

Ballymun Youth Action Project

A Community Response To Drug & Alcohol Misuse

Sept. 2018

The Newsletter



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RECOVERY

Celebrating September as “Recovery Month” started 27 years ago internationally, but has only recently taken off in Ireland. Now there are events organised all over the country, with people wearing purple and making a statement about the possibility of change.



It surprises me how long it took for us in Ireland to take up the idea. But I wonder if there is something in our Irish mentality that wants to keep quiet about good things, some part that is almost afraid of telling a positive story for fear it will all go pear shaped and the good will fall apart. Addiction stirs that fear even further, and people who are making changes in their drug or alcohol use are often told to not get ahead of themselves, or that pride comes before a fall.

But we do need to have the chance to notice and celebrate the changes that are constantly happening for people. We mightn't be all sorted, but there can be things shifting back into a better place for us, for our families, and for our communities.

Alice Walker writes, in “The Colour Purple” “I think it pisses God off if you walk by the colour purple in a field somewhere and don't notice it.” That's a great line. Some things just need to be noticed and celebrated, or else you will just pass by as if in the dark.

Soilse talk about recovery as being contagious, something that spreads once it gets started. So it is good that in Ireland we are taking Recovery Month more seriously, and less fearfully.

This edition of the newsletter joins that voice of celebrating changes and demonstrating the possibility of recovery. Thank you to everyone here in BYAP who listens for the possibility of something new happening, and who are ready to give recovery the space it needs to grow.

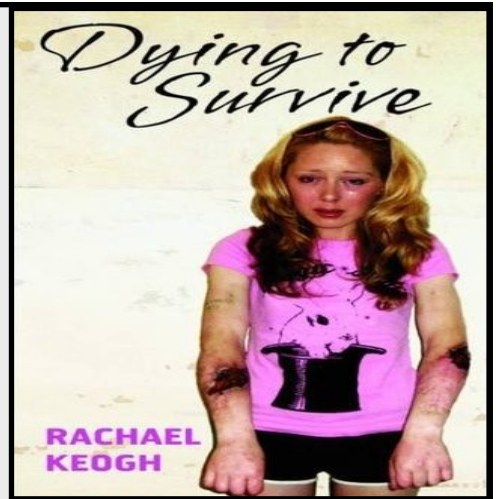


Guest Speaker Series

In August we were delighted to welcome Ballymun woman, Rachael Keogh back into YAP as part of our guest speaker series. Rachael first made headlines in July 2006 when shocking images of her ravaged arms emerged after doctors felt they would have to be amputated if she didn't stop using heroin. Rachael appeared in a hard hitting, award winning documentary, "My Heroin Hell", she made with Sky News in 2006 as part of her struggle to access treatment. Rachael's initial motive for doing the film was to get into treatment, but it didn't fast track her in any way she still had to wait. What she did come though was a chance to share her story with other people and that was cathartic in many ways because the response from people was brilliant and still is.

In 2009 Rachael turned her story into a book, "Dying to Survive". Her story is a remarkable account of recovery from the very edge of personal destruction. It is a heart-lifting story of personal human redemption.

There was a big interest from service users to be part of the talk as many seemed to hold a special place in the heart for Rachael and what was a very public struggle. The talk was well received on the night and there was lots of questions about the process and the pathway that Rachael travelled on her recovery journey. Everyone engaged well with Rachael and in the end we had to stop the conversation as we had run well past 8pm. We would like to wish Rachael every success in her future.



IRISH RECOVERY WALK-DUBLIN

TOGETHER WE HAVE A VOICE

15TH SEPTEMBER 2018

Attend the walk

Join people in RECOVERY, their families, friends and supporters for the biggest celebration of RECOVERY from addiction in Ireland.

This year we are bringing RECOVERY into the heart of Dublin city to make RECOVERY visible as we walk from the Garden of Remembrance, Parnell Square to Merrion Square.

We WALK together celebrating and acknowledging the many achievements of all those involved in RECOVERY and show that RECOVERY is a reality for many people, their families and communities

TO FIND OUT MORE ABOUT THE IRISH RECOVERY WALK

Email: rwirelandinfo@gmail.com or follow us on

 @RWalkIreland  @Irishrecoverywalk



Free Family Fun Day event

**Walk Begins at 12 pm
Garden of Remembrance**

AND

**Ends in the Irish Recovery Village
Merrion Square with Speakers & live music**



www.recoveryacademyireland.ie

S	S	N	S	T	F	A	N	T	A	S	Y	T	G	A	C
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Can you find the following words in our Music Word Search & name the 12 Eminem songs

- | | | |
|----------------------|------------|----------|
| Nice For What | Superman | Bad Liar |
| River | Rap God | Love |
| Bed | Forever | Humble |
| Be Careful | Perfect | Touch |
| Live It Up | Photograph | Mama |
| Sober | Dive | Feels |
| Girls | Sing | One |
| Only You | Kiss Me | Arose |
| High Horse | Faith | Castle |
| Look Alive | Fantasy | Words |
| Sad | Sacrifice | |
| That's All She Wrote | Lemon | |
| Stan | Boys | |
| No Love | Stay | |



Eminem songs see P.15

Goodbye Alcohol

This is not an easy letter to write, its my third time writing it, as you have been a part of my life since I was 15 years old. I'm now 44 and for the past 4 or 5 years you have been with me everyday except for January 2016 when I lost you for 5 months, but you found me again. I have always turned to you when I was upset but really we never got on, you made me cry, well we cried together, we nearly died together.



I'm losing my family over you, my family gave up on me over you. My kids don't like you with me, but I'm finding it hard to let go of you. I think of you everyday, you gave me confidence to go out, confidence to talk and be the life and soul of the party....but it always ends in disaster. Yet you have a hold of me and that's what's breaking me up and everyone else that loves me.



I'm not enjoying you any more, I'm making bad choices because of you, you have led me to do bad things that I now regret so much but you're not taking my kids away from me. I know I abused our relationship and its all my fault. I choose to keep you in my life, I hid you for five years but I know me and you don't get on any more. So for now and forever I have to let you go, I need to look around at what I have to lose over staying with you.... and it's everything.

I need my family, I need them to trust me again, I need my life back again and most of all I need to work on keeping you away from me forever. So, goodbye alcohol. J.

Summer BBQ

Thankfully we had some pleasant weather on the 27th of August and were able to hold the annual summer BBQ for people involved in groups and programmes. The BBQ is one way of acknowledging the efforts people are putting into changing and the commitment they show in order to maintain attendance during groups and programmes. The burgers, sausages and pizzas went down a treat. We would like to thanks Rob in Supervalu, Aprile Take Away, Cosgraves Butchers in The Omni and the participants for their help in preparing, cooking and cleaning up after the event.



Star Fund Raiser

Ballymun band Dextra, and special guests Maul Park will be performing in The Axis on Friday September 14th, 7.30 pm in aid of The Star Project. Tickets cost €15 and are available from the Axis box office. During the event The Star project will showcase and inform of the valuable work that happens there. If you are around try to get over to support the event and this worthwhile cause.

Dextra first formed in 1989 its founding members were Declan Grange, Peter Grange, Jimmy Kearney & Jeremy MC Hugh. Dextra have seen many different personal throughout its long existence and one name change (the band was called the Colourful in early 90s and back again to Dextra in the mid-90s). Of all the changes, the elements that remained constant were that of a big sound, great songs and a fantastic live show whether it be on an acoustic guitar or the full band. Dextra are currently working on new material and touring. Later this month they will be performing in the UK at various festivals. Dextra always manage to get the crowd rocking, try and make this gig. We'd like to wish the lads every success with this gig and future ones.

THE STAR PROJECT PRESENTS

DEXTRA

& SPECIAL GUESTS MAUL PARK
SHOWCASING AND SUPPORTING THE WORK OF THE STAR PROJECT BALLYMUN

September 14th @ 7:30pm
Axis Ballymun
Tickets €15
Tickets available from axis Box Office call 018832
www.axisballymun.ie 018832100



Boxing Clever Graduates 2018

Why I Came Back to Education

Well, what made me decide? Well, when I heard about YAP I came in and was made very welcome. I had a talk about the courses. So, I talked to Gary about them. Then he introduced me to Dee and we talked about education. There was a lot of things that I did think about. When I left school, I did not know how to read too good or write. So, there were things that I wanted to do. Some of them were read a book, read and write. But one of them was to help my kids with their homework, but now they've grown up. Now I came back because I would still like to learn more and improve more as I go.

YAP is very good, you can make friends too. Dee and Gary run the class every Thursday in YAP from 12 o'clock to two o'clock, why not come along and give it a try for a few weeks and see what you think?

JM



Friends Remembering Friends 2019

Next year's Friends Remembering Friends service will be on the 25th February 2019 in The Holy Spirit Church on Silloge Road.

In previous years, during the event, we have put up a slide show of the people who have passed, - we will be doing this again next year.

So if you would like to include a picture of your loved one/family member/friend, we are asking you to bring it into us so we can scan it into a folder and show it on the night.

Seeing the people we are in the church to remember helps keep the person with us and helps everyone remember.



Movie Quiz

1. Name the seven dwarfs;
2. Which movie had the character Ron Weasley?
3. What is the missing word "A fish called _____?"
4. What movie featured the character Morpheus?
5. What sport did Rocky compete in?
6. What is the missing word " Raging _____?"
7. What is the missing word The _____ of Wall Street?
8. What superhero is an eccentric playboy billionaire who uses a futuristic suit to fight crime?
9. What movie featured the character Lieutenant Dan?
10. What is the missing word "Where _____ dare"
11. What sport was featured in the movie Days of Thunder?
12. What movie featured the character Johnny Utah?
13. What type of animal is Simba?
14. What is the missing word The _____ of the lambs?
15. Which movie featured the line "Remember, Sully, when I promised to kill you last? ... I lied?"
16. Which 1995 movie marked the first time Al Pacino and Robert De Nero appeared in a film together?
17. Who plays Donkey in the film Shrek?



Answers on page 15



Is Crack Harmful?

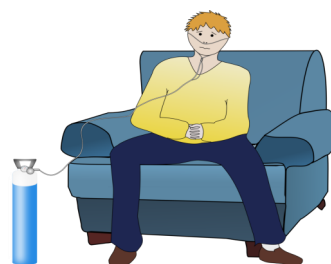
Since it first appeared on the drug scene during the 1980s, crack has cemented its reputation as one of the most addictive substances available. A common method of making it involves mixing cocaine with ammonia, baking soda and water. As the water dissolves, dried crystals, known as crack cocaine form.

Crack is typically smoked, reaching the bloodstream and brain quickly. Some of the potential dangers associated with using crack include:

Lung damage
pressure

Respiratory problems
Racing heart beat

Increased blood
Psychotic symptoms



The short-term physical and mental effects of using crack are generally more intense than the effects from snorting cocaine. Because crack is produced in unregulated settings from cocaine of inconsistent purity and quality, the precise effects vary greatly, but generally include:

Euphoric "rush."

Increased alertness

Excited state

Decreased appetite

Dilated (enlarged) pupils

Increased heart rate

Intense craving for more shortly after come down

While users claim to feel euphoric or high when using crack, there are some paradoxical drawbacks to using crack for any length of time—the initial euphoria can quickly turn to feelings of depression and paranoia. People experiencing crack-induced paranoia might find themselves thinking that someone is trying to get into their house, that someone is following them, or that others are trying to attack them. This can lead to aggressive behaviour or unprovoked attacks on others and lead to dangerous situations for both the user and innocent bystanders.

Side Effects

The short high from smoking crack can be outweighed by a host of negative effects, Commonly reported side effects include;

Irritability

Anxiety

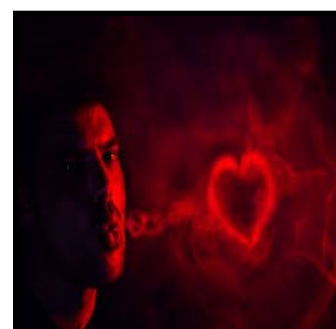
Headache

Depression

Stomach pain

Aggressive, paranoid behaviour
attack or stroke

Sudden death due to heart



Crack use is associated with a higher rate of dependence than use of powdered cocaine.

Crack gives the user an intense, euphoric feeling. The first time a person uses crack, he or she feels an initial high that cannot be recreated by subsequent use. Once the person experiences this initial high, he may spend years trying to chase this feeling as tolerance to the drug effects develop rapidly. In these attempts, he may take increasing amounts, putting himself of risk of overdose.

Long-Term Effects of Crack

In addition to negative short-term effects, long-term crack cocaine abuse can have even more pronounced drawbacks including:

Increased tolerance	Withdrawals	Delirium	Addiction
Mood disorders including depression	Psychotic symptoms	Paranoid delusions.	

Crack users can also suffer from a lack of sleep contributing to disordered, delusional thinking.

Lasting Health Effects

Long-term crack use risks not only the mental effects listed previously but also serious risks to an individual's health. Some lasting health effects of crack include:

Cardiovascular and respiratory problems	Seizures or convulsions.	
Sexual dysfunction	Reproductive damage and infertility	Malnutrition
"Crack lip," blistering and cracking of lips caused by repeated use of hot crack pipes		
Oral issues including infection, tooth decay	Sleep deprivation	
Systemic toxicity resulting from breathing in harmful fumes from ammonia or other volatile compounds used in the making of the crack.		

Increased risk of developing an acute injury to the lungs known as "crack lung." The crack smoke constricts blood vessels in the lungs, preventing proper circulation in the lungs. Over time, permanent damage and scarring can occur, which result in difficulty breathing and chest pain. Damage to the kidneys, heart, and liver Neglect of daily life and responsibilities.

Crack Withdrawal and Treatment

Although withdrawal from crack specifically - and cocaine in general - does not cause as many physical symptoms as other drugs, the psychological effects of stopping use can be quite intense, including:

Depression	Irritability	Fatigue	Anxiety	Cravings	Psychosis
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Inpatient treatment centres are a good choice for many crack users because these centres keep the user away from the drug, the area and anyone using it.

Creative outpatient programmes built in partnership between the treatment centre and client can also be successful and help people achieve abstinence from crack and improve the overall quality of life.



On the Block

My Name is D,

Don't do drugs cause I'm keeping it clean,
 So follow my rap if you know hat I mean,
 Ballymun and Finglas having drug wars,
 People knocking on your door with a loaded gun,
 And you know you gotta run for your life,
 They'll even chase you with a knife,
 Ballymun, its coming to an end,
 People there even shooting their own friends,
 Walking round now thinking their thugs,
 And drinking in pubs at the age of sixteen,
 Its fucking hell,
 Feels like we're living in a bombshell,
 Watching your back as the cars pass you by,
 People shouting your next to die,
 But why, what have I done,
 Nothing that's the problem,
 So at eighteen selling drugs,
 Hanging around the block with all the thugs,
 A bang rings out and I hear a shout,
 And I keep telling myself I have to get the fuck
 out,
 Ballymun, Ballymun,
 They think people from Ballymun are scum,
 But fuck you, you don't know us,
 Life without a mentor has us on the run.



Written by G, G & C as part of the Harmony Programme, Mountjoy Prison



Many, many thanks to Margaret for donating the Dreamcatcher she made during one of the craft group sessions. The Dreamcatcher has been hung in the training room in Urrus and looks really well hanging from the ceiling beside the large window. Very thoughtful of you Margaret.

The Craft Group meets on Wednesday mornings from 10.30 to 12.30 and works on a variety of craft pieces weekly. At the moment the group is working on some pieces that will feature in this years Recognition Event and some personal pieces that will be placed on the Recovery Wall, in the Recovery Village as part of the 2018 Recovery Walk. If you would like to get involved drop in and talk to Mary or phone her on 01 8428071

SMART RECOVERY MEETING

A SMART Recovery meeting started on Tuesday 27th of March at 5.30pm in YAP. In this friendly, small group setting, we talk freely, sharing ideas, support and experience to help each other change and abstain. We learn proven, practical self-management and recovery skills through discussions, training tools and other self-help activities to increase self-reliance.

SMART stands for **Self Management And Recovery Training**. SMART Recovery is based on a 4-Point Programme to help people recover from addiction. The 4-Point Program offers tools and techniques for each program point:

- 1: Building and Maintaining Motivation
- 2: Coping with Urges
- 3: Managing Thoughts, Feelings and Behaviours
- 4: Living a Balanced Life



At SMART Recovery, we believe that each individual finds his own path to recovery. For some participants, that path may include 12-step programs, like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA). Although the SMART Recovery approach differs from these approaches in ways, it does not exclude them. Some SMART Recovery participants choose to attend other meetings along with SMART Recovery meetings, as they construct their own paths to recovery.

We support individuals who have chosen to abstain, or are considering abstinence from drink and / or drugs by teaching how to change self-defeating thinking, emotions, and behaviours, and to work towards long-term satisfactions and quality of life.

The SMART Recovery 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction. Participants are encouraged to learn how to use each tool and to practice the tools and techniques as they progress toward Point 4 of our program — achieving lifestyle balance and leading a fulfilling and healthy life.

These tools include;

- Stages of Change, Change Plan Worksheet,
- Cost/Benefit Analysis (Decision Making Worksheet)
 - ABCs of REBT for Urge Coping
 - ABCs of REBT for Emotional Upsets
- DISARM (Destructive Images and Self-talk Awareness & Refusal Method)
 - Hierarchy of Values
- Brainstorming, Role-playing and Rehearsing
 - USA (Unconditional Self-Acceptance)

In SMART Recovery God is a personal matter. We hold that a person's spiritual convictions and religious beliefs are a deeply personal matter. Spirituality may be helpful for some, but it is not a "requirement" of the SMART Recovery programme. So if you have a problem with drugs, alcohol, SMART Recovery can help you, why not come along to a meeting a give it a try, **Tuesdays 5.30—7.15pm & Thursdays at 3.30—5pm.**

On the 3rd of May Ballymun communications invited to a tree planting ceremony in memory of Martin O'Rourke and Tim O'Brien. They kindly passed on the readings and poems used in the ceremony for us to put into the newsletter.

The Tree of Life is a term used in mythology to refer to life on earth and in the planting of this tree we wish to commemorate and celebrate Martin and Tim's lives.

Both Martin and Tim had roots in this community, while they were unique individual in their own right and in their own way, they also shared interests (women and football to name a few) and connections whether it be their circle of friends, participation in The Boxing Clever Programme, their time on the CE scheme in Ballymun Communications or their voluntary work on a Tuesday morning in this very Community garden.

Their tragic and untimely deaths in late January came as a deep shock to us all and we continue to grieve their loss, however they have left us with good memories and treasured thoughts that we will cherish all the days of our own lives. Let us take a minute to reflect on those happy memories.

A poem written in 1912 by the famous Irish Poet, William Butler Yeats, about the tree of life, was read by Declan Grange.

The Two Trees

BELOVED, gaze in thine own heart,
The holy tree is growing there;
From joy the holy branches start,
And all the trembling flowers they bear.
The changing colours of its fruit
Have dowered the stars with merry light;
The surety of its hidden root
Has planted quiet in the night;
The shaking of its leafy head
Has given the waves their melody,
And made my lips and music wed,
Murmuring a wizard song for thee.
There the Loves a circle go,
The flaming circle of our days,
Gyring, spiring to and fro
In those great ignorant leafy ways;
Remembering all that shaken hair
And how the winged sandals dart,
Thine eyes grow full of tender care:
Beloved, gaze in thine own heart.



Gaze no more in the bitter glass
 The demons, with their subtle guile,
 Lift up before us when they pass,
 Or only gaze a little while;
 For there a fatal image grows
 That the stormy night receives,
 Roots half hidden under snows,
 Broken boughs and blackened leaves.
 For all things turn to barrenness
 In the dim glass the demons hold,
 The glass of outer weariness,
 Made when God slept in times of old.
 There, through the broken branches, go
 The ravens of unresting thought;
 Flying, crying, to and fro,
 Cruel claw and hungry throat,
 Or else they stand and sniff the wind,
 And shake their ragged wings; alas!
 Thy tender eyes grow all unkind:
 Gaze no more in the bitter glass.





Crossroads



The bottles are all empty,
There are bodies all over the floor,
I'm coming through a drug fuelled haze,
I don't want to do this anymore,
Do I just ask for help or do I just run,
The monkey on my back is no more fun
Freedom and family, I lost the lot,
Locked in a room, sure what have I got?
A telly, a bed and news that my mother is dead,
It was a dark, dark hole I just couldn't climb out,
And when I got the news I just wanted out,
Out if this head or out of this life,
I couldn't choose, that's when I asked for help,
Sure what else had I got to lose?
The crossroads came and I took that turn,
Heading to a new life and a lot more fun,
I give myself a clap on the back and feel proud,
And I know my mam will guide me,
From those big bright clouds,
So if you ever feel you want out of this world,
Just be strong and go have a word.

Love you mam x

Written by C.D. as part of the Harmony Programme
Mountjoy Prison

NEAR FM & YAP

We have recently taken part in two radio interviews with staff of NEAR FM. In May we featured in an in-depth interview with Declan Grange and in August we were part of Michael Sullivan's Lifeline morning show. The interview discussed the Public Health Alcohol Bill and its process through the various stages of legislation, recovery from alcohol / drug use and what is available locally and within Dublin. They then discussed the services available in YAP to people and spoke about the benefits of those initiatives for people interested to change. The interview can be accessed on the NEAR FM website under their library of podcasts.



Answers to Movie quiz page 7

1. Bashful, Doc, Grumpy, Happy, Sneezzy, Sleepy and Dopey
2. Harry Potter
3. Wanda
4. The Matrix
5. Boxing
6. Bull
7. Wolf
8. Ironman
9. Forest Gump
10. Eagles
11. NASCAR stock car racing
12. Point Break
13. Lion
14. Silence
15. Commando
16. Heat
17. Eddie Murphy



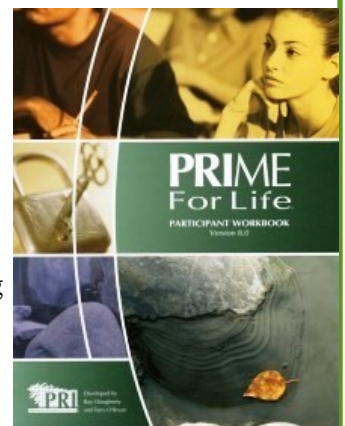
The 12 Eminem songs contained in the Word search are; *River, That's all she wrote, Stan, No love, Superman, Rap God, Forever, Sing, Bad Liar, Arose, Castle & Words*

Prime for Life Programme

We are excited to begin running a Prime For Life Programme in early September on Mondays mornings. The programme will last 4 weeks. Prime for Life is an evidence-based motivational prevention, intervention and pre-treatment program specifically designed for people who might be making high-risk choices. It is designed to gently but powerfully challenge common beliefs and attitudes that directly contribute to high-risk alcohol and drug use.

The primary goal of PRIME For Life is prevention of any type of alcohol or drug problem. This includes prevention of health problems such as alcoholism, or impairment problems such as car crashes or fights. Emphasis is on knowing and understanding risks one cannot change and reducing risks one can change.

Using a persuasion-based approach, instructors use a variety of delivery methods, including interactive presentation and small group discussion. Participants use work books throughout the course to complete a number of individual and group activities. If you are interested in the programme talk to Deirdre or Laura in YAP, 01 8428071



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



Like us on
Facebook

Boxing Clever Graduation 2018

On the 23rd of August we held The Boxing Clever Graduation, a large number of participants completed the 20 week programme and a number successfully achieved the Level 4 QQI qualification in Health Related Fitness and the QQI level 5 qualification in Community Addiction Studies Course. We were delighted to have Ballymun man, Ex-St Patrick's Athletic and Ireland footballer Christy McElligott, who now works as a Football For All coach with the FAI, presenting certificates at the Graduation. Christy also featured strongly on RTE's Operation Transformation TV programme and finished as top scorer for Ireland at the Amputee Football European Championships in Turkey 2017. The next programme will kick off in January 2019 and if it is something you would like to get involved in, have a chat with one of the staff.



What does recovery mean to you?

The Recovery Craft Group is looking for people to get involved in helping to create pieces that represent what recovery means to them and the pieces will be placed on the Recovery Wall in the Recovery Village, Merrion Square as part of this year's Recovery Walk on Sept 15th. The theme of this year's walk

'Together we have a voice'.

The group meets in YAP on Monday mornings at 10.30am, if you would be interested in helping out and creating a piece for the Recovery Wall, talk to Mary.

