

*Merry Christmas
and a Safe New Year!*

VOCAL EYEZ

Christmas Edition 2022



We want to hear your voice.
Contact Celine
Ph: 083-2043322
Email: celine@ccras.ie

*Canal Communities
Service User Forum Magazine*

C O N T E N T S

- Recovery Choir: **We are recruiting.**
- Community Lynks Project: **Christmas Recovery Cafe**
- Poem from a service user: **We want to see more from service users.**
- Frontline Makin' a Change: **Art Therapy & Bike shop.**
- Interview with Bernard West: **Hep C Peer Support Worker.**
- Mental Health: **Tips & Support Services.**
- Needle Exchange and Harm Reduction Services
- Free Christmas Hampers.
- Club Drugs/Chems & Chemsex: **Part 2**
- Alcohol Harm Reduction
- Frontline Bike Shop.
- Christmas Fair at the Richmond Barracks.
- SMART Recovery



Canal Communities
Service Users' Forum

- WE ARE LOOKING FOR POEMS AND PEOPLE'S PERSONAL STORIES.
- Would you like to be involved in developing the Vocaleyez magazine? We want to hear your what you have to say!

We are recruiting for our Recovery Choir

CANAL COMMUNITIES



RECOVERY



CHOIR



TUESDAY, 6.30-7.30PM

Venue

LYNKS RECOVERY PROJECT

Oblate Basketball Hall Tyrconnell Road Inchicore Dublin 8

ALL WELCOME! Ph- 083-2043322

COMMUNITY LYNKS PROJECT PRESENTS CHRISTMAS RECOVERY CAFE

Merry Christmas

**Drug and Alcohol Free
Social Event**

**Tuesday 13th December
7.00-9.30 p.m.**



VENUE

**St Andrews
Community Centre
468 South Circular
Road
Rialto Dublin 7**



ALL WELCOME

**For more information contact
Wesley 089-2704049**

Free raffle and prizes



The Flower Seller

*She sells flowers from the market on the corner of the street
The colours look so beautiful and the air, it smells so sweet
She asked me "Can I pick some flowers for your wife?"
I said "I never married but there's a lady in my life"*

*She said "take these beautiful roses and listen to what I say..
Give them to your lady and you will make her day..
And if you really want to impress her, I have for just one day
The thing that all the ladies love.. a box of Cadbury's Milk Tray"*

*So I took my purchase from the lady and thought her very nice
Then I had a little laugh, because she stung me twice!*

by Darren Cuthbert



FRONTLINE MAKE A CHANGE

ART THERAPY



Frontline Make Change are running a 12 week "Frontline Connections" Programme to support those in recovery. One of the key components in the group is an Art Therapy module that focuses on mindfulness and on developing tools to cope with distress.

Art Therapy is a powerful therapeutic method that helps to express things that are beyond words.



Dee McCormick MIACP, Integrative Counsellor/ Art Therapist

deirdre@frontlinemc.ie

Ph: 4736502

Frontline Make Change

Try some Art Therapy at home

MANDALA EXERCISE

A very powerful art therapy exercise for relaxation and clearing the mind is to draw a Mandala.

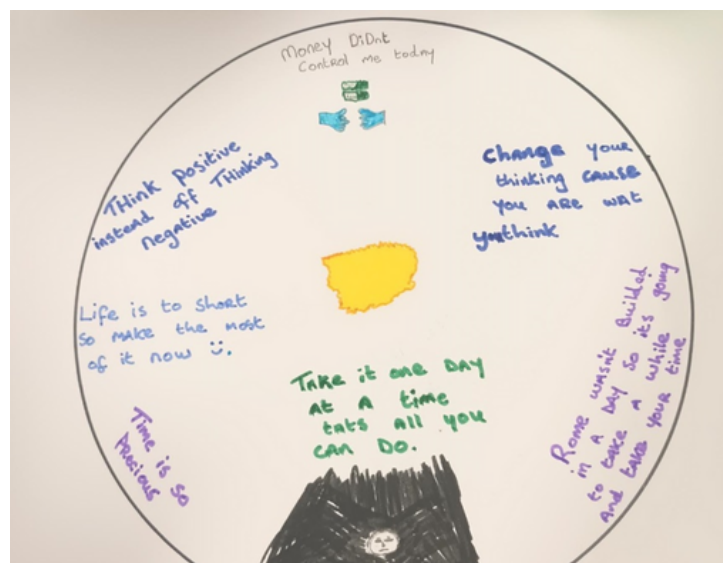
A Mandala is a sacred circle that represents your universe.

What you will need

- Paper
- Markers/ crayons or pencils
- Some time just for you
- Relaxing music

How to do your Mandala **Draw a circle on your page**

- Fill it with shapes, patterns and colours or whatever pops into your mind
- Once it's finished, give it a title
- Write a few words about how it felt to make it/ how you felt afterwards



By Eoin - Art Exercise prompt was a Mandala

AN INTERVIEW WITH BERNARD WEST, HEP C PEER SUPPORT WORKER WITH LIVED EXPERIENCE.

Before



After



Bernard's Personal Experience

I was in treatment for drug addiction and was introduced to a Hep C peer support worker, she arranged for a clinical nurse to come out to do a Fibroscan to assess was there any damage to my liver. Then I got a referral to attend the Mater Hospital, Clinic 6 where they did a blood test to see if Hep C was active in the body and check the genotype. The genotype is the strain of hepatitis C a person was exposed to when they became infected. After attending the hospital, I was offered treatment 4 weeks later. This consisted of an 8-week treatment plan to take one tablet a day. After seeing the doctor, I immediately got 4 weeks take away of the treatment. I started straight away while I was in drug treatment. I was lucky I had a Hep C peer support worker who could identify when I was going through mixed emotions and then some of the side effects from the Hep C treatment. The side effects I got were fatigue, tiredness and

headaches; this was because I wasn't drinking enough water. These were the only side effects I got. My side effects were manageable when I drank plenty of water. 4 weeks later I went back to the hospital, and they did bloods to check my viral load.

The viral load refers to the amount of virus present in the bloodstream. They also gave me the final 4 weeks of treatment to take home. I returned to the hospital 4 weeks later and was informed the viral load had gone down. They gave me an appointment to come back 12 weeks later to have my bloods taken to check if I was cured. 2 weeks later I received the call that confirmed I was cured. Also, they did some harm reduction with me around becoming reinfected. I found the staff were lovely and very welcoming. They had a great understanding of my past life. The staff were non-judgemental. I also found a peer support worker very important as I could ring them anytime and they had gone through the same treatment as me.

BERNARD WEST

**HEP C SUPPORT WORKER WITH THE MATER
HOSPITAL**

Can you tell me a bit about the new treatment?

There are 3 different types of the new treatment.

- 1. Mavyret**
- 2. Epclusa**
- 3. HARVONI**

What treatment you will be given depends on your Genotype and your liver condition. This can go from 8 to 12 weeks.

So, if somebody has been treated before and has been reinfected, they can access treatment again and may have to do 16 weeks of treatment for it to work.

Hepatitis C is 97% curable if you complete treatment. Although you will always carry the antibodies for hep c if tested.

How would I find out my Hep C status?

THERE ARE 3 OPTIONS.

- You can speak to your local GP and tell them you want to be tested.
- 2. I sit in the Granby Clinic on Tuesday morning where you can get tested then. You can contact me on 083-3994782

Email - bernard.west@eril.ie

3. Ana Liffey has a Hep C Community Nurse who does testing every second week on a Thursday.

What if, I am on a clinic for methadone treatment?

We would liaise with your doctor. The first 3 weeks you would need to collect your Hep C treatment medication from the hospital pharmacy. We can make contact with your clinic and organise for them to give you the Hep C medication when you're getting your methadone treatment.

Plus, I am available over the phone to answer any queries or concerns.

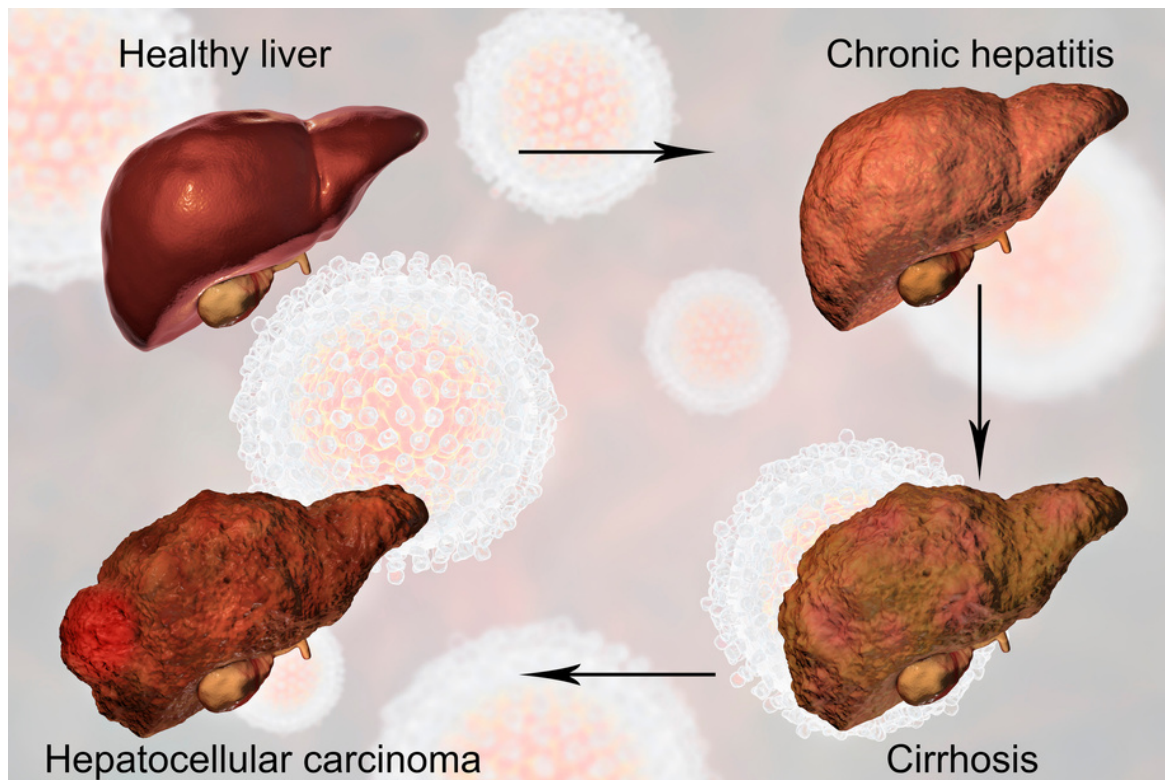
You can also get a reminder phone call from me for any upcoming appointments.

Is it important to have the support of a Hep C Peer Support worker?

I WOULD SAY YES.

Having gone through the treatment myself and having the support of a Peer Support Worker I understand how important it is. My Peer Support Worker answered any queries and concerns I had. Its an advantage having someone who has been through the treatment supporting you.

**NO FAKE NEWS.
HEP C TREATMENT
WORKS.**



**HOW CAN WE REACH
YOU, BERNARD?**

**BERNARD WEST,
HEP C PEER SUPPORT WORKER,
MATER HOSPITAL.**

**You can contact me on
083-3994782**

Email - bernard.west@eril.ie

Fibroscan, PAIN FREE.





Mental Health at Christmas

Whether you love the buzz of Christmas or come out in a sweat every-time the TV and shops blast out those festive carols, Christmas can be a tough time emotionally, financially, and psychologically. A recent survey found that a lot of us suffered with depression, loneliness, stress, and anxiety at this supposed happy time. Here we try to include some ideas to help you manage and in relation to our use of alcohol or other substances.

LEARN TO SAY NO.

Saying yes when you should say no can leave you feeling resentful and overwhelmed.

Saying yes can put you in a dangerous situation or leave you feeling emotionally drained.

SELF-CARE

Practice good self-care- eat healthily most of the time.

Continue with positive hobbies eg: walking, reading, music.

1. Be gentle, generous and patient with yourself.
2. Plan ahead.
3. Manage relationships.
4. Talk to other people.
5. Get support.

YOU'RE NOT ALONE

Despite what the ads might tell us, Christmas can be triggering for lots of us especially if we look at too much social media. Have a Christmas buddy that you can chat to and so that ye can support each other through it.

STICK TO A BUDGET

Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.



MENTAL HEALTH SUPPORTS OVER CHRISTMAS

MENTAL HEALTH IRELAND

Support for people who experience mental health difficulties

Ph- 01-2841166

Email-

info@mentalhealthireland.ie

YOUR MENTAL HEALTH

Freephone- 1800 111 888

available 24/7

**PAVEE POINT- MENTAL
HEALTH**

Phone: 01 8780255
E-mail: info@pavee.ie

**National LGBT+
Helpline**

Freephone the
National LGBT+
Helpline
on 1800 929 539
Available Monday –
Thursday (6.30pm –
10pm), Friday (4pm–
10pm),
Saturday and Sunday
(4pm–6pm)

PIETA HOUSE

Pieta House <https://www.pieta.ie>
Feeling Alone or Afraid? ; 24hr
freephone crisis helpline 1800 247
247 ; Text our therapists if you are in
crisis Text HELP to 51444

**Transgender Family
Support Line**

Offered twice weekly on 01
907 3707

Available: Tuesday (10am–
12pm) and Sunday (6pm–
9pm)

in collaboration with
Transgender Equality
Network Ireland (TENI)

Out-Of-Hours: Freephone
the Samaritans on 116-123
available 24/7 and 365 days
a year.

**Get urgent help for a mental
health issue.**

Call 999 or 112

**If, you or someone you know is
about to harm themselves or
someone else**

OTHER SOURCES OF HELP

Alcoholics Anonymous

Republic of Ireland for anyone with a desire to tackle their own drink problem.

Tel: 01 842 0700

W: see website for online meetings

Al Anon (Republic of Ireland)

Offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not.

Tel: 01 873 2699

Open 10am–10pm 7 days a week.

Drugs.ie (Republic of Ireland)

Provides support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health.

Tel: 1800 459 459 (Freephone)

Mon-Fri 09.30–17:30

Gamblers Anonymous (Republic of Ireland)

Group meeting support for those who wish to recover from gambling at locations around the country

Tel: 01 872 1133

Meeting locations available on the website for each county.

Eating disorders

B-EAT

Support and information relating to eating disorders.

Tel: 0808 801 0677 (adults over 18)

Email: help@beateatingdisorders.org.uk (adults over 18)

Tel: 0808 801 0711 (youth line under 18)

Email: fyp@beateatingdisorders.org.uk (youth line under 18)

The BEAT phone helplines are free and open 365 days a year from 9am – 8pm during the week, and 4pm – 8pm on weekends and bank holidays.

HARM REDUCTION

What is harm reduction?

What are some examples of harm reduction? Some practices that take a harm reduction approach include:

- Using a nicotine patch instead of smoking,
- Consuming water while drinking alcohol,
- Using substances in a safe environment with someone they trust,
- Needle exchange programmes for people who inject drugs.

**HARM
REDUCTION
SAVES LIVES.**

NEEDLE EXCHANGE

MQI

Mon-Fri 8am-9pm
Sun 9am-1pm
Ph-01 524016

HSE OUTREACH WORKER

INCHICORE/CRUMLIN/RIALTO
Derek-086 6041014

ANNA LIFFEY

Tuesday & Thursday
Morning & Afternoon
Ph- 087 7127059

DUBLIN SIMON COMMUNITY

Mon-Fri 8.30pm-10.30pm
Sat 10.00am-10.30pm
Sun 4pm-10.30pm
Ph: (01) 671 5551

BALLYFERMOT ADVANCE PROJECT

Mon-Fri 9.30am-1pm
Mon-Fri 2pm-5pm
Out of hours, Ph- 087 3618422

FREE FOOD PARCELS



Capuchin Day Centre

Address: 29 Bow St, Dublin

Ph: (01) 872 0770

Wednesday 8.00am - 11.30 am.

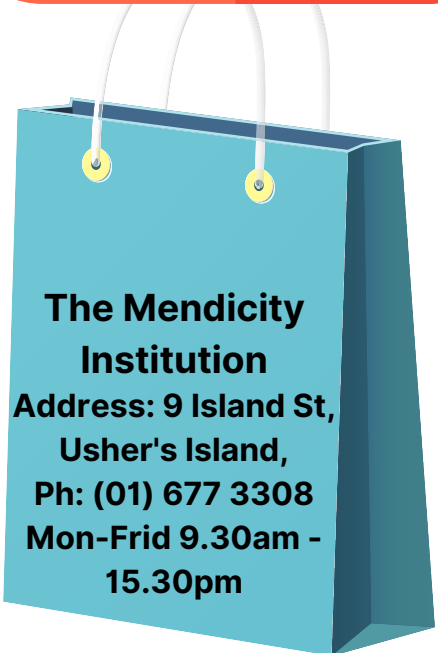


CROSSCARE
Ph: 01-8913022



**LITTLE
FLOWER**

11 Meath Street,
01-4536621 or
4546795

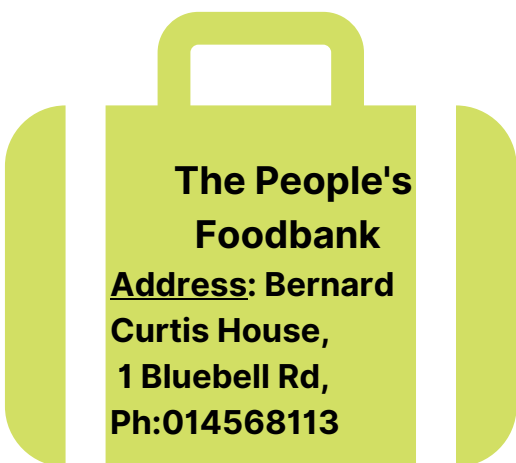


The Mendicity Institution

Address: 9 Island St,
Usher's Island,

Ph: (01) 677 3308

Mon-Frid 9.30am -
15.30pm



The People's Foodbank

Address: Bernard
Curtis House,
1 Bluebell Rd,
Ph:014568113



Solid Rock Centre

Address: Goldenbridge Industrial
Estate

Ph: 089 438 3331

12pm - 2pm Wednesday.



St Vincent De Paul,
Ph: 018848200

CLUB DRUGS/CHEMS & CHEMSEX



'G', GHB / GBL

'G', GHB, GBL, Gamma-Hydroxybutyrate, Liquid Ecstasy.

Many people in the Ireland/UK buy G through online cleaning manufacturers, friends, acquaintances, street/club dealers.

Appearance

- G can be found in liquid, powder or capsule form.
- Most often sold as a colourless, odourless salty liquid in small bottles, phials.

Use

- Usually measured in capfuls, eye droppers, phials or teaspoons
- Often mixed with a non-alcoholic drink but can be taken neat
- Used frequently due to short life-span in the body.



GHB/GHL aka 'G'

The Highs

At low doses: relaxation, euphoria, heightened sex drive and increased sensuality and sociability.

The Lows

- Withdrawal effects 1-6 hours after use can include anxiety, tremors, insomnia, nausea and vomiting, paranoia, visual hallucinations, memory problems and aggression
- At higher doses: dizziness, nausea, confusion, drowsiness, seizures, temporary amnesia, uncontrollable shaking, headaches and unconsciousness.



METHAMPHETAMINE

Methamphetamine

'T' Tina, Crystal Meth, Crystal, Ice, Glass, Christine.

Looks

"T" usually comes in powder or crystals, it's usually white and may smell of urine.

Use

Crystal can be swallowed or rubbed into the gums, snorted, put into the anus, slammed (injected), or smoked (ice), with effects lasting several days.

The Highs

Intense rush, euphoria, exhilaration, increased energy, decreased appetite, heightened sex drive (libido), increased confidence, more sociable.

The Lows

- Short-term physical effects of increased blood pressure, sweating, raised temperature, dilated pupils, dry mouth. Sometimes jaw clenching and teeth grinding
- Short-term psychological effects can include agitation, paranoia, chest pain, nausea\vomiting, anxiety
- Withdrawal effects include restless anxiety, irritability, fatigue, dysphoria, aggression, paranoia, insomnia and strong cravings
- Can be hard to hold down jobs, appointments, money, relationships as life becomes more chaotic



- Long term use changes physical appearance: age quicker, meth mouth(teeth become grey, twisted and fall out), skin lesions and ulcers from picking, meth bugs (hallucinations of insects crawling under the skin), needle marks, chemical burns.

The Dangers

- Lack of food or water when on a high leading to dehydration or malnutrition
- Out of character violent behaviour
- Depression, anxiety and suicidal thoughts when withdrawing
- Developing psychosis, paranoia, persecutory delusions, hallucinations, agitation, irrational hostile behaviour, repetitive stereotyped behaviour, social withdrawal
- Deaths are caused typically by seizures, heat attacks, brain haemorrhages or strokes. Increased sex drive and decreased inhibition can lead to increased risk of contracting or passing on HIV, Hep C and other STDs or sexual assault
- Poor verbal memory, poor problem solving, poor concentration.



KETAMINE

Ketamine

K, Ket, Green, Special K, Super K, Vitamin K, Lady K, Cat Valium, Kit-Kat, Horse Tranquiliser.

Looks

Ketamine is usually found in liquid form or a grainy white powder. It can also come as a pill.

Use

Powder versions are usually snorted or added to drinks, but can be smoked. Liquid versions tend to be injected.

The Highs

The effect of Ketamine will depend on the environment and dosage taken.

In a club environment it can be stimulating, with increased energy and euphoria.

In a quiet, relaxed place it can provide a spiritual experience, with sensations of travel to other worlds, floating, euphoria, increased insight and creativity.

Some users experience something like a near death experience including buzzing, whistling sounds, travelling through a dark tunnel into a light at high speed, apparent communication with God, visions and out of body experiences. They will not always remember these afterwards.

The Lows

Unwanted psychological effects after using can include anxiety, panic attacks, flashbacks, insomnia, nightmares, paranoia, delusions, hallucinations, and unpleasant feelings of being unreal or that the world is unreal.

Long-term psychological effects can include anxiety, panic attacks, depression, paranoia & delusions.

The Dangers

- Short-term physical effects can include loss of coordination, difficulty speaking, trouble moving, loss of hearing and vision, numbness, nausea/vomiting, racing heart and respiratory problems. With other drugs it can slow the body down and stop organs functioning.
- The effects of Ketamine can leave users in a confused state and vulnerable to assault, traffic accidents, drowning and burns and unaware of any serious physical injury until too late.
- Long-term physical effects include bladder\kidney related problems such as an increased need to urinate, passing blood, and pain on urination due to scarring and shrinkage of the bladder. Secondly, back pain or ketamine cramps.
- There can be an impact on brain function like memory and problem solving.



MDMA

MDMA

'E', Ecstasy, Pills, Mandy, XTC, Adam, Molly.

Looks

MDMA can normally be found as pills or capsules, or as a white powder. The pills come in different colours and often have logos or symbols on them. The difference between MDMA and Ecstasy is that MDMA is most commonly found as a powder, while Ecstasy is found predominately as a pill.

Use

Usually swallowed as a pill, powder or mixed in a drink, or wrapped in cigarette paper. MDMA can also be snorted or dabbed onto the gums. It can also be injected.

The Highs

Positive effects can include intense pleasurable feelings, high mood, increased empathy, feelings of closeness, increased physical energy, and enhanced self confidence.

The Lows

- Negative effects sometimes found are anxiety, paranoia, not feeling real (in an unpleasant way), risk taking and confusion.
- Withdrawal and come-down symptoms reported are low mood, increased anxiety, decreased energy, loss of appetite, difficulty concentrating, paranoia, obsessional thoughts, and sleeping difficulties.

The Dangers

Long-term body changes can include liver damage, heart problems, stroke, and also memory and brain impairment.



The Psychology of Chemsex

- Cognitive disengagement
- If you get rejected & you are on "G' or 'T' it doesn't matter
- Little or no memory of what occurred, and definitely none after he/she lost consciousness
- Use drugs to manage negative feelings, such as lack of confidence & self esteem, internalised guilt about sexual proclivities and stigma about their HIV status more for self-medication
- Drugs become used less for fun and more for self-medication.

*Rialto Community Drug Team.
Treatment Services Co-ordinator
Graham Ryall*



**Author,
Graham Ryall,
Mobile: 085-1337536
Phone: 01-4540021
Email-graham@crdt.ie**

The following 10-Point safety Plan is designed to give you all the information you need so you can make more informed choices about your alcohol consumption this Christmas Period.



1. Drink plenty of water to keep you hydrated

Alcohol acts as a diuretic, which makes you pee more frequently. You lose a lot of body fluids when you drink alcohol so drinking water will help keep your blood-alcohol concentration down. So, remember a glass of water will stop you feeling sour!



2. Pace your drinking and enjoy your night

We all can make the mistake of lashing back the drink, getting drunk too quick and ruining our night! Try to pace your drinking and enjoy the company instead. Don't get into rounds and stick with your own limits. Remember for a man 17 standard drinks per week with no more than $\frac{3}{4}$ standards per day. For a woman, 11 standard drinks per week with no more than $\frac{2}{3}$ per day. Have at least $\frac{2}{3}$ drink free days each week to give your body a chance to recover from the effects of alcohol. A standard drink is 10 grams of pure alcohol and is equivalent of a half pint of beer, a small glass (100 ml) of wine, 1 pub measure of spirits.



3. It's not the drink you drink that makes you drunk – but the amount of drink you sink that gets you drunk

One of the biggest myths around is that mixing your drinks is bad news. Alcohol is alcohol! Different varieties of drinks are just different flavours. So don't think to yourself, 'if I hadn't of had those shots after the pints, I would have been grand!' The hangover, getting sick etc is all about the amount of alcohol you consumed – so limit your drinking!



4. Nothing sobers you up but...time

Only the liver can get rid of alcohol. We don't pee it out or sober up with coffee or cold air! It takes the liver roughly one hour to process one standard drink (10 grams) of alcohol so if you have 12 pints of beer that's 24 hours to get rid of the effects of alcohol! That's often why we feel horrible and exhausted the next day as our liver has to work so hard to get rid of the toxins.



5. Bring less money if you want to cut back on your drinking

There is nothing worse than waking up the morning after the night before, smashed, hung-over and feeling guilty and worried about what you have left after your night out! So be sensible before you go out and have a budget. The more you carry the more you'll spend as alcohol affects your judgement so don't trust yourself to be sensible when there is money in your pocket!



6. Mixing Alcohol and Cocaine produces Cocoethylene

Most of us don't realise that drinking alcohol and taking cocaine has potentially very harmful effects as the liver produces another drug called Cocoethylene. This drug is damaging to your heart, liver, respiratory system, and nervous system. It is far more toxic to the body than either taking coke or crack or alcohol by themselves. It also increases the risk of heart attacks, serious health problems and dependency.



7. Don't overdo it at Christmas. Count your calories in your Christmas drink

Alcohol is loaded with sugar. Which adds up to a very fatty Christmas! Count your calories and cut back on your alcohol consumption!



8. Don't start your New Year with a Bang! Think about the consequences

Alcohol affects our sense of clear judgement before it affects our coordination! Think about the risks of arguments, relationship and family problems, risky behaviours, unwanted pregnancies, STI's, risk of overdose when mixing substances. So try and protect yourself against poor choices by sticking with others that will help you stay safe!



9. It may be legal, but remember Alcohol is a drug too

No matter how the ads on the telly make alcohol appear fantastic and everyone who drinking is sexy and gorgeous, just remember that alcohol companies are trying to sell you a mood-altering toxic substance. The advertisements don't tell the whole story and the unwanted consequences of drinking. Alcohol is a drug and needs to be handled with care and consideration as with any mood-altering substance



10. Remember it's your body and it's the only one you've got

Don't think an accident will never happen to me... If you take risks with alcohol it can lead to devastating consequences for you and others. Too much alcohol will impair your judgement, coordination, and sense of right and wrong. So, **THINK BEFORE you DRINK!**

An important Question to Norah on Alcohol Poisoning from the Vocaleyez Team

Q. What are the symptoms of alcohol poisoning?

Just to bear in mind it takes the liver roughly **ONE HOUR** to process one standard drink of alcohol. One of the biggest problems is that we tend to drink too much too fast. As alcohol is a diuretic, we tend to pee a lot and we make the mistake of thinking we are getting rid of the alcohol. This is a myth as the only way the toxic substance of alcohol leaves our body is when the liver tries to break it down. When we have too much alcohol in our system we overload our blood-alcohol concentration. This can slow down your brain functions so you lose your sense of balance, irritate the stomach which causes vomiting, and it stops your gag reflex from working properly – you can choke on, or inhale, your own vomit into your lungs, affect the nerves that control your breathing and heartbeat, it can stop both. It can dehydrate you, which can cause permanent brain damage, lower the body's temperature, which can lead to hypothermia and lower your blood sugar levels, so you could suffer seizures. Acute alcohol poisoning can be extremely dangerous. Your best intentions could make it worse. As the Drink Aware Website says, there are so many myths around about how to deal with people who've drunk to excess, so it's a good idea to make sure you're aware of what **NOT** to do.

S O , N E V E R :

- **Leave someone to sleep it off.** The amount of alcohol in someone's blood continues to rise even when they're not drinking. That's because alcohol in the digestive system carries on being absorbed into the bloodstream. Too much alcohol in the blood stops the body working properly.
- **Give them a coffee.** Alcohol dehydrates the body. Coffee will make someone who is already dehydrated even more so. Severe dehydration can cause permanent brain damage.
- **Make them sick.** Their gag reflex won't be working properly which means they could choke on their vomit.
- **Walk them around.** Alcohol is a depressant which slows down your brain's functions and affects your sense of balance. Walking them around might cause accidents.
- **Put them under a cold shower.** Alcohol lowers your body temperature, which could lead to hypothermia. A cold shower could make them colder than they already are.
- **Let them drink any more alcohol.** The amount of alcohol in their bloodstream could become dangerously high.

Finally, if you, a member of your family or any of your friends would like any further information about supports for problem drinking contact Norah Byrne, Polydrug and Alcohol Worker, Tel: 086 8060421. The Rialto Community Drug Team (Tel: 454 0021) run an alcohol education and support programme every Monday evening.

Community Response run a dedicated alcohol service, contact 01-454 9772.

FRONTLINE BIKES BIKE SHOP

We are a bicycle repair shop that's a bit different! We offer all the usual – bikes, services, repairs & sales of accessories - from a friendly face in our local shop on Emmet Road in Inchicore. We are linked to our training and upcycling unit in Bluebell and are focussed on upcycling and rebranding old and unwanted bikes. What makes us different however, is that we are a people first organisation, dealing with people in the community who have struggled with substance misuse.

Ger first got involved with Frontline, Make Change as a service user back in 2016 after many years of struggling with substance misuse. Through the support and guidance of Frontline, Make Change, he made substantial changes to develop himself for both him, and his family. Through the support of the services above he returned to education, engaged in training, and has developed himself. He gained Full-Time Employment with Frontline Bikes, and now holds the post of Assistant Manager.

If this sounds like something you'd like to achieve why not contact our services and let us support you in your journey.





BLUEBELL TRAINING UNIT



In May 2022, in addition to our Bike Shop on Emmet Road, we expanded our social enterprise to offer training in bicycle mechanics and upskilling to people in recovery in the local community and surrounding areas. We opened a unit in Bluebell to offer training and development, and community employment to those recovering from addiction, those with a criminal background or in long-term unemployment in the Dublin 8, 10 & 12 areas. Our vision is to get people back to full time employment. We are currently striving to implement a City & Guilds accreditation for our participants, to further enable full time employment and hope to have this in place by the end of 2022. Do you have the skills or are you ambitious enough to join our team? If this sounds like you and you'd like to contact us, call 'Frontline, Make Change' on (01) 473 6502 and speak to one of our team members.





Some photographs from the Christmas Fair in the Richmond Barracks

Photographer, Senija Topcic



SMART RECOVERY

**SMART stands for
Self-Management and Recovery Training**

Canal Communities Regional Addiction Service
Meeting: every Tuesday at 6:30pm - 8.00pm

VENUE

**Oblates Basketball Hall, Tyrconnell Rd, Inchicore, Dublin 8,
D08 KCH5, Ireland**

Contact - Paul Holdaway - 086 045 3822

SMART Recovery's 4-Point Programme

- **Building and Maintaining Motivation**
- **Coping with Urges**
- **Managing Thoughts, Feelings and Behaviours**
- **Living a Balanced Life**

- **Teaches self-empowerment and self-reliance**
- **Building and Maintaining Motivation**
- **Maintaining Motivation Tool**
- **Weekly Planner Problem Solving worksheet**
- **Planning and Goal Setting Worksheet**



SMART Recovery®

Life beyond addiction