

# Ballymun Youth Action Project

A Community Response To Drug & Alcohol Misuse

**St. Patrick's Day  
2014**

## The Newsletter

Under The Black There Is Light!! Life !!



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Wishing you all a very peaceful St. Patricks Day  
from all the staff of  
The Ballymun Youth Action Project

BECOMING ADDICTED TO CONSTANT AND  
NEVER ENDING SELF IMPROVEMENT



## Irish Blessing

May the  
Good Lord  
take a  
liking to  
you.....  
but not  
too soon!

Photo taken 8th June 1996 before a bus from Ballymun headed into the city centre to join a protest rally, anyone recognise the guy in the back seat or remember when the green buses stopped running?

St Patricks Day, March 17<sup>th</sup> has become one of the most alcohol fuelled days of the year. Guinness will flow and drunken revellers will celebrate their Irishness for the day by knocking back as many shots and pints as they can. It's fine to celebrate the emerald isle but before you get bleary eyed its important to know how binge drinking may affect you. Binge drinking is drinking with the intention of becoming intoxicated by heavy consumption of alcohol over a short period of time. This typically happens when men consume 5 or more drinks or women consume 4 or more drinks over a 2 hour period.

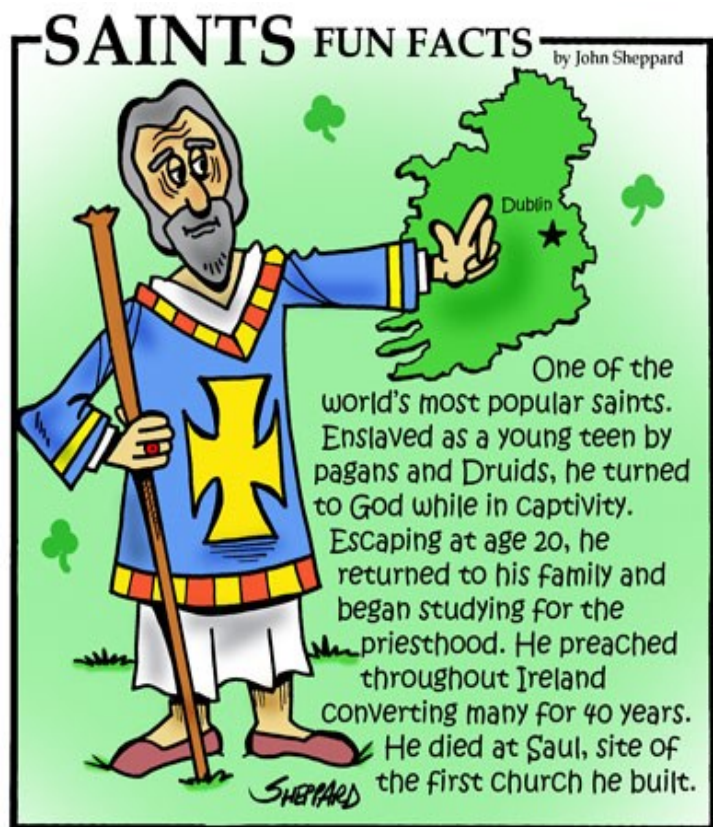
Experts on alcohol abuse say binge drinking can harm the Liver and Brain, the organs most vulnerable to the negative effects of alcohol. Binge drinking can lead to alcohol poisoning and also make you more susceptible to motor vehicle crashes, episodes of violence or sexual assault, and sexually transmitted diseases. If you're planning a drink this St Patricks Day, take things easy. The liver, which processes 95% of the alcohol that is consumed, can metabolize only one drink per hour. Downing alcohol any faster over loads the liver capacity to process the alcohol and causes a persons blood alcohol content to rise rapidly.

If you're going to celebrate St Patricks day with a few drinks perhaps some of these tips may help reduce the harm you are doing to your body.

1. **Set a Goal:** Write down how many drinks you want to have for that session.
2. **Pace yourself:** Sip drinks slowly or have one drink per hour.
3. **Space your drinks:** Use drink spacers, non-alcoholic drinks, water between alcohol drinks.
4. **Never drink on an empty stomach:** It's not wise and causes more damage to the stomach lining.
5. **Learn how to say no:** Simple but important, if someone offers you a drink say "no thank you" firmly.







St. Patrick

## My True Love

Page 3

I remember that morning oh so well,  
And still to this day it's fucking hell.  
You left with a smile as you kissed my  
lips  
And said I'll be back, I love you to bits.  
Along came the knocks and bangs to the  
door,  
My beautiful boyfriend had died; he is  
with me no more.

B.K.



## Simple Tuna Stir Fry

### Ingredients

- Clove garlic, chopped
- Onion or mixed peppers, chopped
- Veg: chopped carrot, celery, mushrooms, courgettes.
- Tin of chopped tomatoes
- Olive oil - tablespoon
- Tin of tuna in brine (You can use salmon or any other fish in brine)
- Turmeric, ginger, garam masala, salt and pepper.

### Method

1. Put a tablespoon of olive oil in a wok or pan, add chopped garlic, peppers and spices.
2. Brown in the oil for a few mins but don't allow it to burn.
3. Add whatever vegetables you have and the tomatoes. Cook on a medium to high heat for about ten minutes until the vegetables are tender.
4. Add your tuna.
5. Add salt and pepper to taste (use sea salt if possible, half a teaspoon)
6. You can eat this with potato, rice or pasta or on its own. **EW**



"Death ends  
a life, not a  
relationship"

Mitch  
Albom



"Only people  
who are  
capable of  
loving  
strongly can  
also suffer  
great  
sorrow, but  
this same  
necessity of  
loving  
serves to  
counteract  
their grief  
and heals  
them."

Tolstoy

On the 27<sup>th</sup> of January the topic for the open meeting was Addiction and Bereavement. For this discussion we wanted to look at bereavement, but in particular the links it has with addiction and the process of grief.

We started off by looking at the **5 stages of grief** -

### **Denial and Isolation, Anger, Bargaining, Depression, Acceptance**

and discussing the type of support/ help one may need in each of the stages.

The above guided the conversation and the discussion was mainly around the loss of a loved one due to drug use and how people cope with that. We had a variety of different people attending the discussion from those with experience of addiction to parents of those in addiction. The discussion was very emotive and everyone involved spoke very open and honestly.

Below is one individual's experience of being part of the group on the night:

I was present for the talk about Addiction and Grief. I sat and listened for the first time. I understood its our parents, family and friends who pay the price for their loss. As I listened as I could feel the pain and hurt and the struggle to understand why the addict does these things to people we are suppose to love. I could feel the pain and hurt in the room, of the woman who never imaged that life for the child she raised. The shame as she cries alone because people think she is better off without the problems he has caused her, but in another comment, that was her son. Why should she have to hide her pain?

The shame, she was not to blame. The father who brings his phone to bed each night, waiting for the call to say his son is dead, is he to blame? Or to hide from the stigma that comes along with this thing called addiction....No, or the woman who sits alone crying, all because of the blame game? The not understanding struck me during the talk as I listened to the participants sharing their experiences. We seen it all over the papers, Rock Hudson dies of AIDS, what about the Joe Soap, who died the same way but we don't see his name on the news. So listen to me, ask the questions, don't be afraid, don't be ashamed of the stigma I've heard you all speak about. I am still your child, it was me who choose to go wrong so no more blame or shame or that stigma. If I was killed by a car would you feel the same shame, blame or stigma? So don't be afraid to ask about the what if's, the buts or the whys, I am still your child. - **HMS**



This picture captures the Corpus Christi parade June 6th 1974, but do you recognise what part of Ballymun is featured in the photo taken by Mr. Stafford.



Little is known about the early years of St Patrick. It is known however that he was born in Britain in the 4<sup>th</sup> century. Kidnapped when he was 16 by Irish raiders, taken as a slave and held somewhere in Mayo. Upon his release he returned to Britain and became a priest. In 432 he returned to Ireland as a Bishop. He died on the 17<sup>th</sup> March 461 and according to tradition was buried at Downpatrick. Patrick endured as the principal champion of Irish Christianity and is held in high esteem in the Irish Church.

Originally the colour associated with St Patrick was blue. Over the years the colour green and its association with St Patrick Day grew. Green ribbons and shamrocks were worn in celebration of St Patricks Day as early as the 17<sup>th</sup> century. The shamrock is said to have been used to explain the holy trinity to the pagan Irish by St Patrick. This symbol is now a feature of the day and the phrase the "wearing of the green" meaning to wear a shamrock on one's clothing.



In the year 1903 St Patricks Day became an official public holiday in Ireland. The first St Patricks Day parade held in the Irish Free State was held in Dublin in 1931 and was re-

view by the then minister of Defence, Desmond Fitzgerald. In the mid 1990s the Irish Government began a campaign to use St Patricks Day to showcase Ireland and its culture. On the 17<sup>th</sup> of March every year the Irish and the Irish at heart, celebrate St Patricks Day, it has become a worldwide celebration of Irish culture with a whole lot of green, dancing, parades and special foods. As well as Dublin many other cities, towns, and villages in Ireland hold their own parades and festivals including Cork, Belfast, Derry, Galway, Kilkenny, Limerick and Waterford. The biggest celebrations outside Dublin are in Downpatrick, County Down where St Patrick is said to be buried.



Other countries that celebrate St Patricks Day throughout the World are Australia, Germany, Russia, France, America, England, Japan, Scotland, Argentina & Canada.

### **Northsiders Are More Honest;**

TV3 carried out an experiment by dropping ten wallets around Dublin, 5 on the Northside and 5 on the Southside. All were identical, containing business cards, a family picture, loyalty cards, vouchers, and money. Seven of the wallets were handed back but there was a greater return rate on the Northside. **Southside Locations:** Rathgar-NOT RETURNED, Ballsbridge-RETURNED, Crumlin-NOT RETURNED, Ballyfermot- RETURNED, Grafton Street-RETURNED\* **Northside Locations:** Cabra-NOT RETURNED, Raheny-RETURNED, Finglas- RETURNED\*, Glasnevin-RETURNED, Henry Street-RETURNED *\*Wallet returned with no money. However in Ballymun, €25 extra was found in the wallet and a YAP card, well done you!*





**Why  
should  
you  
never  
iron a  
4-leaf  
clover?  
You don't  
want to  
press  
your  
luck.**



## Drug Related Deaths in 2011

The Irish National Drug-Related Deaths Index records cases of death by drug and /or alcohol poisoning, deaths among drug users and those who are alcohol dependent. Drug use can lead to premature death from a range of different causes. Where the death is directly attributable to the consumption of drugs, this type of directly drug-related death is referred to as a **poisoning**.

**Non-poisoning** deaths include: Infection, the harmful effects of drug use such as the cardio-toxic effect of cocaine or drug-related liver disease, accidents while under the influence of drugs and suicide.

### In 2011

- The annual number of poisoning deaths increased from 338 in 2010 to 365.
- Males accounted for 72% of all poisoning deaths.
- The average age of those who died in 2011 was 39 years.
- 59% (215) of all poisoning deaths involved more than one substance.
- Alcohol was involved in 37% of poisoning deaths, more than any other substance. Alcohol alone was responsible for 17% of all deaths.
- In 2011 the number of poisoning deaths where methadone was implicated increased to 113. The majority of deaths (86%) where methadone was implicated were polysubstance poisonings.
- The number of poisoning deaths where benzodiazepines were implicated increased by 61%, to 166.
- The number of poisoning deaths in which heroin was implicated decreased by 17%, to 60 in 2011 compared to 72 in 2010.
- Since 2007 there has been a 65% decrease in the number of poisoning deaths where cocaine was implicated, with 23 deaths in 2011 compared to 66 in 2007.

### Non-poisoning

#### Deaths due to medical causes

The number of deaths due to medical causes decreased from 132 to 125 in 2011. The majority (75, 60%) of those who died from medical causes in 2011 were aged between 30 and 49 years. The average age was 43 years. Males accounted for 76% (95) of those who died due to medical causes in 2011. The most common medical causes of death in 2011 were cardiac events (44, 35%) and liver diseases (27, 22%)

### Poisoning deaths by average, age and gender 2008 - 2011

	2008	2009	2010	2011
Average age	38	38	40	39
Average male age	36	36	37	38
Average female age	46	47	49	45

### Single and polysubstance poisoning deaths

	2008	2009	2010	2011
Total poisonings	386	374	338	365
Single substance	196	188	170	150
Polysubstance	190	186	168	215

**High Risk:** Male, aged between 36 - 39, using / on more than one drug and drinking.

**High Risk:** Female, aged between 43 - 49, using / on more than one drug and drinking.

*"People aren't born good or bad. Maybe they're born with tendencies either way, but it's the way you live your life that matters" Cassandra Clarke*

	2008	2009	2010	2011	% Total
All Deaths	386	374	338	365	100
Alcohol	155	142	152	136	40.4
Heroin	91	115	72	60	20.5
Methadone	80	69	60	113	19
Other Opiate	47	52	58	78	17.3
Cocaine	60	53	21	23	12.1
MDMA	7	0	0	11	6.2
Diazepam	66	80	67	129	19.6
Other Benzo	38	30	34	69	10.7
Flurazepam	20	24	27	48	7.1
Other Prescription Medication	62	59	74	85	16.7
Antidepressant	85	67	66	96	18.7
Non-Opiate Analgesic	18	16	15	19	4.9
Other	31	50	37	40	8.6

## Poisoning

## Deaths by Place of Residence

	2007	2008	2009	2010	2011	Total
Tallaght LDTF	5	8	15	11	9	48
Finglas / Cabra LDTF	6	12	10	7	6	41
Ballymun LDTF	5	7	10	5	6	33
Clondalkin LDTF	0	9	6	6	5	26
Ballyfermot LDTF	6	7	0	0	0	13
Blanchardstown LDTF	0	5	0	0	6	11

## Easter poster created for YAP by ROC



## St. Patricks Day

Saint Patricks Day is here, for my kids and me. I said we will pick some shamrocks, one, two, three, and as a family we will count the leaves and look them over. Maybe we will find a four leafed shamrock. I will sew green buttons on their jumpers and the kids will know its St. Patricks Day. Yea, it's for the best and yea, as a mother, I will wear a green hat and I will wear it very high because my kids are full of green and joy. It's a chance to dance or jig but at least I tried. F.H.



**Irish Saying**

**"There are only two kinds of people in the world, The Irish and those who wish they were"**

I am sure you have noticed the mosaic hanging by the lift on the ground floor, it was presented to the YAP prison staff by the art school from the Medical Unit of Mountjoy Prison. YAP is heavily involved in both the Drug Free Programme and the Detox Programme run in The Medical Unit. We hope to have an official presentation involving personnel from Mountjoy pretty soon and we will write a little more on the mosaic then.

Our thanks to Charlie M. for kindly hanging the piece for us.



Mammy, daddy and baby balloon went to bed, baby balloon wanted to sleep in beside mammy and daddy but was too big....so,.... she let a bit of air out of mammy, daddy and herself and she fitted right in, snug as a bug. The following day, daddy balloon bounced down the stairs to mammy and baby balloon, catching baby's eye, daddy said you're in trouble, .... you let me and your mammy down and if you do that again, I'll burst you ! S.C.



**"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain"**

**Congratulations**

Our congratulations go to Laura O'Reilly, Training Centre Co-ordinator with Urrus, on the top floor. After lots of hard, studious work Laura achieved her Doctorate. This is a long process and our best wishes to Laura on following through and sticking with this tough task. Laura is pictured receiving a bouquet from Cara as the staff marked Laura's achievement last month.





**What is Ballymun Family Support Service?**

Ballymun Family Support Service was established to respond to the needs of family members who are affected by the excessive drug or alcohol use of a loved one. Families experience stress as a result of someone else's problem drinking or drug use; this has an impact on them. The strain of dealing with the substance misuse leads to physical and psychological ill health. It can create feelings of shame and isolation for a family within their community. Other family members (Especially siblings) may feel ignored or neglected because of the pattern of addiction within the family. Many problems can occur as a result; financial problems, drug debts and intimidation, relationship difficulties, family breakdown, domestic violence, bereavement and loss.

**What Do We Offer?**

We aim to offer a safe confidential space for you to talk about your situation and to explore how addiction affects you and your family. We strive to support you in a welcoming and non-judgemental environment offering both emotional and practical support as well as relevant information regarding the impact of addiction on the family. When you contact our service you will be offered a one to one appointment to explore what options are available to you and how we can best assist you to meet your needs.

- One to One Assessment
- Five Step Programme; An evidence based programme delivered over 5 weeks.
- Weekly Support Group

**"Who are you to judge the way I live? I know I'm not perfect—and I don't live to be—but before you start pointing fingers..... Be sure your hands are clean" Bob Marley**

**Community Detox Overview**

Community Detox has been progressing steadily in Ballymun since its launch in late 2012. There have been 32 detox's since October 2012 and people have detoxed from the following substances, Methadone, Benzo's, Zimovane, Solpadine and Subox-one. On March the 12th, at 1pm, in the Civic Offices, we will celebrate what has been achieved by all involved. Ballymun has excelled in this National Initiative and we should acknowledge and be proud of the results. If you are interested in coming along and finding out a bit more about detoxing in your own community, please contact Roisin at 01 8832 142 or Brian 018428071.



The Treatment and Rehabilitation Sub-Committee  
of Ballymun Drugs & Alcohol Task Force  
invites you to

**An Overview of Ballymun  
Community Detoxification Initiative**  
(Methadone and Benzodiazepines)

This event will provide an overview of the  
Ballymun Community Detoxification Initiative  
and report on project implementation and key  
milestones to date.

Date Wednesday, March 12th 2014  
Light Lunch from 12.45pm  
Time 1.15pm-2.00pm

Venue Council Chambers, Civic Offices, Ballymun

RSVP email roisin@ballymundt.ie  
phone Roisin or Marie on 01 8832142

This event will be of interest to; GP's, Primary Healthcare  
Team members/health services, Pharmacists, Drug and  
Alcohol Service Providers, Community Services/Agencies  
and Prospective Participants.

The Ballymun Community Detox Initiative commenced in July 2012.  
This initiative supports service users to reduce or stop their use of  
methadone or benzodiazepines through a structured non residential  
process involving key workers and prescribing doctors. Community  
Detox may be chosen as an alternative to residential detox, or as a  
necessary step toward meeting entry requirements for residential  
detox.

The protocols and implementation structure was adopted  
in a number of areas around Ireland as part of the National  
Community Detoxification Pilot 2012.



"They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for."  
Tom Bodett



Fr. McVerry and some people who attended the service

This is an annual service held by the Ballymun Youth Action Project, it is seen as an opportunity for the members of the community to remember those that have died throughout the years with a night of music and readings. Each year there is a theme to give it a focus, this year's theme was memories – inviting all to recall and cherish their memories of their loved ones. Many service users got involved, as did members of BRYR and the community. Great efforts were made months prior to the night and on the night itself to make it a very memorable night. The night itself was a great success, with over a hundred people attending. Many thanks to all the singers, Father McVerry, Father Gerry and the parish team, to Youthreach for their amazing donation of plant holders and Homebase for their kind donation of bulbs. We look forward to our next service, building on the relationships that have been formed and providing more opportunities for people to get involved.

### **Is It Worth It?**

How easy it is to get caught up in drugs. I am 40 and I am going to tell you how I got caught up in drugs. When I was 13, my mother used to be on a lot of medication. I was told by a bloke, to have a look at what medication my mother was on. So I told this guy my mother was taking Valium, Normison and Prothiaden and he offered me money for the tablets. So I robbed all my mother's medication. When they took the tablets they all looked very happy. So I started taking some of the tablets and it felt great. I hadn't any clue that I wouldn't be able to go without Valium. If I couldn't get any I would go to the black market and get dependant on them, cause if I couldn't get them I wouldn't be able to talk to anyone. So that's when I started petty robbery.

One day I was asked by a woman to see if there was Napps in my mothers, there was, so I said I will see if they sell. Oh yes they did, they sold at a high price. In old money it was Napps 30's for £5, Napps 60's for £10 and Napps 100's for £20. So one morning I went into this guys flat, I was only interested in Valium and I will never forget this day for the rest of my life. I had my Valium on his table and I was about to take them. He put one Napp 30mg in front of my valium and said you will get a better buzz out of this tablet. Then I started to think about it. So I said yes I will take it. But he said you had to bang it up. Now you've got to remember I was only 13 at the time. So I let him stick the needle in my arm and it was a lovely feeling. But little did I know I would be strung out for many years, 27 years altogether. I went over to Domville House, I was really pissed off with that life on the black market. I am now on Domville 16 years. I am now 40 years of age;

So is it really worth it? **JM**





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

**Try find the following words in the grid, one word has been left out, but which one?**

Cold   Shoulders   St Patricks   Green   Leprechaun   Banners   Floats   Parade   Fun  
 Facepaint   Snakes   Happy   Patrick   Staff   Orange   Trucks   Majorettes   Whistles  
 Hats   Fast   Family   Kids   White   Flags   Shamrock   Garland   Rain   Lively

## The Fish Tank Man

A fish tank has been in YAP for many years, the first one was donated by Fred Mullen, who was on a student placement from Trinity College, back in the day of the flats. We now have two, one in the acupuncture room and one in the large room of the drop-in. The tanks take a bit of maintenance and we would like to take the opportunity to thank Dave who has pre-formed this task for a while now. Dave regularly cleans, monitors the equipment and provides support to all the little fishies, thanks Dave!



### **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 Michael or Brian – Tel: 01 8832107

### **Ballymun Job 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 8623728

### **Ballymun Local Drugs Task Force**

Axis, main Street, Ballymun – 01 8832142

### **Ballymun Regional Youth Resource ( BRYR ) The**

Reco, Sillogue Road – 01 8667600

### **On This Day March 17th**

- 1845 Briton Stephen Perry patents the rubber band.
- 1848 Violence breaks out in Berlin against the conservatism of Prussian ruler Frederick William IV.
- 1899 A merchant ship run aground off the English coast sends the first radio distress call.
- 1921 Dr. Marie Stopes, sets up “The Mothers Clinic” in North London, to try and make contraception available to poor women.
- 1959 The US submarine, *Skate* surfaces at the North Pole after completing an historic under-ice voyage to reach its destination.
- 1968 Violent demonstrations against American involvement in the Vietnam War take place outside the US embassy in London.
- 1978 A tanker, the *Amoca Cadiz*, runs aground off the Brittany coast, splits in two and begins to release its massive cargo of crude oil.
- 1983 British premier Margaret Thatcher is the target of a letterbomb campaign by the IRA.
- 1992 South Africa’s white population votes in favour of constitutional change.



How old do you think you would be today if you could remember the old roundabout and the under tunnels featured in episodes of the RTE programme “The Family”?