

Ballymun Youth Action Project

A Community Response To Drug & Alcohol Misuse

December 2014



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The Newsletter



Wishing you a very peaceful Christmas, from all the staff of The Ballymun Youth Action Project

CASC & Day Programme Certificate Presentation

It was an amazing experience to return to Urrus and see some familiar faces of my former classmates. We were a close group and to see each other again on the night where we were about to be awarded for our hard work was wonderful.

The atmosphere was buzzing! People had brought along friends and family members to share their experience of receiving a certificate after some hard work and real dedication.

There is no way the night would have been the same without the input from Glen Hansard, that man is a legend! Not only with his vocals which almost led to a sing song where I never would have gone home, but from the raw emotion he showed and pride he had for the people who were brave enough to get up and share their own life experiences and what led them to take part in the courses run by YAP. I was, and still am, in awe of the people who have worked so hard and finally getting the recognition they deserve.

It was the ultimate feel good night and between Noel almost forgetting I was there to the cheesy smile I have in my picture taken with Glen, I'd do it all again in a heartbeat! **ES**





6,100 Overdose Deaths Reported In Europe In 2012

Drug use is one of the major causes of death among young people in Europe, both directly through overdose (drug induced deaths) and indirectly through drug related diseases, accidents, violence and suicide. The majority of overdose deaths were related to opioids. This compares to 6,500 in 2011 and 7,100 in 2009.

Rates of over 50 deaths per million were reported in five countries, with the highest rates reported in Estonia and Norway followed by Ireland, Sweden and Finland.

Source; *Newsletter of the European Monitoring Centre for Drugs and Drug Addiction.*

Why I felt the need for an aftercare group

I felt that there was no aftercare group therapy in the community and approached a BYAP worker to raise this question. My hopes were to meet up with a group of like minded people that had similar goals and were experiencing similar daily challenges in their lives. Now that the group has started it's a chance to talk about what's going on for you and get support around these challenges through shared experience. In this aftercare group I get the feeling that I am not alone in my recovery. I feel that I can share my own experience of recovery with people coming into early recovery. It provides me with stability, it also builds my confidence to communicate and interact within the group, my family & friends. The group gives you a chance to meet new people and make new friends, which can be a really challenging piece of becoming drug free..



Certificate Presentation 2014



S	N	O	W	C	H	R	I	S	T	M	A	S	S	A	M
C	A	P	I	R	O	F	I	L	M	S	W	E	E	T	S
A	T	R	T	E	T	I	R	E	I	N	D	E	E	R	E
R	E	O	C	L	G	R	S	H	A	U	N	T	E	D	V
Y	E	S	H	S	H	E	L	O	L	R	S	T	F	E	D
R	H	A	L	L	O	W	E	E	N	C	R	P	E	C	L
A	O	N	E	O	S	O	D	E	R	F	E	U	T	O	G
G	S	T	A	R	T	R	O	I	E	U	P	M	A	R	N
L	A	A	M	A	R	K	B	O	T	N	L	P	L	A	A
A	D	M	E	C	O	S	T	O	S	T	E	K	O	T	M
D	E	B	E	R	S	E	T	L	N	Y	H	I	C	I	W
I	L	R	L	S	T	L	R	T	O	F	E	N	O	O	O
N	C	O	S	T	U	M	E	S	M	N	I	O	H	N	N
N	O	E	C	O	S	T	E	R	A	E	R	R	C	S	S
E	Z	O	M	B	I	E	R	S	T	N	E	S	E	R	P
R	E	P	T	R	I	C	K	O	R	T	R	E	A	T	S

Try find the following words in the grid:

Halloween	Pumpkin	Fireworks	Costumes	Sweets	Bonfire	Games
Mask	Trick or treat	Fun	Witch	Decorations	Ghost	Haunted
Zombie	Monster	Scary	Santa	Presents	Christmas	Tree
Reindeer	Snow	Cold	Helpers	Ice	Crib	Dinner
Sled	Gloves	Chocolate	Carols	Mass	Films	Snowman

A Short Story About changes

I have four children, one grandchild and a loving partner. I've been taking drugs a good couple of years and I was getting sick of it. I decided to make a big change; I was getting myself ready to take the first step. First, I linked into YAP, the girl I work with in the Job Centre and my doctor. I started a course in YAP and it thought me about triggers also people, places and things. The course also thought me about the importance of having structure and routine in everyday life.

At the start of my detox I was runaway with myself. Now I know I have to take baby steps and take my time. My detox is going well, so far I am down from 80 mls to 65 mls of methadone, thank God. I just take it day by day. Every day, before I leave the house, I say a little prayer and that gets me through the day. I also say to myself, "just for today I'm not taking anything that is not prescribed, I'm staying away from street drugs".

Knowing that I have so many people supporting me, my partner, my children, YAP, the Job Centre and my doctor is great. I pray I don't let myself or my supports down. I know I can pause my detox if I feel it is getting a bit too much but hopefully I won't have to and I will get myself back to the old me.

I really have to say, if it wasn't for YAP, the courses I have done there, the girl in the job centre and of course myself, I probably wouldn't even have got this far. So please God I will be drug free next year. Thanks to the staff in YAP for being there for me when I needed them and my good friend who I can rely on when I feel down, I am so grateful. **M.**

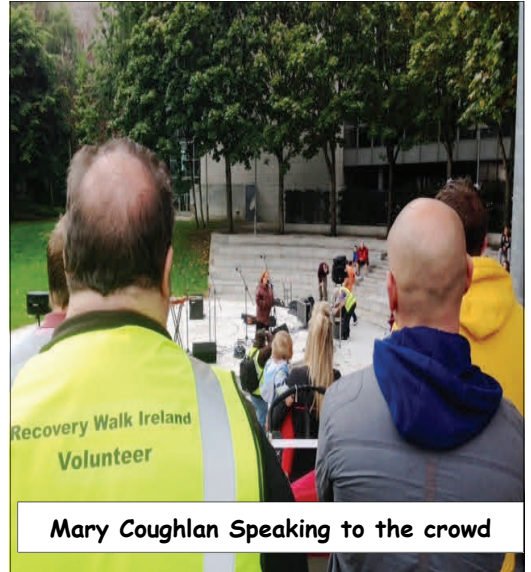
Recovery Walk 2014

Recovery Walk Ireland 2014 took place on Saturday 20 September 2014 in the Wood Quay Amphitheatre beside the Dublin Civic Centre. It was one of a number of International events that aimed to:

- Celebrate and support recovery
- Promote the positive impact of recovery on individuals, families and the community
- Remove the stigma surrounding addiction.

The event includes a symbolic 1km walk along the River Liffey in Dublin's city centre and was accessible to everybody regardless of age or fitness level. The walk ended in the 'Recovery Village', a fun-filled area

which provided entertainment and refreshments for all ages. The Lord Mayor of Dublin, Christy Burke, led the walk and when it returned to the



Mary Coughlan Speaking to the crowd



Barry Costello, Organising Committee, welcoming people who had travelled from Northern Ireland, Scotland and other countries to the event

amphitheatre he spoke about the importance of recovery and its place within current political policies. Following on from the Lord Mayor, Mary Coughlan took to the stage and spoke frankly about the importance of recovery.

Bands who played at the event on the day included The Joshua Tree, Sara O Kane, & Terry Kavanagh to name but a few. In between the bands individuals took to the stage to speak about their recovery and what it meant to them and their families. The weather was good and the event a great success. We would like to take the opportunity to congratulate the organising committee

and volunteers for all the effort they put into making the event such a success. We look forward to being at the walk again next year.



For information on next years event please check www.recoverywalkireland.com or check facebook

Reduce The Use Programme

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In November, YAP started its first "Reduce The Use Programme". The overall aim of the programme is to motivate and support people to reduce or stop their drug use. The programme has 12 sessions and runs on a Monday and Friday mornings. Eight people were offered places on the programme and a number of people kept on a reserve list. If you would like some more information on future courses please talk to Gary or Wayne, 01 8428071



Certificate Presentation 2014



Fire and Ice

It is a blazing journey of fire and ice for the suffering addict,
every colour of emotion can be experienced like aching, dark rainbows,
endlessly, in each pain filled moment.
All freedom in desperation crushed,
to be craved and compulsed, ripped asunder on their peaks,
As legs swing cruelly, and wildly, on a dark sea of emotion,
Never safe.

A celebrating victim of momentary happiness,
Or harsh destiny of sadness.
But it is all a black cloud, rimmed with glowing silver.
Like every journey of deep suffering,
it can be insightful, magical doors in the mind,
reflecting teary, rich soft colours on the soul.
A tale simply told.

In the bright deep eyes, that sing like the mystery of an ocean,
In our brothers and sisters journeys,
That filled a dark sky with glittering stars, like beacons of hope.
Every story of redemption, like shooting grass and daffodils to grace our blackened land.
Great productivity comes into the lives of anyone that can master their emotions,
Ironically, for the addict,
Recovery depends on it.



DB Nov 2014

**Whether
you think
you can or
you think
you can't,
you're right.
Henry Ford**



Ear Acupuncture

is a form of alternative medicine based on the idea that the ear is a microsystem which reflects the entire body, represented on the auricle, the outer portion of the ear. Conditions affecting the physical, mental or emotional health of the patient are assumed to be treatable by stimulation of the surface of the ear exclusively.

Ear tissue treated with needles releases an elevated level of adenosine, a natural compound that the body uses as a local pain reliever. The needles stimulate nerves, causing an increase in endorphins. These endorphins block pain receptors in the brain, which in turn reduces the overall pain felt by the person. The release of endorphins also has a calming effect.

A number of YAP staff are accredited and Ear Acupuncture is available for people who are detoxing on Mondays at 4pm and for others on Thursdays at 4pm in YAP and sessions last for 40 minutes. If you would like any more information please talk to Cara 01 8428071



BOXINGCLEVER

The Boxing Clever Programme

The Boxing Clever programme began on the 6th of October and congratulations to the 25 people offered a place on the programme. The programme runs for 20 weeks and contains two FETAC courses, Health Related Fitness and the Community Addiction Studies Course.

The programme breaks down into the following weekly sessions.

If you are interested in finding out more talk to either

DAY	Monday	Tuesday	Thursday	Friday
Subject	Gym Session	Health Related Fitness	Addiction Studies	Gym Session
Venue	DCC	DCU	YAP	DCC

Michael in Rehab & Integration, Axis Centre 01 8832 107 or

Karl in YAP 01 8428071



Earlier in the year, two students, Lisa and Catherine, who were doing the UCD Diploma in Community Drugs & Alcohol Work did their college placement in YAP. We enjoyed having Catherine & Lisa around and asked them to write about the experience, below is the letters they sent back to YAP.

I did my three week work placement in the Ballymun Youth Action Project (B.Y.A.P.). I was overwhelmed by my whole experience, from the various groups, drop-ins and programmes that I had the opportunity to observe. I felt very privileged that the clients were so welcoming, and open to myself as a student. From this experience I could identify the learning from college and the pieces of the puzzle started to fit for me.

I was intrigued with the services that are provided to the clients, their families, the wider community and the involvement of other agencies in the local area. Looking at the "Wheel of Change" I believe that the Ballymun Youth Action Project incorporates the whole wheel, as they are involved in delivering a response which is expansive and involves a continuum of care for all their clients at whatever stage they are caught in the cycle of addiction, from pre-contemplation to contemplation, from high risk to maintenance and from aftercare to relapse prevention. I would like to thank all involved for the privilege and learning I received from the placement. **Lisa**

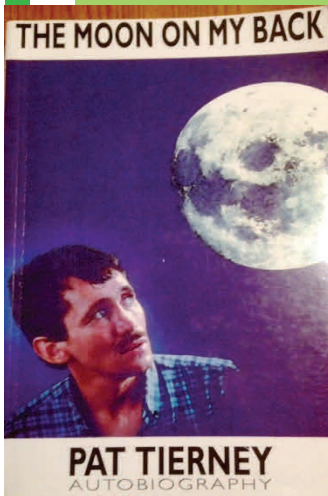
I was thrilled to be accepted at BYAP for my work placement. When I started at BYAP, I was given a timetable which outlined my hours and the programmes I would be involved with. All my learning from the Diploma in Community Drugs Work in URRUS greatly assisted me in my understanding of how alcohol and drugs can affect a person and their lifestyle.

It was clear to see at the centre how the staff put their skill base and expertise into practice by supporting the people attending the various services. By observing the staff doing their jobs this increased my knowledge and my own skill set. I was able to take away a lot of learning from this work placement. The staff were so supportive with me and took time to explain the set-up of the centre, the programmes on offer etc. I learnt a lot too from the people attending the centre and their life journeys. It was surreal to hear their life stories and I will always remember this experience. I would like to thank them for always making me feel very welcome.

Overall I felt at ease in the Ballymun youth Action Project. I could clearly see that the staff at BYAP put the people of Ballymun first and at the centre, they are the priority.

Catherine





The Moon On My Back Pat Tierney 1993

An extract from Pat Tierneys "The Moon On My Back"

In Eamonn Ceannt Tower I began to teach a half dozen children how to recite poems, we called ourselves Ceannt Tower Rhymers Club. The numbers began to swell and when my flat could no longer accommodate them all, I moved the operation into the basement of the tower. When the local all-Irish school, Scoil an tSeachtar Laóch, heard what was going on, the principal, Donal O'Loingsigh, offered me whatever facilities I needed to run the club properly. Instead of moving the club, I began a second weekly class and within three weeks I had 25 children involved. I got on a FAS scheme with Glór nan Gael in Ballymun and my primary work involved instructing teenagers in the reciting of poetry, and I did a little work with the Save Santry Woods campaign.

I had just one minor medical problem which I discussed with my GP, varicose veins, they had appeared several years ago but some had swollen up in the last year. I was sent to a specialist to deal with them surgically. During a medical examination, the doctor discovered tiny lumps in my armpits and groin. I had told him earlier of my association with drugs and he wondered if there might be some connection. "Have you ever had a blood test for HIV?" he asked. "No", I replied. "Would you have any objections to taking a test, just as a precaution?" "Of course not" I said, I was fit as five fiddles and my energy level was high.

A week later I returned, a nurse directed me into a room with a doctor sitting behind a desk. He opened my file, looked briefly through it, looked at me and said, "Do you know you have put medical staff at risk by not telling them that you were HIV positive?" "How do you mean?" I asked, "So I'm HIV positive?" "Yes" he replied. I stood up and walked out of the hospital in an awful daze. It was as if someone had hit me on the forehead with a sledgehammer. I was numb, I walked around aimlessly. I did not come around until I walked over the little hill near Ceannt Tower and several of the children ran up to meet me and tell me I was late for the Rhymers Club. I conducted the class somehow, then went up into my flat and locked the door behind me. I sat on a chair in the kitchen to try and figure out what was going on. What I had been told really sank in at this point and when the reality did hit I stood up, walked to the window and sought something to distract my attention from the confusion in my mind.

I remained on the couch for several hours, trying to figure out what to do. I was frightened and confused, stunned, traumatised and lost. I knew nothing about HIV or AIDS, except that everyone was afraid of it and people who had the disease were treated as outcasts and lepers. I think it was that particular thought which affected me most, an outcast at birth and in spite of all my efforts to straighten out my life, I felt that I was going to be an even more distant outcast at the time of my death.

For the next few days I went around in a daze I continued with my community work, though I was very paranoid at the prospect of someone finding out that I had the virus. Without realising it I had become a member of a secret society. I felt the only way to avoid being an outcast was to take an unspoken vow of secrecy and I took that vow without hesitation.

To be continued next issue



On Tuesday the 11th of November, YAP and Urrus held their certificate presentation event in The Horizons Centre. Over 60 people were due to receive certificates for two Community Addiction Studies Courses, An Addiction Awareness Course, A Relapse Prevention Programme, An Addiction & Change Programme, A Cannabis Programme and The Communications Programme. Glen Hansard, YAP patron, was the guest presenter and did a great job relaxing everyone, acknowledging the efforts and commitment people had put it to achieve their certificates. Several people spoke about their experiences of participating in the courses. To end the event Glen treated everyone to a few songs. Feedback after the event was very positive, thanks to all for making another certificate presentation such a memorable night.



Having received my invitation to attend the presentation of Certificates for completing the Community Addiction Studies Course earlier this year I was really looking forward to meeting up with all my old class mates in the Urrus on Tuesday night the 11th of November. My wife didn't hesitate about joining me on the evening particularly after hearing that Glen Hansard would be presenting the certificates. It was graduation night for people from several different addiction related courses so there

was a big crowd and a great atmosphere on the top floor of Horizon Centre. The night itself was really enjoyable, catching up with classmates I hadn't seen in a while.

After a brief introduction to the courses by the tutors there were some very heartfelt and moving talks given by some of the course participants about their experiences and what had led them to Urrus / YAP. For me, this really highlighted the importance of what actually takes place inside these four walls.

The whole area of addiction is something that I have always had an interest in learning more about but I had never gotten around to doing anything about it until now. Having come to a crossroads on my own career path I realised that this was now the time for change and to follow up on something I felt was important to me. While researching and speaking to several people in various different addictions related courses around the country, I found the Ballymun Youth Action Project and the Urrus training centre. I immediately enrolled for their next FETAC level 5 course in CASC.

During the ten day course, spaced over ten weeks I got to know a lovely group of people from all walks of life as we learned and shared together. I learned about the process or stages of addiction, the effects of drugs/alcohol on an individual and how they affect our families and our communities while also recognising how our families and communities help to shape us as individuals. We learned about the various types of agencies involved in addiction services and were asked to visit and report on one of them. A short time after my agency visit I started volunteering there and continue to do so today. We explored the different societal reactions to addiction and factors that influence it such as the media. I also became aware of the many ways in which I as individual or we in our communities can help.



I was so impressed not only by the Course but also by everything else that I see happening at the Ballymun Youth Action Project and the work that it does for the community that I knew that I was now on the right road. I am now almost half way through the Diploma in Community Drug & Alcohol work and looking forward to whatever direction it takes me thereafter. **R.McC.**

Congratulations to Young Ballymun



Winners of the ***Irish Primary Care Centre of the Year Award 2014*** for the delivery of the Parent Child Psychological Support (PCPS) programme in the Ready Steady Grow centre. This service is available free to all babies and parents in Ballymun. It provides health and developmental checks but also supports the infant's emotional development and their bond with their parents. The PCPS programme helps parents in a practical way with the day to day challenges of caring for a baby or toddler.

How babies learn to develop emotions and deal with stressful situations in the first two years of their life will affect how they cope with stress as an adult so helping the parents to support their babies will have a positive impact on the rest of their lives.

Here in YAP, Vera Hughes, works with parents to support them and their babies through these important first two years. Vera also works with the Parent Child Psychological Support Programme. If you would like to talk with Vera, contact 01 842 8071.

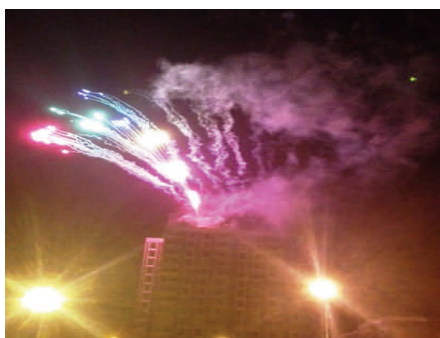


For up to date information on all available services, upcoming programmes, news, courses, and events please like us on "facebook"



Like us on
Facebook

Otherworld Festival 2014



We had a great night, Halloween, at the fireworks display. We stood in the car park close to YAP, it was packed with cars and people. There seemed to be hundreds of people in and around the car-park. Once we heard the fireworks would be let off from the top of Plunkett Tower, myself and my daughter stood at the back wall of the chemist to make sure we

had a good view. The first firework went off at 9pm and everyone was impressed, you could hear people gasp and some kids tuck into their parents with the bangs.

When the fire came out of the top floor windows it caught everyone by surprise, it looked great, really impressive. The fireworks and flames lasted about 15 minutes altogether and I was glad I brought my daughter over to see them. The colours, noise and bright flashes were so good, we are lucky in Ballymun to have it, well done to the organisers.

Thanks **D.**

**Otherworld
Ballymun Halloween Festival
31st October** 



Agenda in your eyes

Whatever happened to you Wanda?
Standing first in the postman's
queue,
Hardened teeth and teardrop
eyes.
As the dealer waits for you.



Pining for desperate shekels,
Again to rush and run
To once again escape the mirrors
And the mess that life's become.

Standing bruised, on cold street corners,
The sad agenda in your eyes.
Like every addict you know better,
Telling each other greedy lies.

It's a shocking tragic tale,
Of broken beds and pouring hail.
The post office life, in a cruel cornflake box,
Past the edges seeing fail.

Beating steel will make it stronger
And the madness will subside.
With every torment that we master,
We create another try.

If you want it, you will have it.
I pray faith for you provides,
Or it is another wasted wooden box,
"there goes another junkie dead and died"

In loving memory C
DB November 2014.

BYAP "Friend Remembering Friends"

The annual Friends Remembering Friends event will be held in the Holy Spirit Church in February 2015. A small planning group is getting together to help arrange the event. If you would like to get involved and help us organise the event please let CARA at reception know, we would be delighted to have your help and assistance.



**People enjoying some refreshments in YAP
after the 2014 Friends Remembering
Friends Service**

Certificate Presentation 2014 Photos



YAP – Ballymun Youth Action Project

Horizons Centre, Balcurreis 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 Michael Tel: 01 8832107

Ballymun Job Centre

Ballymun Shopping Centre

Tel: 01 866 7000

YAP – Aftercare

Support for Recovering Drug Users
Phone Chris or Emer 01 8428071

The Star Project

Horizons Centre, Balcurreis Road

Tel: 01 8467930

DePaul Trust Case Management Team

Tel: 01 8623728

Ballymun Local Drugs Task Force

Axis, Main Street, Ballymun – 01 8832142

Ballymun Regional Youth Resource (BRYP)

The Reco, Sillogue Road – 01 8667600

The CARE Project

Axis, Main Street, Ballymun – 087-9159177

Ballymun Family Support Service

Horizons Centre, Balcurreis Road,

Tel 01 846 7930



YAP Christmas / New Year Opening times

Tuesday 23rd December	10am— 5pm,
Monday 29th December,	12pm — 4pm,
Tuesday 30th December,	12pm — 4pm,
Friday 2nd January,	10am — 5pm,

For weekend and out of hours services phone **The Contact Project** on **086 791 5053**

What is Safe Drinking

A standard unit of alcohol is 1/2 pint of beer or half a can, 100mls of wine (7.5 glasses in a bottle), 1 pub measure of spirits. It is recommended that a woman doesn't drink more than 11 units a week, and for a man it is recommended you don't drink any more than 17 units a week.



Binge drinking means drinking more than 6 units of alcohol at one time.

Alcohol was associated with 2,000 beds occupied every night in Irish acute hospitals.

The cost to the health service is estimated at €1.2 billion.

It is estimated there are 176,000 dependent drinkers in Ireland.

Alcohol Consumption in Ireland 2013 Report.