

Ballymun Youth Action Project

A Community Response To Drug & Alcohol Misuse

Summer 2014

The Newsletter

Under The Black There Is Light!! Life !!



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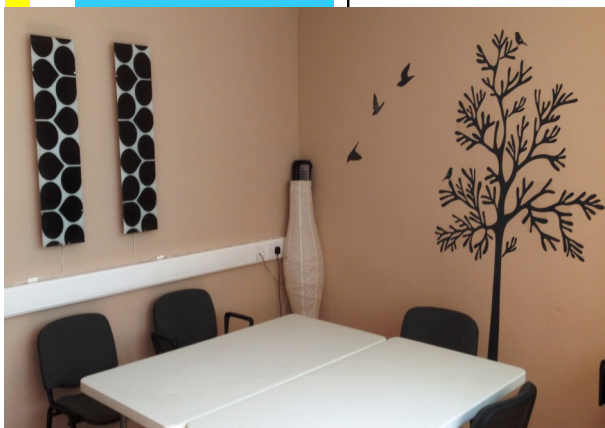


Hope you have a wonderful Summer, from all the staff of The Ballymun Youth Action Project

The person who says it cannot be done should not interrupt the person who is doing it. Chinese Proverb

YAP will be running a Reduce The Use Programme in September. The overall aim of the programme is to motivate and support the participant to reduce or stop their drug use. The Programme The programme has 10 sessions. If you are interested and would like some more information please talk to Gary, 01 8428071





Our Day Programme room has had a recent facelift and we are very pleased with the outcome. A number of people assisted in changing the room and we would like to take this opportunity to thank them for their help. Firstly our thanks to Vera Hughes and Margaret Whelan who choose the colours, lights, materials to be used in the room and then approached IKEA. Thanks to IKEA for supplying some of the furnishings and thanks to Derek for kindly supplying the paint and decorating the room.

**You can
never cross
the ocean
until you
have the
courage to
lose sight of
the shore.
Christopher
Columbus**

In our March Newsletter Helen kindly wrote a piece on her experience of attending a talk on "Addiction and Bereavement" that was held in YAP. After writing the piece she decided to submit it into a writing competition being run by DCU. We would like to congratulate Helen who's piece was shortlisted in the competition last month and also received a commendation on the night. Well Done Helen, we are very pleased for you.



Relapse Justification

Before people return to drug / alcohol use they convince themselves that it is reasonable, safe or justifiable that they do so. In AA this form of thinking is called "Stinking Thinking". Cognitive therapists call it irrational thinking. The irrational thoughts that you use to convince yourself that it is ok to use alcohol / drugs are called relapse justifications. Relapse justifications are things we say to ourselves that convince us that it is ok to use. A typical relapse justification begins with a justification and ends with a decision to use. Here are some examples

"I can never relax, I need a drink or tablet"

"I can't get a good nights sleep unless I smoke some weed"

"I've been off it a while now, I am sure I could have just one and leave it at that"



Think back to a time just before you decided to start drinking or using again, can you remember exactly what you said to yourself to justify your decision to use. Try and come up with three common relapse justification thoughts you get and then ask yourself how can you challenge that thought



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

Try find the following words in the grid:

shade joy map hills buns ship play dig fall dart holiday sun tan fun
 suncream sunglasses grass barbecue icepops beach boat icecream bikini heat
 pool sea sand hayfever corn park running plane ball howth sunburn pollen spade
 bucket sandcastle fly walking fishing friends bees speedos green crabs laugh



"Life isn't about getting and having, it's about giving and being" [Kevin Kruse](#)

Minted Avocado and Chickpea Salad

Ingredients: 4 oz/half cup chickpeas, 1 large banana,
 1 medium ripe avocado

1-2 tbsp mayonnaise or natural yoghurt, 1 tbsp lemon juice,
 1 tsp fresh mint (optional dried), 1 clove garlic (optional),
 Paprika to garnish

Directions: Cook the chickpeas until tender and allow to
 cool. Slice the banana and dice the avocado flesh into a
 bowl. Toss gently in the lemon juice. Stir in the remaining
 ingredients and garnish with paprika



(This salad makes a lovely starter served on a bed of lettuce) Emer Ward YAP

Ballymun Youth Action Project

Fall seven
times and
stand up
eight. -
Japanese
Proverb



Describing How I Look

My name is Alan

My age is 22

And I take a size 8 1/2

In a runner or shoe.

I'm fairly tall and a bit thin

And I have Black hair on my
head

And a scar within.

YAP's Certificate Presentation 2013

Over the last few months I completed four courses in YAP. First I completed The Addiction Awareness Programme, then the Cannabis Awareness and then the Relapse Prevention Programme. I got a cert for English and Poetry as well and that class is ongoing with Eileen. I was very proud to receive these awards. I was asked to do a speech for the literacy class I did with Eileen, just a few words to say what we do and how I find the class. I was so nervous and exited at the same time.

The morning of the cert presentation the staff had set the place up, I felt like a Queen. The spread that was laid out was amazing. There was so many people there. Some were getting certs, some were there to support friends and family members. There was even two fellas from the Dublin team there and OMG they were Masso!! We got seated and the speeches started. My hands started to sweat and my head was racing. I heard my name being called. I jumped up and gave my speech. I was delighted I got called first because if I'd been called last I would of probably worked myself up so much and made a balls of it. My speech was short and sweet but I feel I got my point across so I was happy. L.J.

Recovery Walk 2014

RecoveryWalkIreland 2014 is part of a number of international events that aim to:

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

RecoveryWalkIreland is a **FREE Family Event**

The event includes a symbolic 1km walk along the River Liffey in Dublin's city centre and aims to be accessible to everybody regardless of age or fitness level. The walk ends in the 'Recovery Village', a fun-filled area which provides entertainment and refreshments for all ages. The event will take place on Saturday 20 September 2014 in the Wood Quay Amphitheatre space beside the Dublin Civic Centre. Bands playing include The Joshua Tree, Sara O Kane, Terry Kavanagh and many other activities.

YAP will be walking at this event and it would be great if you could join us, if you are interested talk to Chris

Further info see www.recoverywalkireland.com

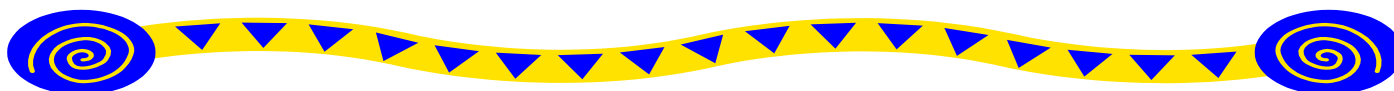
Eileen Retires

Sadly Eileen, who worked in the Communications Programme on Tuesday mornings, has decided it is time to retire. In 2002 there was a number of clients attending the project who had difficulties completing forms, reading official letters, writing letters, doing homework with children, etc. YAP approached The Ballymun Read and Write Scheme and asked for assistance. Mary Love, the co-ordinator, asked Eileen to work with us and she promptly agreed. In her long history of working with us, Eileen and participants of the programme have had many successes in a number of literacy events and competitions.



Participants have regularly had short stories and poems printed in numerous books developed by The Ballymun Read And Write Scheme.

A Quote from A Communication participant; *"I used to be told what happened in the news, but now I can read it on the front page, open the paper, and continue to read the story inside the paper"* E.D.



Recent Article from the Communications Class:

I once read that a happy family lived in Domville. Their old wallpaper is still there, plus the plasterwork on the side of the walls and ceilings. Time has not been kind to the plasterwork but it is still beautiful. Interested, I dug into the family history. Sir William Domville and his wife Bridget last occupied the house. He inherited the house from his father who was originally given the house and the Santry estate during the restoration of the commonwealth in Ireland.

I go to Domville every day and am still awestruck by its beauty. Most people who go in there are just too busy worrying about everything else in their life or maybe they are not into that kind of stuff to notice. There was a bigger house in the Santry estate, I saw a photo of it, you know, one of those big lord of the manor type houses. It got into such a bad condition that the builder decided it was dangerous and knocked it down in 1949. Most of the estate has been redeveloped with new flats and a park. The granddaughter of the person who originally owned the big house still lives on the estate apparently. [P.M.](#)





**Happiness
is not
something
readymade.
It comes
from your
own actions.
Dalai Lama**

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

We are all burnt as we face the sense of no belief in who we are and why we walk into the arms of desire and despair. But we all see our people drowning in their tears and fear, and think of all the special people we are missing as we drift alone on a road of hope that maybe one day, somehow our hands can be untied from the curse that burdens our thoughts and even through all the pain and anarchy we see in this cold, cold sea of darkness the light of hope still burns in some darkened corner of our hearts, but every day the light fades away, "hope, hope, hope."

But just like a flick of a switch all the pain can be taken from us, all the hate controlled and squashed in one knock out blow. That is the power of the beast. The beast controls a generation lost to a horrible fate that we have been forced to play out through the horror. Some have seen, poverty and death, still we do not know why god has punished us to this hell? Why is this beast being unleashed?

A dangerous game we play to ask such a question, but one that there may never be an answer to.... but until it is answered our chains will become heavier each day until we fall to our knees, hands tied behind our backs as we see the mountain we must climb to be free from the beast, ... but we wonder, have we the strength to climb the mountain?

Does anyone care?, maybe not, but it is a burden we carry, a question we never ask, pride, ...no maybe it's the fear of the answer. Sinking deeper, do we belong here?

Blame must start somewhere, maybe the place is within? Anger for all the good people lost to the beast is maybe a key. Maybe its time to put the beast to sleep, Is it the only way? Maybe we must start the long hard journey to escape, the mountain must be dealt with. Maybe it is not for us, maybe we must face the beast so our children can be saved from the things we have seen and the pain we have felt. Maybe if we reach the mountain top the beast will be slain and the things we so long to feel again, love, happiness and peace of mind will once more shine on us..... The question must be answered ... "Salvation"

What awaits us in the future, I hope it is a lot brighter than what is in the past. The past has crushed and tormented us and left us torn between happiness and despair. So I must face the beast alone. I must be able to face the image that I see each time that I look in the mirror of my soul, without being disgusted with the image of fading hope and love left broken without fate and blind to the responsibilities I must one day face. May be I must kill the beast so I can once again shine and be able to give love, so I can again receive and deserve love once more.

To all the souls cursed by heroin. D.L.





Sun Exposure Facts

There are two factors you need to be aware of regarding sun exposure: UVA and UVB rays. UVA rays are the ultra-violet rays that stay constant throughout the year. These types of rays are what give you a tan by penetrating deep into your skin, and make up most of the rays contained in sun exposure. It is believed that UVA rays are primarily responsible for sun damage, including wrinkles and premature skin aging.



UVB rays are the rays thought to cause skin cancer and sun burns, though UVA rays are also a contributing factor for skin cancer. These two rays combined can lead to painful damage and long lasting effects. This is why the American Academy of Dermatology recommends that everyone use a sun cream which protects against both UVA and UVB rays.

Generally, you should choose a SPF of 15 to 30. Choose a higher SPF if you have fair skin or know you will be out in the sun for longer periods of time. For example, a SPF of 15 with broad-spectrum protection blocks up to 93 percent of the sun's rays, and a SPF of 30 protects against 96-97 percent. It's not until you get to a SPF of 90 that you get 99 percent of protection.

As you sweat, swim, and do other activities, the sunscreen's protectants will rub off. Sunscreen needs to be reapplied every two to three hours, more frequently if your activity includes water, even if you are using a water-resistant sunscreen.



[Heather Montgomery](#)



Maybe Glory Days

I miss the laugh, the fun

I miss the love in the sun

Andy, Francie, Damien and Mark, not forgetting me.

When we'd go with the summer project to the sea

We had no rules we were so free,

We'd drink cans of Tennents by the stream

Where girls were concerned, I was like the cat that got the cream.

Do you remember, our life's were like a dream.

But as we got older, innocence's were lost,

Drugs arrived and our life's was the cost.

If you were all here now I raise a toast,

If's a big word cause you are all just ghosts. **P.M.**

**THE CAT GOT
THE CREAM!**



The best time to plant a tree was 20 years ago. The second best time is now. Chinese Proverb



“Life is 10% what happens to me and 90% of how I react to it” Charles Swindoll

My Experience of YAP

I 've been around drugs since I was a young teen. At the start I didn 't know what drugs did or would bring upon my life. I started to escape, thought it was an easy way out of the bad thing's, escape from reality, they made feel good. Before I knew it I got out of control, any potential I had was blown out of the water.

I didn 't care, I thought drug's solved everything but I was on drug's and couldn 't see what I was doing to me or the pain and worry I put my family on. Worse thing, besides that, you don't see the drugs have a hold of you and before you know it, you' re in wrong crowd, you' re out of your head, your family are left worried out of the head too.

You 're falling, people try tell you, you don't listen, you 're stuck in a circle of self destruct. You start mixing drugs; you 're playing Russian roulette with your life. I 've seen a lot people around me loose that way. I was one of the lucky ones to have people around me in the right direction, that direction for me is yap.



Going to yap did that for me, pointed out what I didn 't see and what I was doing to the ones around me and made me realise admitting you have a problem makes it a lot easier to confide in a counsellor.

Going to counselling at first ,I went just to shut everyone up, I didn 't take it serious but it turned out the more I went, the more I realised that the bloke wasn 't just some counsellor, he was a good guy. I look back and think the key was that I was welcomed. I wasn 't forced into talking about my drug



abusing, my problem, but talked and with that I trusted my counsellor and felt I could open up. The more I opened up and addressed my problem, the easier it was to see where and why I was going wrong, the damage I was doing myself and the pain I was putting my family and loved one's through and I didn 't see it and that's when I realised it 's easier to sort that problem out. It 's not easy at first to talk but once you realise they 're trying to help you it makes you want to help yourself. A.P.

Sometimes I lie awake and think, what became of you?
Because you are always on my mind no matter what I do.
Do you remember the Garda who hit his head on the bar on the Dart,
We broke our shites laughing, God bless his pure
embarrassed heart.
Sometimes a silent tear falls down my cheek when I hear the song,
the dance.
I'm glad I took the time to love you, I'm glad I took the chance.
P.M.



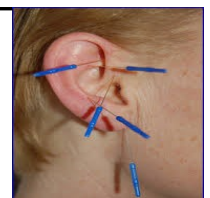
The Boxing Clever Programme

This is another stepping stone of my "Recovery" The Boxing Clever programme. It has been running for 3 years with very good outcomes. It is organised between Karl in YAP and Michael in RIS and a handful of people from the community to help. Frank and Terry, every second Monday, train and teach us the safe, fun way to do "Boxercise" Every other Monday we were in DCU with Stephen or John. They introduced us to a lot of different activities like TRX, spinning, floor core work. We worked on the machines and also did a fitness test at the start of the 20 weeks and at end to see the difference. Tuesday 's we had Health and Fitness, Fetec level 4, in DCU with Caroline, it was a great class and very interesting. It was great group to be part of, we had some laugh and we were very supportive towards each other. It' s good to learn the way the body works and what is healthy for you and what ' s bad. Even down to looking at the ingredients in the food before buying it.



Every Thursday we had "Addiction Studies" in URRUS, Fetac level 5, with Laura and Gabrielle. I always enjoy learning more about Addiction as I ' m a recovering addict. I always learn more about my self and my behaviours. I learnt how hard it is for my family and loved ones to understand why I turned to drugs and why its taken me so long, so many times in and out of treatment centres before, as they say "*the penny dropped*" Now I ' m trying my best to write everything down. Keep a positive mind and get out walking and cycling more. L.J.

Acupuncture is available for people who are detoxing on Mondays at 4pm and available for others on Thursdays at 4pm. If you would like any more information please talk to Cara 01 8428071





I am not a product of my circumstances. I am a product of my decisions.
Stephen Covey



In March 2013 Merchants Quay estimated there was almost 14,500 heroin users in Ireland. Problematic drug use is defined by drug scope as

“Problem or problematic drug use tends to refer to drug use which could either be dependent or recreational. In other words, it is not necessarily the frequency of drug use which is the primary 'problem' but the effects that drug-taking have on the user's life (i.e they may experience social, financial, psychological, physical or legal problems because of drug use).

Problems associated with heroin can be categorised into physical, psychological and social. This is in keeping with Zinberg's explanation of addiction as being bio-psychosocial in nature and requiring us to look at the 'drug, set and setting' when thinking about the impact of a drug.

What is heroin?

Heroin fits into the drug group “opiates” which are derived from the opium poppy. Opium is the dried milk of the opium poppy. It contains morphine and codeine, both effective pain-killers. It comes in various colours but in its purest form it is white however what is sold on the street it is usually a brownish beige colour. Street names include 'H, Smack, Brown etc. It can be smoked sniffed or injected. It is grown in many countries but “75% of Europe's heroin comes from Afghanistan.

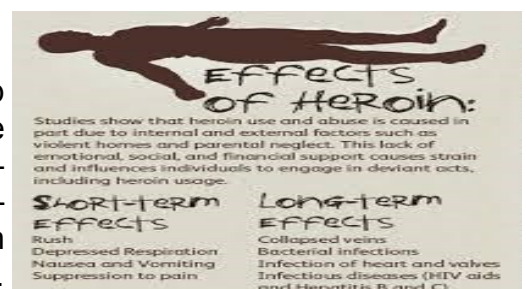
Biological Effects of Heroin

Heroin is a strong drug that is very addictive. Some of the effects include,

- Physical addictive
- Drowsiness; and in larger doses can cause overdose leading to coma and death
- Raises the risk of infection, sharing needles, etc.
- Withdrawal symptoms will follow if you stop using and the need for medical detoxification or methadone treatment arises.
- Withdrawal symptoms include aches, chills, sweating, loss of appetite, muscle spasms and cramps.

There are other negative physical points that arise from the social situations that a heroin user can find themselves in. Fights and injuries may occur because of interactions with dealers and people out to rob you. Medical complications from poor diet because the focus of your life is heroin and not your own well-being; problems with teeth occur – not because of methadone but because of poor dental hygiene and a whole range of general health problems that arise from people not following-up on minor health issues.

The impact of heroin use on sleep patterns is also worth noting. People may go 'on-the-nod' when using heroin, but proper sleep patterns are often lost and this can lead to both physical and mental health problems.



Psychological Effects of Heroin

Addiction is often described as a psychological problem as the compulsion to use can often be a habit rather than a physical demand. Heroin is both psychologically and physically addictive. The mental health issues with heroin addiction are numerous and include depression, paranoia, suicidal ideation and reduced motivation. Often these issues are present before the person develops an addiction and their drug use was used to self-medicate their mental health problem; however, many mental health issues arise from the use of drugs and can also be eased when drug taking stops.



Social Impact of Heroin

There are clear social problems arising from heroin use and these are in keeping with the issues listed on The Merchants' Quay Ireland website:

Chaotic home environment	Parenting Problems	Imprisonment	Stigma
Discarded needles – unsafe physical environments		Crime & Violence	Poverty

When discussing the social issues relating to drug use, it is important to look beyond the individual and their family and look to the impact on the community. CityWide produced a policy document called 'Drugs Crisis in Ireland: A new agenda for action' (2012) and in it they discuss one of the emerging impacts of drug use on communities, that of intimidation:

"Many communities are besieged by gang violence and intimidation. Often related to drug debt, intimidation includes threatened and actual damage to property, physical assault and in some cases murder, against debtors and their families" (CityWide, 2012)

It is important to also note that in communities where there is widespread drug use, unemployment, poverty, crime and isolation become widespread too. This can impact on a town for a long time and create a "missing" generation". This point was made by the Ballymun Task Force in 2000 in their plan for the area, calling for extra work to be done with the children of families where addiction is present:

"These families should be prioritised by schools, community care teams and drug treatment agencies. Measures should be introduced to ensure that the amount of harm done to children in such families is reduced". (Page 25 LDTF Action Plan 2000)

Conclusion

Heroin use inevitably leads to bad physical health, recurring mental health problems and impacts badly on your family and the local community.

While good projects do exist, not enough is being done for the user and their families. There is definitely a lack of support for the children that are affected when their parent(s) use drugs.

Ultimately, this brings us to a key issue of addiction – do we have both the will and the money to treat it properly.



Extract from P.B.'s Community Addiction Studies Course

Final Project.

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 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, 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 (BRYR)

The Reco, Sillogue Road - 01 8667600



BOXINGCLEVER

The next Boxing Clever programme starts in **September**, if you are interested please talk to Karl in Y.A.P. 8428071 or Micheal in R.I.S. 8832 107 soon.

Summertime Has Come

It's the day my kids get there summer holidays, 27th of June 2013, the sun was shining and the kids were delighted. They knew school was out for the next nine weeks. That night we all sat down and planned a holiday in Spain.

The next day the kids and myself went shopping for summer clothes for Spain. The kids hearts were full of happiness and smiles, it made a change, because in the last two years they were a bit sad, including me?

But this year it really brought tears to my eyes, we were going to Spain and the sun was shining. My daughters asked me "Could I feel the heat?", I said "Yes I can" because we are all bonded together. We ended up having ice creams and going to kids disco's , we all stuck together and fought over who had got a tan. OMG, I wish it was summer all year round because one door leads to another and that door was happiness for my kids and me. My son said to me, "thanks for a great summer, it was the best ever", my daughter said "it was great, because we were all together." I hope next year and many years to come we will be the same because we all bonded so well.

Arriving back in Dublin the sun was shining we had a great summer holiday, my kids thought it was the best ever. My husband and I are now separated, the kids and I were a bit confused. When I was feeling down the kids felt the pain and thank God for the summer, it brought happiness to the kids and me, OMG I wish it was summer all year round. F