

Ballymun Youth Action Project

A Community Response To People Experiencing Difficulties With Drugs Or Alcohol

February 2019

The Newsletter



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A Word From The Director

Once I had to open a building to allow a group start their meeting. I got up bright and early to make sure I was ready. But after an hour of wondering why everybody was so late I suddenly realised that the clocks had gone back the night before and I had completely forgotten. I'm not sure how many of us are aware that there is an EU proposal to end this twice a year changing of the clocks, and that this proposal could come into effect in March 2019. Depending on which way the discussion goes, it could mean that there would be more of the dark winter mornings, or alternatively earlier darkness in the evenings.

Even thinking about this seems strange. It's almost as if we can play with time, change it to suit our needs. On the other hand there's an old English proverb that says "Time and Tide wait for no man". So how important is time?

When dealing with the challenges that life puts before us, or that we create ourselves, one of the key insights of mindfulness is that the only time that really matters is "now". We spend so much time stuck in the past and anticipating the future that we miss the "now". And it is only in the "now" that things happen, that choices can be made, that opportunities can be grasped.

Welcome to this edition of the newsletter which hopefully shows what can happen in the "now". And may 2019 be a year where time is experienced as a positive place, a place of good discovery, rather than something that threatens to overwhelm us and keep us under pressure.

Quiz Questions

- 1) What was the highest mountain in the world before Mount Everest was discovered?
- 2) A woman had two sons who were born on the same hour of the same day of the same month of the same year. But they were not twins. How could this be?
- 3) In a race, what position would you be in if you pass the person in second?
- 4) Can you name Ballymun's seven tower blocks?
- 5) You are in a house, all the windows face south, a bear walks by the window, what colour is the bear?
- 6) A man lives on the tenth floor of a building. Every day he takes the lift to go down to the ground floor to go to work or to go shopping. When he returns he takes the lift to the seventh floor and walks up the stairs to reach his apartment on the tenth floor. He hates walking so why does he do it?
- 7) Can you divide a cake in 8 pieces with three cuts?
- 8) What invention helps people to see through walls?

Answers on page 9



Words Matter – How We Describe

Individuals with Substance Problems Affects Perceptions

A recent study by Ashford, Brown & Curtis entitled “The Language of Substance Use and Recovery” looked into the words used to describe someone experiencing difficulties with substances and the effect of those words. Language matters and language around substance use has evolved to decrease the stigma of substance use disorders. The terms ‘addict’ and ‘addiction’ share negative associations that can be measured and may pose a barrier to pursuing behavioural health treatment.

Terminology in the addiction field is evolving in recognition of the impact caused by the implications of certain labels. Highly stigmatized views of labels such as ‘alcoholic’ and “addict” has been associated with reduced rates of people pursuing treatment. It has been shown also that there is definite bias even amongst health professionals against individuals described as ‘substance abusers’ (as opposed to ‘having a substance use disorder’).

WHAT DID THIS STUDY FIND? Both the words ‘addict’ and ‘substance use disorder’ are more strongly associated with the word bad than good. The association of the word ‘addict’ with ‘bad’ was significantly stronger than the association of ‘person with substance use disorder’ with ‘bad.’ This suggests that person with substance use disorder is less stigmatising than the label addict.

The associations did not differ significantly when participants were in recovery or whether they worked in the health field.

THE BOTTOM LINE: For individuals & families seeking recovery: Words matter and working to change the language around substance use disorders may help individuals identify less with negative terms and more with neutral terms around substance use. The language used by family and friends around substance use may influence how individuals feel they are perceived and supported.

For scientists: There is a need for future studies on the effects of bias or discriminatory behaviour in the substance use disorder field and whether it affects treatment engagement or effectiveness.

For policy makers: The broad use of stigmatizing language throughout the general population can generate biases that impact the effectiveness of public policies designed to address substance use. There is a pressing need to reach consensus on appropriate terminology to reduce the continued reinforcement of negative associations attributed to people with substance use disorders. If we want addiction destigmatized we need a language that is unified and that more accurately reflects of the true nature of these conditions.

For treatment professionals and treatment systems:

Treatment professionals should prioritize consistently changing the terminology they use, but should also work on addressing their implicit associations, or at least monitor them, as it likely interferes with the effectiveness of treatment. For example, clinicians often use the term ‘they’ to refer to persons with substance use disorders, as opposed to the less biased term ‘my patients.’



Y	L	E	N	O	L	S	T	N	E	S	E	R	P	S	T
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C	H	F	O	O	D	C	O	M	P	E	N	S	A	T	E

- | | | |
|----------------|-----------|------------|
| Santa | Toys | Bells |
| Tree | Chimney | Walk |
| Worry | Elves | Stars |
| Jesus | Food | Alone |
| Joy | Tidy | Room |
| Snow | Hat | Merry |
| Hope | Carrot | Prison |
| Decorations | Fire | Games |
| Sleight | December | Lonely |
| Presents | Love | Music |
| Scarf | Crib | Compensate |
| Wrapping Paper | Sad | Reindeers |
| Never Enough | Songs | Homeless |
| Family | Worse Off | Lord |
| Fun | Shopping | Charity |



The Road To Recovery

My first drug was alcohol, a bottle of cider. Although it made me throw up, I loved it and I decided there and then that I would repeat this experience again. A lot of people in recovery look at addiction as a disease. I find that this disease was with me long before I ever used drugs, I was dis-at-ease with myself from as far back as I can remember.

As a child, I didn't particularly like myself and always wanted to be escaping from myself. When I discovered alcohol, I felt full, as though I had arrived at some place that was good. I drank again and again, not knowing of the terrible effects it would have on my life and on my family members.

My addiction progressed on to cannabis, E, and cocaine. At the beginning it was good, but the obsession grew and grew and became total. I lost interest in everything else I was involved with, school, football, those things just didn't matter, nothing mattered, when I think about it, not my family, not my mother, nothing, once I had my drugs I didn't care. Without the drugs, I felt empty, life was meaningless. I soon forgot what life was like before I started using drugs. At this point, everything was evolving around drugs, everything I thought and did was about how to get drugs, using them and off we go again, how do I get them?

The mental aspect of my addiction was that I became totally obsessed with drugs and the activities that centred around them. I was totally self centred, I cared about nothing but drugs, when the compulsion came over me, nothing could stop me from getting and using them. Most addicts experience these behavioural patterns, but for me, this devastating cycle of destruction was to get much worse.



I smoked heroin for the first time when I was 18, it took me straight away and led me to the depths of despair and total and utter destruction. The warm feeling of well-being I got from it, I would chase all the way to hell. Addiction is a hell on earth that effects thousands of lives, trapped in a vicious spiral that always leads downwards. I couldn't find a way out of this circle of destruction. I was helpless and hopeless.

It was my mother who took me out of the clutches of the monster. I was as good as dead when my mother took me back into the home. It was my mother's love that began to nurture me back to life. This was a slow and painful process and the hell of cold turkey had to be overcome, freezing cold sweats, shaking all over, dry retching, vomiting, diarrhoea, unbearable aches and pains and mental torture. Cold turkey was disgusting, but it had to be endured.

Extract from *Hyper magazine Autumn 1999*

Detox

Well, where do I start? **“Detox”**. Just the word makes me cringe or should I say did make me feel like that. Now I am coping well. This is my 3rd time to do this. First time I did it I had no input on how to detox or what even to do. My partner was very worried because she knew all about what I was about to do and was very, very worried because I knew better. “I am a man, I can do what I want, I know what I can and can’t do”. But how wrong was I. It was the worst few months I ever had in my life. At one point I thought my head was going to explode. Like I said, I knew best. At some stage in that detox I got it into my head I was going to die. So, I slept in with the kids for over a week only getting out of bed to use the toilet. Never ever had I felt the way I did. My partner was so right. I should have listened, but I didn’t. Still don’t sometimes. Ha ha! But I swore I would never use methadone again or anything else for that matter. But months later, I got into an argument with herself and just out of spite I took 20 mil. She went mad after everything I just went through. The madder she got, the more I started using. So, anyone reading this will know I was right back where I started. So, here we go again.

So, I had a baby on the way. When the baby was born, the child had to be detoxed. It broke my heart people, no messing, watching my new born baby struggling was one of my life time lows. Day in, day out, watching my baby trying to just be a baby. So, then and there I made the decision that if my child could do it, I definitely could. So here we go again. Doing it on my own again and again my partner telling me I was wrong and to get help. I sort of kind of did and didn’t listen but ended up on ‘Red Brick’. Now don’t get me wrong. I have no airs or graces about me, but I did not want to be on ‘Red Brick’ and did not want family members seeing me walking in and out. So, in my head I had to detox as soon as possible. So, I got down to 10mils, went away for a few days, missed the plan. It was 3 days later when I got home so, me being me, told myself “it’s been three days, I don’t need it”. So, I ended up stopping at 10 mils Well, you know the score. I never stopped properly. Back on it again which leaves me here.

I am detoxing again, and this time is the last time. I know this way because for the first time, I am doing it right. I was on 80 mils with my doctor. I linked in with YAP. I have a very happy partner, no fighting, because I am doing it right. I am linked in with my GP, YAP, the counsellor in YAP and I take full advantage of all the groups and classes going on there. So, if there is anything I can say it is; “You’re not always right, even if you’re telling yourself you are. Listen to your loved one, even if you think you’re right. Just remember that it’s a lot harder to do something on your own than it is to just stop. Take all the help that you can. Yes, you’re a man, but you need help.” I am now on 15 mils and feeling better than I ever did before. First time I have taken my time, and first time I accepted help and told my team that help is what I need. And ye know what? Help is what I’m getting.

My motto for today; ***“Never be too macho to help yourself” – male or female (GF)***

Communications Group



Boxing Clever Group 2019



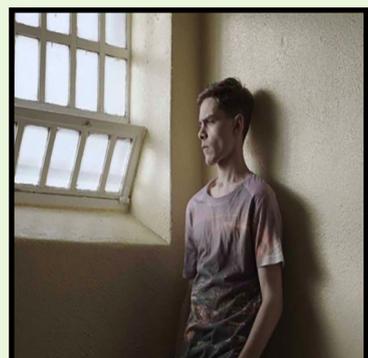
Recently with the support of the Ballymun Local Drugs and Alcohol Task Force we were able to take a group to see the movie Michael Inside. If you get a chance to see the movie, take it. Michael is an 18-year-old from Dublin, living with his grandfather because his dad is in prison. Already on probation for riding in a stolen car, naive Michael is pressured into “moving” a bag of drugs for older, scarier mates. It lands him a three-month sentence that is the substance of this terrific movie by Irish filmmaker Frank Berry. It’s a prison film and a social-realist picture of the Loachian school – fierce, unsentimental, and engrossing.

Considering how ever present crime is in the movies it is surprising how rare it is to feature the prison routine on screen, and how horribly gripping: the judge, the lawyers, the solicitors, the prison officers, the inevitable “strip” scene where the new intake of prisoners are relieved of their clothes and dignity, and finally most terrifyingly of all, the yard and then the real authority – other prisoners.

Dafhyd Flynn plays Michael, his open, boyish face hardening and sharpening like a weapon with every day spent inside. Lalor Roddy plays his grizzled and care-worn grandfather Francis, and Roddy shows how the old man is overwhelmed with grief at the thought of his son and grandson being in prison and also crushed by a reality of which poor Michael is still unaware. His sentence will continue on the outside.

Inevitably, Michael is confronted in jail with the key questions: when should you abandon your initial determination to keep your head down and instead violently stand up for yourself in the face of bullying? But how do you repay the debt to the hard men under whose protection this self-assertion will have to happen?

We are introduced to the abusive and dysfunctional world of prison gangs and the ritual of “holding” things for tough guys higher up the food chain: drugs, money, mobile phones. This is ostensibly so they won’t be found in a search, but is really to create a network of intimidated responsibility, indebtedness and subservience. The self-replicating system of fear is eloquently depicted here.



Peter Bradshaw The Guardian

Christmas Head Wreckers

The Farmers Head Wrecker

“A farmer needs to cross the river with his chicken, a sack of corn and a fox. His boat unfortunately can only fit himself and one other thing. The fox and chicken are hungry, so if he leaves the fox with the chicken, the chicken will get eaten, whilst if he leaves the chicken with the corn, the corn will get eaten. How will the farmer get safely across with all 3?????????”



Featured in Die Hard 3

“You have a 3-Litre jug and a 5-Litre jug, and an unlimited supply of water. How do you get exactly 4 litres of water without estimating?”

Answer P.15

Some Christmas Jokes

What does Santa suffer from if he gets stuck in a chimney? ***Claustrophobia!***

Why did Santa go to the doctor?
Because of his bad "elf"!

Why did Santa's helper see a YAP Counsellor?
Because he had low "elf" esteem!

What kind of motorbike does Santa ride?
A Holly Davidson!

What do you call a cat in the desert?
Sandy Claws!

Who delivers presents to cats? ***Santa Paws!***

What do you call Santa living at the South Pole?
A lost clause.

What says Oh Oh Oh?

Santa walking backwards!

Who is Santa Claus married to?

Mary Christmas!

What do you get if you cross Santa with a duck?

A Christmas Quacker!

What did the sea Say to Santa?

Nothing! It just waved!

What do you call Father Christmas in the beach?

Sandy Clause!

What did Adam say to his wife on Christmas?

It's Christmas, Eve!

What do you call a blind reindeer?

I have no eye deer



Talking Wall Results 12 -23rd Nov 2018

Our fortnightly survey / opinion poll posed the statement “Recovery starts when you are off all substances” and we asked people to vote either True or False. The results made for some interesting reading, what do you think?????

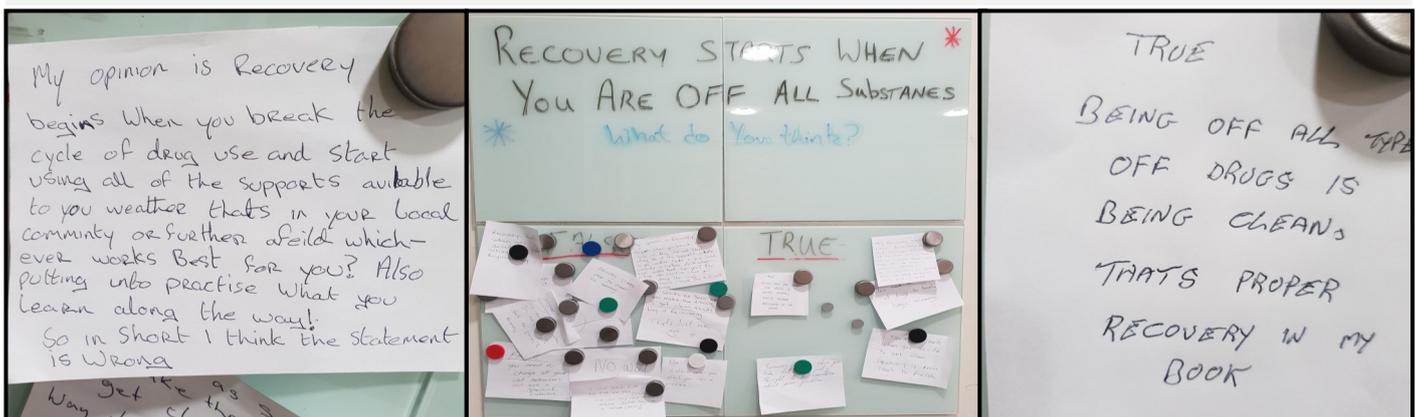
True 8 False 25

True:

- Recovery starts when you take action, not just a thought to do something about your problem.
- My recovery started when I done treatment and my eyes opened up to new possibilities which I never knew were there for me when I was in addiction, so I’m reaping the benefits now, I’ve great awareness now, life is good.
- You need to be off all drugs to truly begin recovering.
- I think it starts when you decide to get clean, recovery is from start to finish
- Being off all types of drugs is being clean, that's recovery in my book.

False:

- Recovery starts when you start your recovery.
- Recovery begins when you break the cycle of drug use and start using all of the supports available to you whether that’s in your local community or further afield, which ever works best for you. Also putting into practice what you learn along the way. So in short I think the statement is wrong.
- It starts as soon as you make the decision to get clean, that way it’s recovery.
- It starts when you admit you have a problem.
- Recovery starts when you decide to take action and responsibility.
- It depends on the individual and their circumstances and what they want to achieve, whether they want to achieve sobriety.
- It’s more about when you are ready to start the journey to recovery.
- You need to change all your old behaviours and have a spiritual experience.
- Recovery starts when you make the decision and admit it.
- Admitting you have a problem from the start is when you start the road or process to overcoming whatever addiction or problem you may have.



Drug Treatment Programme, Mountjoy Prison

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Started the DTP on the 27th of August,
if I am honest I hadn't the foggiest if I would last judging by the past.

Learnt a lot and sometimes lost the plot.

Anna Liffey were great, they helped me get shit off my plate

Coolmine were fine, they deal with addiction on the front line,

Ballymun YAP helped me fill that gap and

try never fall back into that drug trap.

Roger shared his past, and how music can be a blast,

Helped us write rhymes and remember the good and bad times..

Eamonn helped me all the way, I know he's not here just for the pay.

The lads were all happy, sometimes a bit snappy,

we all opened up in the group and this continued on a loop.

It's now the 4th of October and we are all sober,

It's time to move on and let the new group in,

I wish everyone well and leave with a story to tell.

How we started with nine and I'm not lying

We're no longer speeding up dying.

I hope we all stay on the right track

And pray we never, never need to come back.

T.L. 20th October 2018



Quiz answers

- 1) Mount Everest.
- 2) The boys were part of a set of triplets.
- 3) Second.
- 4) Patrick Pearse, Thomas MacDonagh, Sean MacDermott, Eamonn Ceannt, Thomas Clarke, James Connolly and Joseph Plunkett.
- 5) White, if all windows face south you must be at the North Pole.
- 6) The man is (of course) a dwarf
- 7) Cut the cake horizontally split the bottom and top part.
- 8) The window

Thanks to everyone who has contributed to the Newsletter during 2018

“From Then to Now”

Four years ago, I was doing well, attending YAP, taking part in different subjects, feeling good about myself. Then I got myself into trouble with the drug scene. I was in a bad way on the ‘sniff’. Life wasn’t good back then.

I got myself into a lot of trouble and ended up getting 4 years in jail. During my time in Mountjoy Prison, then Mountjoy West Wing Unit, I engaged in different services. While I was inside I managed to stay clean and now., I’m 26 months clean.

**If you want
things in
your life
to change,
you have to
change things
in your life.**

I’m now under a 12 month supervision “Probation Service” court order. I’m back in YAP engaging again, doing different subjects, keeping myself busy. What I like about the staff in YAP is you’re made to feel welcome. They’re always there to help and support people in recovery. It’s a brilliant service for the local community, men and women, different age groups. One thing about all of us in recovery is everybody is equal.

No matter what addiction you have, everyone helps and supports each other from staff to clients. That’s the bonus and life changing decision everyone makes at the end of the day. CG

The Communications Class

We meet weekly and this is what we, as a group, have been studying for the last few weeks. We got a great insight into the topic of discrimination and I enjoyed talking and learning more about each of the different grounds.

The nine grounds on which discrimination is unlawful are:

1. Gender including a man, woman or transgender – when a man or woman changes their gender.
2. Marital Status covers whether you’re single, married, widowed or divorced.
3. Family Status covers parents having children under 18 or children any age with an intellectual disability.
4. Age – once you are the legal age 15 you are equal in the workplace.
5. Disability – you have equal status if you have a disability of any sort.
6. Race – no matter what country or nationality you have equal rights.
7. Sexual orientation – it doesn’t matter whether you are homosexual, gay, lesbian, bisexual or heterosexual, you all have equal rights.
8. Religious Belief – Each and every person has the right to choose what religion they want.
9. Membership of the Traveller Community – Travellers are equal to every other citizen of Ireland.

GG

Discrimination
Discrimination is the
prejudicial treatment and
Discrimination against
disallowing one from
recognized as empl
discriminatio



Boxing Clever is a twenty week integrated educational, substance use recovery and fitness programme that aims to support participants to develop more resilient identities, while encouraging educational achievement, physical wellness and reduction in harmful or risky behaviours. Based in Ballymun, the programme offers two QQI (Further Education and Training) awards in Health Related Fitness (Level 4) and Community

Addiction Studies (Level 5) coupled with physical training; boxing skills and tailored fitness training. The boxing skills training and the fitness training are delivered in the gym.. The boxing skills element of the programme covers kickboxing and boxing drills.

The fitness training element of the programme was developed with the aim of providing participants with the opportunity to engage in fitness training in a High Performance environment. The Boxing Clever programme runs five mornings a week for 20 weeks, three mornings are assigned to sport, the other two to the QQI Level 5 CASC and the QQI

Level 4 Health Related Fitness course. Additional learning support sessions offered at DCU in the Community. The latest programme started in January 2019, and we'd like to wish all the current participants the best of luck on the programme and hope to see them all at the graduation.



Recovery

My deterioration due to my addiction was rapid. When I took my first drink, the part of me that I call my spirit died there and then. That little boy that I once knew became someone totally different with the drink inside him. My physical health was the last to go. In the end I was battered and broken, weighting just six stone and with my gaunt sunken eyes and my skeletal appearance, I looked like someone from a concentration camp. It was the beginning of the process, the process of recovery.



The road to recovery is long and arduous, a life long course of action. Everybody's interpretation of recovery is different, no two peoples experiences of it are the same. It is a difficult journey and full of pitfalls, it needs constant attention and your full commitment. The recovery process starts with the physical. My body started to function properly first after the detox. As part of my recovery process I attended a residential treatment centre.

My mental health began to improve next, for without drugs clouding my judgement or thinking I was able to see things clearer. My outlook on life in general slowly began to change, I was no longer all doom and gloom. I began to have a bit of hope for my future. My thinking was different, I became more positive. A light was emerging at the end of the tunnel. However the most profound effect my recovery had was on my spirit, that inner child like part of me that died when I picked up that first drug. It is the slowest to heal, I can only describe it as a small flicker of a flame that needs special care and nurturing for it to grow. It showed when I began to laughing again, real laughter, not drug induced or anxious laughter.

Recovery for me means living in reality, but reality isn't always fun. I had lived in a drug induced state for so long that facing reality was often hard. For many in recovery, reality is sometimes painful. I was often afraid but I had to keep overcoming fears. The more trials and fears you overcome the easier things become. The old fears, insecurities and low self esteem are still sometimes there but I just don't believe that thinking anymore. Today I know that I am a good person, that I am human, with strengths and weaknesses. I am no longer in the grip of my addiction, I am completely drug and alcohol free. Today I make choices and decisions, things that in the past were dictated to me by my addiction, don't have that power over me. Today I have a good life and a future ahead of me.

Christmas and Christmas Past



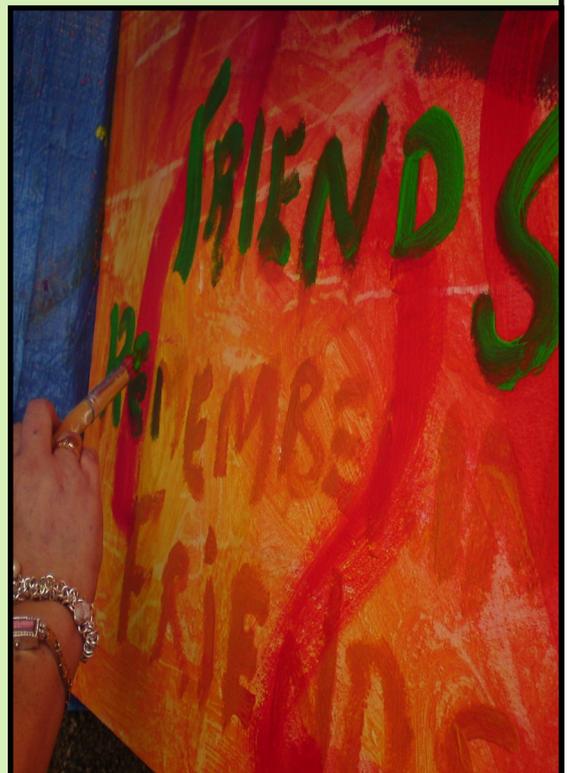
Christmas and Christmas past,
Lighted candles shadows cast,
My ma in the kitchen doing what she could
My Dad nursing a can like every man should,
My Granda came Christmas Eve
My Aunt with the whiskey doing drinking you wouldn't believe
I used to say where does it go
And after a few more her cheeks would glow
I loved my Granda and loved the presents
But Christmas in his house was great in Greencastle crescent
The family altogether in that house
My Granda had drinks from Sandiman Port & Famous Grouse
Pork steak and Turkey gravy and mustard
And when it was all over apple pie and custard
Now I'm the father and I give the presents
But I'll never forget the Christmas in Greencastle Crescent PM

Friends Remembering Friends Memorial Service

Friends Remembering Friends Memorial Service first began in November 1995. It is seen as an opportunity for us to keep the memories of our loved ones alive in our hearts and to celebrate the life they had.

Family and friends remember the life of those who have passed away on the night through poems, readings and music.

Every year there is a theme to guide us on the night; this year's theme is "*Bringing it home*". The service will be held on the **25th February at 7pm** in the Holy Spirit Church. We would welcome, as we do each year, your participation in planning the event, if you can offer any suggestions for songs, readings etc. and of course being there on the night.



Mobile Homeless Run

“Through My Eyes”

Well, what can I say about the homelessness in Dublin, well probably most of our country?

I myself am a volunteer. I work with the homeless and have done for nearly a year now. We do two nights of the week, come hail, rain or snow. I just spent the whole winter taking care of our homeless friends, God, the things I've seen would make you cry.



Where do I start? Well, our group starts anywhere from 7:30 to 8pm and we don't finish till all the food is gone which can be anywhere from 9 o'clock till 11:00pm. Everyone who helps are volunteers. We don't get paid and all the food that gets cooked for us to give out is cooked by the volunteers and we really rely on donations of people too cos that really helps us out. A lot more food means full tummies.

We also do clothes and footwear which we appeal for and we get people who always give us the same things. Like one person gives us sleeping bags all the time, we can go through 50 sleeping bags within half an hour. Just goes to show how bad our homeless crisis is.

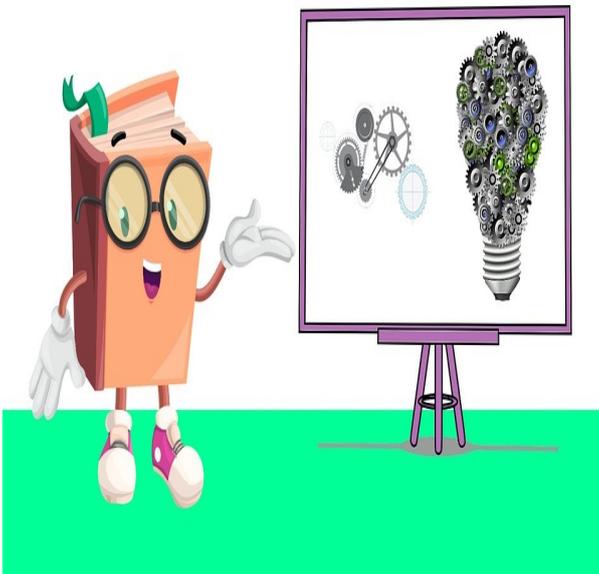
Since I started doing this I have learned that there are a few tables in town. We do Grafton street. There's the GPO, there is a couple of tables there. We do clothes there on Friday night so really what I am saying is there's a lot more tables in town than I ever thought. So, every night of the week there are four to seven different groups feeding the homeless.

For people and our government to say there is no homeless problem is just madness. Come out with us some night and let me know what you think after we finish our shift. **GF**



YAP

I've now been doing YAP for nearly 2 years. I'm drug and drink free today. I take every day as it comes. The reason why I like YAP is, there is so much opportunities going in YAP. First off, we have computers. We have a communications programme. We have one to one meetings with a counsellor. We have group work, all different kinds; Boxing Clever for 6 months where you train, exercise and do drug education classes. If you pass you get a certificate. We also have meetings like NA or AA but, it's completely different. We don't label people, we call these meetings 'Smart Recovery'. We also have a social night on a Monday. We watch DVDs, Karaoke fun night. Some nights we go to plays. There is plenty of help for people who want to get clean. YAP is a great place with great staff. I have been so lucky.

BG**How Good My Teacher Is!**

This is to recognise my teacher and not to be called a 'teacher's pet' as we all are in my class. Ha ha! Well, I came to YAP for courses and got into Dee's class. She's very good and has lots of experience teaching people. Dee helps us with going ahead in the future, improving reading, writing and spelling!

Dee and Gary do the class once a week, every Thursday. It's all about life and education too. To help us out with learning, writing, spelling and what is going on in life. She's fun and so easy to get on with. So, I really recommend you come along, give it a try. Hope to see you's there some Thursday!

Thanks Dee & Gary. **JM**

Answers Christmas Head Wreckers

The man takes the chicken across and then goes back for the fox. He can't leave the fox and chicken together so when he drops the fox off, he picks up the chicken. He then goes back for the corn. He can't leave the corn and the chicken together so when he picks up the corn, he drops off the chicken. When the corn is safely with the fox on the right side of the river, he goes to collect the chicken."

Die Hard 3 Water Dilemma

- (1) Fill the five litre jug. Three litre jug is empty.
- (2) Empty three litres from the five litre jug into the three litre jug.
- (3) There remains two litres in the five litres jug. Empty the three litres jug.
- (4) Pour the two litres from the five litre jug into the three litres jug.
- (5) Fill the five litre jug and pour one litre from it into the three litre jug thus filling the three litre jug.
- (6) Four litres remain in the five litre jug. **We have solved the problems.**

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

Ballymun Job Centre

Ballymun Civic Centre

Tel: 01 866 7000

YAP - Aftercare

Support for Recovering Drug and Alcohol 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 / Mary 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



The theme for this years Friends Remembering Friends Service is *"bringing it home"*. The service will take place in the Holy Spirit Church on the 25th of February at 7pm. If you would like a photo of your loved one to be shown on the night please drop a photo into us by the 15th of February.

Students receiving certificates for The Community Addiction Studies Course Dec. 2018, well done

