the impact of parenting alone on her mental health.
- Offering bereavement support. This has included emotional support around her grief. Practically it has involved accompaniment to the cemetery and marking memorials together. She has expressed on many occasions her concerns of stigma relating to HIV and the burden she feels trying to protect this part of her family's story. She also struggles with the fear that people will forget and move on from the memory of her loved one. As ACET had the privilege to work with this family member, staff have continued to reassure her that we greatly value that memory and continue to grieve with her while supporting her for as long as she wishes to engage.



ACET Care: Client Study 2

A community resource centre keyworker gets in touch with ACET to refer an adult man, Liam, to our service; he has voiced some challenges he is facing about his HIV status after his teenage child recently shared some negative views on people living with HIV. Liam could benefit from specialised practical guidance and emotional support around how he is feeling with this, and some tools to help him with sharing his HIV status with his family members.

He has also lost siblings to AIDS and drug related deaths; this is a source of grief and shame for him, as well as a part of his family's life that his children are not aware of as he has never been able to speak of it to anyone. He is concerned about it and is unsure how to disclose this information to them in the future. Liam also has a lot of pressure to support his children as his ex-partner is not active in their lives; he feels overwhelmed by parenting and often feels isolated.

How ACET offers care to Liam:

- We start by building a positive and collaborative relationship, explaining what ACET offers and how we can support the client and his children.
- Offer a personal, tailored care plan to help address HIV-related concerns: for instance, assisting with medication adherence.
- Provide emotional support to help process challenging emotions such as grief, isolation, or shame.
- Discuss and help support disclosing HIV status to others, especially his children. This includes looking at age-appropriate examples, as well as personal readiness and preparing for the safest way for him to address the topic when ready.
- Practically resource Liam with parenting/family supports and broaden community support. This might be helping them to link in with additional local supports or encouraging him to continue with what is already working well.
- Possibly link in with the children in the family and offer youth respite activities, as well as family respite opportunities. Liam could also avail of individual respite when needed.
- Offer bereavement support for the siblings he lost, with counselling or through creative ways to honour their memories.



ACET Care: Quilt Group and Counselling

The community quilt group has now been running for 26 years,; this makes it possibly the longest running bereavement support group. We continue to work with two of the original core members using memory to recall loved ones lost. We are currently working on a quilt to remember all who have lost their lives since the inception of the group. The working title is “Footprints in the Sky”.

As requested by the group this quilt is being hand sewn as the desire is to take time to focus on the memory of those lost. As a result this quilt will take a great deal of time and patience to be completed. It has been felt by the group that in working on the quilt in this manner it has become part of their healing process.



The group also organised the annual Friends Remembering Friends ceremony in November. In 2019 the ceremony was facilitated by our CEO Richard Carson and the speaker was Isabel Cabrey from ACET Northern Ireland.

Counselling

ACET counsellor **Vivienne Morrow-Murtagh** works with some of our clients and supervises staff from our partner Suaimhneas (Depaul). Those she meets with are from ages 18 up to late 50s; she regularly sees issues with bereavement, complexities around ongoing recovery, domestic abuse and other challenges, and some spiritual issues.

In 2019 Vivienne offered trauma training to organisations, including ACET, working in the area of substance use and addiction whose clients are often deeply affected by trauma of all kinds. These challenging workshops offer some valuable tools for recognising and responding to trauma as well as trying out some practical ways of decreasing anxiety around specific issues in participants' lives.

Terrie Colman-Black and Vivienne Morrow-Murtagh are founders of ACET Ireland.





Matilda Project

For both Matilda Project partners in southwest Zimbabwe 2019 was filled with challenges, resilience and small victories. It started with police violence, a return of rapid inflation and soaring prices.

Willard brought ten Home Based Care co-ordinators to Victoria Falls in February to thank them for their years of care for their villages. Eighteen years of it for some of them! Devaluation of the Zim dollar meant that \$5000 had growing purchasing power. Food distribution went up from 500 packs a month to 885 at Tshelanyemba — a bonus with 2.4 million Zimbabweans food insecure.



In March Cyclone Idai brought thousands more below the poverty line. An extra 100 children were added to the list to receive a food pack from CCP due to hunger.

By April a loaf of bread cost a day's wages — for the few with a job. Gift gave out 960 food packs but 1,600 people came hoping to get one. Willard was invited by ACET UK to London in May. We brought him on to Belfast and spent a few days catching up on all the project news, and showing him the sea!

Fourteen new students began a dress-making course at CCP's Youth Skills Centre in June. At a cost of \$5,500, 1600 families received a food pack at Tshelanyemba.

July saw Bradley back to school, thanks to a volunteer "hired" to push his wheelchair to and fro. A surplus of \$100 allowed Modester buy a cylinder of gas for the clinic's autoclave, to sterilise instruments for deliveries.

Inflation was at 176% by August. A grandmother collected a food pack to feed her five orphaned grandchildren. Her harvest for the year was two buckets of sorghum.



Matilda Project

An armed robbery, with project funds and their sons' college fees stolen, traumatised the Ndlovus in September. The community poured out love and support for them and their work.

In October the roof blew off Ephias' house. \$124 sent to repair it. School fees went up 100%. Mealie meal shortages.

Patients with pellagra, a serious malnutrition condition from a diet of maize alone, first came to the clinic in November. Eight million were in need of food support. The year closed with funds sent to buy nutritious food and vitamin supplements for these patients, the youngest of whom was a 23-year old nursing mother.

Food distribution: Some of the 10,200 food packs provided in Tshelanyemba *left* and school breakfasts, *right*.



Matilda Project 2019, the Numbers

10,200 food packs distributed over 12 months at Tshelanyemba ~ **210** adults in 12 support groups for people living with HIV ~ **45** primary & **33** secondary school students fees paid ~ **138** double orphans and 100 children on ART received 3 food packs, 1 for each school holiday ~ **2,276 children** in 7 schools ate **443,820 breakfasts** served by **178** volunteers



Migrants and HIV

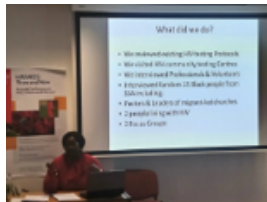
Research, Awareness, Testing and Integration

Our work with Migrant-led faith communities continued to develop in 2019 with new staff and new funding, the launch of new research and a new beginning for Dublin’s response to HIV.

Ifedinma Dimbo continued her work with Black African and Black Irish communities and in March launched *Mind the Gap*, a report on the low uptake of HIV testing among immigrants from Sub-Saharan Africa in Ireland. We were delighted to welcome a wonderful group of 30 HIV activists, social workers, medical professionals, faith leaders, surveillance specialists, community workers and many more to the launch.

Ifedinma presented the findings:

- the role of the HIV=death narrative in the memories of black-African people in Ireland.
- the ways in which those we interviewed perceive illness.
- the cultural barriers at work when assuming health checks are embraced in the same way by all people.
- the powerful impact of stigma and how it plays out through secrecy and privacy in black African communities.



Among the opportunities to share the work in *Mind the Gap* were with the staff of St. James’s Hospital GUIDE Clinic and delegates at the HIV/AIDS: Then and Now Conference in Dublin City University.

Ifedinma left ACET in the late spring to focus on her PhD studies and her role with the Ann Sullivan Centre.

In July we hired **Yvon Luky** as our new Faith Communities Worker. Luky has a background in medicine, public health, church leadership and extensive work with migrant communities in Ireland. His induction included the opportunity to join the M-Care programme run by the European AIDS Treatment Group with Africa Advocacy Foundation in London. Just like Ifedinma before him, he joined





Migrants and HIV

a team of 20 practitioners in HIV and migrant health from across the continent for a broad range of learning experiences.

In the summer we also completed a **Parent-Teen Communication** course with youth workers and church leaders in the North East Inner City. A big thank you to ACET Northern Ireland for delivering the training and Praise Tabernacle on Portland Row for hosting us.

In 2019 Dublin, with Cork, Galway and Limerick signed up to the **Fast Track Cities Initiative** which seeks to focus the ending of the pandemic on urban settings. Funding from the HSE- Sexual Health Crisis Pregnancy Programme allowed us to expand our work and begin a full time role dedicated to this area.

Our media work continued in 2019 and included Spirit Radio, UCB Radio and Metro Éireann.

We also continue our role with the Migrant Communications Working Group of the HSE Sexual Health and Crisis Pregnancy Programme and the Community HIV Testing Monitoring Steering Group of the Health Protection Surveillance Centre.

We developed all of our HIV testing protocols including all the



paperwork and insurance. Seven staff and volunteers were trained alongside Pasanté in HIV rapid testing. Luky also worked on the development of culturally appropriate messaging and leaflets. This is a key theme of this project as so much of the social exclusion of minority ethnic groups is based on the assumption that the language, tone and

Pasante's HIV testing training

generated in White-Irish contexts will engage positively with every audience.

Our testing and training began in 2019, in part in partnership with Acts of Compassion; further discussions have taken place with a broad range of agencies, largely based in Dublin and working on various aspects of migrant health and integration.





ACET

Partnerships

Networking and collaboration are a natural part of all of our projects and these practices are consistent with our ethos and our vision. However we have also entered into a number of important partnerships with other organisations where through employment of staff, shared activities, therapeutic support for employees or mutual mentoring we are seeking to achieve shared goals and objectives. Some of the charities we partner with are much smaller than ACET and are looking to find their feet, others are much larger. The following 5 partnerships were part of our story in 2019:

Acts of Compassion Projects:



In 2019 we were able to increase funding for this partnership so that the hours of the project coordinator, Amos Nguigi, could be increased significantly. The 1-to-1 supports of vulnerable migrants are central to this partnership with over 282

interventions with 34 people addressing issues such as mental health, citizenship, housing and HIV. The partnership also includes shared seminars on themes of HIV and mental health, collaboration on our new HIV testing service with all of the above as Amos further establishes his project in the North East Inner City of Dublin.

Talbot Centre:



Our long-standing partnership with the Talbot Centre-HSE continued. Abigail Carrick's role as the Education Worker is an important resource for the local community as she supports the capacity for drug education and related issues. Increased engagement with primary schools and the successful running of Learning Together, Working Together (including with ACET staff participating) were highlights of the year.



Suaimhneas:

The women's recovery house in north inner city Dublin is a fascinating project of Depaul, one of the city's leading responses to homelessness. Our partnership with Depaul ended at the



Partnerships

end of 2019 though the staff we are linked to will continue to see Vivienne for off-line therapeutic support. Suaimhneas is now a well-established 6-bed project in Depaul, operating in a continuum of care and is a flagship initiative for the National Drug Strategy's focus on "Supporting Recovery".



Recovery Academy Ireland:

Our partnership with Recovery Academy Ireland began in 2018 and concluded at the end of 2019. Paul Duff, the Coordinator, has done a great job of establishing the organisation as it promotes recovery from addiction while organising local and national recovery activities led by people in recovery. These include the National Recovery Walk through the city centre of Dublin in September and the ongoing Recovery Coaching course which last year featured ACET staff as participants.

SMART Recovery:

Our newest partnership, established in 2019, is with SMART Recovery. This included the recruitment of Amanda Quigley as the new Coordinator. SMART Recovery are also working nationally and offer a 4-point programme through local support groups for recovery from addiction and addictive behaviours.

The **North East Inner City of Dublin**, where our administration offices resides, has been undergoing a regeneration project under the Department of the Taoiseach. In 2019, ACET CEO, Richard Carson continued his membership of the Enhancing Policing Sub Group and this included the initiation of a new Drug Related Intimidation programme in partnership with Ana Liffey Drug Project. A variety of community projects and initiatives have informed the new NEIC Strategic Plan for 2020-2023 which is available, along with news of all elements of the work at www.neic.ie





Education

Education & Partnerships, the Numbers

1245 person-training hours in total across all our projects and partnerships* ~ 7 people trained to deliver rapid HIV testing ~ 70 health professionals, academics and community workers engaging with research on African migrant experiences ~ 28 one-to-one capacity building support interventions with church leaders ~ 282 one-to-one psychological supports with vulnerable migrants ~ 11 residents in the Recovery House with 8 moving onto the next stage of their journeys ~ 19 peers across Europe working with migrants on HIV sharing an incredible learning experience ~ Tens of thousands of people including health professionals engaged directly through print, radio and online media in the migrant, faith and medical sectors.

* All of our interactive, non-directive and creative training sessions are always with less than 20 people at a time.



In May, **Richard Carson** joined delegates from 11 countries at the 30th Anniversary celebrations of acet UK in London. It was a great opportunity to join with friends old and new as stories were shared from around the globe. Dr. Patrick Dixon, the founder of acet UK and his wife, Sheila, were present as were former staff and volunteers right through the colourful history of the organisation. In particular Richard, had the chance to connect with **Willard Ndlovu** (*right*) from Zimbabwe whose work is supported by the Matilda Project.





Financial Report

Income and Expenditure

Year Ending 31 December 2019

		2019	2018	2017
		€	€	€
Income	ACET	503,029	397,326	320,091
	Matilda	<u>147,501</u>	<u>126,380</u>	<u>101,174</u>
	Total	650,530	523,706	421,265
Expenditure	ACET	(507,176)	(383,008)	(325,932)
	Matilda	<u>(140,653)</u>	<u>(116,302)</u>	<u>(107,421)</u>
	Total	(647,829)	(499,310)	(433,353)
Surplus/ Deficit	ACET	(4,147)	14,318	(5,841)
	Matilda	<u>6,848</u>	<u>10,078</u>	<u>(3,247)</u>
	Total	2,701	24,396	(9,088)
Accumulated surplus brought forward		45,223	20,827	29,915
Accumulated surplus carried forward		47,924	45,223	20,827

ACET and Matilda Project Balance Sheet 31 December 2019

	2019	2018
	€	€
Current Assets		
Debtors	2,145	1,233
Cash at bank and in hand	<u>126,756</u>	<u>116,054</u>
	128,901	117,287
Creditors: amounts falling due within one year	(80,977)	(72,064)
Net Current Assets	<u>47,924</u>	<u>45,223</u>
Total Assets less current liabilities	<u>47,924</u>	<u>45,223</u>
Reserves	<u>47,924</u>	<u>45,223</u>



Director's Report: Prof Sam Mc Conkey

I am delighted to present the ACET Ireland Annual Report for 2019. Behind these stories and statistics is a dedicated team of staff and volunteers who have served with humility, talent and no little dedication. I know that those they serve whether in Dublin, Zimbabwe or elsewhere are grateful for all they do.

I am writing this while COVID-19 is having a profound impact on our country. I know that continuity and planning will be important themes for the near future and in this Report are the stories of relationships and the building of trust that will put us in good stead for what the next year brings. This includes a broad range of funders to whom we are grateful for their ongoing support whether long-established or new to the ACET story.

— Prof Sam McConkey, chairperson

We would like to thank the **ACET Board of Trustees:**

Samuel McConkey — Chair
Antoin MacCarthaigh
Karen Thompson — Sec
Daniel Ramamoorthy (resigned 31/01/19)

Dr Eburn Joseph
Rev. Abigail Sines

ACET's purpose: the advancement of community welfare including the relief of those in need because of youth, age, ill-health, or disability and the promotion of health, including the prevention or relief of sickness, disease or human suffering.

We do this by providing care support to those affected by HIV and training, awareness and testing work to those that have been marginalised by society, including through partnerships responding to addiction and social exclusion.

We offer this to individuals, families and communities both here in Ireland and with fundraising and capacity building support to Zimbabwe.



Thank You

We are very grateful, as always, to all those who gave regularly or through one-off donations or fundraising events, to both ACET and the Matilda Project. Many thanks, also, to all our volunteers, trustees, and members for their valuable contributions throughout the year.

We appreciate the support of the North Inner City Drugs and Alcohol Task Force; MAC AIDS Fund; Gilead Science; the HSE Lottery Fund; HSE Addiction Services; GlaxoSmithKline; Tusla, Child & Family Agency; Dublin City Council; North East Inner City Network; Communities Integration Fund; CDYSB; Hospital Saturday Fund; a c e t UK and ACET NI; Google; Hayden Brown; Pricewaterhouse Coopers; Vox; Rialto Community Drugs Team; the GUIDE Clinic; the Mater Misericordiae clinic; Beaumont Hospital; HIV Ireland; Positive Now; Sexual Health Centre Cork; AIDS West; GOSHH Limerick; European AIDS Treatment Group; Concern; the Drugs/HIV Helpline; Acts of Compassion Projects; SMART Recovery; Recovery Academy Ireland; Talbot Centre; Depaul; Praise Tabernacle Church; Trinity Church Network; Redeemed Christian Church of God; Dundrum Methodist Church; Christ Apostolic Church; Mercy Christian Fellowship; Adelaide Road Presbyterian Church; Lucan Presbyterian Church plus the other churches that we have had the opportunity to collaborate & work with; Discovery Gospel Choir.

