

AUTUMN EDITION

VOCAL EYEZ

October 2022

Canal Communities Service Users' Forum Magazine



THIS EDITION

- Your Voice - Poetry & Stories
- Community Reps
- Interview with Tony May
- Frontline/Kavanagh House
- Fun in Recovery
- Club Drugs/Chems & Chemsex
- Turning Down the Volume
- Lynks Recovery Project
- Wordsearch
- Directory of Services
- Friends Remembering Friends

Interested in participating in the forum?

Or do you want to submit an article, poem or information on our services and our community

GET IN TOUCH

Contact **Celine** on
083 204 3322 or at
celine@ccras.ie



Canal Communities
Service Users' Forum

Welcome Back Readers!

Happy Reading!



We are delighted to be sharing our autumn edition with you

Firstly, we would like to thank all our contributors for sharing their words and experiences with us.

We would also like to thank our local services, communities and you the reader for your continued support.

New to Vocaleyez

Vocaleyez, is 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.

The magazine is produced in print and on the web. Vocaleyez is mainly about giving individuals and groups affected by substance misuse a voice. It focuses on their stories, their views and their creativity, but it also acts as a source of up-to-date information.

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

The Team

Editor: Niamh O' Gorman Contributors: Amy Colliton, Celine Greene, CCRAS Development Worker

Community Reps

How did Community Reps start????

Community representatives or community reps for short, have been one of the key parts of what are called Local Drug and Alcohol Task Forces. These Task Forces were set up in Dublin and in Cork and later in other parts of the country. The idea behind them was to use all of the capacities from within communities, the voluntary sector and state agencies to try and make a difference to the people using drugs and also the communities where it was taking place. There is a joke which describes this way of working across the three fields or sectors as the 666 or devil's own model which roughly translates in theory as equal participation from all involved to get the job done. Community reps come from communities within the Task Force area. These are Bluebell, Inchicore and Rialto. Problem drug use has been an issue in all three of the communities for many years and

the reps come to meetings with proposals and solutions as to what might help in relation to the local situation.

In the canal communities area, we have been lucky enough to have a group of reps who live and/or work in the area and almost all of them have given a huge amount of time and service to this work.

They never wavered in their commitment even in times of severe austerity and attacks on the sector. We are beginning to think now about the next generation of community workers who will take the baton and carry this work forward. The struggle continues!



Interview with Community Rep, Tony May



CANAL COMMUNITIES LOCAL DRUG AND ALCOHOL TASK FORCE

Can you explain what the role of a Community Rep is?

As a member of the community, to advocate on behalf of the community and bring the information back from a local and national level that's current and relevant to the community and explain it in layman's terms.

What made you want to become a community Rep?

I had this burning desire to be involved in the community.

I wanted to have a voice for people who didn't have one. Like people in recovery and service users so I could feed back to the task force and vice versa.

What part of the work do you enjoy the most?

Working with the service users. That's where I believe I excel. Because I can identify with their struggles and their successes. I like being a voice for them. Because I feel, most of the service users have a voice but do not know how to articulate what they want and need. Especially when it come to the language that is used when it comes to task force level.

What would you say is the most difficult part of being a community rep?

When you're not familiar with the language that is used in taskforce meetings.

Especially when they're talking about funding and (PWUD), people who use drugs, and so on. They use these terms of reference that people are not familiar with. If you're not confident you might not ask someone to explain. It's academic language, it's unfamiliar to us, almost alien. It can be difficult because I left school at a young age. I done some training that was funded for me. I found this helped a lot.

Because I stuck with the process, I have no problem having meetings with professional bodies using academic language while in meetings. I soon sussed out that I have an ace card because I am living proof that people can succeed and find recovery, and then be that voice for people in addiction and recovery.

Do you need qualifications to become a community rep?

No, but I do think and believe that some task forces don't put enough supports in place for people that want to get involved in the community work. Like, I think that we should be given training and maybe someone that will mentor us. Like if we need to ask questions or if we need things explained to us.

If you haven't got the right support, it's hard to stick with it. That's why most people walk away.

What would you say to someone that was thinking of becoming involved with Community Work in their community?

This work has helped my confidence. I have been in meetings with probation officers, counsellors and other professionals. After being involved with the community work, I now know my voice is equally important at the meetings. I can now understand the language that's spoken. I am confident to get involved in the conversation now without feeling intimidated.

Tony May



135 KAVANAGH HOUSE



Our Service

We support people who are struggling with substance use, and also their families. We believe in people's capacity to change, and that a life substance-free is possible for everyone, and everyone should have the opportunity to reach their full potential. Our role is to ensure that as many people as possible who are affected by problematic drug and alcohol use can access our services on a low threshold basis or otherwise, and once in the service to implement an agreed care plan and provide the necessary support required. We work with our local communities to develop a positive environment for our service users, family members, and wider communities. Frontline Make Change has two services, one in Inchicore and another Bluebell that provide a range of services such as:

- 1-to-1 support and key working
- Drop-in
- Aftercare support
- Family support
- Community prison links
- Ad-hoc addiction related groups
- Art therapy
- Counselling
- Complimentary therapies

- Training and education (Bike Mechanics)
- Children's Project - for those impacted by addiction.
- Pre-entry and Stabilisation programmes.

If you are seeking any assistance, we are happy to help.



What is the Children's Project?

The daily programme and environment in the Children's Project is child-centred and encourages children to grow and develop in a safe and caring environment. Staff are mindful of each child's background and are always respectful of the child and their family. Each child's social, emotional, educational and physical development is encouraged and supported at Frontline. Some children and parents are offered individual therapeutic support if required for specific needs. Parents are supported with childcare concerns or any issues that hinder their ability to meet the needs of their children.



VOICE OF THE SERVICE USER

While I was working on my recovery Frontline were a great support with childcare for my children. I was able to attend one to ones and groups. When I became drug free, I started working to provide for my family and attending college. I first completed my level 5 in Health Care Support. My children still attend the afterschool in Frontline which gives me a chance to progress with my education. I have recently completed a level 5 addiction studies and will progress onto a level 7 in September with Maynooth College. I'm so grateful for the support I've received from the childcare team. Over the years they have been a great support for me and my children. I can follow my dreams knowing my children are in safe hands.

BY AMY COLLITION



MORNING & AFTERNOON

GROUPS

Our morning group cares for children between the ages of 1 – 6 years. We work from the High Scope Preschool Curriculum which puts emphasis on children's autonomy, independence and active learning. This model supports children in becoming more confident and in meeting their development milestones. The children who attend the morning group receive a nutritious breakfast and dinner each day.

Our Afternoon Group caters for primary school aged children. This group provides school collections and daily nutritious meals. The children are supported with homework and enjoy engaging in art, games, projects etc. The afternoon group encourages children to express themselves in a safe space. There is an importance put on working in partnership with parents and with other childcare agencies to support the needs of the children who attend this group.

HOW DO WE CONTACT FRONTLINE??

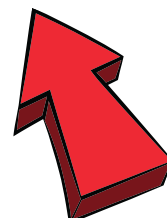
Contact number: 01 473 6502

Email: info@frontlinemc.ie

Facebook, Instagram, Twitter: [frontline makechange](#)

Website: [Frontline-Make](#)

[Change\(frontlinemakechange.com\)](http://Change(frontlinemakechange.com))



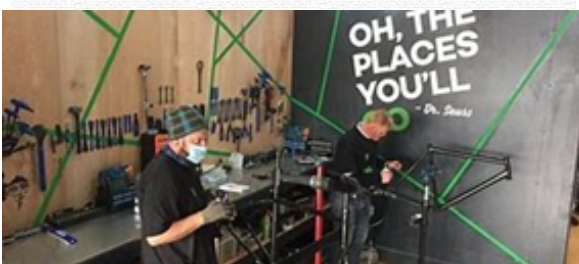
WHAT'S NEW????

Our new social enterprise provides training and employment opportunities for people 1) with a background in addiction or 2) who may have been involved in the criminal justice system. We work to provide meaningful and sustainable employment opportunities for this sometimes marginalised group.

Our social enterprise comprises two elements.

1) Frontline Bikes retail shop - situated in the heart of Inchicore. Our social enterprise bike shop provides repair services and sells upcycled bikes that otherwise go to landfill.

2) Frontline Bikes training unit - our newest venture in Bluebell. Here we provide a certified bike mechanic training course and hands-on work experience for participants while also upcycling unwanted bikes for resale. We see this as a vital part of a new circular green economy.



In other exciting news, Frontline Make Change is expanding its services and will be delivering a Community Alcohol Service in Dublin North Inner City. The service which is a new initiative will offer support to adults looking to address their alcohol use.



Inner child
Hello you its me!!
Where have you been all my life?!
I just need you and me to be...
So I can finally set us free.

I need to set us free,
From all from all the hurt and pain.
Which almost drove us both insane,
I need to listen from within,
To free us both, from what has been,
And finally let us be seen.

You were so lost you couldn't be found,
Buried deep, way underground,
But now I know that you are part of me,
And now sometimes we can be.

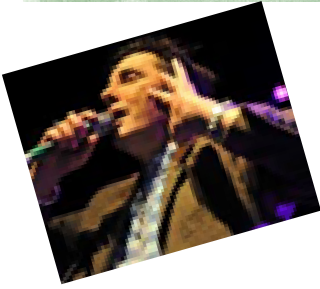
For you are I ,
And I am you,
We can be as one, and not as two,
And when we are as one
Our magical journey has begun.

We are together at long last,
Learning to deal with our past,
And upon dealing with the pain..
The sun is emerging from the rain.

So now we are both Grey and old...
We can let our story be told,
Of when we both came together,
And made our life so much better.

Author, Sinead Flynn

FUN IN RECOVERY



(CCLDATF) CANAL COMMUNITIES LOCAL DRUG TASKFORCE

RECOVERY CHOIR

EVERY TUESDAY
6:30 - 7:30pm

VENUE- LYNKS
PROJECT,
INCHICORE.

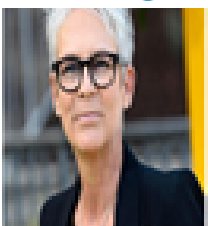
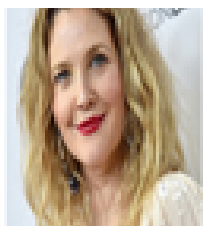
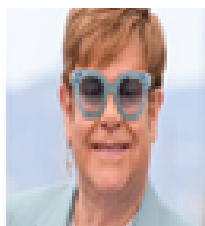


Everyone is recovering from something.

ALL

COMMUNITY

WELCOME



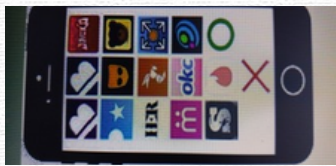
Club Drugs/Chems & Chemsex



Chemsex: a phenomenon of substance use in a sexual context, primarily observed in men who have sex with men, transsexual and non-binary people immediately preceding and/or during the sexual session.

Chemsex parties are lengthy; involve multiple sexual partners, poly-drug use and harmful behaviours which sometimes result in physical and/or emotional traumas.

Chemsex has intensified mental health and substance abuse issues within the (LGBTI+ Lesbian, Gay, Bisexual, Transsexual, Intersex +) community.



Apps: app culture of instant hook-up, which has intensified substance abuse issues. Apps such as Grindr and Scruff featuring profiles specifically seeking out, or offering Chemsex hook-ups, or advertising Chemsex parties.

Apps have made Chemsex much more visible & easier to access

On profiles – “ParTyinG with Tina & Gina” could indicate

that this person was hosting/looking for a sex party using ‘G’(GHB/GBL, Gina) &/or ‘T’(Tina, Crystal Meth)

G, GHB, GBL, Gamma-Hydroxybutyrate.

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 the person loses 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.

Self-medication: Chems become used less for fun & more for self-medicating.

What attracts people to Chemsex?

Naked & Masked

‘G’ & ‘T’ GeneraTe

- euphoric effect
- greater confidence
- sex drive and libido
- increased sociability and identity
- diminishing of sexual inhibitions
- heightened and enhancement of sexual arousal



gbMSM (gay & bisexual Men who have Sex with Men) engaging in unrestrained risk-taking through a dangerous and addictive mix of Chemsex activities and behaviours exacerbated by psychological difficulties.

Mention is made of the underlying determinants ascribed to experiences of homophobia or wider social stigma.

The uniqueness of gay sex and gay culture that define this phenomenon, highlighting the cultural factors that impacted the enjoyment of homo-sex:

- Societal, cultural, moralistic and religious attitudes to homosexuality;
- Trauma and stigma of the AIDS epidemic;
- The technological/sexual revolution upon the introduction of 'hook-up' apps;
- A gay-specific rejection culture born of the aforementioned apps associated with gay tribes, race, sexual performance expectations, body shape & fitness.



Masked & Naked

Underlying Determinants/Reasons/Traumas

- Internalised Homophobia
- Stigma & Discrimination
- Anxiety & Depression
- Syndemics of HIV
- Isolation
- Body Issues
- Performance Issues
- Adverse Childhood Experiences
- Shame
- Trauma
- Rejection
- Blackmail
- Childhood Sexual Abuse
- Assault & Rape
- Intimate Partnership Violence (IPV)
- Rejection & Relationship Issues
- Emotional & Sexual Inhibition
- Social Marginalisation
- Historical Criminalisation

I.H., H.I.V. & Minority Stress

Internalised Homophobia is defined as the internalisation of negative societal attitudes regarding homosexuality.

Greater rates of anxiety & depression, suicide & substance use disorders among the population who engage with sexualised substance use.

Minority Stress Model – People with a gbMSM identity seem to have higher-than-average rates of addiction and mental health issues. The evidence suggests that this is due to the ongoing stress and stigma which they endure because they are a minority group.

Not all gbMSM who take chems involve themselves within the chemsex scene and of those that do not all journey through the pathways from recreational use to the problematic stage.

"Originally sex and drugs were two separate things but somewhere along the line you were no longer having sex without doing drugs or doing drugs without having sex"

"It looks to some people like greedy, self-indulgent, promiscuous gay-boys going out, having fun on drugs. It's much more complicated than that"

Experimental phase: initial use of the Chems and/or introduction to the party-scene.

Recreational phase: occasional experimentation, positive & disinhibited experiences

Use phase: participation gradually accelerating, increased chem use and risk behaviours

Misuse phase: focus on chemsex activity over non-involved friends and activities. Cravings, increased experience of 'going-under' & 'come-downs' A&E, STI clinic engagement, PrEP/PEP.

PEP: PEP (post-exposure prophylaxis) means taking medicine to prevent HIV after a possible exposure.

PrEP: Pre-exposure prophylaxis (or PrEP) is medicine taken to prevent getting HIV. PrEP is highly effective for preventing HIV when taken as prescribed. PrEP reduces the risk of getting HIV from sex by about 99%. PrEP reduces the risk of getting HIV from injection drug use by at least 74%.

Abuse phase: regular, prolonged participation, pronounced issues with chems. Risk behaviours, addictions. Sexual health & safety. Detrimental effect on mental health. Affected performance and absenteeism from employment/college.

Problematic phase: physical addiction & enhanced anxiety issues ('G') and/or psychological dependency, deeper depressive, delusional, psychotic experiences. ('T'). Repeated episodes of partying, self-medicating, suicidal ideation, isolation.

The 4P's: The Consequences of Problematic Chemsex Participation

Personal: relationships with family, friends, partners and colleagues. Isolation, financial issues, accommodation issues, inability to engage specialised support services

Physical: debilitating nature of the chems involved, physical addiction to 'G', going-under and over-dose, possibility of accidental death, come-downs, lack of nutrition and rest/sleep during periods of partying, risk (both drug and sexual) behaviours, exposure to non-consensual sex, sexual assault, rape, HIV, Hepatitis, STIs, disengaging from health services and prescribed medications.

Psychological: psychological dependence on 'T', social media; detrimental effects of prolonged use of stimulants on mental health, come-downs and psychosis, possibility of personal traumas being awakened and/or further detrimentally aggravated, loss of short-term memory, issues around 'sober sex', depression, suicidal ideation.

Professional: risk to employment/education, involvement within the sex industry, dealing chems.

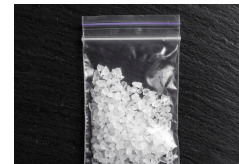
Reasons for relapse

Previously moved in chems-using circles.

Many liked person they were, "better than person I am without it"

Withdrawal symptoms e.g. anxiety, panic attacks & insomnia lasting for several weeks – some couldn't cope

Unable to have sex without 'G' or 'T' (Sober Sex).



Rialto Community Drug Team.

Treatment Services
Co-ordinator

Graham Ryall



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

This is part 1 of two-part series, the next of which shall be printed in next edition

Turning Down the Volume

Turning Down the Volume: A unique animation Film on the Density of Alcohol Sales in Canal Communities and Dublin 12 is launched online

By Norah Byrne



We are excited to let you know about a new, community-based animation film that has recently been launched on YouTube, entitled Turning Down the Volume.

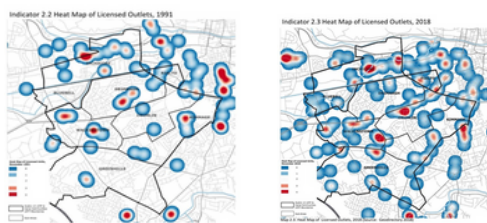
<https://www.youtube.com/watch?v=DmdmD6DI7rM&t=6s>

Turning Down the Volume is one of the first animation films of its kind to explore the topic of alcohol sales density, marketing, and the relationship with alcohol related harms. It highlights research showing the increase in alcohol sales over a twenty-year period in Dublin 12 and the Canal Communities, and the impact on the lives of those living within these areas. This film was commissioned by the Dublin 12 and Canal Communities Local Drug and Alcohol Task Forces and written,

directed and produced by two highly talented artists, Sadhbh Lawlor and Gareth Gowran. Their work, over a two-year period, incorporated research (Dowling, 2018) examining the changes in the number of outlets selling alcohol over twenty years and reflections from community workers on the impact on those living within these communities. This beautiful animation film was hand drawn and delicately crafted to highlight the sensitive issues portrayed.

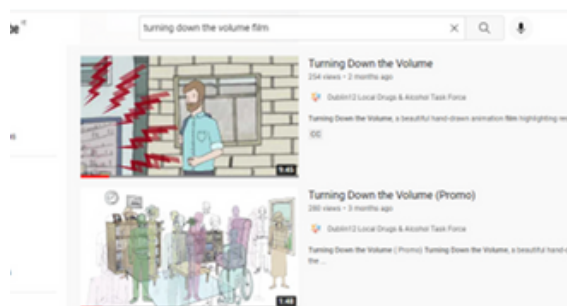
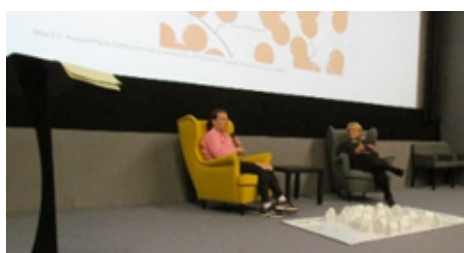
Turning Down the Volume highlights the growth in the density of local alcohol sales outlets from 1991 to 2018. In 1991, alcohol could only be sold in pubs, bars, restaurants, and off-licences. From then on, the number of outlets selling alcohol increased; this was due to changes in the licensing laws, which allowed other commercial outlets, such as convenience stores, petrol stations and supermarkets, to sell alcohol. The report found that the number of outlets rose in both communities, increasing from 49 outlets in 1991 to 125 in 2018. **This was an increase of over 150% which means that**

accessibility is two and a half times greater than it was in 1991. The heat maps below show the mushrooming of sales over this 20-year period.



Initially launched to a small audience in the iconic Lighthouse Cinema in November 2021, **Turning Down the Volume** was highly praised for the moving and sensitive way it portrays the issues. The screening was followed by a panel discussion with Senator Lynn Ruane, Senator Mary Seery Kearney, Chairpersons of the Canal Communities and Dublin 12 Task Forces respectively, Professor Joe Barry, Trinity College Dublin, and members of the steering committee that saw this film come to life.

The film has been described as, “Extraordinary” - “Beautiful” - “Outstanding” and, “A moving and sensitive portrayal of an important topic – everyone should see this.”



As a result of the noteworthy feedback received, the steering committee decided to move forward with an online nationwide launch and online release of **Turning Down the Volume** in March 2022. Professor Joe Barry, keynote speaker for this event, reminded us that alcohol is ‘no ordinary commodity’ explaining that alcohol is a teratogen that can damage an unborn foetus, a carcinogen that is a relative risk for cancer, a neurotoxin that damages the brain and a mood-altering substance that has intoxicating effects and addictive properties.

When alcohol is sold alongside of normal household items such as bread and milk, it can be equated with food.





We would be delighted if you are interested in learning more about **Turning Down the Volume** to watch the film by clicking the link below. If you are interested in attending the launch of the workbook, contact Celine at celine@ccras.ie

The Turning Down the Volume Steering Committee are now working on the development of a workbook to accompany the film that can be universally adapted for use within groups, schools and community organisations. The group will continue to use the film to raise consciousness of the themes and enhance opportunities for meaningful conversations about alcohol sales, marketing and alcohol-related harms. We will update you on any more news going forward on the launch of the

Turning Down the Volume workbook in due course.



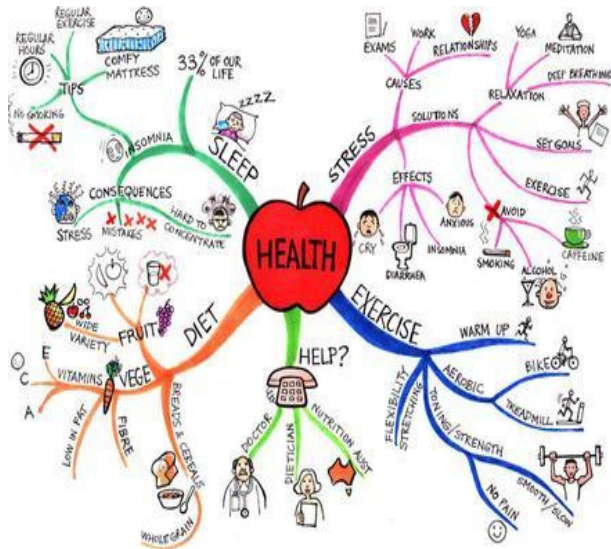
<https://www.youtube.com/watch?v=DmdmD6DI7rM&t=6s>

Turning Down the Volume was funded with help from the Department of Health and the HSE



idhmeannacht na Seirbhíse Sláin
Health Service Executive





Canal Communities Regional Addiction Service

Women's Recovery Group



Established since 2015

Women's Recovery Group Aims:

*To provide a safe, nurturing
And supportive space that is
Gender specific for
Women who are seeking
Support for their recovery
From addiction*

*To provide educational and
Awareness workshops that
Support women's recovery
Goals and/or reduce the harms
Of substance use.*

*To empower women to learn
Positive coping skills and to
Support one another.*



Norah would like to invite you to
attend the women's recovery group
sessions.

For your information:

Every **Monday**
from:

**11.30am to 1.30pm at 74
Tyrconnell Road, Dublin 8**

If you are interested in taking part
please contact **Norah at 086 8060421**
or email: norah@ccras.ie

**Please note that places on the course are
limited to adult (over 18 years) female
participants.**

**Norah and the Women's Group look
forward to getting to know you.**

For more information visit our website at:
www.ccras.ie

CCRAS office: Oblate Basketball Hall,
Inchicore, Dublin 8

Lynks Recovery Project D8

Lynks Recovery Project is a structured drug free day programme. A safe space for individuals in recovery from addiction to find Therapeutic, Social and Educational supports, focusing on improving people's wellness in all aspects of their lives.



OUR SUCCESS RATE
Relapse Rate: 2019 - 4%
2020 - 7%
(due to Covid) 2021 - 3%

FOUNDATION GROUP

- Recovery Groups
- Key-working
- Counselling/Psychotherapy
- Physical Fitness/Dance Class
- Relapse Prevention

- Emotional Regulation Group
- Topic Groups
- Gender Groups
- Return to Education/Training
- Fellowship NA meeting
- Social Events/Recovery Cafe

AFTER-CARE GROUP

- College Assignment/Jobs Club
- Physical Fitness/Dance Class
- Work Experience/Placements
- Part-Time Employment
- Social Hub
- One-to-one Key Working/Support
- Psychotherapy where Required
- Evening Career Clinic
- Evening Check in Groups



FUN IN RECOVERY

RECOVERY CAFE

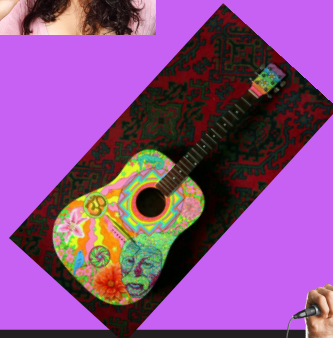
Drug and Alcohol Free Social

Recovery Café

"Open Mic Night"

For Drug Awareness Week 2022

Venue and date to be announced



ADULT DANCE CLASS



KEEP FIT THROUGH DANCE WITH
LYNKS RECOVERY PROJECT

ADULT DANCE CLASSES WITH
PROFESSIONAL DANCER

WESLEY MURRAY

DOLPHIN HOUSE COMMUNITY CENTRE
EVERY WEDNESDAY FROM 7-8pm

EVERYONE WELCOME

JUST TURN UP OR RING WESLEY ON
0892704049

CLASS COST "2 EURO

Contact **Wesley** if you're
interested in a Dance Class

089-2704049



For more Information Contact:

Ph:01-4537842

Email: info@lynksproject

**LINKING PEOPLE IN RECOVERY BACK
INTO THE COMMUNITY**

"LYNKs" SERVICE USER PAGE



I started in the Community Lynks Project in October 2021. I had just moved into a transitional house after I had completed treatment. Being in Lynks gave me structure and routine but also a space to work on my recovery. Since being in Lynks I have completed the Parenting Under Pressure training which helped me with my relationships with my children and becoming more confident in my parenting skills. I also enjoyed the CBT where I had the opportunity to learn a lot about myself and my thinking and therefore developed skills which help me to make a lot of necessary changes in many areas of my life.

When it came time to move on to the next stage of the programme myself and my key worker agreed that I would progress into the role of support worker. This involves co-facilitating the female gender group on a Tuesday morning. We select a topic each week to discuss to raise self-awareness and address any issues that arise in the group.

I have a Level 8 Degree in Social Care and the opportunity that I've got here in Lynks allows me to put into practice the skills I've learned. In the future, I am hoping to complete a course in Sexual Health Promotion to be able to facilitate in the Lynks and I am applying to do a course to become a Parent Under Pressure Therapist.

Being in Lynks has given me the opportunity to learn at a pace that suits my children and my recovery. I will forever be grateful to Lynks for the space I was given to heal, learn and grow.

Anonymous service user.

ALCOHOL MY FRIEND

Ohh Alcohol my friend we met when I was 12.

From the very first encounter, I found you as a friend.

From that very first night you had me on my back, head spinning lying on a rock.

Not knowing how low you'd really make me go!

Broken bones and fights galore, you brought out a side I'd rather not known.

Still with time, I thought we would grow.

Little did I know, you were out for my soul.

Time after time, worse is all we got.

Memories you took, I will never get back.

Still that poor, I could not stop.

Still hurting those that I adore.

You took and took, but your time finally up.

16 years was definitely enough.

How I survived, I may never know.

Today I pray that I may continue to grow.

Alcohol my friend you are no more.

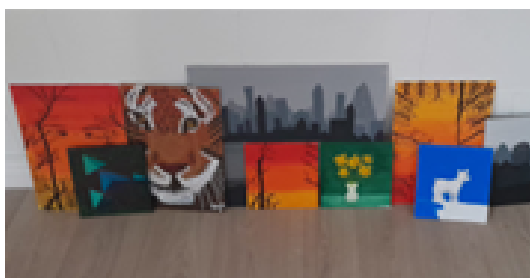
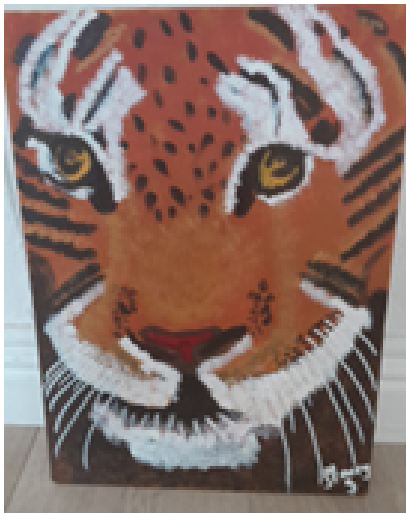
But never will I forget the power that you hold.

Author

Miranda Donoghue,

Lynks Recovery Project.

LYNKS PROJECT SOME FAB PICTURES



FROM A FAMILY MEMBER

Having a loved one living with addiction is difficult in many ways. All you want is for this person to live a long, fulfilled, and happy life without dependence on drugs/alcohol. Every time they get sober you hope and pray that they'll be successful, so they can live a free and happy life where they're not caged in by an addiction. I hope everyone out there, no matter how bad they feel their addiction is believes they can recover. Because I believe, you without a doubt can. Addiction affects the people who love you too. It brings them worry. They never know what type of day it will be; will you be yourself or will you be in a disoriented state. Times can get very hard for both you and those around you. But those moments where we see a glimmer of you in your truest self makes us all know you'll always be you no matter what and we'll give you all the support in the world to get back to yourself and live your life to the best happiest and most full you possibly can. Not for anyone else but for yourself. All anyone wants is you to be happy, healthy, and clean living. You can achieve anything you want to in this life, there is no dream too big.

Anonymous family member

Word Search

Words can be found in any direction (including diagonals)
and can overlap each other. Use the word bank below.

S B I B L U E B E L L C D P M W T S I C
A W X P Q L F Q K K L Z V C G I C R P D
R I I J P J G Z T C B U B N A R E Z J H
S E N I L T N O R F M A T B Q Q J M A N
E E L Z Z K D Y M V R R I A L T O Y P G
I Q S C P M N U T N T N X K A K R H X P
T Z J W O H H J A E B C G Y S Q P C W Y
I C Y E O H J R I C L U G W T D H A A L
N W W K C Z D S E Z Z S S I M O T E P L
U S U I G O U Z N J I M C Y I L U R C E
M X V W S D D Q J P V R P I C P O T Q B
M D V B G K O D P O L B X W H H Y U L E
O T O L W D F I R M Z I N B A I E O D U
C D N H C C L L E B E U L B E N R E V L
L E R A C Y A D A M I T A F L H A S L B
A G N I N I A R T S A R U T S C C H T Q
N N K E G A M Y N C C V U N R D M E F E
A F A T I M A C U L U Z T A F A X R C O
C Z U Y M Z K A L W Z E V I C T S Y F O
F V V A G D T D C O T L A I R T V R W C

Word Bank

Frontline
Fatimadaycare
Mcbarnardos
rialtoctd
rialtoyp
stmichaelsrfc
rfc
bluebellyp
bluebellcc
hseoutreach
dolphinhcda
turastraining
bluebellcdp
fatimacu
canalcommunitiesras

ADDICTION SERVICES

- Rialto Community Drug Project Alcohol Education Service, ph. 014540021
- CCRAS Alcohol Worker ph. 0868060421
- Community Response, ph. 014549772
- Rialto Community Drug Team, ph. 014540021
- Donore Community Drug Team, ph. 014164339
- Frontline, Inchicore, Bluebell, ph. 014736502
- CCRAS Cocaine and Outreach Service, ph. 0860453822
- HSE Outreach Worker, Derek, ph. 0866041014



LGBT IRELAND

Helpline 1890 9292 539

MENTAL HEALTH IRELAND

01-2841166



NEEDLE EXCHANGE

MERCHANTS QUAY - MQI

Needle Exchange and Health Promotion Service

Opening Hours:

Monday - Friday 8.00am - 8.30pm

No Exchange on Saturday

Sunday 7.30am - 1.30pm

Phone 01 - 524 0927



THE DUBLIN SIMON ROUGH SLEEPER TEAM

provides an **Out of Hours** needle exchange service.

Contact Rough Sleeper Team on 01 - 872 0185

NIGHT EXCHANGES:

Nightly: 8.30pm - 10.00pm - Capel Street

HOMELESS SERVICE: 1800 727 727



FRIENDS REMEMBERING FRIENDS

Prayer of remembrance.



Community getting to remember all loved ones
who passed away through addiction.
Staff will be on hand to have a chat and support
people. MUSIC, soup and sandwiches will be
available.
All welcome.

Any inquiries contact Philis 01-4540021

Date: 24th November



VENUE

Rialto, 68 S Circular Rd, Saint
James,
Dublin, D08 H51F

