

The Newsletter

Help us find a suitable name for the newsletter? We are interested in any suggestions you have regarding a name or anything you think would be good to include in the newsletter. As this is the first one any comments that help us improve the newsletter would be greatly appreciated, so please drop us a line with your comments. Tell us what you liked / disliked. Any suggestions, articles, poems, stories, newsletter names, jokes and comments can be sent in to us at 1 Balcourris Road, Ballymun, Dublin 11.



As part of YAP's new service for drug users we are starting 2 new activity based drop ins.

Starting on the 10th of June there will be a drop-in every Monday and Wednesday during the summer.

The times are **Monday 2.30 - 4.30**
Wednesday 10.30 - 12.30

Address below



BALLYMUN YOUTH ACTION PROJECT
1A BALCOURRIS ROAD
BALLYMUN
DUBLIN 11

8428071



FOOTBALL QUIZ

Below are 15 English football team names. From the clues can you work out the teams.

- 1 Part of your body and a place you can swim? ans. Liver pool
- 2 Always and always along with a heavy weight?
- 3 People who look after the parks?
- 4 Opposite to east and meat from a pig?
- 5 Colour of coal and what happens if you put your hand in the fire?
- 6 The place for tennis?
- 7 What someone does when they are in front?
- 8 The original place for kongs?
- 9 A magic ball next to the Queens house?
- 10 A place where steal was made on a particular day of the week?
- 11 A lot of males together in a very big town?
- 12 The opposite of north, where meat is beside a heavy weight?
- 13 A famous horse race or when local teams play each other?
- 14 A flash of lightening along with a heavy weight?
- 15 When witches meet and attempt?

Answers on last page.

JOKE BOX

- | | |
|---|------------------|
| What do you call a sheep with no legs? | A Cloud |
| What do you call a woman with one leg? | Eileen |
| What do you call a woman with no legs? | Noeleen |
| What do you call a rich rabbit? | A Million Hare |
| What do you call a rich bear? | Winnie the Poole |
| What do you call a man with a shovel in his head? | Doug |
| What do you call a man with a car on his head? | Jack |

Have you any jokes, quizzes you can share with us?

DRINK

Before I came in here
I was addicted to beer.
I spent all my money on drink
maybe I should have seen a shrink.
I thought it was great to be utterly legless,
how did I live my life in such a mess.
My drinking didn't just affect me,
it affected my friends and family.
How many times had I thought in my head
that I'm useless and better off dead.
I know now there is nothing wrong with me
as long as I remain alcohol free.
God has given me a second chance
to change my old ways and not live in a trance.
From now on I cannot fail
as long as I go to A.A. here in jail.
I'm starting again in school,
not in the pub and acting the fool.
I'm trying to find within me my self respect
and to stop treating myself like an object.
At least I know that I'm not insane
because at last I know my hurt and pain.
If I keep on going on with the new way I think,
I know that I will never again pick up that drink.
Philip.

PROBLEMS

Love, hate, joy, misery or pain,
Is what we all like to try and blame,
But if you stop and have a good look,
It is only you that could have messed up.

So listen my friend and stop trying to pretend
That everything will be all right,
Because believe you me your in for a very big fright.
And it will only be then you realise all your loved ones were right.

So if you think you have hit that stage,
And all your family are at rage,
Just release that lonely heart from its cage.

There are many good people who will stop and listen,
So just try to be strong and see what you've been missing.
There is a beautiful person in behind that face,
So let it all go and feel your heart race.
Because you know you can't go on living in disgrace.
So open out those arms and reel in that love,
That has been given to you from God up above.

Try take each day just as they come,
You can have all the help and feel that love,
And enjoy the feeling of being free as a dove.
Miracles won't happen in the space of a day
But I promise it will come your way.

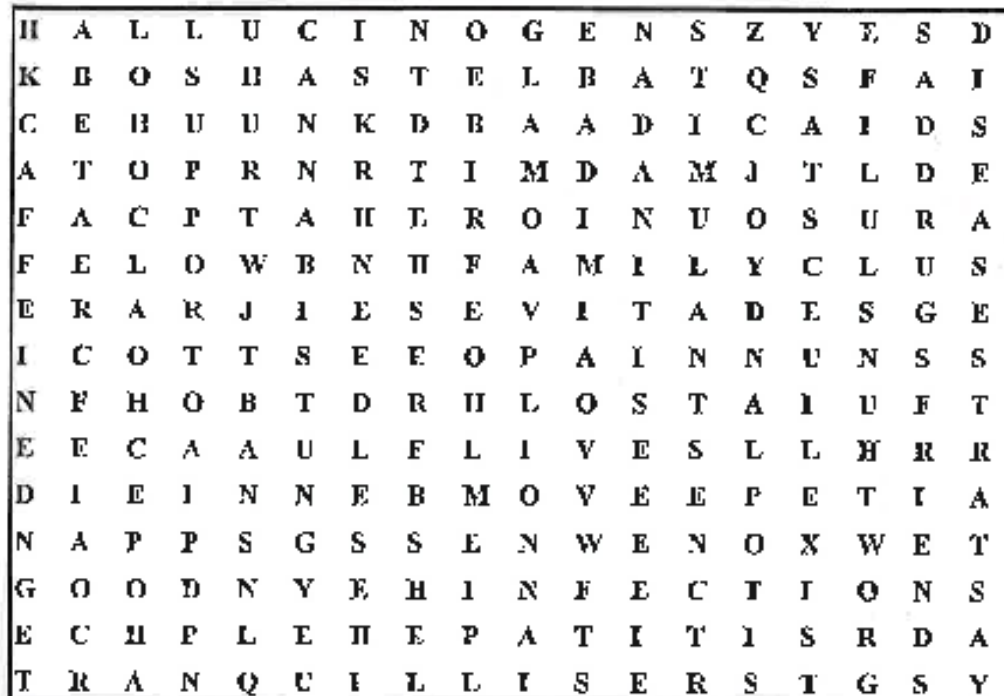
So know you must remember your life was at stake,
And you will let no-one have you to make that same mistake.
Just be yourself and prove your strength,
Because after all your as good as anyone else.

Never let anyone try and put you down,
After all everyone has their own problems,
But just try and hide them underground.
It will be you who has that very last laugh,
And they can all see exactly what you have.

So at the end of the day,
I'm basically trying to say,
That everybody will cry the same way.

WORDSEARCH 1

Answers can be written diagonally, across, up, down and backwards.



DRUGS
HALLUCINOGENS
STIMULANTS
SEDATIVES
OPIATES
CANNABIS
ECSTASY
SOLVENTS
ACID
NAPS
ALCOHOL
NICOTINE
TRANQUILLISERS
FRESH
CREATE
SUPPORT
FORWARD
FRIENDS

HEROIN
TABLETS
NEEDLES
DISEASES
HIV
AIDS
HEPATITIS
INFECTIONS
ADMIT
GOOD
BAD
CAFFEINE
STUNG
START
PLAN
CHANGE
NEWNESS

HURT
PAIN
LOST
GET
JOY
PLUS
FAMILY
LIE
SAY
HOPE
LIVE
HELP
SAD
MOVE
EXIST
FEELINGS
GROWTH

Good Luck !!

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 ☆
 ☆ **THE STAR PROJECT** ☆
 ☆
 ☆ is a new initiative offering adult ☆
 ☆ education for women who have ☆
 ☆ stabilised their drug use. Included in ☆
 ☆ the education and development ☆
 ☆ course are Personal Awareness, ☆
 ☆ Health, Drug Awareness, Community ☆
 ☆ Awareness and Creativity. Applications ☆
 ☆ forms are ☆
 ☆ available from: ☆
 ☆
 ☆ The Star Project ☆
 ☆ 11 Coutry Road, ☆
 ☆ Ballymun, ☆
 ☆ Dublin 9, ☆
 ☆ Tel; 852/1954. ☆
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- ANSWERS to Football Quiz**
1. Liverpool
 2. Everton
 3. Rangers
 4. West Ham
 5. Blackburn
 6. Wrexham
 7. Leeds
 8. Newcastle
 9. Crystal Palace
 10. Sheffield Wednesday
 11. Man City
 12. Southampton
 13. Derby
 14. Bolton
 15. Coventry



Useful Numbers

Aaa Liffey Drug Project	8786899 / 8788236
Domville House	8620111
Trinity Court	6771122 / 6779080
Merchants Quay Project	6790044
Coolmine House	6793765 / 6794922
Rutland Centre	4946358 / 4946972

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1 A BALCURRIS ROAD
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Phone: 8428071

Thank you to all the people who agreed to the publication of their poems.

