

July Edition 2024

V O C A L E Y E Z

We are delighted to welcome you to this Autumn 2024 Edition of Vocaleyez newsletter, which is published between the Canal Communities Service User's Forum and the Canal Communities Regional Addiction Service (CCRAS).

Our Team

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**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



Canal Communities
Service Users' Forum





HSE Drug Warning



June 14th 2024

Extreme Risk

Nitazene-type opioids found in counterfeit benzodiazepine tablets following overdoses and hospitalisations in Dublin, Galway and the mid-West.

Ongoing concern

Nitazenes are strong synthetic opioids that can cause serious overdoses, hospitalisation and drug-related death.

Recommendation

Do not take these tablets.
Talk to a local service about naloxone.
Mind yourself and care for others.

It's safer not to use drugs at all.



Appearance

Nitazenes can be found in pills or powder. Current overdoses linked to yellow tablets.

Do not buy:

- new types of drugs
- new batches
- from new sources



#ReduceTheHarms

DRUGS.ie

Professor Eamon Keenan, HSE National Clinical Lead, Addiction Services, said: “We urge extreme caution following a number of overdoses related to counterfeit benzodiazepine tablets. Preliminary analysis suggests that nitazenes, a potent and dangerous synthetic opioid, may be responsible. These pose a substantial risk of overdose, hospitalisation and death.”

Your well-being is important; remember to look after yourself and care for others.

Follow these harm reduction steps to help reduce the risks:

Avoid taking these tablets, new batches of drugs, new types of drugs or obtaining drugs from new sources due to unknown risks;

Talk to your local service or doctor about accessing naloxone for free - Naloxone temporarily reverses the effects of opiate-type drugs like heroin, keeping the person alive until emergency services arrive;

Get medical help immediately if you see signs of overdose - stay with the person until help arrives.



HSE Drug Warning

March 15th 2024



Extreme Risk

The HSE is expanding its red alert to include Irish prison settings.

A red alert remains in place for people in Dublin and Cork.

Appearance

Irish overdoses have been linked with a light brown/tan powder containing a nitazene drug called 'N-pyrrolidino protonitazene'.

Nitazene drugs have also been identified in illicit tablets in the UK.

Recommendation

It's safer not to use at all, if you do, talk to a medical professional about treatment and harm reduction if you use drugs in prison.

Mind yourself, care for others and make a safety plan if you use in prison.



Nitazene found in prison setting

Photo source: HSE National Drug Treatment Centre Laboratory

Ongoing concern

Nitazenes are strong synthetic opioids that can cause serious overdoses, hospitalisation and drug-related death.

Don't be afraid to seek medical help if you feel unwell.



#ReduceTheHarms

DRUGS.ie

18th April 2024

HSE Emerging Drug Trend Advisory Notification

On-going concern for products sold as benzodiazepines on the Irish market

This advisory notice has been issued by the HSE National Clinical Lead for Addiction Services to notify service providers of the on-going risk of counterfeit benzodiazepines containing new psychoactive substances (NPS).

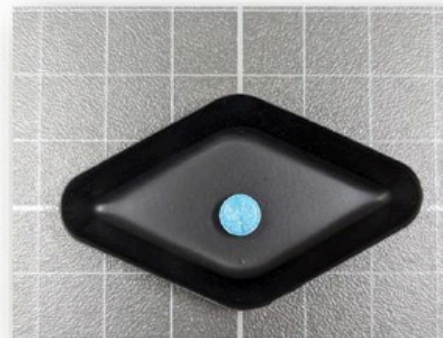
NPS or new types of benzodiazepines appearing on the market are of particular concern due to the high potency of these substances even at low doses.

- NPS benzodiazepines can produce strong sedation and amnesia. Additional adverse effects include loss of coordination, drowsiness, dizziness, blurred vision, slurred speech, and, in some cases, death. Naloxone will have no effect on reversing symptoms from NPS benzodiazepines.
- Risks are increased if one or more substances are used by a person, or if tablets are pressed to contain one or more substance.

Bromazolam

Recently, Bromazolam has become a common NPS benzodiazepine appearing on the Irish market.

- Bromazolam can appear in a variety of different types of pills, but has been commonly found as round blue or white pills. A small number of samples have been reviewed by the HSE National Drug Treatment Centre Laboratory this year which contained Bromazolam.
- Bromazolam produces strong sedative and sleep-inducing effects and as a result there is a significant risk of overdose.

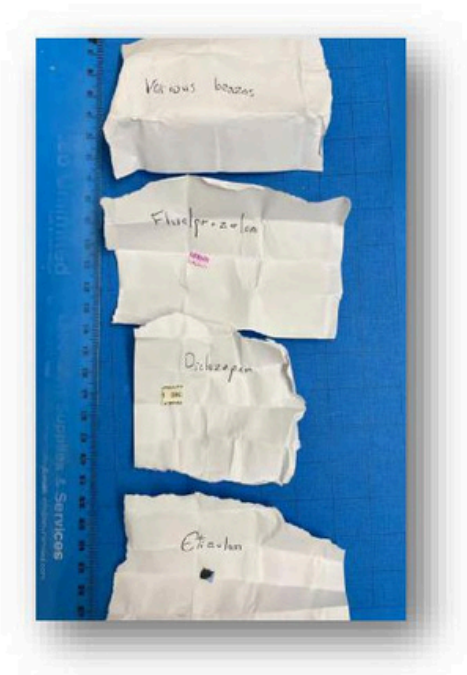


Tablets analysed by the HSE National Drug Treatment Centre Laboratory and found to contain Bromazolam .

Blotter paper benzodiazepines

New benzodiazepines may also appear in new forms such as on 'blotter paper', which can be harder to identify in terms of contents and potency of the product.

Service providers in the community and in forensic settings should be aware of these developments.



Variety of benzodiazepines obtained by the HSE through 'Back of house' drug monitoring in festival settings

Due to the variety of tablets available nationally, this area is difficult to monitor and service users should be advised to treat all counterfeit tablets with caution. **These new benzodiazepine products can cause severe sedative effects and symptoms cannot be reversed through the use of naloxone. Overdose responders should consider this possibility in cases where severe sedative effects are not reversed following the administration of naloxone.**

Over the last decade, the EU Early Warning System on new psychoactive substances (NPS) has detected an increasing number of 'new' benzodiazepines on Europe's drug market. In response to this emerging trend, the HSE has issued a number of advisory notices since 2019 on different types of products appearing such as Etizolam, Flualprazolam, counterfeit 'Xanax sticks' and products which contain both a benzodiazepine (alprazolam) and an opioid (Tramadol). In addition, products which aren't licensed for sale in Ireland such as 'Ksalol' known as 'castles' have become a prominent feature on this market and have led to health concerns.

It is always safer not to use prescription medications outside of prescribing guidelines or as directed by your prescribing doctor and safer not to source counterfeit tablets, as you can never be sure of the contents of such tablets. However, people who use these medications should be provided with information on how to minimise harms. Harm reduction information and posters can be download from www.drugs.ie/newbenzos

We request that services share these messages with your client group within services, through your harm reduction interventions directly with people who use and through your social media channels.

Eamon Keenan

Prof Eamon Keenan, HSE National Clinical Lead – Addiction Service



Public Information Session on Contaminated Street Tablets



**Tuesday 30th July 2024
10.30 a.m. – 11.45 a.m.**

Speaker

Dr Garrett McGovern

GP specialising in the
treatment of addiction

**St Andrew's Community Centre
468 South Circular Road, Rialto, Dublin 8**

In recent months, new drugs and new contaminants among street drugs have been proving especially dangerous.

The presentation and discussion will provide accurate information on the drugs, the risks they pose, and how to counter them.

For further information contact

Ger Doherty, Coordinator

Canal Communities Local Drug & Alcohol Task Force

coordinator@ccldatf.ie or 086 384 5565

If possible, please confirm your attendance by email
to admin@ccldatf.ie

All Welcome

What is addiction?

There are two broad categories of addiction - chemical addiction and behavioural addiction.

Chemical addiction, such as drug abuse, be it an addiction to alcohol, cannabis, opiates or benzodiazepine, is a very common problem in Ireland,

Behavioural addiction which involves a chronic obsession with a particular activity such as gambling, sex or gaming is the most serious problem in Ireland today,

Gambling Addiction

Gambling Addiction Symptoms

Some of the most telling and obvious symptoms of a gambling addiction problem are the urges to continually 'chase' gambling losses with more gambling and resulting in financial debt due to the behaviour. However, a gambling addiction is one of the most difficult to detect due to its often secretive nature; particularly these days with the growing popularity of online and mobile gambling.

Still there are some symptoms of gambling addiction to look out for:

- **Mood swings.**
- Those closest to diagnosed problem gamblers have said that mood swings were a significant sign of a problem, including highs and lows, irritability and short-tempered responses (Fulton, 2015).
- **Unhappiness or depression.**
- According to research by Professor David Forrest of Liverpool University, problem gamblers can often be "as miserable as cancer patients", as such, being a problem gambler also tripled the likelihood of extreme unhappiness (Forrest, 2012).
- **Dishonest behaviour.**
- Those addicted to gambling often act dishonestly. A prime example is dishonestly taking money from loved ones, friends or employers. Other examples may also include starting arguments purely as an excuse to gamble (Fulton, 2015).
- **Secretive or evasive behaviour.**
- In order to hide their gambling problem from others, those addicted to gambling can be secretive and evasive about financial matters or their whereabouts. Those closest to a problem gambler have said that the lying and secrecy were two of the most difficult behaviours to understand (Fulton, 2015).
- **Preoccupation with gambling.**
- Meaning an excessive preoccupation with gambling and self-isolation from others in order to spend more time gambling. This type of behaviour can also lead to unreliability, for example being unable to pay bills despite being paid a wage.
- **Physical signs.**
- While a gambling addiction is one of the hardest to recognise from the outside, there are some physical signs related to the problem; for example, gamblers may appear exhausted due to their excessive preoccupation with gambling, possibly resulting in insomnia, as well as possibly leading to issues around hygiene and grooming (Fulton, 2015).

Gambling Addiction in Ireland - The Facts

While research within Ireland has been limited, there are some startling statistics related to gambling addiction in Ireland:

Roughly 7% of gamblers are at risk of developing a gambling problem (Freyne, 2015).

Roughly less than 1% of gamblers have a gambling addiction - however, approximately 30-35% of the gambling industry's revenue comes from those who have gambling issues (Freyne, 2015).

Gambling is moving online, making it harder to track the behavioural activity of a loved one. In 2008, there were 1,365 betting shops in Ireland, which reduced to 948 in 2015. Paddy Power says that 77% of its profits come from the online side of the industry.

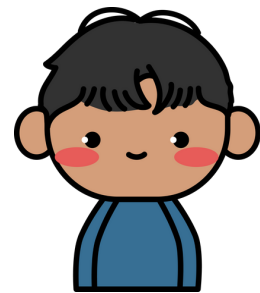
According to the Institute of Public Health in Ireland, gambling addiction affects young people at 2-3 times the rate of adults.

Over €5bn each year is gambled in Ireland - that's €10,000 every minute.

12% of Irish Adults bet with a bookmaker on a weekly basis and 2% bet regularly online.

8 Common Behavioral Addictions

- Gambling Addiction
- Sex Addiction
- Internet Addiction
- Shopping Addiction
- Video Game Addiction
- Plastic Surgery Addiction
- Binge Eating Disorder: Food Addiction
- Risky Behavior Addiction



Martin's story

Hello my name is Martin. I have 7 full years of not gambling and hopefully I'll make it to 8 when June comes. I suppose I will tell you about my story. I started gambling when I was 19-20 years of age and if I knew 8 years of pain and no doubt a lifetime of guilt awaited me I'd have ran a mile. But hindsight is a fantastic thing. My life spiralled after my 21st birthday. I couldn't go a day without a bet and when my own money ran out I stole it. Never thought of it as a bad thing cause my twisted mind just assumed I'd win it back and no one would ever know. It was a horrendous experience. Constantly worrying about people I owed money to and after stealing from my parent that just shows you how much I really didn't care about the people who loved me. When I couldn't hide anymore I went into therapy and joined gamblers anonymous . . . AND I HATED IT for the first year, in and out fighting, confused with other members who were all happy and my life was worthless. After a while I calmed down and what everyone told me started to become my reality. I began to see things differently. I always say I'm very lucky to have got away from gambling in the way I did. Fast forward all that and I can safely say everything I never had but sought after while gambling I simply have now and that's all because I stopped. It's been tough not gonna lie, it's still tough being around lads and football team groups when they send in their winning bets and I'm struggling to make ends meet at times. But that's ok, I know myself I can't go back there and quite frankly I don't want to. I've built a life I'm proud of now and that outweighs everything. Anyone can change no matter how bad it seems. I'm living proof it works!

**FAMILY ADDICTION SUPPORT NETWORK
&
NATIONAL FAMILY SUPPORT
STEERING GROUP**

**SAVE
THE
DATE**

**National Conference
'Trauma in the Community'**

**Thursday 19th & Friday 20th
September 2024**

**Carrickdale
Hotel
Carrickarnon
Ravensdale
Dundalk
Co. Louth
A91PR63**

**Conference
Details
including
Guest
Speakers and
booking
arrangements
to follow**

This event aims to provide opportunities for shared learning and awareness raising for services and families locally, regionally, nationally and cross-border as well as;

- **Provide the opportunity for family members/communities to identify how they have been affected by drug related intimidation.**
 - **Explore and develop an understanding of trauma informed practice.**
 - **Help identify key safety measures for family members and their communities.**
- **Identify and collate shared learning and resources from family members, family support groups, community groups**
 - **Create awareness of trauma experienced by communities.**

**If you know any family member interested, contact
Ger Doherty; coordinator@ccldatf.ie**

**Are you looking to get out more, socialise,
develop some skills?**

Family members & Community members



We Are Hiring
**DOLPHIN HOUSE
CE SCHEME**



IF YOU ARE ONE OF THE FOLLOWING:

- ✓ 21 years or over.
- ✓ Unemployed for at least 1 year.
- ✓ Loan Parent.
- ✓ Widow or widower.
- ✓ In receipt of disability allowance.

**Please contact Janette
O'Brien at:**



Janetteobrien@dolphince.ie

or



01-454 4682

**CE POSITIONS ARE
AVAILABLE IN:**

- Dolphin Park House
Café No. 44.
- The Community Centre.

BENEFITS & OTHERS:

- ✓ Bridging employment gaps.
- ✓ Develop new skills.
- ✓ Access to training opportunities.
- ✓ Personal growth.
- ✓ Community contribution.

Rialto Community Drug Team



Drop-In Service and Outreach Team.



Contact Dean on 087-7444 213
Contact Megan on 087-3913 901



Rialto Community Drug Team

Welcomes and supports individuals and their families experiencing issues with addiction through advice, treatment, advocacy, support and education.

***Could you benefit from any of the following supports?
Referrals can be made by yourself, family/friend or an agency.***

Opening hours Monday and Tuesday 9.30-5pm Wednesday and Thursday 9.30-7pm Friday 9-12.30

- Addiction support
- Key-working, Counselling and Case Management
- Community Prison Links
- Family support
- Outreach
- Systemic Family Therapy
- Housing/Homeless support and advocacy
- Complementary therapeutic interventions
- Drop-in and open door tea/coffee
- Alcohol, mental health, men's health, family support and other groups
- Harm reduction and crisis intervention
- Club drugs and Chemsex support

Rialto Community Drug Team
468 South Circular Road, Rialto, Dublin 8. DO8H51F
Tel: 014540021
email: admin@rcdt.ie
Like us on Facebook; Rialto Community Drug Team
Web: www.rialtocommunitydrugteam.ie

Frontline Make Change, Team



Frontline Make Change has three services:

Addiction Support Service

A free and confidential service that provides addiction information and support to individuals and families who need help overcoming drug and alcohol addiction.

Frontline Bikes

A social enterprise bike shop (Inchicore) and Training & Upcycling Centre (Bluebell) that provides training in bike mechanics to people in the community who have been impacted by substance misuse, long-term unemployment and those emerging from custodial sentences.

Children's Project

A preschool and afterschool service for children whose parents or family members live with the impact of drug or alcohol misuse. This service facilitates and supports parents to attend appointments with the addiction team and ensures the children who attend get the best start at life.



Community Lynk's Project, Team



Community Lynks Project is a Structured 5-day a week drug free Programme. Over the past 5 years on average 96% of our Service Users have maintained their drug free status.

We provide a safe space for individuals in recovery from addiction to find therapeutic, social & educational supports by focusing on improving people's wellness in all aspects of their lives. Our Recovery Café's are proving very popular and we are presently expanding with our wish to work alongside other Projects to bring more recovery capital to the area.

Mr. Dave Tilly is doing a fundraiser event for Community Lynks. Dave is undertaking a 1300 kilometre cycle across the Atlas Mountains in Morocco. For more information on the Programme please contact us on 01 453 7842



PARKS & TRAILS CHALLENGE



Scan code & download the
Dublin Discovery Trails app



Get active and feel good.





- Every Tuesday at 2pm as part of a healthy lifestyle
- Meeting at the Oblates church, Inchicore Dublin 8
- All fitness levels
- Everyone welcome (All communities)
- Just show up or call Wesley on 0892704049 or 014537842

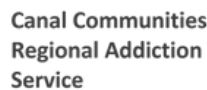


Wednesday, 6.30pm-7.30PM

VENUE

LYNK'S RECOVERY PROJECT
OBLATE BASKETBALL HALL TYRCONNELL ROAD INCHICORE DUBLIN 8
ALL WELCOME!

PHONE OR WHATSAPP 083-2043322



**Women's
Recovery
Group**

Established since 2015

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

For your information:

Every Monday
from:

11.30am to 1pm
Room 2, Oblate Basketball Hall
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

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.*



**WOMEN
SUPPORTING
WOMEN**

WHAT YOU GET

- 12 week personal development.
- 8 week holistic treatments:
- Sunday walking club.
(Optional)
- Peer Support.
- Addiction and Recovery support for service user and family members.

WHEN?

**EVERY TUESDAY
AT 6.30PM TO
8PM.**

FREE OF CHARGE

WHERE?

**NUMBER 74,
TYRCONNELL RD,
INCHICORE,
DUBLIN 8.
D08 KCH5**

CONTACT

**CELINE BY TEXT
OR WHATSAPP**

083-204 3322

FRONTLINE

DROP-IN INCHICORE

Every Wednesday 2-3.30pm:
Kavanagh House, 135 Emmet Road, Inchicore

The drop-in is a safe, non-judgmental space for our clients in a social setting and no appointment is necessary.

Call in for a cup of tea, a chat and some hot food.

Do you Think YOU Might Have a Problem with ALCOHOL?

Do you know someone who has a problem with alcohol?

HELP IS AVAILABLE

Free online support sessions every **MONDAY (via Zoom) from 5pm to 6.30pm**

For further information contact **Dean on 087 744 4213** or **Norah on 086 806 0421**

Would you like support and guidance in a safe and non-judgemental environment?

COMMUNITY ALCOHOL EDUCATION & SUPPORT PROGRAMME

Here to help

RIALTO COMMUNITY DRUG TEAM
 468 South Circular Road, Dublin 8
 Tel: 01 454 0021

CANAL COMMUNITIES REGIONAL ADDICTION SERVICE
 Oblate Hall, Tyrconnell Road, Inchicore, Dublin 8
 Tel: 086 806 0421

SMART Recovery®

Tues 6.30pm to 8pm

Is your substance use or addictive behaviours causing you problems?
 Would you like support?

Maybe WE Can Help?

Tuesday evening
Canal Communities Regional Addiction Service
 Room 2 Oblate Basketball Hall, Tyrconnell Road, Inchicore, Dublin 8
Contact Paul on: 086 0453822

SMART Recovery runs support meetings where there are no labels. You decide what difficulty you wish to work on. We teach you tools to work through and beyond any addictive behaviour.

SMART Recovery® is a registered trade mark of the Alcohol and Drug Abuse Self-Help Network Inc. 1995 by SMART Recovery

Benzodiazepine Awareness & Support Group

Advice Service Support Help Guidance

A safe and therapeutic space to get support and learn about **benzos**

Interested in exploring your relationship with benzos and/or maintaining positive changes already made?

Are you over 18? →

Why not get involved in our benzo awareness and support group?

Interested in attending?
 Would like more information?

Every Tuesday from 11:30am to 1pm
 74 Tyrconnell Road, Inchicore, D8

Text WhatsApp Call

Katie Dawkins: 086 065 0773
Norah Byrne: 086 806 0421

Canal Communities Benzo Initiative Committee

What does Service User Forum mean?

Service User Forum

As important stakeholders, service users and their families have a key role to play in contributing to the planning, design and delivery of effective services. Service users because of their direct experience of services, have unique insights which are a valuable resource to those involved in developing services and interventions.



The term 'service user' includes people and their families who use health and social care services. It also includes people who are potential users of health services and social care interventions, including people who use drugs and who may not yet have availed of treatment.

Your Input Needed



Facilitating the Community involvement in the development and design of services is therefore a core objective of drugs policy.

How can we hear the voice of the Community?

One way is Suggestion Boxes that may be in all the addiction services over the next few months.





Help us know the latest drug trends in Ireland!

Share your experiences in the EU Web Survey on Drugs 2024.



This anonymous survey will help Irish research, drug policy, and harm reduction.



More information

#ReduceTheHarms #EWSD2024
#IrishDrugTrends



DRUGS.ie
Drug and Alcohol Information and Support

TURAS TRAINING

Overview

Turas is a recovery service and CE scheme based in Bluebell funded by the HSE and DSP.

Our team is made up of 10 full-time staff members: 6 addiction workers, 2 management, 1 administrator, 1 caretaker, and 5 part-time CE support workers.

In total we have 45 CE Positions; 38 are day programme participants and the rest are main stream CE places.

Service Information

We open Monday to Friday 8.30am to 4.15pm and day programme hours are 9.30am to 3.00pm Monday to Thursday.

Service Users

We work with three different cohorts:

1. The first and foremost is 'Adults in Recovery' who are in a position to attend a day programme of approximately 15 hours per week, who are generally stable in their drug use. They do not have to be drug free.
2. 'Mainstream CE' applicants interested in work experience in this sector, administration or becoming a bike mechanic, which we support with our colleagues in Frontline Bikes.
3. 'Addiction Studies Students' who attend the higher education level 7 programme on Wednesday evenings 6-9pm.

The length of time someone engages with our day programme varies from 1 and 3 years depending on need.

Services

Our day Programme is structured into four pillars: Recovery, Holistic, Education, Outdoor:

1. Recovery Service includes: Keywork, Care Planning, Case Management, Counselling and Group sessions including Recovery Me, Finding Safety, Reduce the Use, Stress Management, and Peer Group
2. Holistic programmes include: Therapeutic Art, Copperwork, Woodburning, C  llage, Mandala Art, Yoga, Tai Chi and Meditation
3. Education programme includes: Literacy Support, Computers, Maths, Communications, Employability, Individual Training through DSP funding
4. The Outdoor programme: availing of the health benefits of spending time in the natural environment is a key part of our recovery strategy. Participants engage in a range of holistic, therapeutic and fun activities in the outdoors including hill and beach walks, forest bathing, team building and outdoor yoga.

All CE participants are supported to make plans to progress from the scheme to further education and/or employment. Breakfast and light lunch is provided every day. We have a minibus to bring our service users to different locations in Dublin and beyond as part of the outdoor programme.

Referrals

We accept referrals from any source, self-referrals, family members and agencies. Anyone interested in the programme will get an appointment within a couple of days and we will take them through the process, step by step to see if we are the best positioned service to meet their needs or support an onward referral. Out intake is year-round and we currently have a few day programme vacancies.

Most of our day programme participants apply through CE and receive a CE payment and we also have a number of places for people looking for our services not through CE.

Conclusion

We take a trauma informed approach and have relaxed and welcoming environment. We welcome agency visits and we'd be happy to welcome you to meet the team and learn more about Turas.



**Worried about your drug or alcohol use?
Help and support is available today.**



- Friendly & Confidential
- Peer Support
- Counselling
- Indoor & Outdoor Activities
- Community Employment
- Education and Training

Please call 01 450 5396

Email: info@turastraining.ie Website: www.turastraining.ie facebook.com/TurasTraining



An Roinn Coimíre Sóisialaí
Department of Social Protection



CDETb
Baord Oideachais agus Oiliúnaíochtaí Bhaile Átha Cliath
City of Dublin Education and Training Board

Poems from the Community.

That's the Spirit by David R

Blind spots before a fall
the siren's call
that's the spirit

creeping tension warped perception
irrational introspection
that's the spirit

Enemies within, enemies without
nothing to doubt, everything to doubt
that's the spirit

and that spirit says

"your hideous dream now reality
manipulations through stealth
I was with you in actuality
your hands have done my bidding
well
abhorractions, desolations,
emancipations, capitulations, hell"

robbed of self, in no uncertain terms,
death.
At the peak, it ceased to speak

That's the spirit.



No Fighting

Fall asleep to turn off one demon,
To wake up to another.
I decree and declare peace on my life.
I don't fight, flight, fright or tight grip.
No more menaces, no more menaces
See this country whose soil has arisen
me,
Taught me peace.

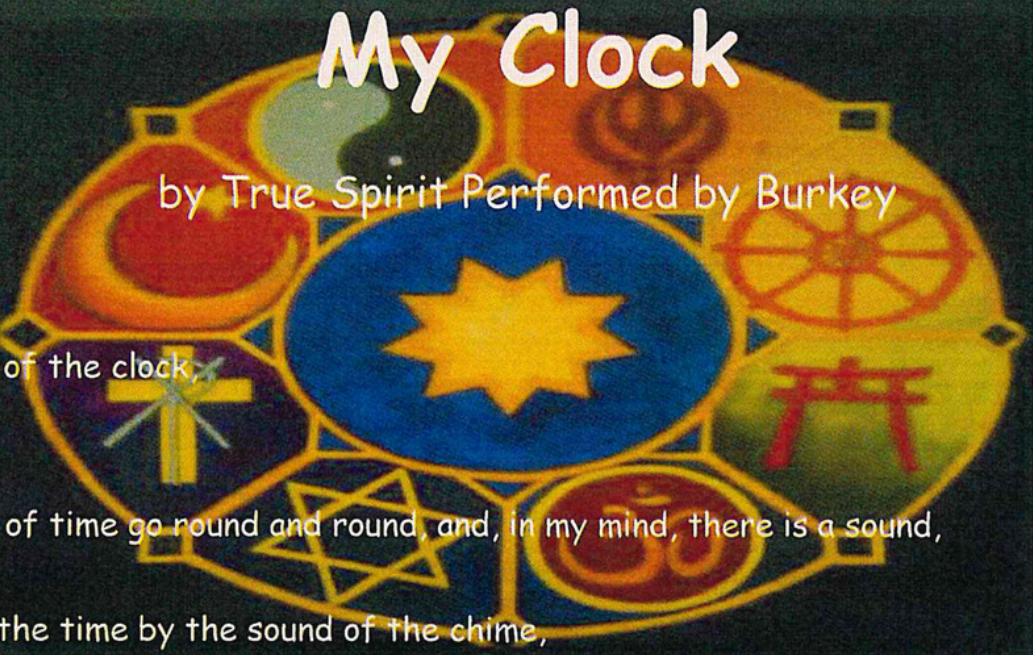
You personify the gun, the right to
explode
You like to fight, you like to argue.
You like to pick and you like to fall,
You want to put all the pieces back
together.
You want uproar passions, you're just out
straight bad out.
Whatever the reason for your lack of
peace, soul and hope,
You are out.

Victory belongs to peace.
I shall not fight, I shall not clickbait.
Peace I choose, every time.
over your violent love.
Tranquility, I choose over your devilish
pranks.
I will not enjoy violence, I will not mate
with such a beast.
See for you don't know freedom, your
monarch gun, ain't sovereignty.

-By Eloine De Mauricia Kiese.

My Clock

by True Spirit Performed by Burkey



Tick Tock,
The sound of the clock,
Life!
Tick Tock,
The hands of time go round and round, and, in my mind, there is a sound,
Tick Tock,
You count the time by the sound of the chime,
Tick Tock - The sound of my clock

Tick Tock,
I listen to the Tick to learn from the past and how to balance my own next Tock,
And learn from my Tick how to take care of my own body clock!
Tick Tock,
You count the time by the sound of the chime,
Tick Tock - The sound of my clock

Tick Tock,
In the sound and my feet on the ground,
In my mind search and try to find some of the power,
Just for that one hour, I can focus my mind within that hour,
Tick Tock,
You count the time by the sound of the chime,
Tick Tock - The sound of my clock

To see all the things that life can bring,
So, on my clock I listen for my Tick and Tock!
To pause on the Tick to move on to the Tock.
And so, the next hour is within my power
that's the magic, in the tone of my clock.
Tick Tock.

Twenty Days and Twenty Nights.

I left my home up in the hills
Far behind me
I left my wife with unpaid bills
And she can't find me
I'm trying out the world for size
And I know it's not paradise it's lonely
Oh for twenty days and twenty nights
I've been alone and that ain't right without her

City ways are strange to me and I can't take it
But it's not like it ought to be and I can't make it
I've got to face the truth one day
A man can't always run away from troubles No
Now for twenty days and twenty nights
I've been a fool and that ain't right without her

One day soon I'm going back will she still mind me
I've been out of line and off the track but that's behind me
I've fooled around and did it well but I just could not ring a bell without her No
It's taken twenty days and twenty nights
To prove me wrong and make her right
Twenty days and twenty nights
I was wrong and she was right and I miss her

Michael



Never Give Up!

My life is a rollercoaster. There has been highs and lows but most of all, I will never regret.

There are choices I made that can never be changed, no point looking back.

They will never be the same. I can only change if I am willing to change.

Nothing can stop me!

I am the power. I can work through this with all of my supports.

Life is tough but never give up! I wouldn't have done this without my supports and family.

I am grateful for my life I am living now. I am strong, I am powerful.

I got to experience a life of drugs and partying but now it has come to an end.

To see my kids happy makes me smile and reminds me how good my life is.

They fill my heart with unconditional love that will never run out

I made choices and the only regret I have is hurting those I love.

The bad choices I made have made me grow stronger than ever!

Now I am turning my life around for the better

No matter what life throws at me, I feel ready to fight back and never give up.

Life is tough but I have got this.

I choose to smile everyday to get me through the day.

The past is in the past the future is here now.

I am proud of who I became today. I am grateful of today and I always will be.

Life is worth living and I know that from my own experience.

The sun always shines. Never forget that and never give up!

by Nikita Campbell



CCRAS - Canal Communities Regional Addiction Service

Address: Oblates Basketball Hall,
Tyrconnell Rd, Inchicore,
Dublin 8, D08 KCH5 **Phone: 086 806 0421**

Community Lynks Project

Address: Oblates Basketball Arena,
Tyrconnell Road, **Phone: 01 453 7842**
Dublin 8 **Email: info@lynksproject.ie**

Frontline previously Inchicore Bluebell Community Addiction Team

Address: Kavanagh House, **Phone: 01 473 6502**
135 Emmett Rd, Inchicore, D8 **Email: info@icdt.eu**

Turas Training

Address: Unit C1, Bluebell Business Centre,
Old Naas Rd, Inchicore,
Dublin 12 **Phone: (01) 450 5396**

Rialto Community Drug Team

Address: 468 Sth Circular Rd,
Saint James' (part of Phoenix Park),
Dublin, D08 H51F **Phone: (01) 454 0021**



St. Michael's Family Resource Centre Community Development Project

Address: 72 Tyrone Place,
Inchicore,
Dublin 08 **Phone: 01 453 3938**

Core Youth Service Trading as St. Michaels Parish Youth Project

Address: St. Vincent Street West,
Inchicore,
Dublin 8 **Phone: 01 454 4791**

Community Response

Address: 14 Carman's Court,
Carman's Hall, **Phone: 01 454 9772**
Dublin D08DP80 **Email: info@communityresponse.ie**

Dolphin House Community Development Association Ltd

Address: Dolphin House Community & Health Centre,
Portakabins, Dolphin House,
Rialto, Dublin 8 **Phone: 01 454 4682**

Rialto Youth Project

Address: St. Andrew's Community Centre,
468 South Circular Road, **Phone: 01-453 1638**
Rialto Dublin 8 **Email: admin@rialtoyouthproject.net**



Fatima Groups United Family Resource Centre

Address: F2 Centre,
3 Reuben Plaza, **Phone: 01 453 4722 / 01 471 6700**
Rialto, Dublin 8 **Email: Info@fgu.ie**

Bluebell Youth Project and Education and Family Project

Address: Bluebell Youth and Community Centre,
Bluebell Road, **Phone: 01 473 8439**
Dublin 12 **Email: info@ccrys.org**

Needle Syringe Programme



Needle Exchange

DUBLIN 10

Ballyfermot Advance Project – 01 623 8001
Monday - Friday 9:30am-1pm, 2pm-5pm
Outreach / Out of hours 087 431 9921

DUBLIN 8

MQI Riverbank – 01 524 0160
Monday - Friday 8am-9pm,
Sunday 9am-1pm

Dublin Simon Outreach – 01 872 0185

Monday - Friday, 8:30am – 10:30am
Sat - Sun, 4pm – 1am

Ana Liffey Drug Project

Tuesdays and Thursdays 2pm – 5pm
Other days text or call for support – Outreach 087 712 7059

USEFUL NUMBERS

Dublin City Council

DDC - 01-222 2222

DCC after hours - 01-679 6186

HSE Mental Health

1800 111 888

Samaritians

116123

Food Bank

The people's foodbank.

Bluebell - 01-4601366

DETOX AND TREATMENT CENTRE'S

High Park Residential Rehabilitation Programme

This is a 14-week fully residential programme. The aims and objectives are to offer clients a period of residential rehabilitation treatment in a drug and alcohol-free environment

For referrals and further information please call 01 837 7883 or email info.highpark@mqi.ie

CUAN MHUIRE TREATMENT CENTRE

Detox Programme

Detox is the first step on the road to recovery and essentially means eliminating harmful toxins from the body which have been created from addiction to perilous substances. The most successful drug and alcohol detox programmes are those that are done in a residential setting, the physical as well as the mental aspects of detox can be extremely difficult, therefore, a professional treatment facility is best able to conduct this. Typically, this comprises of two weeks Detoxification – in a specialist 24 hour/nurse staffed unit, with the necessary medical support and supervision available.

Address: Oldmill, Vicarstown Road, Athy, Co. Kildare.
Phone: (059) 863 1493

CUAN DARA INPATIENT THERAPEUTIC DETOXIFICATION CENTRE, HSE

Services Provided: Group and family counselling offered on an in-patient basis. HSE residential drug detoxification unit. Services for all ages and genders. Services for pregnant women available. Two-week residential detoxification unit offered following one month of counselling

Address: Cuan Dara, Cherry Orchard Hospital,
Cherry Orchard, Dublin 10
Phone number: 01 795 5050
Email: cuandara@hse.ie

SMARMORE CASTLE

Expert Drug Detox in Ireland

Smarmore Castle's treatment programme follows an abstinence-based model of recovery for alcohol and drug addiction. Post detoxification, our expert team of doctors, nurses and therapists give our patients the tools they need for lifelong recovery.

Address: Smarmore, Ardee, Co. Louth, A92 YY22
Phone: (041) 214 5142
Email: info@smarmorecastle.ie

RUTLAND CENTRE

Rutland Centre provides treatment for individuals with substance and/or behavioural addictions. We are informed by the American Society of Addiction Medicine which defines addiction as "a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations". We focus on the primary nature of addiction and the harmful consequences for the dependent person and their loved ones.

Address: Knocklyon Road, Dublin 16, D16 YV04
Email: info@rutlandcentre.ie
Fax: 01 494 6444

Helplines

AA: Alcoholic Anonymous - 01 8420700
NA. Narcotics Anonymous - 016728000
CA: Cocaine Anonymous - 0873174989
SA: Sex Anonymous - 1800 911123
Al Anon: 01 8783624

Would you like to be more involved in developing the service user's forum?

Would you like to know more about the service user forum?

Would you like to be the service user rep for your service?



Please contact Celine

Ph: 083-2043322

Email: celine@ccras.ie



Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people... He said,

"My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed"