



Ballymun Youth Action Project

Summer 2015

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The Newsletter



A Great Big Thank You

On the 6th of July YAP held it's first Recognition Event. An idea that grew from a discussion the addiction counsellors had in terms of recognising the work, people engaged in the individual counselling, were putting into changing. The YAP team wanted to create an event that honoured the efforts and the determination of people to change, even though circumstances were sometimes stacked very much against them. The Ballymun Local Drugs Task Force kindly sponsored the key rings that were presented as a token to mark individual change.

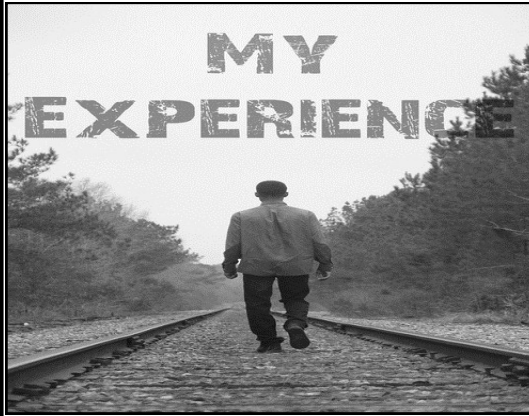
After the event, participants were treated to a lovely spread of tasty and beautifully presented food kindly donated by Robert in Supervalu. We are extremely grateful for the very generous donation and the acknowledgement provided by Supervalu in supplying the food for this important event. See P. 6 & 7.



Maggie and Eleanor, the art teachers from Mountjoy Prison, recently visited YAP to officially present us with "The Children of Lir" Mosaic. The mosaic was made by prisoners in the Medical Unit over a number of months. The piece shows the four children in the top half and in the bottom half, the four swans. The legend says that the children were turned into swans by an aunt who was jealous of their love for each other. The children would spend 900 years as swans and were joined by silver chains to ensure they would stay together forever. The piece was created for an exhibition celebrating Irish cultural legends.

Several art pieces from various prisons now decorate the walls within YAP, we would like to thank the art teachers for thinking of us and kindly donating the pieces. Best wishes Maggie on your retirement. Thanks.

My Experience of YAP



I first came to YAP in 2002. I had problems with drink and drug addiction. I was struggling to get help but I didn't know where to go until I was told by a friend to go to YAP. I was very nervous coming into YAP. I was met by a woman who invited me in for a coffee and a chat. I felt a bit better about myself. I tried coming of drugs but failed, then I got support from a counsellor and the rest of the YAP team. Eventually I got clean, it was the best thing that ever happened to me. I am now three and a half years clean and happy with where my life is at. I am grateful to YAP for their support and now I am looking into some courses that could help me go on to become a counsellor and help others. M.C.



The Communications Programme

The Communications Programme helps people develop their literacy skills and social skills. The programme runs on Thursday mornings from 11—1 pm. With the help of Deirdre, the tutor from The Ballymun Adult Read and Write Scheme, the programme has helped people improve their reading, spelling and writing skills. Participants enjoy the weekly session which helps add some structure to their day and get them “out of the house”.



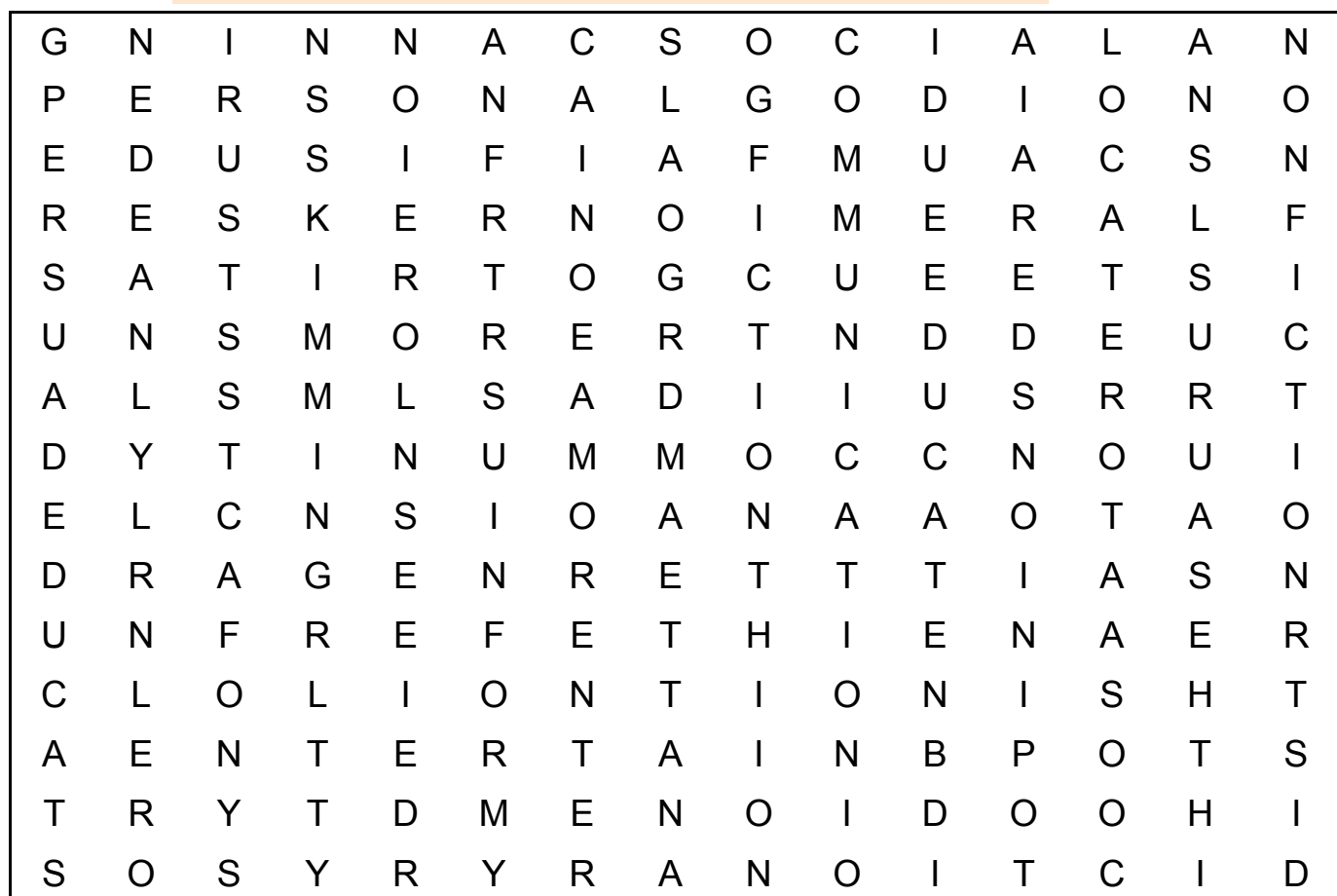
Participants have found the programme has greatly improved their confidence in their literacy skills and helped them to face the challenge of reading with their children. The participants are also heavily involved in the content and material used in the YAP Newsletter.

If you think the programme would be a help to you or someone you know, please feel free to contact Gary.



Our thanks to D.S. and C.B for their recent art donations. One is now hanging proudly in Urrus and the other on the second floor beside the lift.



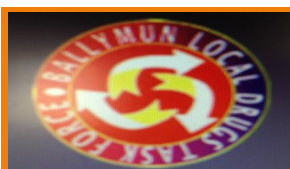


The following words were covered in the programme lately. How many can you find?

Communication	Thesaurus	Opinions	Personal	Persuade	Scanning	Facts
Non Fiction	Skimming	Educate	Fiction	Inform	Locate	Genre
Dictionary	Entertain	Community	Social	Goals	Ideas	Bias

Ballymun

I first came to Ballymun when I was 5 years old in 1980. I lived in Poppintree. As a kid I used to play football for Ballymun United and really enjoyed it. I never went to school in Ballymun but went to Gardiner Street and North William Street. I used to play in the 7 pitches with my friends. My mother would bring me to the shops and I always liked to go to Tesco's. I once stole a toy car, the security stopped me and I thought I was going to get into serious trouble. I am still living in Ballymun and I know a lot of good people, I don't think I will ever leave Ballymun, I'm happy here. **M.**



A word of thanks to the Ballymun Local Drugs Task Force for their continued support and help. Without their backing it would be difficult for us to produce this newsletter quarterly.

THANKS

I'm beginning my recovery from addiction,
The pain still lies inside,
I hope this time I overcome the beast
And release my pain inside.

It took not long I can say
For the opiates to take hold
But when they did I wasn't myself
They robbed my passion and soul

I can't imagine the pain my family endured
As they watch me waste away
Robbing for my habit,
Not thinking of the price I would pay.

The depression, the cramps, the vomiting and the pains
Are some of the symptoms I endured.
All I wish as I cry myself to sleep
Is that one day I'll be cured.

There's no point of looking back
and wishing I could change the past,
I know my inner strength will change the future
And once more I pray to God my life will be a blast !! W.M.



内力

Inner Strength

Life doesn't get
easier,
You just get
stronger.

The Recover Me Programme

We were asked to write a few words on how we felt doing the "Recover Me" programme, so here goes. When I was starting the programme I wasn't sure whether I would stay at it because one of my issues is starting something and not following through, but, to my surprise, I'm still here and enjoying every minute of it. I put a lot of that down to Gary and Wayne, and the welcome I have always felt. It is a good programme, I am getting so much more from the programme than I ever expected. I've learnt things I never thought possible and I am understanding things about addiction a little better now.

So thanks Gary and Wayne for making my life a little bit easier. Anon



Back in 1980, one Sunday evening I robbed a car and got caught. I was held overnight in the Garda station and was brought to Kilmainham court the next morning. There were a lot of my friends there and other people I knew. Then my name was called, the Garda, stood up and told the court I had wrote off the car and badly damaged a Garda car too. The overall cost of the damage was £10,000, a lot of money back in the day, and if I didn't pay I would have to do three years in Mountjoy.

I told my solicitor that I had seen ads on the telly for joining the Defence Forces, so when my solicitor told the judge I had joined the army the whole court broke out laughing. The judge told me to pay £20 a week and remanded me for three months.. When I left the court I went straight to McKee barracks and signed up.

I did my training, which was very hard and when I returned to court I wore my uniform. I paid the fine and spent 14 years in the army. I served on two trips to the Lebanon, spend two months on the Golan Heights and two months in Israel. I received a service medal, a U.N. medal and a Nobel Peace Prize medal. I would encourage any young person to join the army. **D.B.**

Homeless Accommodation Situation

According to figures provided by the Dublin City Council, up to February 2015, 100 lettings have been made to homeless applicants. This figure includes 61 social housing units owned by the council. The remainder of the houses are voluntary housing units providing by housing charities and other bodies. A breakdown of the areas where people were housed shows that the south inner city district housed the most homeless people, with 18 allocations. A Ballymun councillor who requested the figures from the Dublin City Council chief executive Owen Keegan, expressed disappointment at the low numbers.

"I really thought that with the extra funding allocated before Christmas it would be a lot higher," she said. "I don't see the situation getting any better, it only seems to be getting worse. One hundred houses is a drop in the ocean."

Figures from February this year show there were 371 families living in emergency accommodation including hotels, hostels and B&Bs. These families have 808 children between them and are often living in just one room.

In March, the total number of children in emergency accommodation rose to 911, from 411 families.

In May, the number of children in emergency accommodation was 1,034, from 490 families. Of the 1,034 children homeless, 303 were in single-parent families, while 364 were in 187 families headed by couples.

There are a number of people attending YAP persevering in cramped spaces, with minimal facilities trying to do their best for their children. This situation is very tough on all trying to live and raise children. More needs to be done at a government level as this situation continues to grow and impact on families.

I've always tried to go a step past wherever people expected me to end up. Beverly Sills

Recognition Event 2015

We had our first Recognition of Change Event in Urrus on Monday 6th of July.

As staff we looked at how individuals who access our service for educational programmes are acknowledged for their achievements with an event where certificate are presented upon completion of the courses. But for those who come to us for counselling sessions there never seems to be an opportunity to really celebrate their sense of achievement or acknowledge the real effort people put into changing, sometimes in very tough situations and circumstances. As staff we believe it takes great courage to walk through our doors, for people to tell us their story with even greater courage to change from what hasn't served people well in their lives to something that just may.

We felt it necessary to have a symbol to represent this occasion and we chose a tree. Trees symbolize growth, strength and the ability to adapt to the elements that it has to face and endure. As a token for people to take from the event we got The Local Drugs Task Force to sponsor some key rings. The key rings contain a picture of a butterfly, another symbol of change, and the inscription 'You hold the key to change.' We used various coloured ribbon, kindly donated by Aideen Hughes and placed the key rings on the tree. All who were invited were called by name and encouraged to take a key ring.

To add to the ambiance we invited 3 young classical musicians; Fiona Glyson Classical Harp, Amy McGarry, Soprano and Peter O Reilly, Tenor. Each played and sang pieces that represented change.

A number of guests volunteered to say a few words on the night about their change process. Later in the evening, the floor was opened to anyone who wanted to take the opportunity to say a few words. A number of people took the chance and talked about their journey and YAP's involvement in the change.

To finish the evening we had some fantastic refreshments, kindly donated by Robert in Supervalu.

Overall it was a successful evening with many complimenting the event, the musicians and Yap for arranging an evening to celebrate the great work people have achieved in their lives. The plan is to make The Recognition event an annual occurrence in the YAP calendar.



After The Recognition Event people had the opportunity to write down a few words anonymously. Some of their reflections are shared here.

"I found YAP helped me learn how to deal with myself"

"Thanks to all the staff for all the help they have given to me"



"What can I say, without YAP I would not be here, in all sense of the word, here. My counsellor's been there, week after week listening to me. It's still an amazing journey for me, I love my life, I'm so grateful for YAP and the staff, thank God for you all"

"Thank you for helping my husband through his darkest day, he sees the light when he attends here"

"There's always hope and for me, there's always YAP and my family, especially my parents"



Community Addiction Studies Course



This programme is for anyone living or working in the community who would like to be more effective when it comes to drug/alcohol issues.

There are no education requirements to be part of this course, only a willingness to learn. The programme is accredited as Community Addiction Studies - QQI Award (Minor) Level 5 – Further Education and Training.

Course content includes: -

- Drugs and their effects
- Pharmacology of drugs
- Process of addiction
- How addiction affects individuals, families, communities
 - Field visits to drugs services
- How addiction impacts local community
- How community responds to addiction

The programme will start in September 2015 and may run during the day over 10 weeks or in the evening over 20 weeks; plus one Saturday.

If you have questions regarding the course please call Gabrielle on 01 8467980 or drop in for a chat.

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 am 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 acting the fool.
I am 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.
P.H.

*Did you ever lose a brother
Or ever felt the pain
Or heard the bitter tears
That fall like heavy rain?*

*If you never did
I pray you never do,
Because when I lost me brother
My heart just broke in two*

*Missing and loving you—
C.C.*



My Experience With YAP And How It Gave Me Hope



With the help of YAP I am a recovering drug addict. I first walked into YAP about 4 years ago with no hopes or no dreams. I sat down with two of the counsellors and started to talk. It was easy to talk to them, it was like they only worried about my well-being. One of the counsellors suggested doing one of the courses they run, it was called "Preparing For A Community Detox".

It inspired me to do more work on myself. I have got a lot out of attending YAP, knowledge, getting to know myself after 16 years of hectic addiction, has been important. At the moment I am doing another course, called "Reduce The Use".

YAP is a great local service if you are honest with the staff and most importantly don't lie to yourself. I have learnt that all you do when you do that is sell yourself short. I have also used the Creative Writing Class and the Acupuncture.

What I am trying to say is give yourself a chance, don't be afraid of your addiction. My advice to anybody getting started in drugs would be go and talk to somebody in YAP, they are always there to listen and give sound good advice. I am not fully better but I'm 60% there. Thanks YAP and all the staff from a grateful client. **W.**

The Trumpet Splash

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Two tons of cash, and a mighty splash,
A trumpeted herald announced our "Regeneration"
Apartments, hotels and a prime land dash,
All proudly surprised, to sceptically await salvation.

The sceptics, yield a tale, of a trumped up slum.
Scattered boxes they call houses..
Tumbleweeds in the creaking shopping centre
The plaza project a joke, empty hollow units and broken windows.

And it just seems, that absolutely nobody knew what they were doing

For sure we lost our "name" the committed pushed in vain.
I wish we had "One" brain, for every cracking pane.
Then with certainty, The Little Nation would have risen
Brought, the proud sceptics pint, as the legion of crack rush unstopably for prison.

So concise, smiling, oblique stand bureaucracy's poster boys
The flats impeded tumble, like the snail toiled in their sun.
Logic starts from the ground, in one mission to unite.
Then there'd be proud work for many, not this idiotic shite.

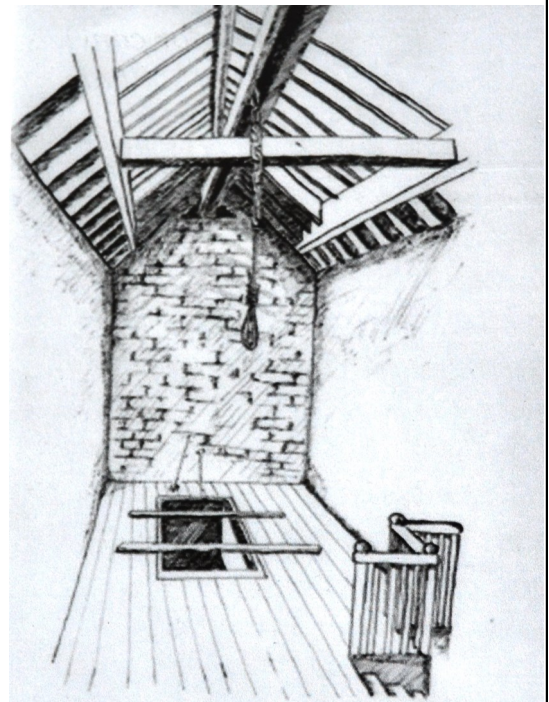
The communities broken, like our dusty ballot boxes.
And I still shamefully haven't added one
Me, my own and my front door we have become the
Recessed Regeneration's unfolding story as the prophets squander Ballymun. D.B.

"The Hang house" Mountjoy Prison

The first person hanged in Mountjoy was John Toole, and he was hanged for the murder of Lizzie Brennan in Charlemont Street on the 7th March 1901. The last person to be hanged was Michael Manning on the 20th April 1954 for the murder of nurse Catherine Cooper. Annie Walsh was the only woman to be hanged in Mountjoy and she was executed on the 5th of August 1925 for the murder of her husband.

In all 46 people were executed in Mountjoy Prison between 1901 and 1954, (45 males & 1 female). The Mountjoy hang house is inextricably linked with Ireland's struggle for Independence as it was here famously and highly controversially that ten volunteers were hanged during the War of Independence between 1920 and 1921. Kevin Barry was the first of the ten to be hanged on the morning of November 1st 1920.

Some 2,000 people gathered outside Mountjoy Prison on the morning, "many of the women were in tears and even men displayed signs of emotion," an Irish Times report from the day said.



The "Recover Me Programme" 2015

I was only more than chuffed to be a part of this programme, with two brilliant facilitators, Gary and Wayne. So far, from six modules, I feel I've really grown. I've learnt to sit with my emotions and how to lower the intensity of them. I don't feel so powerless over my life any more. Since starting the first module to this day I've given up weed and am now working towards a community detox.

Life seems more hopeful, more positive and there is no word to describe how grateful I am to be a part of the programme. It is great to be able to talk in a safe environment plus I've made such great friends with the rest of the programme participants. I'm so thankful to Gary & Wayne and really look forward to completing the programme. J.C.



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



Like us on
Facebook

MIXING ALCOHOL AND BENZOS

Benzodiazepines, or "benzos", are a family of sedatives or minor tranquilizers that are designed to treat insomnia, sleep deprivation, and anxiety. When these drugs are mixed with alcohol, they can intensely magnify alcohol's depressive effects and place users in serious physical risk. Mixing alcohol and benzos can impair judgment, decision making, memory, significantly decrease mobility or co-ordination, and dramatically depress the central nervous system. This combined abuse can also place intense strain on the respiratory system and significantly impair breathing.

Some of the benzodiazepines most commonly abused in Ballymun in conjunction with alcohol, include: Valium, (Roche, D 10's D's, Bluey's, Yellies) Xanax, (Stacks, Upjohn's). Mixing these drugs usually leads to considerable cognitive impairment and decelerated response time. This often leads to accidents, falling, etc. Despite considerable evidence to demonstrate the dangers of combining alcohol and benzos, this problem remains one of the most common causes of intoxication-related hospital admissions, accidents and criminal charges.

Physical Risks of Mixing Benzos and Alcohol

Benzodiazepines work by inhibiting or suppressing natural brain activity to help users feel relaxed and calm. Alcohol performs a nearly identical function by depressing central nervous system activity. When combined, the two drugs magnify each other's effects and can slow, or even stop, the natural functions of major parts of the body such as the kidneys, liver, brain, and heart. Exactly what effects a person feels when combining alcohol and benzodiazepines is dependent upon their tolerance level and how much of each drug they've consumed, however a large enough dose can shut down vital organs and cause coma or death.

Cannabis smoke contains various chemical including THC, carbon monoxide and carcinogens (substances that cause cancer). Studies have shown that with each puff, of the joint, the components of cannabis smoke become more concentrated. Cannabis smoke has the same carcinogens as tobacco smoke but cannabis smoke may contain up to 50% higher concentrates than tobacco smoke.

Boxing Clever Certificate Presentation 2015



Boxing Clever is a 20-week progressive rehabilitation programme combining education, sports education, and addiction awareness. The programme runs 4 mornings a week, two sessions in the Gym and two in the class. The Boxing Clever programme is designed to build confidence, strength and skills and to raise their awareness of the value of lifelong learning, mental and physical well-being through exercise & education.

The Boxing Clever certificate graduation was held in the Horizons Centre on Thursday 16th July. 15 participants achieved Quality Qualifications Ireland level 4 awards in Health Related Fitness & 10 participants achieved QQI Level 5 awards in Community Addiction Studies. In the classes participants had to complete 80% attendance at each component to receive the awards including gym sessions, additional to this is the ongoing completing of portfolio work, assignments, short essays & group presentations. When participants are based in the gym, they are linking the theory from the health related fitness module and demonstrating this thorough various exercises in the gym.

During the event a number of participants volunteered to speak about their experience of the course before our guest speaker Gary "Spike" O'Sullivan said a few words. Gary is a former BUI and WBO Intercontinental Middleweight Champion. He is in the top 10 middleweights in the world. We would like to thank Gary for taking time from his current training camp to present the certs and also for staying on for many photos and selfies with the group and other people in the audience. Our congratulations to all the participants who completed the course and successfully achieved QQI awards.

The next programme will start in mid-September, applicants that are motivated, stable or drug free would best fit with the demands of the programme. If you have any further questions just pop into Yap and ask for Karl or call 01-8428071



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

August 1st—14th Through The Years



Aug 1st 1914 Germany declares war on Russia.

Aug 1st 1969 The first pictures of Mars are beamed back to earth by the US Mariner 6, unmanned space craft.

Aug 3rd 1966 Comedian Lenny Bruce is found dead after having an overdose of morphine – police place the body next to a syringe for the benefit of newspaper photographers.

Aug 3rd 2010 President Obama announces the official end of US combat operations in Iraq.

Aug 6th 1945 Enola Gay releases an atomic bomb dubbed “little boy” over the city of Hiroshima.

Aug 6th 1962 Marilyn Monroe found dead, following an overdose of Nembutal and Chloral hydrate.

Aug 9th 1945 US release an atomic bomb over the city of Nagasaki after the original target, Kokura, had to be abandoned due to bad weather.

Aug 10th 1964 Mick Jagger of the Rolling Stones is fined £32 for driving with no insurance in Liverpool.

Aug 11th 1932 President Hoover says it's time to scrap Prohibition.

Aug 13th 1962 On the 1st anniversary of the erection of the Berlin Wall, an East German, Peter Fechter is shot and bleeds to death while trying to escape from the east.

Aug 14th 1969 The first British troops enter Northern Ireland.