

Ballymun Youth Action Project

A Community Response To Drug & Alcohol Misuse

April 2016

The Newsletter



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A word from the Director

At the end of 2015 we talked to a lot of people about BYAP, and how we can continue to develop our service into the future. Thank you to everyone who talked with us, in workshops or on a one to one basis. Those conversations have helped us to identify particular needs in this community that we will give more attention to over the next three years. Just as drug and alcohol misuse is a complex problem, with many different causes, so too our responses need to tackle the challenge from a lot of different angles. The new strategic plan is designed to help us in that ongoing work.

Starting the new plan in 2016 is significant. 1916 marked a huge change for the Irish Nation, and put down a marker for a more just and fair society. Dublin at that time was scarred by enormous poverty. According to the national archives “tens of thousands of people lived in tenement slums, starved into ill-health, begging on the fringes of society. In parts, Dublin was incredibly poor. A notoriously high death-rate was attributable at least in part, to the fact that 33% of all families lived in one-roomed accommodation. The slums of Dublin were the worst in the United Kingdom, dark, disease-ridden and largely ignored by those who prospered in other parts of the city”.

Since then things have changed, but even a quick look at the slowness of changes, particularly in response to the devastation caused to individuals, families, and communities by drugs and alcohol, reminds us that building a just and fair nation is still all to play for.



A dilapidated tenement room in the Coombe area, 1913. (RSAI, DD, No.83)

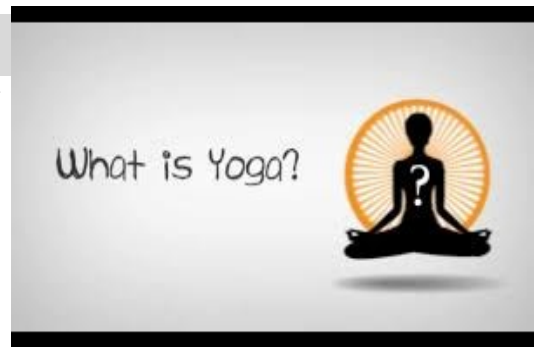
We hope that the focus on the centenary of 1916 is a chance to remember not just the fight, but more importantly to remember what was fought for.

Again, thank you to everyone who continues with us in that struggle for real freedom, to get to a point, as the BYAP Vision states, “where people have the right and the opportunity to live and thrive, without being held back by the negative impact of drug or alcohol use”. Cáisc shona daoibh.



Mindful Yoga Programme

YAP, The Rehab & Integration Service and The Dublin School of Yoga, with funding from The Ballymun Local Drugs and Alcohol Task Force, will be starting a programme at the beginning of April. The programme will run three mornings a week, Mondays, Tuesdays and Fridays, 10—11am for ten weeks.

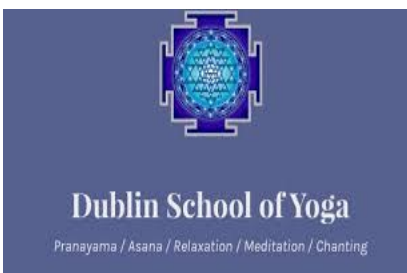


Some of the benefits of Mindful Yoga include

Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life.

Being mindful makes it easier to enjoy the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events.

By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem, and are better able to form deep connections with others.



- Helps to lower stress and improves your mood
- Boosts your confidence
- Increases your flexibility while improving muscle tone and strength

If you are interested in applying for a place on this programme please contact either Mary in YAP 01 8428071 or Helene in Rehab & Integration (01) 883 2100

The Funky Seomra

The Funky Seomra is Ireland's most successful alcohol and drug free nightclub, run from Filmbase in Temple Bar. Why not do your clubbing a little differently this year. Funky Seomra has changed the way people in Ireland party, sporting a strictly alcohol and drugs-free night. Instead find yourself spoilt for choice with 2 floors of music fit for all tastes, head, neck and shoulder massages provided by renowned massage therapists, a juice and smoothie bar, an organic cafe, live musicians and stunning visuals, spacious and cosy chill out areas, interactive arts installations and a world class sound system. Over 18s only. Early bird ticket prices starting at €10

Saturday March 27th 9pm - 2am

Saturday April 30th 9pm - 2am

& Saturday May 28th 9pm - 2am



Ballymun Youth Action Project for up to date information on services, activities and events, like us on Facebook



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Try find the following words in the grid

**BAD WEATHER
COLOURFUL
CROWDS
DRESSING UP
FRIENDS
FUN**

**GARDAI
GOVERNMENT
GREEN
GUINNESS
PARADE
LIGHTING UP**

**SHAKES
SAINT PATRICK
SHAMROCK
SNAKES
TOURISTS
IRISH**

The Day I Joined the Class

There were all boys and myself one girl, until the teacher came in, Dee. There was also Gary who assists with the class. I was nervous but everybody made me feel really welcome and then I started to relax. Some need help in reading and some with writing, spelling, etc. and we all help each other. The class can be a laugh sometimes but don't get me wrong, we all learn.

When I was in School, I never really had a chance. I felt some of the teachers had not got time for you but maybe it was me as well, I was easily led into messing. I would also cry because I did not want to go to school. Now, it's not like that, I enjoy the class and everyone's company. I have to get 2 buses to the class but I enjoy it so much that it is worth it. My confidence is also much better.

One of the books we read was Ann Frank's Diary; it was really good but also really sad. It is available to buy in Eason's and I would recommend that you read it. I do try to read a lot more myself now because the more you read the more you learn! **C.G.**

Anyone interested in improving their reading, spelling and writing please talk to Gary. The class (communications group) is 11am to 1pm, every Thursday in YAP and co-facilitated by a tutor from The Ballymun Adult Read and Write Scheme.



The Star Project

Referrals for both of the 5 day a week Drug / Alcohol rehabilitation programmes are welcomed on an ongoing basis. Referrals are accepted from other organisations or people can self refer. Contact Dave at 01 8467930 or email dave@starballymun.ie

Curly Kale Soup – Green Soup Recipe

Ingredients:

5 potatoes 2 carrots 2 onions 1 clove garlic
2 celery sticks 1 tablespoon dried parsley

150 grams Curly Kale = ¾ Tesco bag of Kale

2 vegetable stock pots/stock cubes 1 tablespoon dried thyme

Pinch ground black pepper (to taste)

Instructions:

Peel, chop and wash the potatoes, carrots and onion and add to a pot.

Wash curly kale, destalk, chop and add to pot.

Add the rest of the ingredients and top up with water.

Bring to the boil and the simmer for 1 hour.

Finally, using a hand blender, blend the ingredients together and serve with brown bread. **K.**



The Boxing Clever Programme

I started the Boxing Clever programme back in September 2015. I went along to the Induction week to find out what was involved. There was a Fitness and Nutrition class as well as Addiction Studies. The fitness was two days a week, Mondays and Fridays, while the Addiction Studies was Wednesdays and Tuesdays was the Nutrition class. Twenty five people were offered places on the programme.

When I first started I wasn't fit but once I got in to it I started to improve my fitness. In the mornings it was great to get any anger out on the punch bag. I learnt a lot about myself and addiction. Both classes were QQI accredited, with one at level 4 and the other at level 5. The programme finished at the end of February and we had a celebration lunch in YAP to acknowledge the work, effort and commitment we had shown. It was a very intense programme but well worth doing. I would recommend the programme to anyone who wants to change their life. **M.McD.**



Some of the Boxing Clever participants & facilitators at the Celebration lunch in YAP.

I am a car enthusiast, one of the cars I like is a Volkswagen Golf. The exterior is a mix of GTI and CL parts. It has a heavy duty CAE gear shifter along with cages and bucket seats. It really looks like a racer. It has a 2.5 "Jetex" exhaust system. This Golf has a lot of interesting parts, such as a 300mm mono steering wheel, split rim wheels, painted in contrasting red and wrapped in Good Year tyres. A GTI "duckbill" splitter sits under the front and joins with a combination of GTI plastic wheel arches and CL-spec chrome trim to finish off the exterior. The Golf is Volkswagens best selling vehicle by name plate with more than 29 million built by 2012. **P.O'R.**



The Invincibles

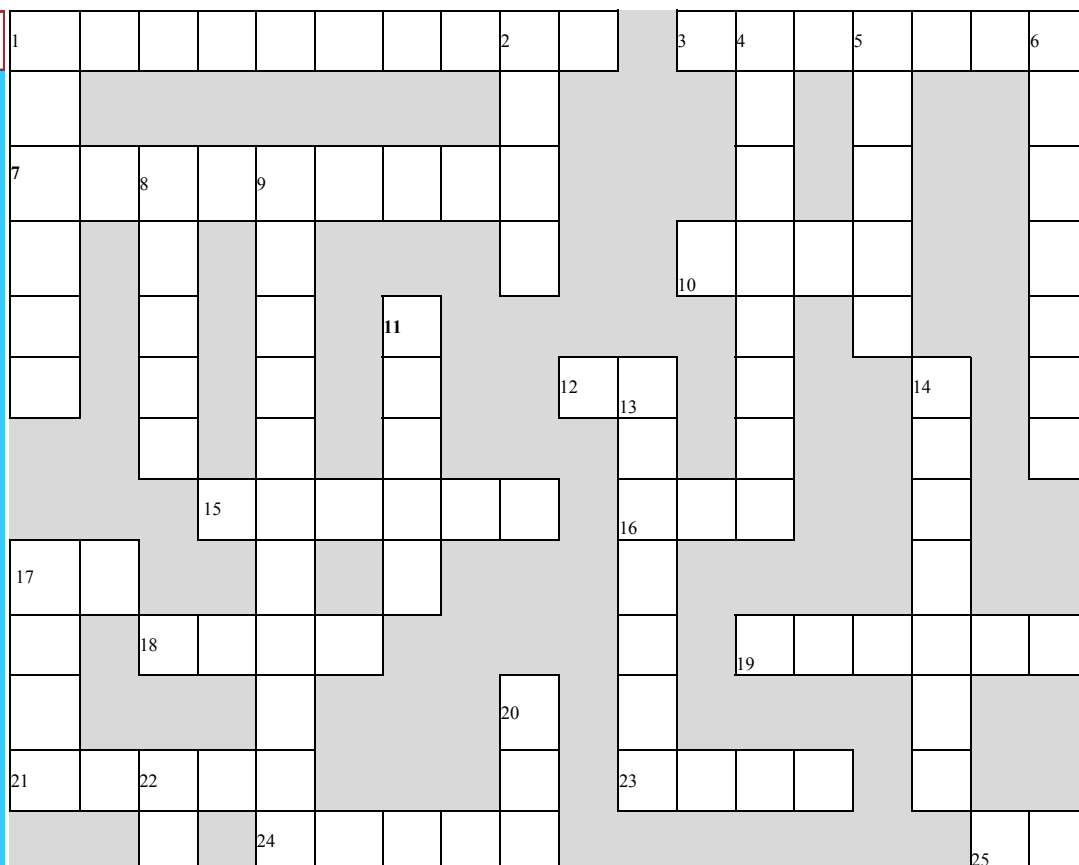
Established in 1881, as a response to The British Government's campaign of coercion aimed at suppressing the Irish National Land League. The Invincibles were an elite unit within the Irish Republican Brotherhood (I.R.B.) whose aim was to overthrow British rule in Ireland through a campaign of assassination. The British campaign of coercion had resulted in the arrest of hundreds of Land League officials and supporters on trumped up political charges. The Invincibles prime target was William "Buckshot" Forster, Britain's Chief Secretary in Ireland. During 1881 and 1882 they staged a number of failed attempts, including a bomb on the steps of Dublin castle which failed to explode. Concerned by the growing revolutionary situation in Ireland, the British decided to introduce a proverbial carrot alongside the coercion stick.



Britain's carrot included the introduction of a new Land Act and the release of many Land League leaders, including Michael Davitt and Charles Stewart Parnell. Outraged at the release of the leaders, Forster resigned in protest and was replaced as Chief Secretary by Fredrick Cavendish. A victory parade was held in Ballina, County Mayo on the 5th of May 1882 to celebrate the release of the Land League prisoners. As the parade made its way through the town it was confronted by the Royal Irish Constabulary, who charged the demonstration, opened fire and killed several people including a number of children.

As outrage at the murders spread across the country the Invincibles decided on another assassination, Thomas Burke, Britain's Undersecretary in Ireland. On the 6th of May, seven members made their way to the Phoenix Park where they lay in wait to ambush Burke. As Burkes cab entered the park he spotted Fredrick Cavendish, the chief Secretary. Cavendish was walking unguarded and Burke decided to join them. As he left the cab, both men were grabbed and killed by knife.

The British response was swift. Hundreds of known and suspected Fenians were rounded up and by January 1883 many of the leading Invincibles were in prison. Torture was used but the majority refused to talk, however three prisoners, including James Carey, once a leading member of the IRB and the Invincibles agreed to become informers. At the trials that followed five members of the Invincibles were sentenced to death and several more including James Fitzharris received long prison sentences on the evidence of Carey and other informers. Between May 14 and June 9 1883 Daniel Curley, Joe Brady, Michael Fagan, Thomas Caffrey and Tim Kelly were hanged in Kilmainham Gaol, where they remain buried to this day. **R.**

**Across**

1. Attitude of someone who works very hard at something.
3. Services in Yap, 2.30 Tuesdays
7. The state of being enslaved to a habit
10. A feeling that what is wanted can be had.
11. found in the sky, something that darkens
12. A meeting of drinkers
15. To lessen, to decrease
16. Attempt
17. A meeting of cocaine users
18. To give, provide, rescue
19. An exertion of physical power, an earnest attempt
21. To start
23. Real, genuine, sincere
24. A number of people
25. A meeting of drug users

Down

1. To transform or small coins
2. Not one
4. Restoration or return to health
5. Ability to do, strength, force
6. A favourable end to something
8. To come off something bit by bit
9. Talking to someone one to one
13. Try
14. To sustain a person who is under pressure
17. to restrain or control
20. Drug project in Ballymun
22. A meeting of people who bet

**Thanks to the
 Communications Group for
 the Crossword & Word
 search**

Overcoming Drug Addiction

When you're struggling with drug addiction, sobriety can seem like an impossible goal. But recovery is never out of reach, no matter how hopeless your situation seems. Change is possible with the right treatment and support. Don't give up—even if you've tried and failed before. The road to recovery often involves bumps, pitfalls, and setbacks. But by examining the problem and thinking about change, you're already on your way.

For many people struggling with addiction, the biggest and toughest step toward recovery is the very first one: deciding to make a change. It's normal to feel conflicted about giving up your drug of choice, even when you realise it's causing problems in your life. Change is never easy—and committing to change involves changing many things, including:

- the way you deal with stress
- who you allow in your life
- what you do in your free time
- how you think about yourself



You may wonder if you're really ready for all that change or if you have what it takes to make a change. It's okay if you're torn. Recovering from addiction is a long process, one that requires time, commitment, motivation, and support. As you contemplate your situation, the following tips can help you make the decision.

Thinking about change

- Keep track of your drug use, including when and how much you use. This will give you a better sense of the role drug / alcohol use is playing in your life.
- List the pros and cons of quitting, as well as the costs and benefits of continuing your use.
- Consider the things that are important to you, such as your partner, your kids, your career, or your health. How does your use affect those things?
- Talk it over with someone you trust. Ask the person how he or she feels about your use.
- Ask yourself if there's anything preventing you from changing.
- What are some things that could help you make the change?

Preparing for change: 5 key steps to addiction recovery

1. Remind yourself of the reasons you want to change.
2. Think about your past attempts at quitting, if any. What worked? What didn't?
3. Set specific, measurable goals, such as a quit date or limits on your drug use.
4. Remove reminders of your addiction from your home and workplace.
5. Tell friends and family that you're quitting and ask for their support.

For further information see www.helpguide.org



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Friends Remembering Friends 2016

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Friends Remembering Friends is a special service held in The Holy Spirit Church, Ballymun. It's about people remembering their loved ones who passed away. It was the 21st anniversary and it was held on the 22nd of February. There was music and singers who were amazing, it was a special night.

The young people from B.R.Y.R. made a lovely tree that represented not being alone. There was doves placed on the branches to symbolise the loved ones. A number of people volunteered to do readings and other people brought up pictures of their loved ones. It was sad to see people that lost loved ones. At the end of the service everybody got a gift of a candle from the Y.A.P. team. The service will happen again next February, so please come along. **M.McD.**



Happy Days

The first day I started in YAP was one of the best days of my life, to me it was a new start, to being a new clean from drugs Bobby. I am getting 60mls a day and I'm clean and hoping to come off methadone soon as it is effecting my lifestyle and body.

Anyway I love coming up to YAP and it takes so much pressure off me and I can forget all the shit I've put up with on the street. So I go up to YAP and relax plus we have a great laugh so it's a buzz as well as learning the things we do on the course. So its not just work, you can have a buzz too, that's why I call this Happy Days. When I am in YAP its happy time and we leave all our problems at the door unless we're having a one to one session with our counsellors. That helps me a lot to keep my feet on the ground and suss out what I am going to do in the future and to see what me options are and try to achieve my goals.

Well I am still trying to improve my lifestyle and get fully clean, that's no tablets, cannabis and to come off the phy for good and stay off the shit. Hopefully after I sort this warrant out I've got and I am put inside for a while, I'm going to bring myself down slowly. The advantage I'll have is that there are fuck all drugs in there unless I'm getting it sent up and nobody will do that now for me. So hopefully it all works out for the best for me but I am not counting on it, as my luck is poxy, so I'll have to wait and see with my fingers crossed.

That's one of the good things as well about YAP, they don't reject you and they see all of us for who we are. They don't look down on you, they try and help you as much as they can, that's why I'm happy going up to YAP, I can be myself. **B**



People enjoying refreshments back in YAP

The Recovery Quilt

A number of people have been working away over the last few weeks on The Ballymun Youth Action Project Recovery quilt. This piece of work was kindly funded by The Ballymun Local Drugs and Alcohol Task Force. The group meets on Monday's at 2pm. The group began by asking the question "What does recovery mean to me?" and participants will put their answers into one square.

For some people it was faith, others music and for some it was time. The quilt is progressing well but new people are welcome to join the group on Mondays.

The Recovery Quilt will be displayed in YAP and also carried in this years Recovery Walk in the city centre, September 2016.



Geraldstown House Courses

The Mindful Way (6 week introductory course to Mindfulness)

Starting Tuesday May 10th, 10—11.30am

For more information contact Marian 01 846 7007

The Cook It Programme (A 6 week course for parents)

Starting Thursday May 19th, 10—12pm

For more information contact Jackie or Silvia 01 842 2544





Like to know more about the effects of drugs / addiction on a person, the family and the community? Then the Introduction to The Addiction Studies Course is a great place to start. Urrus / YAP next course will be held on the 28th and 29th of April. The Introduction course is a two day taster to give you an understanding of what is involved in the QQI level 5 Addiction Studies course they also run.

This two-day workshop is for those wishing to gain a good basic understanding of drugs and related issues.

Content includes:

- Drug/Alcohol Information
- Signs and Symptoms
- Process of Addiction
- Addiction and Family
- Treatment Approaches/Making Referrals

For further information talk to Gabrielle in Urrus / YAP 01 846 7980



Drink and Homelessness

I come from a family of seven; I have 3 brothers and three sisters. I lost my father and also my ma when I was young. I have four sons. I have a drink problem.

I started to drink at 14. There was nothing to do growing up. I use to cut grass for people and I would give my ma or da something from my money but that's when I started to know, I worked just for the drink money.

Well I'm off it now and I hope it stays that way, I lost everything from it. It's just when I drank I thought nothing of it, I needed to drink. You're always thinking about the next day, waking up shaking and mad for it. I would start at about 3 or 4 in the morning, if I couldn't get it I would start to rob in the early hours, that's what I used to do. By the age of 15 or 16, I was homeless.

One of my cousins took me in and helped me. I got locked up for robbing building sites. I found out who my friends were when I was in prison. One, Eugene, we looked out for each other in there.

When I was on the drink I used to cut myself, I don't know why, I couldn't feel any pain at that time.

Having to tell my little brother his da and ma died was hard. I remember seeing his face, that look, he just ran out of the house. I just said nothing to him. All I wanted was to drink my life away. I wish I could turn back time. I used to drink 36 cans a day and I'd still be looking for more. Robbing, asking family for money, thinking I'll just have one more.

Well one day I got into YAP, I think it was the best thing that happened to me. I am very grateful to all and also Brian. He got me to where I am now along with myself and my work too. I have somewhere to go, I'm in the gym, I'm also in the Communications Group and that helps me a lot. I am starting computers on Tuesday in another centre and I can't wait for it. **R.**



Dr. Joanne Neale recently published a piece of research entitled Measuring Recovery. One of the main pieces she was interested in was how service users views of measuring recovery differ from those of the service providers. The definition of “recovery” ranges from vague (recovery is what you want it to mean) to very precise, (recovery means complete abstinence from all mood altering substances). However other groups believe it involves people achieving benefits in a wide range of life areas, including their relationships, housing, health, employment, self-care, use of time, community participation and well-being. So not have clear agreed definitions make it difficult and a complex task to measure recovery.

Influenced by the medical model of addiction and a pervasive culture of monitoring and performance targets, there has been a tendency to focus on very basic quantitative indicators weighted particularly towards reduced drug use and offending behaviour. Creating some agreement between service providers and service users seems like a good next step. With this in mind, service providers were asked to create a list of measures of recovery. They came up with 76 measures but service users had problems with 57 of them, including reduced drug use, appetite returning, putting on weight, engaging in counselling, accessing self-help groups, having good health, not feeling depressed, not having debts, return of periods, having no anxiety and keeping the house clean and tidy, to name but a few. 19 of the measures service users thought could possibly measure recovery include

- | | |
|------------------------------------|---|
| 4. Practising relapse prevention* | 39. Having a daily routine* |
| 6. Accessing treatment* | 40. Going to appointments* |
| 11. Coping* | 49. Being able to manage money* |
| 19. Dealing with past trauma* | 50. Having stable housing* |
| 20. Accepting responsibility* | 55. Having good relationships with non-using friends* |
| 21. Being able to manage feelings* | 56. Having social support* |
| 24. Feeling safe* | 59. Having honest relationships* |
| 28. Taking care of yourself * | 64. Having a good quality of life* |
| 38. Sleeping well* | 73. Having purpose* |
| | 74. Having realistic plans and goals* |
-

What do you think are accurate indicators or measures of recovery we would love to hear your thoughts?



Our thanks to P.O'S. for his very generous donation. We thank you for the thought, the time and the effort involved in producing the framed mirror. The mirror has been placed at the entrance to the 3rd floor, just beside the lift.

YAP - Ballymun Youth Action Project

Horizons Centre, Balcurris Rd - Tel: 01 8428071

Domville House Treatment Centre

Main Street, Ballymun - Tel: 01 8620111

Contact Service

Evening and weekend services which provides drug and alcohol advice, information and Support
Tel: 086 -7915053; 086 - 2482858.

Rehabilitation / Integration Service

Axis, Main Street, Ballymun, Dublin 9
Contact Helene Tel: 01 8832107

Ballymun Job Centre

Ballymun Shopping Centre
Tel: 01 866 7000

YAP - Aftercare

Support for Recovering Drug Users
Tel: 01 8428071

The Star Project

Horizons Centre, Balcurris Road
Tel: 01 8467930

DePaul Trust Case Management Team

Tel: 01 8832 183

Ballymun Local Drugs Task Force

Axis, Main Street, Ballymun - 01 8832142

Ballymun Regional Youth Resource (BRYSR)

The Reco, Sillogue Road - 01 8667600

Infant Parent Support Service

Contact Vera 01 8428071 / 086 666 3770

Ballymun Family Support Service

Horizons Centre, Balcurris Road,
Tel: 01 846 7930

URRUS training centre

Tel: 01 8467980

BALLYMUN LOCAL DRUGS & ALCOHOL TASK FORCE



In 1997, Ballymun Local Drugs & Alcohol Task Force (BLDATF) was set up to respond to drug and alcohol issues in the community. To do this, we work with many services, community networks and public representatives. We have 4 full time staff and 2 part-time staff who support the work of BLDATF. We focus on 4 different areas of drugs and alcohol: 1) Supply reduction, 2) Prevention and education, 3) Treatment and rehabilitation and 4) Policy and research.

Ballymun Local Drugs and Alcohol Task Force respond to drug and alcohol use by looking at both the causes and consequences. We do this by;

- Working closely with services in the community who work with young people, adults, and parents to understand the current issues related to drugs and alcohol.
- Supporting new programmes and services which strengthen the response to drugs/alcohol.
- Fund initiatives and services which address the four areas of work listed above.
- Lead a number of pieces of work which involve the whole community. For example, the Ballymun Community Alcohol Strategy, a community-wide strategy across all 4 areas to reduce the harm caused by alcohol; and the Strengthening Families Programme.
- Provide advice/guidance on accessing drug and alcohol treatment services in the area.
- Provide training to local workers who are dealing with or trying to prevent drugs/alcohol.

Some programmes/services we fund include:

Easy Street Project and Outfit Project in BRYSR, Early Bird Breakfast Clubs in Schools, Fourth Aisling Project, Aftercare Workers (YAP), Vocational support, (Ballymun Job Centre), GP Community Partnership Project (Ballymun Family Practice & YAP), Ballymun Family Support Service (STAR), Rehabilitation Support Project (STAR), Ballymun Infant Support Project (YAP), Rehabilitation Assistance Fund (e.g. support clients to attend NA/CA conferences, support gym membership), Education Bursary, Rehabilitation Initiatives Fund and a Childcare fund (to help access to training where childcare is a barrier to attendance). We are always available to listen to the community. We can be contacted on 01 8832142, call into our office in the Axis or see our website: www.ballymundrugstaskforce.ie