

APRIL EDITION 2023

VOCAL EYEZ

Our Team

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Celine Greene, CCRAS Development Worker**

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

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WE WANT TO HEAR FROM YOU





We currently have places available in Turas Training in Bluebell, Dublin 12 on our addiction recovery day programme.



Turas Training is a comprehensive day programme supporting individuals in recovery from addiction. Our day programme runs from Monday to Thursday from 9:15 am to 2:30 pm and offers both one-to-one support and group sessions. One to one support aims to help participants identify care plans and move forward towards achieving their recovery goals. We offer a wide range of group sessions under our four pillars: recovery, education, holistic and outdoor education.



**Phone: 01 450 5396
Fax: 01 450 5069
Email: info@turastraining.ie**

**TURAS TRAINING
UNIT C1
BLUEBELL BUSINESS CENTRE,
OLD NASS ROAD,
DUBLIN 12.
D12 KP22**

House Keeper (CE)

Job Description: to assist with the day to day general domestic duties

Duties include:

Maintain the upkeep and cleanliness of the premises

To ensure all rooms are vacuumed daily

To ensure all toilet areas are cleaned daily

Upkeep and cleanliness of all general areas

Checking stock supplies

Work on own initiative and as part of a team

Any other duties assigned by a line manager



Receptionist (CE)

Job Description: to be the first point of call for all visitors, ensure all reception duties are completed accurately and in a timely manner.

Duties Include:

Answer telephone with professional courtesy;

Ability to use computer applications, photocopier, fax and answering machine;

To issue stationery when required;

Knowledge of filing systems and accurate record keeping;

Knowledge of general office duties;

Work on own initiative and as part of a team;

Attend training when required;

Any other duties assigned by a line manager.

Day Programme

Support Workers (CE)

Job Description: to assist in our day programme sessions with full time staff.

Duties Include:

Assist in the preparation of rooms and materials for programme sessions;

Produce written reports on sessions;

Work on own initiative and as part of a team;

Maintain the ambience of the building;

Attend training when required;

Any other duties assigned by a line manager.

HOW TO APPLY:



www.jobsireland.ie/#/home

All applicants can contact your local DSP Employment Services/Intreo Office to check your eligibility and to apply for these vacancies. Job Reference Number will be required. Eligibility to participate on CE is generally linked to those who are 21 years or over for the Childcare, Health and Social Care sectors and 25 years of age or over for all other areas. Applicants must also be in receipt of an Irish Social Welfare payment for 1 year or more.

All CE vacancies can be viewed on the [JobsIreland](http://www.jobsireland.ie) website

Our VOICE Matters



Can my voice
make a
difference?

Is there anything I
want to challenge?



What are my
Issues?

Can I do
anything about
them?



What is my view of
how things are and
should be?

Are you registered to vote?!

2024 and 2025 will be election years
Local Elections 2024: to choose Dublin City Councillors
General Election 2025: to choose TDs

It's right to debate the pros and cons of voting, but the fact is that elected politicians make decisions that affect our lives massively: if you vote, you have a say in picking who those elected politicians will be.



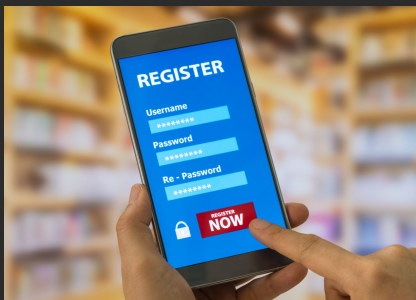
If you want to vote, you need to be on the Register of Electors

The easiest way to check if you're on the register is online at:

www.checktheregister.ie

You can use that site to:

1. See if you're on the register already
2. Register to vote, if you've not already done so
3. Get answers to the most frequently asked questions about voting and about the register .



Away from the internet, you can check the register to see if you're on it at your local:

1. Library
2. Post Office
3. Garda Station
4. Dublin City Council Office
5. Canal Communities Regional Addiction Service

In those places, you can also get the registration form you need to fill in to get your name on the register.

We can help with filling in forms!



Some important things you may not know about registering to vote

- 1. You can register even if you have no address.**
- 2. You can register to vote if you are aged 18 or over, but you will not be eligible to vote until you are 18. If you register at the age of 16, Dublin City Council will move you to the register once you reach the age of 18.**
- 3. If you are living full-time in Ireland, you will be able to vote in the 2024 Local Elections, no matter where in the world you are from and no matter of which country you are a citizen. You just need to register.**
- 4. Even if you you have been on the register for years, you should check now that your name is still there – sometimes names are deleted, or new information is required.**

Over the next year, local organisations will be holding events to spread information on how the election system works, to promote discussion on democracy, and to encourage people to register and to vote.

The first of these events will be a set of workshops delivered by the Canal Communities Regional Addiction Service in late April: "To vote or not to vote?"

**For more information, contact
Celine Greene: 083-2043322 celine@ccras.ie
or look out for more on www.ccras.ie
www.facebook.com/ccras.ie**

**You may not be interested in politics,
but politics is interested in YOU!**



Drinking?

Want to make a change?

Are you concerned about yours
or someone else's drinking?

Please find a list of free, confidential
services who may be able to help you on

www.makethechange.ie

makethechange
An Alcohol Reduction Resource

COMMUNITY RESPONSE



Community Response Ltd is a primary alcohol and Liver Health/Hepatitis C service, established in 1990. The service is based in the Liberties in the South Inner City of Dublin and our free and confidential service is available to anyone located in Dublin and its surrounding counties. We offer several group programmes depending on the presenting issues and goals of the individual.

Our Alcohol Stabilisation Programme takes place one morning per week, 12 weeks in duration, and through a support group setting it aims to enable the person to explore their relationship with alcohol. Individuals may be active alcohol users or undergoing a community alcohol detox. This currently takes place on Tuesday mornings between 10:30am and 12pm.

SUPPORT GROUP

TUESDAY



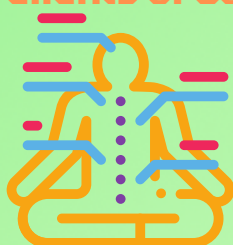
Road to Recovery



The Change and Recovery Programme is one afternoon per week, 12 weeks in duration, and utilises both information and therapeutic tools in a support group setting, examining coping skills, relapse prevention and aspects of sober living. Individuals must be at least 4 weeks sober before starting. This currently takes place on Tuesday afternoons between 2:30 and 4pm.

Holistic Morning, Wednesday's

A Holistics Morning runs every Wednesday between 11am and 12pm. This can incorporate mindful meditations, Indian head massage, and auricular acupuncture. It is offered free to all clients of Community Response.



Tuesday 12.30-1.30pm

We also offer a Mindfulness group meditation to support sobriety. This takes place on an ongoing basis, every Tuesday between 12:30 and 1:30pm. Individuals must be at least 4 weeks sober before joining.



FAMILY SUPPORT

For family members or concerned persons affected by alcohol use we offer either a 10 week information and support group (depending upon number of participants), or individual support on a face to face or over the phone basis.



MY PERSONAL EXPERIENCE WITH COMMUNITY RESPONSE

It was through Community Response I got back to where I was. Through my key-workers and group support and just listening to other people and discussing the physical effects of alcohol and the mental damage that alcohol can have and all that combined it really instilled in me, right there is no going back now. It was the best decision I ever made.

A n o n y m o u s

For more information contact

Address: Carman's Court Building, 14 Carman's Hall,
The Liberties, Dublin 8, D08 DP80

Phone: (01) 454 9772



Lynks Recovery Project D8

LINKING PEOPLE IN RECOVERY BACK INTO THE COMMUNITY

COGNITIVE BEHAVIOURAL THERAPY GROUP

6-week course | Starting Thursday 30th March 2023

6:30pm to 8:30pm 74 Tyrconnell Road, Inchicore, Dublin 8

LYNKS FAMILY SUPPORT SERVICE

provides a safe and confidential space for those affected
by a loved one's addiction and focuses on managing the
added pressures that comes with addiction

For more information contact Lynks Recovery Project on
01 453 7842 or at info@lynksproject.ie

CANAL COMMUNITIES

NEW RECOVERY CHOIR

ADDICTION

SOCIALISING

BEREAVEMENT

MENTAL HEALTH

CONNECTION

TRAUMA

COMMUNITY

LOSS

MUSICIANS WELCOME



TUESDAY, 6.30-7.30PM

VENUE

LYNKS RECOVERY PROJECT
OBLATE BASKETBALL HALL TYRCONNELL ROAD INCHICORE DUBLIN 8
ALL WELCOME!

PHONE OR WHATSAPP 083-2043322

CANAL COMMUNITY RECOVERY CHOIR

The Choir singing for a remembrance day in Donore Avenue, then the social night in Rialto



DONORE AVENUE



RIALTO

The Choir enjoying a social evening out waiting patiently on our pizza.



Can you tell me why you joined the choir? what do you get from it?

I joined the choir a few weeks before Christmas. I will be honest, joining a choir would have been the last thing I would ever have considered doing. My friend asked me to go, and my first reaction was NO WAY. I can't even sing but I decided to go along to support her. I honestly thought I would go once and that'd be it, but I was surprised at how much fun I had. Our singing teacher Lisa is amazing and so encouraging and non-judgmental. She made me feel at ease straight away and the people I met were so welcoming and friendly. We have so much fun and laughter. I have met a lovely group of people and feel like we have all bonded so well in such a short space of time and I now consider them my friends. I now look forward to our weekly choir group as I realised I had been feeling quite isolated before I met these great people. It's not just a choir group to me; it's also a space where I feel safe and comfortable enough to be myself. We also do social nights where we go out for food as a group. We try to do this once a month. This gives me a chance to socialise and bond, especially after the Covid I feel I was in a rut, going to work and straight home. I'd lost all sense of self. The choir has done so much for me.

CHOIR MEMBER

A lovely lady I know had told me about the choir and suggested that I should join it. At first I was a bit reluctant and didn't know what to expect, also the fact I'm no Mariah Carey didn't help either 😊 however after meeting Celine and the rest of the gang my mind and nerves were at ease. I haven't had this much fun or laughed so much in my recovery. I finally found something I love and a place I belong. Great people with no judgment all wanting to have some fun, nothing better for the soul and mind than singing your heart out, absolutely great for your head space. I think Tuesday evenings can't come quick enough.

I love, love, love it !

CHOIR MEMBER



Personal stories and personal poems.

MY RECOVERY JOURNEY, STORY

I've been to many drug services at different times since I was began using drugs as a teenager. My intentions were always to stop using the drugs, but it just never happened for me in detox, rehab, and the rest. Fast forward 25 years and I arrived again at the door of Rialto Community Drug Team. It was here that my old life began to shift from feeling shame, guilt, social isolation, courts, jail, overdoses, neglecting responsibilities. Going into this community service was a turning point for me. I began to see a glimpse of recovery and what that might look like for me. It was hard work, but worthwhile work, definitely!!! Things got easier the more I focused on recovery. Today everything about me and my life is recognisable to what it was back then. Today I write this over 10 years substance free. My own home, car, become the man, father, son, friend, grandpa, now I'm university educated, working away paying me taxes. All I've ever wanted; the peace of mind is priceless. There's been more good times than bad. I'm thankful I found recovery in my community, as are my loved ones. Yup the flats

Anonymous.

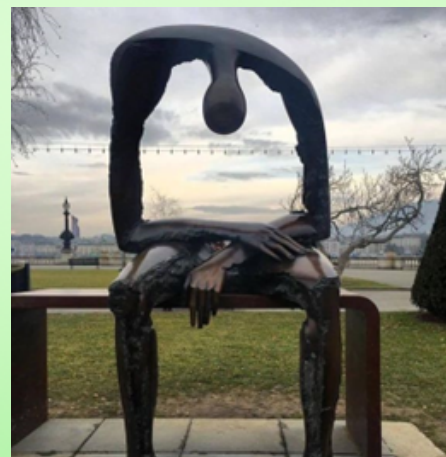
MY SOUL AND ME, POEM

*I sat down and asked my Soul,
"Do you think there is a hole, a gap
or a leak,
For suddenly I cannot speak,
cannot feel, cannot connect,
Have lost all my Self-respect."*

*And my Soul was quick to answer.
"Little woman, you're a chancer.
Drowning us in poisonous drink
makes it very hard to think.
Even harder though to act on the
very basic fact
That your "Friend" the alcohol is
the reason for the hole!"*

*After I heard my Soul speak, I felt
sadness beyond reach.
I also realised, that's the cause of
my demise.
When your Soul is not looked after,
craving love and lots of laughter,
It is sick and can't be whole unless
you free it from the alcohol.*

**By
Bianca Bergner**



The Benzo Support Group

This beautiful and deeply moving poem was written by a person who attended the first meeting of the Benzo Support Group pilot that is currently run every Tuesday afternoon in 74 Tyrconnell Road. This poem speaks for many of those who are struggling with benzo use where a person can get trapped by the brief and very temporary relief that benzos can provide from chronic anxiety, stress, depression, or even just a momentary break from worries about housing, parenting alone, poverty, homelessness; the list can be endless.

***I don't know why I'm here, don't know what to do,
But I do know that I need help, maybe that could be from you.
Because all I know these days is, White, Yellow and Blue,
And it has my back against the wall, holding me like glue***

***I know there is more like me, but right now I feel alone,
I have nobody to talk to, nobody to call on the phone.
But even if I did, I don't think I could find the right tone,
To really tell you how I feel, or leave the comfort zone.***

***That place for me is dark, full of emotion and fear,
But in a strange paradox, I still can't shed a tear.
I used to hold morals close, but they are no longer near,
Because drugs took its place, and now that's what I hold dear.***

***It's a messed up life, one that has no good,
But it's a life hard to leave, once it gets into your blood.
Most people think they know it, but they're often misunderstood,
Because they haven't lived it, from child to adulthood.***

***It's hard to create distance, when this problem has never been far,
And it's hard to beat cravings, when they hit you like a car.
It's hard to think positive, when you can't see the shine of a star,
And it's hard to know who to be, when you don't even know who you are.***

***Interpret this in your own way, poetry has the power of a knife,
But this isn't just a poem, this literally is my life.***

Anonymous





Back in 2021, we were deeply concerned about the number of people who were using benzos in our community. We decided to conduct a confidential survey to find out what the experiences were for those using benzos whether prescribed or street tablets. Most users echo what this poem expresses about using benzos as a way of coping with internal struggles and daily life. We learned that benzos were very easy to access, initially cheap to buy on the street, and for some, it was a way of staying away from 'harder' drugs. Over time, many people using benzos became dependant, which is when the person moves into needing the drug and is constantly battling with severe cravings.

More about Benzos

The thing about benzos is that they are really highly addictive and a person can become dependant even after just a couple of weeks of use. Benzos are tablets that are meant to act like a sedative. The drug mimics a part of the brain that actually makes you relax naturally but I will talk more about that later. A person once described it like this; if you have asthma, an inhaler gives you instant relief from breathlessness. For someone with chronic anxiety or worries, benzos can have that same effect. What this means is they work, until they don't. Some people end up using more and more benzos, and this can have an opposite effect of speeding up the brain and the person feels energised for a little while. Some people take benzos to get this 'speedy effect'. As benzos stay in your system and your blood stream for a long time, after a while that speedy feeling goes, you feel very tired and unmotivated. This then becomes the vicious cycle where a person uses them repeatedly to try and get energy or relax and this is where the addiction can really set in.



Detoxing from Benzos



Coming off benzos has to be through a gradual reduction in dosage and with the help of a medical doctor who gradually reduces your dosage, so you don't experience risks to your brain, such as epileptic fits. This gradual reduction can take weeks or even months and the person who is going through a detox needs plenty of continuous support.



Learning coping skills for coming off benzos

Earlier I spoke about how the sedating effects of benzos mimic the brain which produces this effect naturally. There are many positive coping skills that a person can learn to help themselves to manage stress, anxiety and depression and also to get support for concerns and worries. In our benzo support group we try and focus on providing education and helpful interventions to support our members in their personal development.

The benzo link worker

Katie Dawkins is also the Benzo Link Worker for the Canal Communities and acts as a liaison between the local GPs and the services. Through Katie, a person who is a patient in the local GP services can be referred in for a detox where they have completed an assessment and are prepared for the detox process in advance of the meeting with the GP. Generally, a detox would include regular meetings with a keyworker to support them through the full detox and the worker will also accompany the person to the GP appointments at the beginning, during the detox and towards the end of the process. This approach is considered to be a safer more supportive way of achieving a detox.

We would love to hear from you if you think that you would like to take part in our benzo support group or have any questions for us.

Norah Byrne (CCRAS) Tel: 086 8060421
Katie Dawkins (Frontline), Tel: 086 0650773



What's there to do in our community?

F2 Centre

Address: 3 Reuben Plaza, Rialto, Dublin 8

Phone: (01) 471 6700



Fatima Sports Hub Exercise Programme

Get active, meet others and have fun!

Circuit Training

Sea Swimming

Tums & Bums

Zumba

Train with Trish

Chair Aerobics

Yoga

Restorative beginners class for all. Improve your flexibility

TaiChi/Chi gong

taichi is a gentle exercise for all abilities.

Kids Boxing

activities for kids

Computer & Writing Skills

Learn new skills and meet others

Tablet & Phone Classes

One to One computer training

Story Writing
Learn writing skills in a fun class

Bookworms Uncovered

Poetry Vigilantes



*Get involved,
get creative,
get active!*

Creative Programme

Discover your creative self!

Arts and Crafts
Enjoy creative work in a relaxed group – beginners welcome

Fatima Drama Group
Join us and discover your creative self

Knitting groups

Meadow Larks
Singing group for all levels

Fatima Culture Club
Sign up for cheap tickets to the theatre

Dance
Join a fun dance class for all levels

Fatima Cinema Club
Visits to films

Occasional Activities
Rail & trail – social day trips on the train

Mental & Emotional Wellness

Guided meditation and relaxation
Relax and clear your mind.

New Women's Group
6 weeks personal development course

Better Days
10 weeks course – learning mindfulness techniques

Horticulture and Gardening
Beginners Gardening Group

Counselling
Confidential low-cost counselling. For more information, call 0894411682

Holistic therapy
Head massage, Reiki, Acupuncture

We Can Quit
10 weeks stop smoking programme

Virtual Reality meditation

Other Activities

Learn new skills and meet others

Grow, Cook, Eat
Fun weekly cooking class

Community Breakfast
All welcome to enjoy a healthy breakfast made by the Men's Group and meet others in the community.

Global Café - Intercultural Group
Meets and explores different cultures

E.S.O.L.
English for speakers of other languages to improve conversation skills.

Men on the Move
Men's Group with different activities every week

LGBTQ+ Group
Organises regular events and links up with Dublin LGBTQ Pride and LGBTQ Ireland.

YOU MUST BOOK FOR ALL GROUPS IN ADVANCE AS SOME GROUPS MAY BE FULL



**HARM REDUCTION
WORKS FOR PEOPLE
WHO USE DRUGS.**



NEEDLE EXCHANGE

BALLYFERMOT ADVANCE PROJECT

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

MQI

Mon-Fri: 8am-9pm
Sun: 9am-1pm
Ph: 01 524 016

ANNA LIFFEY

Tuesday & Thursday
Morning & Afternoon
Ph: 087 712 7059



HSE OUTREACH WORKER

Inchicore / Crumlin / Rialto
Derek: 086 604 1014

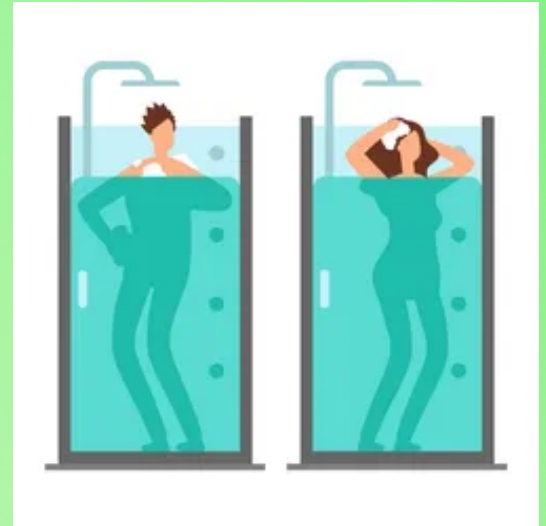
DUBLIN SIMON COMMUNITY

Mon-Fri: 8.30pm-10.30pm
Sat: 10.00am-10.30pm
Sun: 4pm-10.30pm

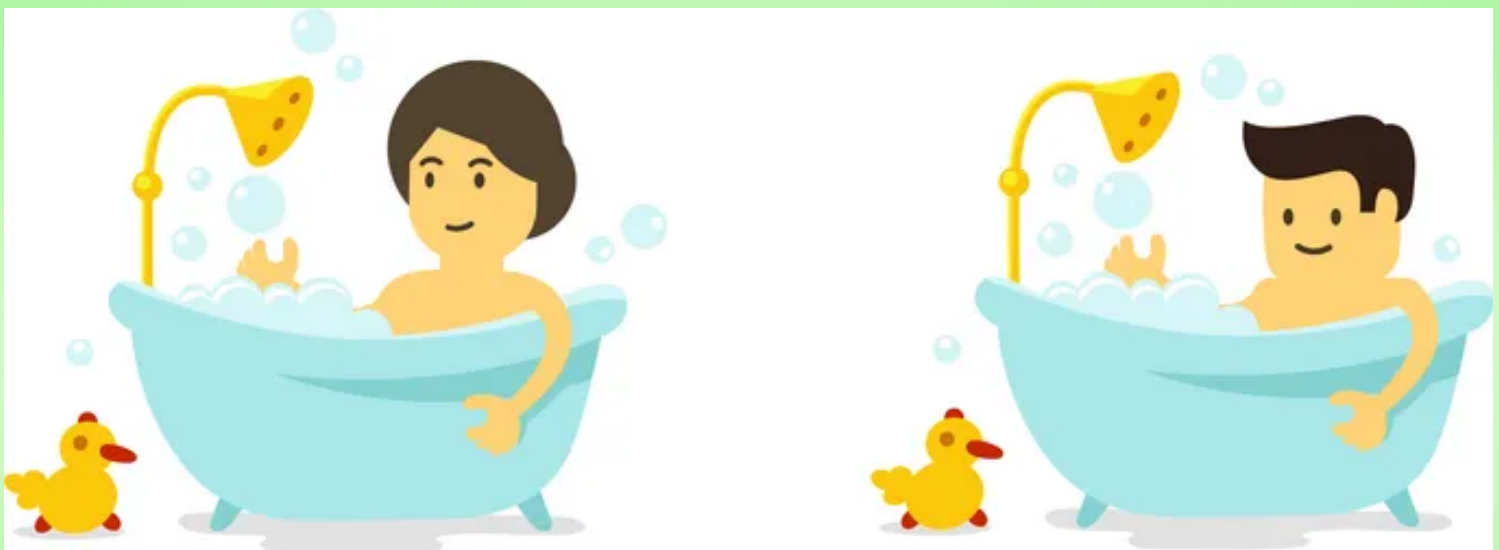
Some Simple Self Care Tips

8 Reasons Why Baths and Showers are Great For Your Health

1. Baths Can Elevate Your Mood
2. They Can Help You Sleep Better
3. A Hot Bath Can Help Relieve Muscle Pain
4. Baths Can Make Your Heart Healthy
5. They Burn Calories
6. Baths Can Relieve Cold And Flu Symptoms
7. Baths Can Soothe Irritated Skin
8. Baths Can Help You Feel More Awake

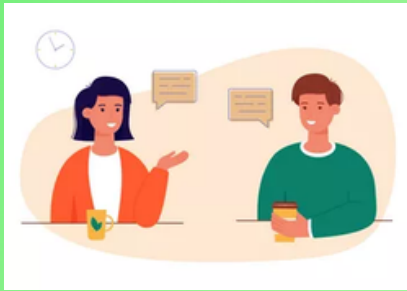


Studies have shown that soaking in a tub of hot water decreases stress and anxiety.



Self Care Tips

Talk to a friend.



Journal



Read a book



Take an extra 15 minutes in the morning to go for a walk or a cycle



Enjoy a cup of tea



listen to a podcast



Sleep in or take a nap.



Reduce Anxiety

In 10 Seconds



5 Things
You Can See



3 Things You
Can Hear



4 Things You
Can Touch



2 Things You
Can Smell



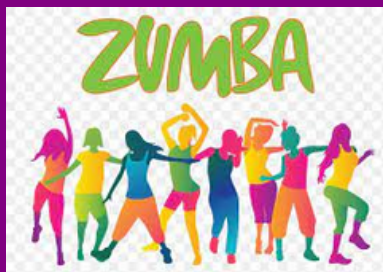
1 Thing You
Can Taste



Self-care is
giving the world
the best of you,
instead of what's
left of you.

— KATIE REED





HOW TO

GET FIT IN ST. ANDREW'S!

Mon

Zumba with Ciara 6pm - 7pm

Tues

Urban Warrior Yoga 10am/11am/6.30pm

Tues

Bellydancing 7pm - 8.15pm

Thu

The Happy Self Yoga 6.30pm

Thu

Pilates with Sarah 8pm - 9pm

Fri

5 Rhythms Dancing 7.30-9.30pm

Sat

Traditional Shivam Yoga 10-11am



www.standrewsrialto.ie

Ring 01 - 453 0744 (Mary/Janette)

For once something nice instead of the news about War, Corona, Climate Change - thoughts to give thanks

- **I am thankful...for the pants 🍑 that fit too tight 🍑 because that means I have enough food 🍑.**
- **For the mess 🍑 after a celebration 🍑 that I must clean up because it means I was surrounded by dear ♥ friends 🍑🍑🍑.**
- **For the lawn 🍑 that needs mowing, the windows 🍑 that need cleaning because that means I have a home 🍑.**
- **For the loudly voiced complaints 🍑 about the government 🍑 because that means we live in a free country 🍑🍑 and have the right to free speech 🍑.**
- **For the parking space 🅑, in the very back corner of the parking lot because that means I can afford a car 🍑.**
- **For the woman 🍑 ♀ that sits behind me in church and sings off-key 🍑 because that means I can hear well 🍑.**
- **For the laundry 🍑 and the mountain of items for ironing 🍑 because that means I have enough clothes 🍑.**
- **For tiredness 😴 and aching muscles at the end of the day 🍑 because it means I am able to work.**
- **For the alarm clock 🍑 ringing in the morning because it means I'm being given a new day 🌞 🍑!.**

(SOMETIMES IT PAYS OFF TO CHANGE YOUR POINT OF VIEW 😊) ♥?♥

Today is *International Good Looking and Damn Smart Peoples Day.
Send this message to five wonderful, smart people and as usual,
NOTHING! will happen.
But at least you make them smile 😊

Anonymous Writer

I have grown
and I can no longer shrink myself
to fit places I do not belong



WE CAN QUIT

Do you want to stop smoking?

Join us for a weekly stop smoking programme offering group support, one to one support and free stop smoking medication.

Have you tried to quit before?

Do you want support to quit?



Register for We Can Quit today!

QUIT

Who is this programme for?

Men and women living in the Dublin 8 or 12 area who are looking for support to quit smoking.

When and where?

10 week evening programmes begin on:

- Feb 21st - F2 Centre, Rialto, 7—8.30pm
- April 19th - 3 St. Agnes Rd., Crumlin, 7—8.30pm
- September - date and venue to be confirmed

How to register:

Call Úna on 089 4411673

or Email: health@f2c.ie

www.fgu.ie/quit-smoking-programme