

# Ballymun Youth Action Project

## A Community Response To Drug & Alcohol Misuse

May 2017

# The Newsletter



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About 10 years ago, when BYAP switched the Friends Remembering Friends Ceremony from November to February, it was because we all felt that the spring time was a season that brought a sense of hope into people's lives, especially when things were difficult and sad. The way we saw it, spring is a time of new beginnings, of trying something different, of breaking up through the soil of winter.

This spring newsletter tries to keep with that idea. New things have been happening in BYAP over the last months, from drama to yoga to craft groups. People have been trying to do things differently, and people have been working hard to break through the soil of winter, the weight that often accompanies the struggle with substance use.

Again, we are very grateful for all of the goodwill and support that people have put into making BYAP a place of springtime, and hope everybody had a very happy Easter. **Dermot**

### Easter Craft Group

It's a great course for learning to relax and have a laugh. You meet new people and it gets you out of the house. I really enjoyed decorating the Easter cups and all the other crafts. **FC**

It was great to relax and have some fun. It's good to have something you made yourself for the children, rather than buying something. It's personal and they can keep it for a long time. You also get to meet new people who you can bump into the next day and have a talk with. You can meet your best friend in the most unusual place. **CC**



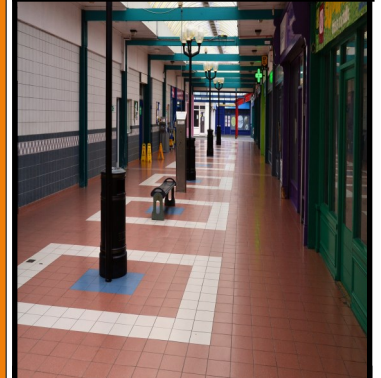
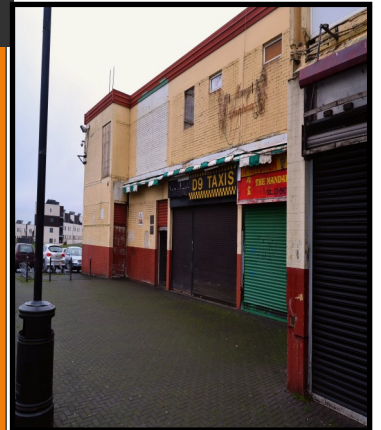
## Addiction, You and Me.

From a young man, I've become a new man  
Trying to live the best I can  
I've turned my back on drugs  
Hopes it saves me from going back to jail

Drugs come in many forms, there's not just one  
Hash, magic mushrooms, lsd, speed, ecstasy, heroin,  
cocaine and crack

At first you will take a drink, then pop a pill,  
Smoke a bit of weed, pop the odd e, snort a line  
or two,  
Chase the dragon, then end up shooting

The dealer traps you, throws you to other dealers  
Then come the crystal,  
You'd sell your mother and your soul for more  
You spend hours making calls,  
Waiting around,  
You'll be going mad, on your knees,  
searching the floor,  
Then you will discover there ain't no more.  
C.G.



## Friends Remembering Friends 27th of February 2017



## Ballymun Shopping Centre Word Search

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S R E N A E L C W O L R A M B P Q K L V Y P N N R T K Z T J  
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BALLYMUN CREDIT UNION  
BANK OF IRELAND  
CENTREPOINT  
CHEMIST  
CRAZYPRICES  
EILEEN FLORIST  
EXIT  
EXTRAVISION  
FIFTH AVENUE FASHION  
FIVE STAR  
FRED'S FASHION  
GAVIGAN AND DUFF  
HANLONS  
HOME NEEDS  
JINNY JOES

JOE WYNNE'S  
JONS  
KING BURGER  
KYLEMORE  
LADBROOKE  
LYPTONS  
MANDARIN KITCHEN  
MANNINGS  
MARLOW CLEANERS  
MILLENNIUM CLOTHING CO  
MISS MARY  
MOLLOYS  
NORA FINNIGAN CAKESHOP  
PERRYS  
POST OFFICE

POWERS BUTCHERS  
QUINNSWORTH  
RTV RENTAL  
SAVEAWAY  
SHARONS CAFE  
SHAWS  
SIAGON CITY  
SPAR  
T AND T BARBARS  
TESCO  
THE BREEZE IN  
THE CABRA MARKET  
THE GARDEN GATE  
THE RED ROOSTER  
TRAVERS  
WHEELS



### Regrets

Sitting here writing a rap, about a boy who went on the smack,  
He had a thought in his head but can't find the way back,  
He gets up in the morning, sweat rolling down his back,  
It's a life that he lived that he never wants back,  
Addiction was in the family, glamorised for the craic,  
But no one knew what this shit would do to you,  
Back in the 90's it was like the plague,  
People sitting in the doorways that don't even get a wave,  
Still this shit is happening and its 2016,  
That boy was me, now 31 and full of rage,  
What the fuck am I meant to do, Its off the gauge,  
I'm locked up in Mountjoy, I'm stuck in a cage,  
It's all in front of me, just like a blank page,  
I'm the man in your dream, the person you don't want to meet,  
The fella in your nightmares, the grim reaper can't beat,  
So here I am with a small bit of hope,  
It's better than nothing, especially when I can't cope,  
I have a son now, he's the apple of my eye,  
Cause' it's a love that money can't buy,  
Darkness is everywhere, but when the cloud comes over you,  
Darkness can't drive out darkness, only the light.

**Jonathan D. November 2016**

The Harmony Group works alongside us in The Drug Treatment Programme run in Mountjoy Prison. Roger, the facilitator, has shared some of the raps produced by the participants who completed the programme in December 2016.

The Harmony Program is an evidenced-based music therapy program that works with those at risk of substance misuse or those coming to terms with substance addiction.

Through music therapy, groups of individuals confront the negative impact of their substance misuse and learn how to overcome the root cause of why they abused substances in the first place. They also learn how to develop resilience against drug/alcohol misuse and gain a deeper understanding of the impact of their drug addiction through the creative writing of raps, poetry or songs.



PREVENTING DRUG AND ALCOHOL MISUSE

## St. Patrick's Day

St. Patrick's Day is celebrated on the 17th of March every year. It is a big event in the Irish calendar. It is celebrated all over the world and 80 million people around the world claim Irish decent and celebrate being Irish. They have parades, with lots of floats and a Grand Marshall. About a quarter of a million people attend the parade in Dublin and have a great day out.



The Irish people are known for their craic and drink. Lots of tourists, from all over the world, will come to Ireland for the celebrations. I used to go to the pub with friends to drown the shamrock and enjoy St. Patrick's day but it does be bad in town, with crowds of people, it usually get violent and then fights kick off. Drunk people get arrested and take up a lot of court time.

**The reason I like St. Patrick's day is because I'm Irish. M.McM.**

***"There is nothing wrong with taking a break from everything and concentrating on yourself. You are not responsible for fixing everything that is broken. You don't always have to try make everybody else happy"***

### **Ballymun Youth Action Project**

#### **Day Programme Service**

#### **Crack Workshop**

*"Is your head wrecked?"*

*"Is your use out of control?"*

*"Are you moody or depressed?"*

*"Is the only thing on your mind Crack?"*



**If you can answer YES to any of the above questions,  
YOU may need support**

The Ballymun Youth Action Project is running Crack information workshops for four weeks starting on:

Thursday morning 20<sup>th</sup> April at 11.30am – 1pm

If you are interested or need further information, please call Gary on 01-8428071 or drop in to B.Y.A.P in the Horizons Centre on the morning of the workshops to attend

**If your crack use is beginning to concern you a little,  
we can help !**

We are running a number of information sessions on Thursdays from 11.30—1pm. At the sessions you will learn about safer use, what helps to avoid catching infection, how to avoid cuts, burns to lips and hands, safer ways to clean equipment, etc.

During the sessions we will also look at how crack use affects you physically, mentally and the others ways it impacts on your life.

The sessions will also help you look at ways of making a change if you decided you wanted to do something to make a difference.

If you think popping along to these sessions would be helpful for you, contact Gary.

On June 17th a number of brave and hardy people from YAP will take on The Hell & Back run in Bray, Co Wicklow. The crew have started training and are determined to make sure they all make it round the tough course, no-one will get left behind. Hell & Back is Ireland's toughest physical & mental endurance challenge, specifically designed to push runners physical and mental boundaries to the limit. Completing the new course will be a great achievement for all the participants & is an indicator of how far they have progressed. Good Luck



In my own personal life, Yoga has given me a structure (a river without solid banks has no direction and will dissipate and never reach its goal) it is a means for me to keep my body fit and flexible, it is a means also to keep my mind relaxed and to be as positive as I can in my life and it has helped me to grow as a person.

All this has made my life better and I want to continue to grow and learn and to be a nice person that adds value to society and to be of value to my family and friends, in fact in my belief, Yoga is nothing if it doesn't make us better as people and we can judge that for ourselves by looking at how we treat those around us.

Last year I qualified as a Life Coach and the training and learning have been invaluable in my work and I felt that I needed to bring this coaching to others as it was a good way to help us move forward in our lives especially if we feel that we are stuck in a rut. So, I brought all my Yoga experience and new coaching skills to YAP Ballymun and we ran a 10 -week course last year.

The course contained 3 main parts and these were reflected in 3 sessions per week.

The first of these sessions was about posture (asana in Yoga terms), in this class we looked at the physical body and how we could improve on our physical health, this class is not always easy simply because stress can leave us tight, sore muscles from holding tension and bad posture, it all adds up to a poor state of physical health and this session was about stretching out those sore muscles and improving flexibility. I saw how some of the participants changed in these sessions and really the most obvious benefit was to see how deeply relaxed they were at the end of class...it is one of the nicest feelings you will get.

The second session was about Coaching, coaching is all about positive psychology, not being positive just for the sake of it but doing it in a real way where we set easy to reach targets, these targets are set by the participants themselves and are based on strengths. I really enjoyed these sessions and I could see with some people just how engrained they were in a negative mind set where they were critical of themselves mostly. In the evaluation of this course we saw a need to expand this class to 2 hours as just the 1 hour wasn't enough. These sessions are tough as well as it asks us to look at ourselves in a different way, it can be hard to really **LOVE** ourselves. Some people found these sessions tough to deal with and lucky for me I had the support of the YAP team.

The last session was probably the groups favourite, these sessions were Yoga Nidra and Meditation. Yoga Nidra is 40-50 minutes of deep relaxation, you can't really appreciate what it is until you have had a Yoga Nidra session, the depth of relaxation during Yoga Nidra is quite profound and the whole mind body complex is relaxed. The intention with this class was really to reinforce all the positive ideas that we had discussed in the coaching and to bring a calmness and clarity to the mind. We also did a short 15-minute meditation at the end which is like putting the icing on the cake. Meditation is simple to do when taught properly and it is like putting ointment on a hurt or busy mind.

In a general sense the whole course is about turning negative behaviours into positive behaviours and giving the participants the tools and support to do it.



Swami Sivananda said in his book "The Plan of Yogic Science"; *"Instead of being slaves to negative habits the aspirant now control their conduct and develop certain positive habits by determined will"*.

Last year's course was a success and I hope that we will improve on it this year. YAP set out a list of criteria that participants must meet but the real crucial one is that if you feel you want to change. **If you are interested in coming on the next course contact Brian or Cara in YAP.**

Cormac Lennon

[www.dublinschoolofyoga.ie](http://www.dublinschoolofyoga.ie)



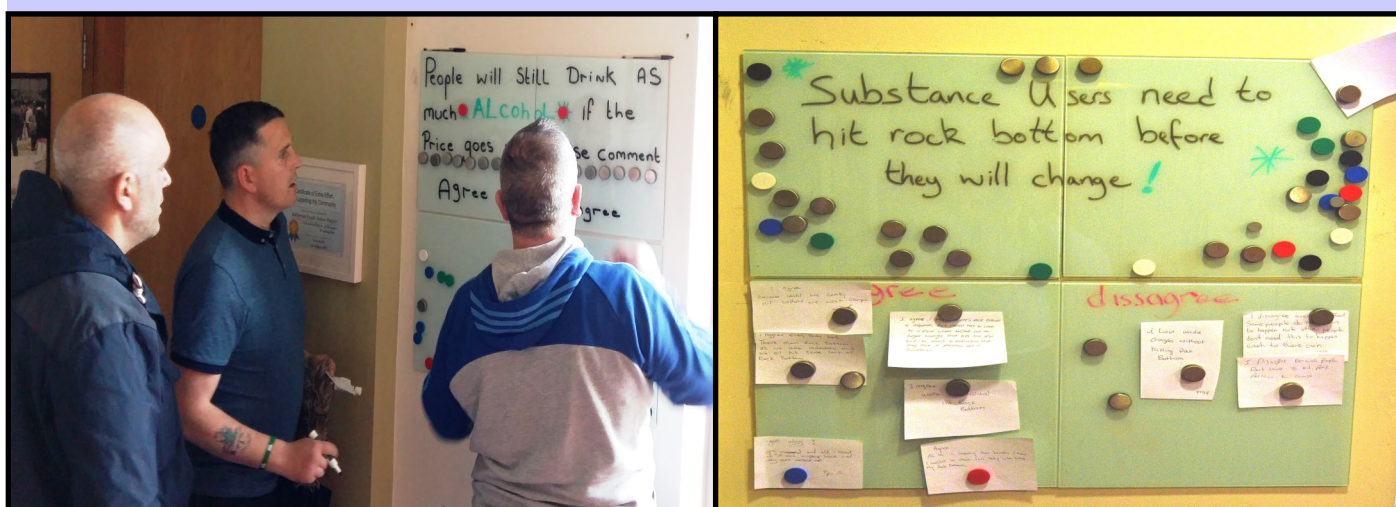
## Talking Wall Survey Result

The Communications group posted another thought provoking survey in March, ***“Substance users need to hit rock bottom before they change!”*** Like many of the previous statements the group has created, this was a hotly contested debate. In the end 53% of people agreed, generally thinking substance users need to hit rock bottom before they will change. While 47% thought no, you don’t need to hit your rock bottom to decide to change, you can do it any time. Some of the comments people who agreed placed on the wall were:

1. For people to truly accept they really need to change sometimes they have to lose a lot.
2. Until we really hit bottom we won’t change
3. You only learn from mistakes when you’re in the gutter. That’s when you have to bounce back.
4. For me the realisation or acceptance that I had a problem led to change, recovery and the change of direction towards recovery is different for everybody.
5. You keep hitting brick walls, then when you hit rock bottom you will make the changes needed then.
6. As I’m in recovery now 20 months I know I wouldn’t be where I am today without hitting my rock bottom.

While on the other hand, some of the people who disagreed thought:

1. I disagree, if you really want to change and you go 100% for it you don’t have to hit rock bottom.
2. People can change anytime and any moment.
3. Different things can happen that will make a person decide to change before they lose everything.
4. There’s always help out there and you choose to hit rock bottom.
5. I have made changes without hitting rock bottom.
6. The motivation to change can come from inside and outside, you don’t need to wait to hit rock bottom to decide to change.



Ballymun Youth Action  
Project Limited



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In YAP we held our first Movie Night at the beginning of April. Interested people were invited to the screening of **The 4th Act**, a locally produced movie. The 4th Act tells the story of the €1bn regeneration of Ballymun, a high-rise working-class community on the northside of Dublin, through the eyes of the community itself. Drawing on hundreds of hours of local and personal archive collated over the past thirty years, the film explores themes of loss, community, hope and defiance as the residents of Ballymun watch their familiar landscape and way of living vanish over the course of two decades.



The 4th Act gathers up the unspooled threads left in the wake of the regeneration; bonds of community, solidarity and memory that have been severed. The 4th Act is about memory – its denial, renunciation and restoration.

The Screening was well attended and everyone enjoyed the film. As the night was a great success we will screen another movie in the near future. People were asked to leave some comments as they left the building, *"Great film, good to see the flats again, had a lot of memories growing up in the flats, wish they were still there"*



*"Taught it was a very well done film about Ballymun, brought back memories of growing up in Ballymun"*

*"Brought back wonderful memories and anger during some of the scenes, I remember the consultation meetings, I felt BRL divided the community during those meetings, played local against local, we went with trust and walked out split. Saddened to see the clip showing the decline in community group during the regen"*

*"Well presented and really enjoyed it"*

*"Enjoyed it, was good looking back in time" thanks Turlough for the film*

## Boxing Clever Programme 2016—2017 comes to a close





This year's Friends Remembering Friends Service was held on the 27th February in the Holy Spirit Church, the night was one of remembering and celebrating our loved ones who have passed away. The night started with our annual memories movie showing the memories people had written of those they were thinking about on the night. This year's theme was "friendship" and we tried to show the meaning of friendship through songs and readings. A new drama group was set up in BYAP and throughout the night showed us how to be a friend when someone is grieving. The short piece was done with great sincerity and some good advice was shared. BRYR did a wonderful piece, giving everyone a "bag of friendship" with items to help them along their way, for example a tissue and a tea bag, the young people were as ever, very creative. Musicians from near and far came to make the night extra special. Father McVerry oversaw the night and gave a lovely sense of comfort to all. Thanks to everyone who came on the night, we hope it was as special for you as it was for us. **YAP**



My name is not important, but my story is. For over 20 years I've been in one prison or another, I've never lasted more than 12 months out. I have two children, both girls, 19 & 16. I spent years in and out of their lives. When I was out most of the time, I wasn't with them, I'd be hunting drugs. I could get drugs in prison just as I could on the outside. Over the years, at different times, I tried to beat my addiction, nothing ever seemed to work. I could do well in some places and then after a while, bang, back on the drugs.

I can tell you all my sad story about being in homes when I was a child and what have you but I know loads of people who have been through all that and come out ok, so I can't blame that, you can overcome those problems. I know because I have old friends,

that were worse than me and they dealt with their problems. Some of them are now happily married, have kids and some even became drug counsellors to help others.

I think my wake up call was when I got out some months ago and found out I was a grandfather. It just so happened the christening was the weekend I got out of jail. My daughter and family didn't know what way I would be, would I come stoned?, they were ashamed of me. I wasn't invited and to be honest, I wouldn't blame them, I wouldn't have invited me... I was hurt but that's when I decided that enough was enough. I love my kids and grandchild so with the help of keyworkers I set a plan in place. I would get my body sorted out as it was in bits from the drugs.

I was in YAP a long time ago when I was younger, so I decided to go again and saw Wayne. We spoke about what I wanted to do with my life. Now I work with Gary and we do loads of stuff like computers, counselling, etc. I am also working on my self esteem because when you get off everything it is hard to start a new life and leave your old life as all you have done for years is drugs. Since I started in YAP I have started to feel better in myself. I am getting stronger, I'm mixing with people again, I feel I can take on a few more classes now, at the start I didn't want to take on too much.

What I am saying is .... I'm in the early stages of being clean from my addiction and my kids notice the difference, I get to see my grandchild all the time. I wouldn't have that if there weren't places like YAP and the people who work there. There is help out there if you are looking for it. In a few more months I'll let you know how far I have come. **B**



### “When You Are Having A YAP, Tell The Truth”

I got lucky this year when a good friend of mine introduced me to The Youth Action Project. The name is deceptive to a man of my age. I passed the building thinking I could do with going to a place like that, but not realising that all ages are welcome. I had help at another service and I felt that there was very little brightness with the way you were made to feel while attending. Anyway YAP is a very different place altogether, coming to YAP has changed my life for the better.

Getting through drug addiction is not easy on your own. I have been coming here for a while now and I have had nothing but respect from the staff. I have never met a team of people who take what they do seriously and they always have a smile to see you.



From a very caring staff, I have over time learnt that talking to somebody who you can trust has been a major benefit in my recovery. YAP is a very relaxing place to be, the team at YAP really do their jobs well, it is an excellent service. If I had not linked in with them I suppose I would still be using drugs. I've been no angel, but when I have slipped up I find that it is much better to be honest about your use. If I am not honest with my counsellor, all I am doing is wasting my time and that's a stupid thing to do.

With the help I am getting from YAP I have already turned my life around for the better and it gets even better the more honest you are. I have been given the tools to help me get on with the things in my daily life. I receive acupuncture once or twice a week and find this therapy helps me relax and focus on my daily routine.

I hope one day I can do something to help YAP out. Once again YAP has been a life saver and I thank all the staff for their dedication. **KM**



## **Ballymun Youth Action Project Limited (BYAP)**

**A Community Response to Drug and Alcohol Addiction**

What can I tell you about YAP? what comes to mind right away is confidentiality, loyalty, people who from 10am to 5pm, and on different days, up till 10pm, are always upbeat, smiles and friendship.

It's a place where if you are feeling low, depressed, upset, even down due to the loss of a family member, they are always there to listen, a shoulder to cry on, where what you say .... stays where you said it.

I use YAP a lot, doing different great courses. You always walk away taking some new learning, whether it is how to cope better with what's going on with you or family members. You always get out what you put in. From the time you walk in the front door, till the time you leave, all you get is respected. There is a lot to do in the building, I like getting out but some days, I just won't go anywhere because I have my classes in YAP. I make that effort, and like I said before, once you walk in the door, your mood changes, upbeat people with smiles on their faces, it rubs off on you, and before you know it, you're smiling and laughing. No one there thinks they are better than you, in YAP everyone is equal but there are boundaries. Even when staff have to talk to you about something you shouldn't be doing, it's done respectfully cause that's all you get. **GF**





## Developing Babies Thinking Skills; Birth to 12 Months

The most important part of your child's early learning experiences is you. These strategies will help your baby begin to make sense of the world through interactions and experiences with loved and trusted adults.

Babies learn by using their senses. They explore by touching and mouthing objects, listening to voices and music, and seeing the colourful, fascinating wonder all around them.



### What Can You Do to Support Your Baby's Thinking Skills?

1. Offer interesting objects to explore—fabrics of various textures, a ball of sticky masking tape, a wooden spoon and a metal one, smooth balls and bumpy balls.
2. Respond to your child's communications. Use words to describe what she is experiencing: *That's a ball. You are looking at the red ball. Do you want the ball?*
3. Provide the help your child needs to solve problems, such as showing your baby how to get the lid off the container so he can reach the blocks inside. Then put the lid on and let him try, before you do it.
4. Play disappearing and reappearing games, like peek-a-boo. Make a simple game of hiding objects to find. This teaches object permanence—that things exist even when they can't be seen.
5. Encourage your child to explore objects and toys in different ways. Touching, banging, shaking, and rolling help children learn about how things work. Talk with your child about what he is doing: "You got the truck to move by pulling the string!"
6. Make the most of daily routines. Let your baby help drop clothing into the washing machine. Sing a song about body parts during bath-time. These routine activities are not-so-routine for your growing baby, as he learns how things work.
7. Give your child some "real life toys". Discover how a wooden spoon and a whisk make different sounds when tapped on a pot lid. Pull a scarf through a paper towel tube to make the scarf appear and disappear.

([www.zerotothree.com](http://www.zerotothree.com))



For the brain, the difference between normal rewards and drug rewards can be described as the difference between someone whispering into your ear and someone shouting into a microphone. Just as we turn down the volume on a radio that is too loud, the brain adjusts to the overwhelming surges in dopamine (and other neurotransmitters) by producing less dopamine or by reducing the number of receptors that can receive signals. As a result, dopamine's impact on the reward circuit of the brain of someone who abuses drugs can become abnormally low, and that person's ability to experience any pleasure is reduced.

This is why a person who abuses drugs eventually feels flat, lifeless, and depressed, and is unable to enjoy things that were previously pleasurable.

## OLD YAP, NEW YAP

From day one my experience with YAP was great. It was mid-nineties and I was expelled from school, I was 14, smoking hash and drinking. I remember walking into Balcurris 1A at the time. I passed a ground floor that had been turned into an office, the staff there were very nice and understanding. They pointed me in the right direction. I walked up, knocked on the door and was welcomed in, as I entered I saw a few lads and girls from my area. I was asked if I wanted a cup of tea, I said "yes please". Then I saw a snooker table and said to myself 'how the hell did you fit that snooker table in there, it's hard enough to put a suite of furniture in, never mind a snooker table'. I just laughed to myself. I didn't stay for long but the people I met would come into my life down the road. I left YAP that day and didn't go back for about 2 or 3 years. In that time my drug habit had become out of control.



I ended up in Mountjoy and a person from YAP dropped in to do group work in the jail. I was open to anything to keep me out of my cell. I left prison a few years later and went back to yap and got a counsellor and just went up to do different activities, painting, clay modelling, doing groups. I enjoyed the 1A in Balcurris. Everything changed when they built the new yap. Still some of the original people I met all those years ago are still working and make a difference in people lives, YAP is a lifeline for me, from the receptionist to key workers to counsellors. In my eyes, they all do the same, they do good work, I'm still dealing with my demons but with help from YAP I know I can change. This is just a snippet of my experience with the old and the new YAP. The only people standing in our way from getting clean is ourselves. I find courage in others and try to be nice to everyone I meet. Thanks YAP. PT



In March the HSE issued a public health alert about the dangers of fake or counterfeit alcohol following the hospitalisation of a Ballymun man with methanol poisoning after drinking from the bottle on the left. Methanol is highly toxic, and can cause kidney failure, blindness and death. Methanol is contained in solvents, anti-freeze and windscreen wash. It is also known as methyl alcohol and wood spirit.

There can be a gap of 12-24 hours before symptoms develop. These can include headache, confusion, dizziness, blurred vision, nausea, vomiting, stomach pains and rapid breathing. In severe cases, convulsions and coma can develop. If you are concerned about symptoms seek medical advice.



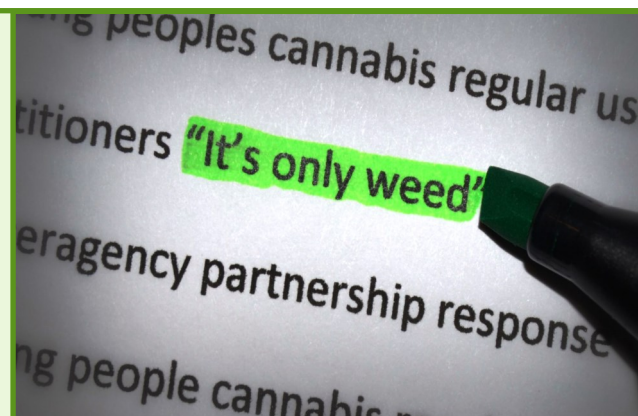
Our summer Craft Group will begin on Thursday the **25th of May** and run for six weeks, **10 till 11.30am**. We will be working on various planting options, pots etc. for the garden or balcony. If you are interested in joining the group please contact Vera or Mary.







We are delighted to be launching another piece of research in May. Last year we began interviewing young people in workshops and young people in touch with Youth Outreach workers. Over 70 young people took part in the survey and the information they gave us was analysed by YAP staff. The results shed some new light on areas of a young person's life that weed can affect and also validated previous understanding about the perceived negative and positive effects of weed from the point of view of a young person.

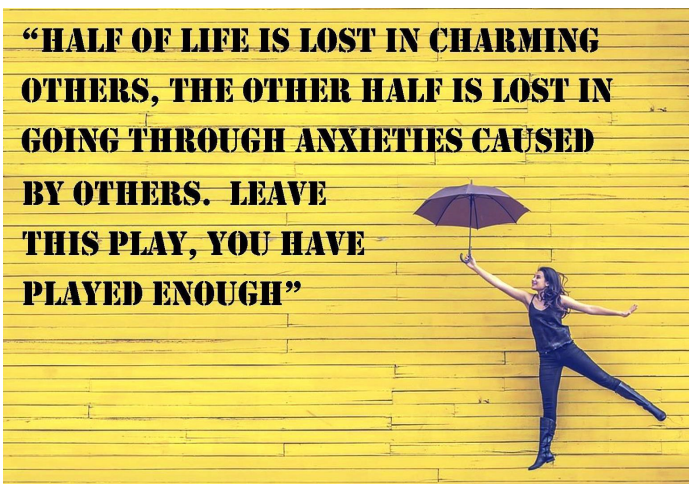


The research will be launched in YAP on Thursday the 4th of May, if you are interested in coming along on the day to hear more about what the research is telling us or hear from the researchers themselves, contact Cara in YAP.



### **Computer Course**

At the beginning of April, along with Ballymun Adult Read & Write Scheme we started an 8 week Computer Skills Course . The Star Project kindly gave us use of their computer room to run the course. So far the participants are really enjoying the sessions and are starting to get a good understanding of how to use a computer and the various software that is available on a computer. Using the internet has been the most popular session so far.

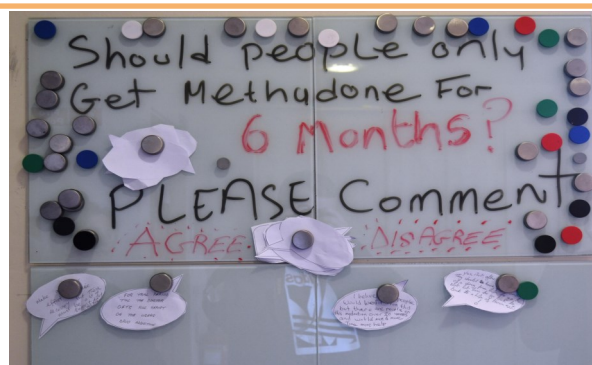


***“I used to walk into a room full of people and wonder if they liked me...  
Now I look around and wonder if I like them?”***

### **Talking Wall**

Recently, the Communications group posted a question on our Talking Wall, ***“Should people only get methadone for six months?”***

We let the question run for four weeks and the results of the survey was 60 % agreed, while 40 % disagreed. People also left comments to back up their votes and we have listed some of them below;



- I think that this is a great idea, people are on it for too long. Doctors don't care, out of sight, out of mind
- I think I agree. I don't know much about this subject but if it was restricted maybe people would make a bigger effort in their recovery but there must be a lot of support during this time.
- I agree that methadone should be a short term approach and people should be detoxed after 6 months, however I do not feel that they should be limited to 3 tries. Keep trying. One day you'll get there.
- I think this method should be used, because some people will tell you they love the buzz off their methadone. I think everyone deserves a chance at life and shouldn't have to be on this for most of their lives
- If you don't come off after six months you are going to create another dependency.
- Not sure! I think for some people six months and a future programme to support the person coming off may work best. For others more time might support them better and help change. I think each person is different and their needs and what they want needs to be taken on board.
- I disagree, I think it should be person centred and the length of time should reflect the individual situation not an overall, one approach hits all
- Disagree. Some people need it to stay away from other drugs
- Hard to say, everybody's different, for some people going from chaos could take six months just to stabilise.
- People should be off it in 18 months. Six months is not long enough to come off it and detox in that time.

**Our thanks to Dee and the Communications group for looking after the Talking Wall.**

Many thanks to Christine for supplying the quotes used in this edition of the Newsletter



## Vision

Me and Richie in the Joy,  
Richie is off the foy,  
Looking at reasons why he ever came to the Joy,  
I'm off the green,  
In the medical unit getting clean,  
We can't wait to sus it out,  
Finally find out what a life is all about,  
Looking forward to seeing our kids,  
Going to mend all the wrong things we did,  
When we look into their eyes,  
We'll see all the joys and surprise,  
No point looking back,  
We're heading for the right track,  
Richie doesn't need the smack or the crack,  
He's done his wack on his back,  
I'm hoping to get an open prison,  
Relax and review my vision to make the right decision.

Written by Aaron and Richard, November 2016



Ballymun Youth Action Project / Urrus; for up to date information on services, activities and events, like us on Facebook.



Like us on  
**Facebook**

# Addiction Support Services Ballymun

## 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.

## Ballymun Job Centre

Ballymun Shopping 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 8832 183

## Ballymun Local Drugs Task Force

Axis, Main Street, Ballymun - 01 8832142

## Infant Parent Support Service

Horizons Centre, Balcurris Road

Contact Vera 01 8428071 / 086 666 3770

## Ballymun Family Support Service

Horizons Centre, Balcurris Road,

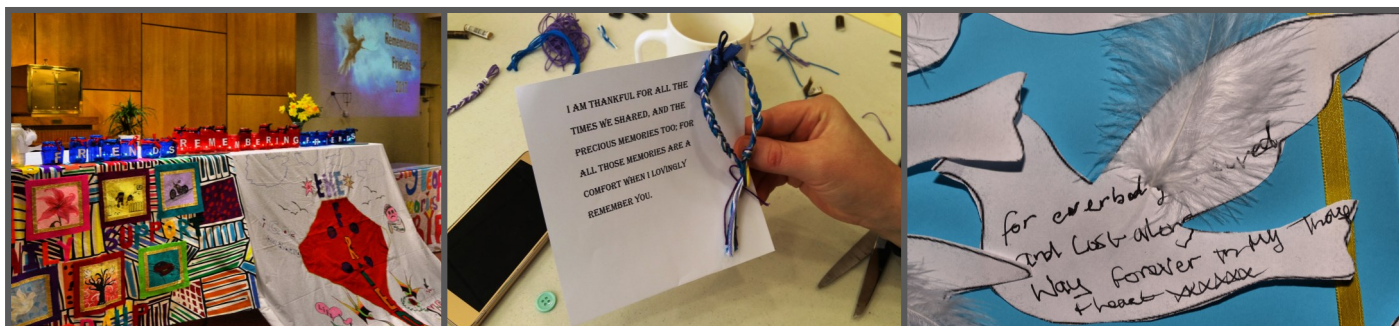
Tel: 01 846 7930

## URRUS Training Centre

Horizons Centre, Balcurris Road

Tel: 01 8467980

A big thank you to the YAP craft group members for all the work they put into The Friends Remembering Friends event. With the help of Vera and Mary they began working weeks ahead of the event to produce candle holders for the altar, friendship bracelets for people to take away with them and doves for people to put messages on during the service. All the pieces they produced really added to the event and helped make it more memorable for everyone that attended on the night and another big thank you to the YAP staff for the tea and sandwiches that was available after the service.



## Friends Remembering Friends 27th of February 2017

