

# Fellowship House

Fellowship House is situated on its own grounds overlooking Cork City on Spur Hill.

Fellowship House was set up by the Board of Directors of Tabor Lodge Treatment Centre in response to a need for a residential supportive environment for men in the early stages of recovery from addiction.

The property was owned by the SMA Fathers who have now made it available as a treatment facility for men.

## Who can make a referral

Referrals are made by Treatment Centres, families, but individuals can refer themselves or be referred by their family doctor. Admission to the programme is dependent on prior assessment and by appointment only.

## Mission Statement

The primary mission of Fellowship House is to provide a residential supportive environment for addicted men in early recovery and to reintegrate them into the work environment.



## What are the admission criteria?

- Diagnosis of addiction and have completed a primary treatment programme.
- Be male aged 18 years and older.
- Be free of alcohol and drugs for 72 hours prior to admission.
- Be highly motivated to live a life free of mood altering substances.
- Be physically and mentally able to participate in all aspects of the programme.
- Be willing to accept a structured, intensive programme and abide by the Fellowship House rules.
- Show a willingness to attend 12 Step Meetings.
- Be assessed for programme appropriateness following social, chemical and legal history.

## Work

Residents will attend a FAS Training Programme designed for those in early recovery and will be remunerated by FAS



## Programme

The programme at Fellowship House emphasises personal responsibility, peer support, participation in a Twelve Step Programme and life-style changes, thus enabling the development of a contented healthy sobriety.

Group sessions, one-to-one counselling, meditation and education on relapse prevention form part of the daily schedule.

The three month residential programme addresses problems associated with addiction by:

- helping and guiding the men to recognise and accept reality
- enabling them to improve self esteem and establish a new model of living
- encouraging them to develop recreational skills and a sober support system
- helping them to recognise relapse warning signs and how to handle them
- restoring and rebuilding family relationships and healing the damage which results from a life of abuse.



# Aftercare

Residents are expected to attend weekly After-care Meetings following their stay at Fellowship.

## Family

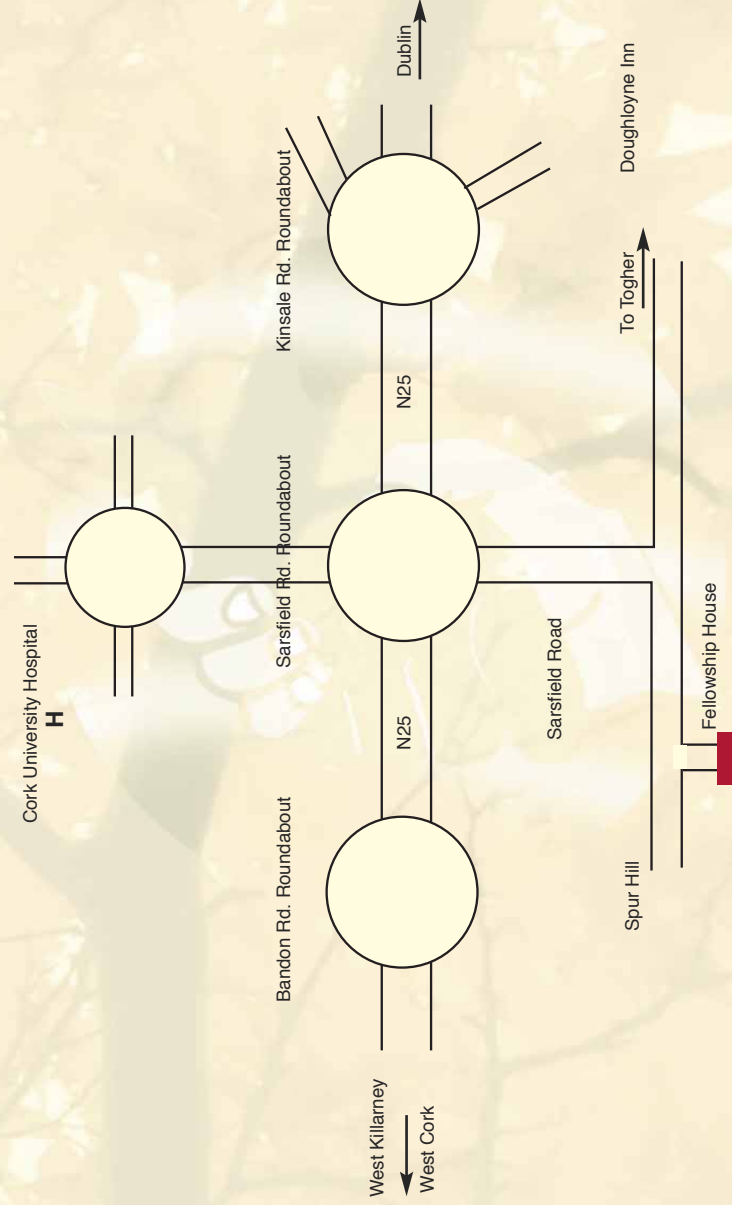
Family participation is welcomed and encouraged.

## Funding

Fellowship House is part funded by:

- Cork Local Drugs Task Force
- Mercy sisters
- Probation and Welfare Services
- Cork County Council
- Southern Health board
- Dept of Social Welfare
- Resident contributions

This programme works and has worked for every person who demonstrates the willingness to try to change



## Fellowship House

Men's Residence

**A chance to change**  
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**Doughcloyne**  
**Togher, Cork**

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