

Vocaleyez

THE MAGAZINE OF THE CANAL
COMMUNITIES SERVICE USERS' FORUM



SUMMER 2021 EDITION:

- SLEEP ADVICE
- ART THERAPY
- RECIPIES & KEEPING FIT
- ALTERNATIVES TO METHADONE
- SUCCESS STORIES
- BENZOS & RESEARCH
- MENTAL HEALTH

Editor: Niamh Smart

Designer: Nicholas Diez McKenna

Contributor: Karen Kehoe

CCRAS Harm Reduction / Service User Participation Coordinator: Paul Holdaway



Canal Communities
Service Users' Forum

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ABOUT VOCALEYEZ



Welcome to Vocaleyez, the magazine of the Canal Communities Service Users' Forum. The Forum is a group of people who were, or still are, using the substance misuse-related services in the Canal Communities Local Drug & Alcohol Task Force areas, that include Inchicore, Rialto, Bluebell and Dolphin's Barn.

From now on, we're going to produce the magazine both in print and on the web. The great thing about the web version is that we can constantly update it. After this edition, Vocaleyez will mainly be about giving individuals and groups affected by substance misuse a voice. So it will focus on their stories, their views and their creativity. But it will still act as a source of up-to-date information.

If you are interested in coming on board, just e-mail or ring me at paul@ccras.ie, 086 045 3822, and you can get started straight away. Thank you for reading and maybe getting in touch.

Paul Holdaway, Canal Communities Regional Addiction Service

The Service Users' Forum and Vocaleyez are supported by the Canal Communities Regional Addiction Service, on behalf of the Canal Communities Local Drug and Alcohol Task Force.

The Team

Editor: Niamh Smart

Designer: Nicholas Diez McKenna

Contributor: Karen Kehoe

CCRAS Harm Reduction / Service User

Participation Coordinator: Paul Holdaway



03



HEALTHY SLEEPING TIPS

We know that those of you suffering with substance use, addiction, mental health difficulties, insomnia and just COVID itself are struggling to sleep. We have compiled a number of ways to help you have longer time in bed...

1. Reduce screen time and avoid using devices like mobile phones up to 2 hours before going to bed. Follow the sun, so when the sun goes down, so do your screens. This will promote the natural sleep hormone - melatonin to start being produced.
2. Refrain from any caffeinated beverages, including tea after 6pm. This too will reduce any stimulation of your CNS or central nervous system and promote a good night's sleep.
3. Exercise. Getting in some exercise during the day and a few hours before you sleep will also help but be careful, exercising too close to bedtime will do the opposite and waken you up.



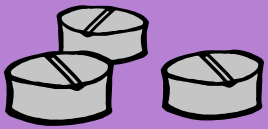
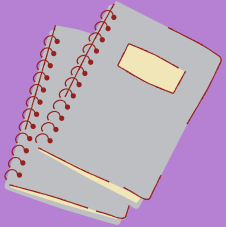
IF ALL ELSE FAILS:

If none of the above tips are helping you sleep we recommend you speak to your pharmacist who can provide a number of over-the-counter products or visit your GP who can prescribe you certain medications to help you sleep. We do not recommend long-term use of substances to regulate your sleep as this can lead to dependence.



by Nicholas Diez McKenna

04 “SUCCESS STORY



I am sitting in my car listening to the radio while on route to an interview in Trinity college for a social work degree. Me, a guy who dropped out of school at age 13. School never worked for me; I was bullied. I believed I was stupid because I was unable to meet the standards of the schooling system. The disk jockey on the radio said, where were you this time last year? I had a little internal thought to myself, as two years previous I was sitting in a prison cell, addicted to heroin and locked into a depressive state. So yeah, things had changed for me in a big way.

I did not get that place in Trinity at that time, however, because I took responsibility for my addiction 2 years previously, this rejection did not send me back into my maladaptive coping mechanisms of the past. Instead, it gave me the power to move past this upset and strive to do better. Since then, I have completed a FETAC level 5, Level 6 and 2 degrees and a masters. All of this despite the fact that I was diagnosed with Dyslexia, dysgraphia, and ADHD as an adult.

People ask, how did you get there Andy? What is your recovery story? Well, everybody's story is different, there is no one size fits all when it comes to the recovery journey. I Tried many ways before I decided that I wanted to be free of my addiction.

I had to really decide to make that commitment to stop. It was that simple!

When I realised that was my only choice it made all the difference. Before my recovery, I tried detox, 12 steps, Methadone, cutting back ;) yeah, I know, right! I even tried to do it for my parents, family, kids. None of that worked until I decided I wanted it for me. Having said that, these tools helped when I made that choice, but no matter what let-downs happened, no matter who let me down, because I really wanted it I was getting away from the addiction.

By exploring psychology alongside speaking with a counsellor, I started to understand myself and my needs, so that I could make sure that these were met in life. I realised that I have an addictive personality. To get these needs met I focused on sport, fitness and education, my kids and work.

But ultimately the most important part of my recovery was first taking responsibility for my addiction and realising that people are going to let me down in life. However, these things I have absolutely no control over, so I realised with the help of therapy, that these are external forces, and they cannot push me back into addiction unless I allow it and then use it as an excuse for my addiction.

Press forward 10 years, I am now a psychotherapist. This socially awkward school dropout has made positive changes to his life and now is educated to a master's level in psychoanalysis. I ended up getting a place in Trinity a few years later where I completed the Masters.

By Andy



05

Art Therapy: How it can help you cope



Art Therapy is a type of psychotherapy based on the idea that creativity and creative expression help us to heal and improves our mental health. Before humans even had language, they were drawing pictures on walls.

We each have something to say that deserves to be heard.

Using art materials to explore feelings is a gentle, non-threatening way of expressing what we may not have the words to say out loud. It can give us a sense of accomplishment, empowerment and develop our ability to tolerate the rough days. Words don't even come close to describing how we feel inside but a picture or even colours on a page can say it all.

Creativity can ease our stress response by calming the heart rate, slowing down our breathing and getting the body into a state of relaxation. It's not a matter of talent or creating a pretty picture but rather letting yourself be free and in the moment.

Given the difficult times we are currently living through, art can provide an escape and a safe space to find yourself. The famous artist, Picasso once said "Art washes away from the soul the dust of everyday life." It is a way to cope with the rollercoaster of emotions and frustrations we are all dealing with.

The best way to experience the benefits of art for yourself is simply to give it a go. You don't need fancy materials to take part in the following exercises; just a few pieces of paper and pencils/paints/markers/crayons will do.



06

Art Therapy for coping

Art Therapy for Mindfulness

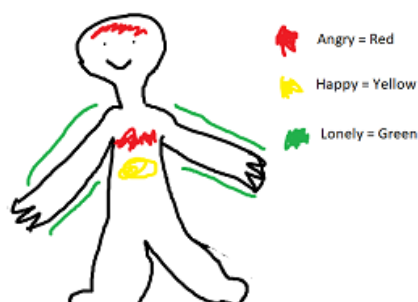
A fun and easy Art Therapy exercise to start off with is
"It's in My Hands"

This one involves tracing the outline of your hand onto a page. You might like to write your favourite quote above it and fill it with whatever comes to mind. Maybe you would prefer to fill it with newspaper and magazine cuttings.

Some people like to do both hands with one representing the past and one representing the future. Do whatever style you prefer but don't worry about how it will look, just breathe and give it a go. I like to listen to my favourite music while I create. Different songs can bring different emotions.

Art Therapy for Emotions

Draw an outline of a person – just a basic shape. Think about how you are feeling today. Try to write down some of the emotions you are experiencing in the moment. When you have your list written, give each of them their own colour. Now colour in the shape of your person with your emotion map. For example if you felt angry and gave it the colour red, where in your body do you feel that? Colour in where you feel that emotion in your body.



07

Art Therapy for coping

Art Therapy for Anxiety

This exercise is great for anxiety and for calming a mind that is full of thoughts all the time.

You can write or draw to this.

Imagine yourself as a tree. What would you look like?

Where would you live? How would you feel?

Would you have roots? Would you have branches?

What would you like people to know about you?

Write about or draw yourself as a tree and see where it takes you.

Being creative can remind us that there is more to life. It can help us find meaning and purpose. I hope this article has inspired you to try it for yourself.

If you would like to attend one to one Art Therapy sessions (pending the lifting of COVID restrictions) the details for referral are below.

Stay well

by Dee McCormick

Pre-Accredited MIACP

Integrative Counsellor & Art Therapist

Contact Details for Art Therapy Referral:

Frontline Make-Change,
135 Emmett Road,
Inchicore D08 FP44

Phone: 01 473 6502
(Thurs/Fri)

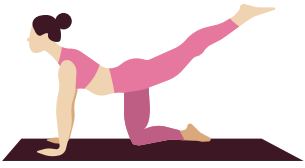
Email: deirdre@frontlinemc.ie

Website: www.frontlinemakechange.com



08

BEGINNERS GUIDE TO EXERCISE



Exercising not only benefits your body but it also benefits your mind too...



Well, here we are again with my continuing battle to get fitter. As you know from the last post, I wanted to get fitter and lose some weight.

My regime lasted around 3 months! In that time, I lost weight, changed my diet, gave up the smokes and was feeling great. I felt a lot better and looked fitter and healthier. I was coasting and confident.

Then I got overconfident and lazy. I stopped my regime, started smoking again and back to eating shite (cakes, biscuits, sweets etc). The weight piled back on me and I got sluggish and tired again. I cannot let this happen again. I know where I went wrong and am determined to not make the same mistake again.

So a new regime is needed. Norah has joined Slimming World and is losing loads of weight through their diets but also through doing her exercises. I have looked at their view of what to eat and when and I am going to use some of their tips. No more shite. I can have one day of the week to have a cake or a few biscuits, the rest of the time if I want to snack it has to be fruit or something healthy, a yoghurt or some nuts. Also, bread has to be cut down. I love sandwiches and I am always making a sandwich. I eat lots of bread and this is unhealthy.

I have also committed to do 1 hour of exercise a day. This could be a long walk, a shorter walk with some weight exercises, or just an hour of exercise as done in the last article. Changing my diet won't be enough on its own, the exercise will help my body with the changes and tighten up my muscles getting me fitter. My weight as of the 24th May 2021 is 15 and a half stone, watch this space to see if I do it properly this time. Anyone can do this to help themselves and the long term benefits are a healthier body, a healthier mind and confidence.

by Paul Holdaway



09 SONG LYRICS

We advise readers that this song is about a sensitive topic and may upset some readers. Reader discretion is advised.



Song for An Innocent

You were a baby
When they took you
Your body
Your life
Your innocence

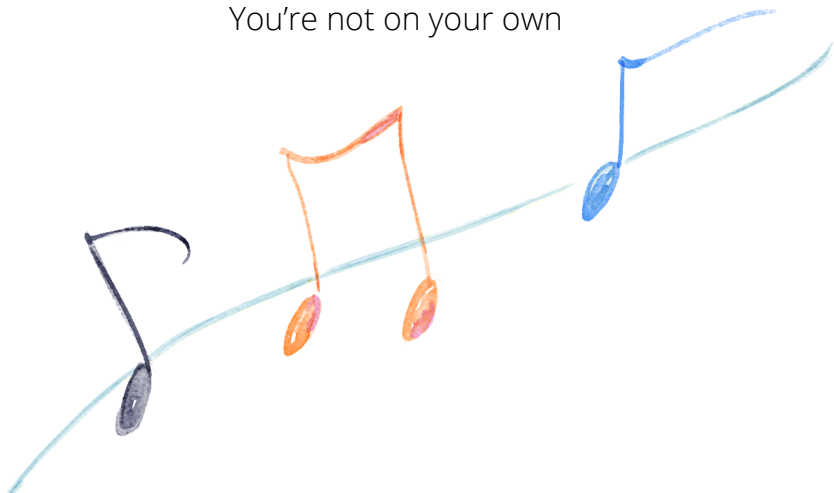
Oblivion beckons
The darkness calls you
That funnel down which safeness lies
Your hook, your smoke,
Your tabs that live in a life unlivd
In a world not touched
But the sisters give

You're falling
But there are hands outstretched
Reach, my love, stretch out your hand
Forget your demons
Forget that man
Those men, those snakes
Those drooling pricks
Your oblivion crutch
Your powder friend
Your mothers blade mouth
You, scared little girl

But your power sends your inner self
Your soul, your heart
You have a life
You have a strength
Touch it girl, feel it
Pull it to your heart
Your soul, yourself,
Fuck them baby
Fuck them all
They'll grind you down
But you'll stand tall
Those bastards with their children fetish
Those bastards with their monkey glands
They can't touch you
They won't touch you
The sisters they won't let it

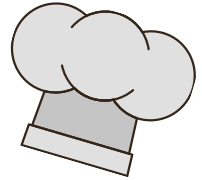
Stand your ground
Feel your power
Its in your hands
It's in your head
Your strength, your voice
The sorority grows
Look up little babe
You're not on your own

BY ANONYMOUS





10 EASY TO COOK RECEPIES BY VOCALEYEZ



I have a love of cooking, I find it very calming, interesting and it releases the creative juices. I wish that I had discovered it a long time ago as it would have helped to calm me during stressful times. With YouTube and the internet, it is now easy to find good, wholesome, cheap meals to cook for yourself or your family and friends. I personally learned through watching Jamie Oliver as he was the closest to normal I could find. His dinners are not complicated, the ingredients are in most supermarkets and the food is mainly good for you. I found that after trying a couple of recipes, I thought I was Gordon Ramsey, and wanted to cook a lot more. Also the praise is deadly, nothing better to hear how something you have just created has brought pleasure to someone (take heed of this if someone cooks you a meal, compliment them and you have a friend for life!).

So we thought that maybe having a cooking page, to help people get into cooking, made sense. Also anyone can comment, or leave their own recipes at Paul@ccras.ie. The best ones will get put up in future issues and for any vegans or people with dietary needs, maybe send me your favourite recipes, as I know that I have not got that knowledge. It also helps as I would like to put out proper meals for my friends who have dietary needs, and not just chuck a few bits of veg on a plate. I have found 2 recipes to get started. These have been cooked loads of times by me, and everyone from grandkids, kids and mates have liked them. They are cheap, nutritious, and easy to do.



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This edition's first recipe: Sausage Casserole



You can make this in one dish (less washing up). For a vegetarian alternative use vegetarian sausages and stock, and do not use the Worcestershire sauce.

Ingredients: 300ml of water, 8 sausages, 1 tablespoon of veg oil, 1 onion chopped, 3 carrots peeled and cut into chunks, 2 celery sticks thickly sliced, 2 potatoes quartered, 1 tablespoon of plain flour, 400g tin of mixed beans, drained and rinsed, 300 ml (1 1/4 pints) of water, 1 tablespoon of Worcestershire sauce, 1 tablespoon of tomato puree, 2 teaspoons of mustard, 2 teaspoons of sugar, salt and pepper to taste.

Method: Heat the oven to 180 C (350F), gas mark 4.

- Grill the sausages for about 5 minutes, until brown but not completely cooked, put them on a plate.
- Heat the oil in an ovenproof dish, then fry the onion until slightly brown, about 5 minutes. Put in the celery, carrots and potatoes, then stir in the flour.
- Add the beans, water, tomato puree, mustard, carrots, sugar, Worcestershire sauce and bring to the boil, add salt and pepper to your taste.
- Put the sausages into the dish, put the lid on and bake in the oven for around an hour.

Then dish up. Lovely served with garlic bread to mop up the sauce.



12

This edition's second recipe: Potato & Leek Soup



This second recipe picked is for a warm hearty soup. This is so easy, I can make it.

Ingredients: For this you need 25g (1oz) of butter, 2 large leeks finely cut, 250g (8oz) of potatoes peeled and roughly chopped, 1 onion roughly chopped, 750ml (1 1/4 pints) chicken stock, 300ml (1 1/2 pint) milk, salt and pepper.

Method: Melt butter in a large saucepan, add the potatoes, onion and leeks.

- Stir well so everything is covered with the butter and cook over a low heat for about 15 mins or when the vegetables are soft. Stir often to stop them becoming brown.
- Add the chicken stock and milk and add salt and pepper to taste. Bring to the boil, turn heat down and simmer for around 20 minutes until the veg is tender.
- Push soup through a sieve or a blender to make smooth.
- Serve with croutons (dried bits of bread broken up and put in oven to crisp up) or a crusty French stick.

Please let me know at Paul@ccras.ie if you tried this, what you felt about it, how to better it or any other recipes you may have. Enjoy.

by Paul Holdaway



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Service User Forum: Benzodiazepine Research



The following questions were asked to all participants in three discussion groups (face to face or via Zoom):

- What is life like on Benzos?
- What are your experiences trying to get off benzos?
- What support will you need to get off benzos?

Also, a video was shown of "Wobbly Stan the Benzo man", a film based on the Benzo experiences of users in Redcar, England, featuring the voice of Mark Benton. This short film explores the risks involved in using benzos. Here we used it as a way of introducing the topic in general.

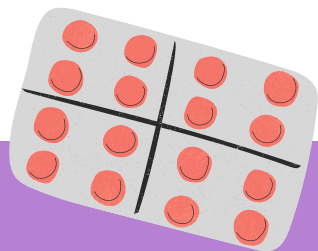
Here are the results of the study (collective results from both face to face and Zoom participants):

Response to the film 'Wobbly Stan the Benzo man' & Life on Benzo Response:

- Service users felt the film was a very accurate depiction of the benzo experience. This led to a discussion on how accessible substances are – substances are easily gotten in a 1km radius of our current locations.
- Service users felt that the video was relatable and some emotions had been triggered.
- Service users felt that dealers are put on a pedestal, dealers target users, they stand outside clinics and pharmacies, hard to get access to someone's script these days as they are reluctant to sell it and prefer to keep it for themselves, the majority of benzos come from shed factories these days and from online sources.
- Service users felt like it is so easy to become addicted and that they had lost 5 years' worth of memory.
- One service user reported benzo use with alcohol and reported aggressive behaviour which later they would have no recollection of.
- One service user explained his relationship with benzos which had begun at the age of 15, never took more than ten a day. There were multiple drugs being taken at the time: heroin, weed, cocaine, alcohol, etc. He is currently accessing a community detox programme.

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Service User Forum: Benzodiazepine Research



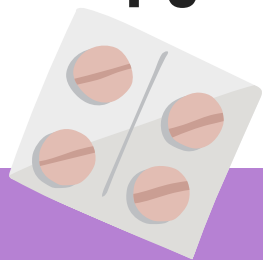
Results:

Continued response to life on benzodiazepines:

- Service users felt that when they took benzodiazepines they would feel 'invincible'.
- The north and south side of the city experience in relation to detox differs greatly.
- Service user found it much harder to get the supports on the south side of the city - were forced to access services in the city centre or on the north side of the city as their own doctors did not offer a detox.
- Service users said that hostels are a great place to get drugs and to be offered drugs and that for some, this was the place where they were first offered drugs.
- Service users reported that instagram and snapchat are a new great source for getting drugs.
- Service users felt that life on benzodiazepines was full of paranoia, depressive moods, suicidal ideation, that they had no life, their memory was impaired, they would spiral out of control, they would experience fits (seizures).
- One service user was still on benzos as well as Suboxone and Anti-Psychotics and reported little relatability to the film or what other service users were saying, perhaps other medicines reducing the negative effects of benzos.
- One service user was on 30/40 Valium (Diazepam) a day along with coke and weed, their doctor would not detox them as their dose was too high and they were sent off to reduce their amount on their own. Once at a lower dose their doctor would take them on as a patient. This participant had co-occurring mental health issues and spent years of telephone calls and letter writing until help was sourced.
- Service users had reported that their partner and children had witnessed their seizures.
- Service users reported situations where they had no choice in the speed of their detox regardless of the adverse effects.
- Service users knew of only 3 doctors who would conduct benzo detox.
- Service users reported difficulty in getting reductions and detox off methadone.
- Some service users said that there were doctors who would accept payments (not through their secretaries) for additional scripts and they identified 3 such doctors in Dublin.
- Service users reported that GP's will only take on their detox after they have self-detoxed from higher doses and left to do this alone with no support.

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Service User Forum: Benzodiazepine Research



Results:

A special note on Lyrica or Pregabalin:

- Some service users had their own conditions linked to their benzo use such as only using them when a prescription was available or only using if they could access other substances such as lyrica (pregabalin). Some participants took lyrica (pregabalin) from other people they knew, such as family members. One service user went to 5 doctors to find a prescription for lyrica and found one on the North Side who would give him a script.
- This highlights a further issue regarding the dependency on pregabalin and the lack of support from community doctors.
- **When asked what supports they need, service users responded:**
- A counsellor is essential to a healthy detox but they must be qualified to match your needs and experience in addiction is a must.
- Therapeutic groups and programmes are helpful .
- Client-centred and case by case approach was proven to be more successful.
- Discussion on pros and cons of community versus residential detox between participants.
- Residential detox does give more time for self care and self thought but can provide a false environment compared to the reality you go back to and can be time consuming and not practical for people with jobs, children or other similar responsibilities.
- Increase in wrap around supports like Turas.
- CE & Back to education supports.
- Inspiration & motivation to learn again and return to education.
- COVID was a big barrier, isolation, no access to outlets such as gyms, cannot control life anymore or hold on to anything.
- An increase in tablet use to block out negative thoughts was seen.
- Increased amounts of doctors need to be trained in detox in the community.



16 NEW FORMS OF DRUGS IN IRELAND

NEW BENZODIAZEPINES

Etizolam, Flualprazolam, Ksalol, Nike Brand Tablets & Xanax Sticks

All of the above are new benzos and some mixed with other substances like tramadol and fake versions of real benzos.

- The above items are new benzo like substances that have been found recently.
- Some are fake versions of actual benzos like alprazolam (Xanax) or Diazepam (Valium or Anxicalm), some are old benzos that are no longer used in medicine.
- Mixing benzos and opioids together increases the risk of sedation and overdose.
- Some that have the Nike 'tick' on them, come as a round blue tablet containing both Tramadol and Alprazolam.
- Caution is urged with Xanax Sticks as they have been found in many different colours and 'Red Devils' are extremely potent and dangerous. With other colours, the potency (strength) can vary and cannot be trusted.
- Full blister packs are reportedly being sold containing 'benzos' of unknown strength and unknown ingredients.
- Sourcing benzos, opioids or any substances without a prescription increases the risk of overdose, mixed substances, fake substances, morbidity (sickness) and mortality (death) and is highly discouraged.

The information above was sourced from Drugs.ie, from WEDINOS Welsh Emerging Drugs & Identification of Novel Substances and from the HSE.

Sourcing without a PRESCRIPTION?



You can't trust the contents

A NOTICE ON GUMMIES

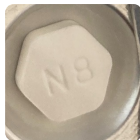
Gummies or 'Gummy Bears' are increasingly popular and have been found on the streets, on the ground - posing a huge threat to children who do not know the difference between real sweets or 'gummies' which contains drugs. We highly advise all parents and caregivers to educate children and discourage any consumption of "found" sweets and to only accept food from trusted adults and caregivers.

Gummies have been found to contain THC or cannabis which have caused children to be admitted to ICU in Dublin recently.

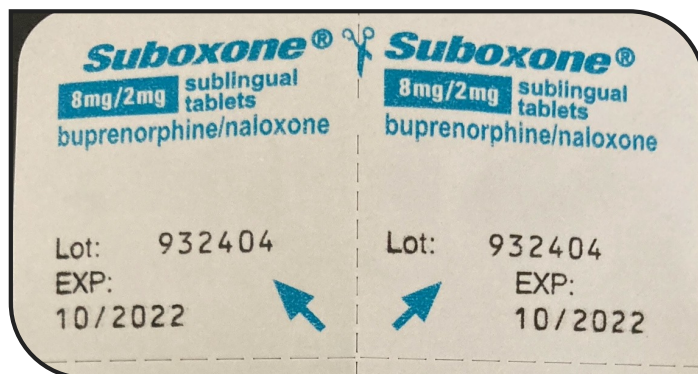
17 ALTERNATIVES TO METHADONE

INTRODUCING YOU TO SUBOXONE®...

Suboxone®



You may have heard of other alternatives to the liquid methadone that is available as Opioid Substitution Treatment (OST) such as naltrexone, methadone tablets, patches etc. Unfortunately, currently in Ireland there are only two options: Liquid Methadone or sublingual (under the tongue) Suboxone®.

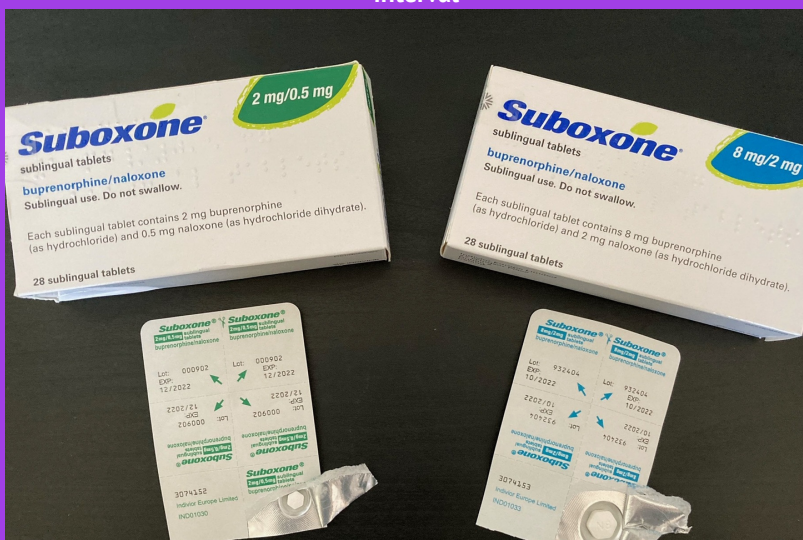


Speak to your doctor if you are interested in Suboxone®

Suboxone® is the brand name of a sublingual tablet containing the substances Buprenorphine & Naloxone. Buprenorphine is an opioid stronger than methadone which will explain the lower dosages for the substance and it has naloxone incorporated into the tablet. The naloxone doesn't work when used correctly, i.e. putting it under your tongue and letting it dissolve. However, the naloxone is put into the tablet to prevent people from injecting it. If the tablet is crushed and injected, the naloxone will be activated and will prevent the buprenorphine from attaching to the opioid receptors in the brain.

Suboxone® is a popular OST choice in other countries like the UK and USA however, methadone still reigns king in Ireland. According to the Clinical Guidelines for Opioid Substitution Treatment (OST), there is a specified cohort of patients who may benefit using Suboxone® instead of Methadone, according to the guidelines, in a shortened version, people who may benefit from Suboxone instead of Methadone are:

- Patients with 'prolonged QT intervals', which is a heart condition where methadone would make the condition worse
- Male patients with feminisation syndrome
- Patients on neuroleptic medications which also affect the QT interval
- Patients on high dose methadone treatment, who are also being treated with medicines which inhibit CYP450 enzymes
- Patients with HIV in order to facilitate alternative treatment regimes
- Methadone-naïve* patients where detoxification is the main or realistic goal e.g. younger patients. Methadone-naïve is a person who has never taken methadone.
- Patients being treated for codeine or other pharmaceutical opioid dependencies
- Patients who have demonstrated stability and also are in education or employment where Suboxone is favoured to encourage their stabilisation and re-integration to society



However, it is noted in the guidelines that Suboxone® may not be appropriate for people maintained on methadone, people who are polydrug users, people who are benzodiazepine problem users and patients with a history of non-compliance

18

DIRECTORY OF SERVICES

WE HAVE GATHERED A LIST OF SERVICES
AVAILABLE TO ALL OF YOU AROUND DUBLIN 8:

**Alcohol Services**

Rialto Community Drug Project Alcohol Education Service, ph, 01 454 0021

CCRAS Alcohol Worker 086 806 0421

Community Response, ph, 01 454 9772

HSE Alcohol Service Belgard Rd Tallaght, ph, 01 4516 589/6754

Addiction Response Crumlin Alcohol Programme, ph, 01 411 3222

Alcoholics Anonymous, ph, 01 842 0700

Addiction Services

Rialto Community Drug Team, ph, 01 454 0021

Donore Community Drug Team, ph, 01 416 4339

Frontline, Inchicore, Bluebell, ph, 01 473 6502

CCRAS Cocaine and Outreach Service, ph, 086 045 3822

HSE Outreach Worker, Derek, ph 086 604 1014

Addiction Response Crumlin, ph, 01 456 3131



19 DIRECTORY OF SERVICES



Homeless Services

Homeless Persons Unit, ph, 1800 724 724

Backlane Hostel, ph, 01 454 2181

Focus Ireland, ph, 01 881 5900

YMCA, ph, 01 479 1619

Dublin Simon, ph, 01 878 8790

Education/Training Services

Turas, ph, 01 450 5069

Community Lynks, ph, 01 453 7842

Frontline Inchicore, Bluebell, ph, 01 473 6502

Liberties Recycling, ph, 01 419 3999

Addiction Response Crumlin, ph, 01 411 3222

Other Useful Numbers

Yoda under 18's Service, ph, 01 466 5040

Teen Line, ph, 1800 833 634

HSE Mental Health Service, ph, 01 455 9574

Pieta House Suicide and Self Harm Crisis Centre, Tallaght, ph, 01 620 0020,

Ballyfermot, ph, 01 623 5606

Gamblers Anonymous, ph, 01 872 1133

Merchants Quay Ireland, ph, 01 524 0927



MENTAL HEALTH CHAT ROOM



*Are you worried about your
mental health?*

*Do you feel depressed, lonely,
or anxious?*

Would you like to talk about it?

The Mental Health Chat Room is a peer support Zoom meeting where like-minded people who are worried about their mental health can come on and talk about how they feel and get support. Other people on the group can help by saying what works for them and to reassure the person that they are not alone. There will be a professional worker online too who can help or maybe refer into a service. The worker will also do some educational work depending on the group needs.

If you feel this is a group for you or you would like to check it out:
Send your e mail address to **paul@ccras.ie** and he will send you the link to
access the meetings. Anyone and everyone are welcome.
Meetings are at **6.30 to 8.00pm** every **Monday** evening.

