

DECEMBER 2024

VOCALLEYEZ

EDITION

Magazine

We are delighted to welcome you to this December 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

Contributors: Niamh, Carol, Pauline, Janette, Louise and Tony.

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!



Canal Communities
Service Users' Forum



**INCHICORE COMMUNITY CHRISTMAS
TREE LIGHTING CEREMONY
CHRISTMAS TREE OF
MEMORIES & HOPES**

**TUESDAY 10 DECEMBER
5.00PM-6.30PM**



**DUBLIN
CONCERT
BAND**



**ST. MICHAEL'S
PARISH CHURCH**

**RAFFLE PRIZES,
MUSIC, FOOD &
ENTERTAINMENT**





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.

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).

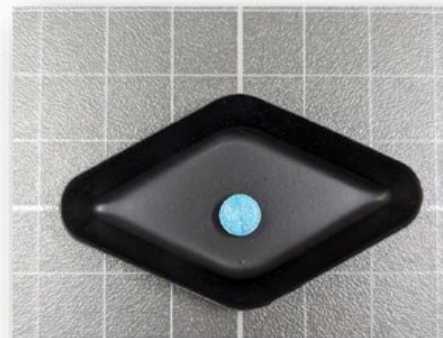
NPS or new types of benzodiazepines appearing on the market are of particular concern due to the high potency of these substances even at low doses.

- 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.

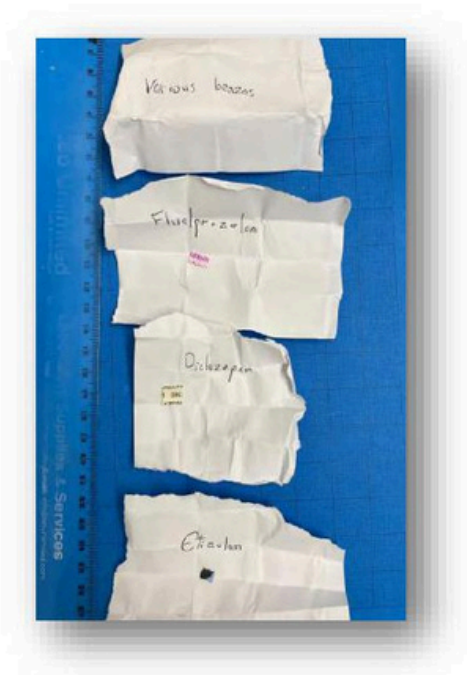


Tablets analysed by the HSE National Drug Treatment Centre Laboratory and found to contain Bromazolam .

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

Rialto Community Drug Team

Breakfast, Wednesday mornings at 10am to 12pm



BREAKFAST
time



RCDT, service user suggestion box



Raise
your
Voice



Turas



Family support suggestion box

If you have any suggestion about our services within the Canal Communities Local Drug and Alcohol Taskforce area we would love to hear about them.

RIALTO, INCHICORE AND BLUEBELL

1. Are your needs being met in the services in these areas?
2. How can we improve the family support services?
3. What are we doing well for family members?
4. Do you know what family support services are in our area?
5. Could you get support if you were looking for it?

If you can answer any of these questions, we would love to hear from you: our family support suggestion box is based in number 74 Tyrconnell Road, Inchicore, Dublin 8.

Just give us a knock and the box is behind the front door.



Your
VOICE
MATTERS



Family support suggestion box



A big thank you to Paul from Frontline for helping us with securing this family support suggestion box and board on the wall in number 74 Tyrconnell Road, Inchicore, Dublin 8.





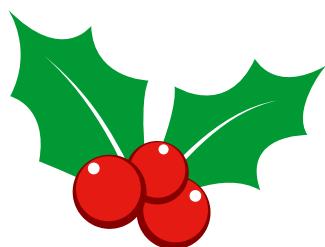
Would you like to be more involved in developing the service user's forum in the Canal Communities Area?



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



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



**Please contact Celine
Ph: 083-2043322
Email: celine@ccras.ie**

Drug and Alcohol Awareness Week

"This brilliant, vividly written and compelling book, drawing on rich vibrant accounts of life on a Dublin housing estate, should be compulsory reading for everyone concerned about growing social class inequalities."

Diane Reay, University of Cambridge

"Not only a deeply insightful ethnography of the lived experience of hardship and suffering among residents of a public housing estate, but a theoretically-informed analysis of the economic and cultural forces that produce what they experience. I strongly recommend this book."

Andrew Sayer, Lancaster University

"A pathbreaking account of ordinary people's attempts to work out 'how to live' under late capitalism. Both erudite and passionate, the book gives a voice to some of the many casualties of Ireland's economic 'success story'."

Colin Coulter, Maynooth University

This ground-breaking and compelling book takes us deep into the world of a public housing estate in Dublin, showing in fine detail the life struggles of those who live there.

The book puts the emphasis on class and gender processes, revealing them to be the crucial dynamics in the lives of public housing residents. The hope is that this understanding can help change perspectives on public housing in a way that diminishes suffering and contributes to human flourishing and well-being.

Combining long-term research into residents' lived experience with critical realist theory, it provides a completely fresh perspective on public housing in Ireland and, arguably, beyond.

John Bissett is a community worker, activist and writer. He has been a community worker for over 35 years and has organised and participated in significant housing, anti-austerity and public debt campaigns. He is the author of *Regeneration: Public Good or Private Profit* and is a member of Housing Action Now. He took an undergraduate degree in Sociology, English and Philosophy at the National University of Ireland Maynooth and then went on to do his masters and PhD in Sociology at University College Dublin.

It's Not Where You Live, It's How You Live John Bissett

**Class and Gender
Struggles in a
Dublin Estate**

**It's Not
Where
You Live,
It's How
You Live.**

John Bissett

P Policy Press

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policy.bristoluniversitypress.co.uk



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John Bissett & Ray D'Arcy



for which
to be best in any
point of view.
Community [ke
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residence in the
people associate
that is thou



Anti-Racism Event



Anti-Racism Event



Turas hosting the staff self-care morning



take care
of your mind



I matter



Self-care
IS EMPOWERMENT

Turas hosting the staff self-care morning

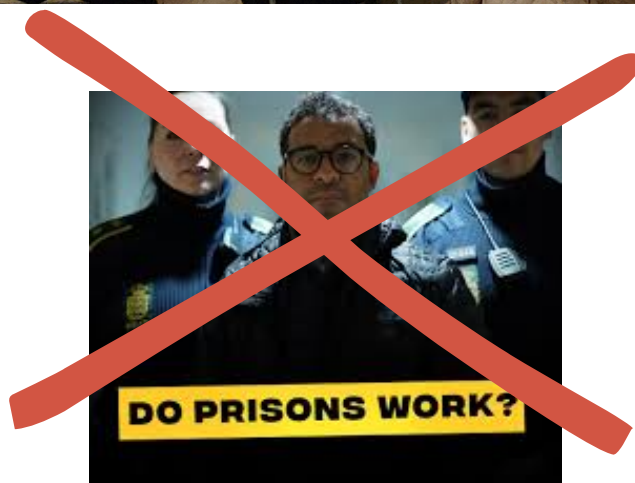


= YOU =
MATTER



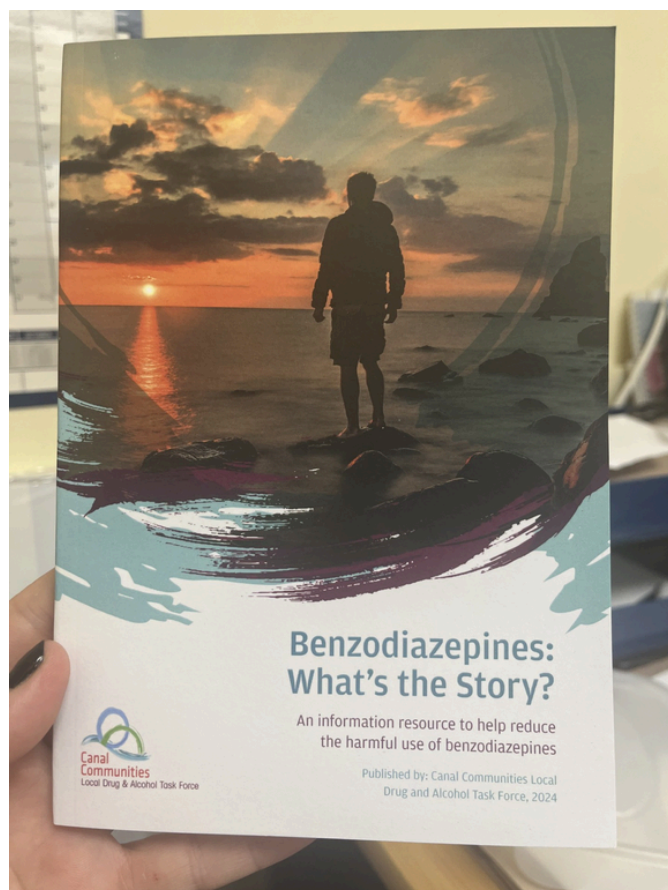
Criminal Justice and Alternative Approaches

A discussion moderated by Senator Lynn Ruane
A topical discussion on the issue of criminal justice and alternative approaches to violence and crime.



Benzodiazepines: What's the story?

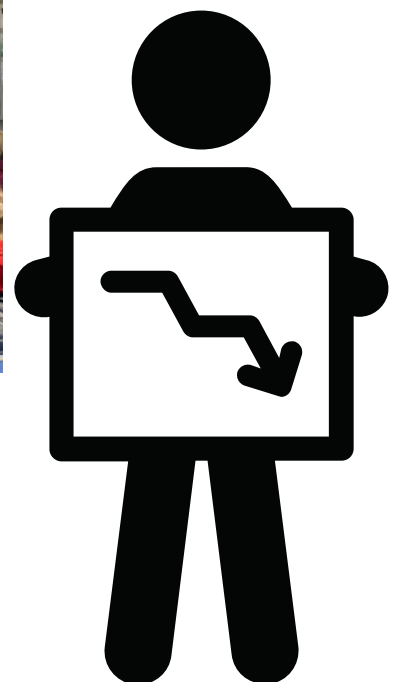
The Canal Communities Local Drug and Alcohol Task Force are pleased to launch a comprehensive information resource booklet to identify and help reduce the harms of benzodiazepines.



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Benzodiazepines: What's the story?



Lynks Recovery Café



“GIRL”
POWER



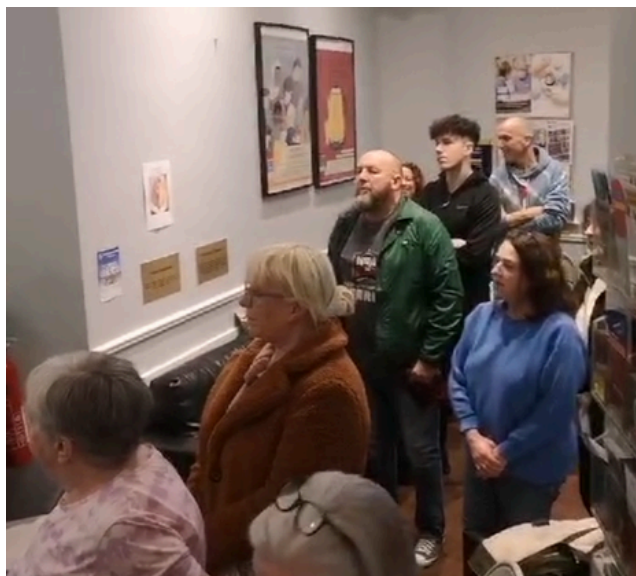
Lynks Recovery Café



LET'S
Dance



Rialto Community Drug Team 'Friends remembering Friends'



Rialto Community Drug Team

'Friends remembering Friends'



30 YEARS WHERE DID IT GO?

A poem by Debbie Mulhall

A Darkness came over our community when drugs arrived.
You could fill an ocean with the tears that's been cried.
Young men and women with great lives ahead.
Little did we know a lot would end up dead.

Mothers and fathers brothers and sisters feeling they couldn't cope.
Then St Andrews opened up and soon there was hope.
People were talking about their hopes and their fears.
Many conversations ended in tears.

Lots of groups were set up to support families and friends.
St Andrews kept up with the new drug trends.

Quilts were made with love and care but the main thing was people felt safe to share.

Tony McCarthy all those years ago you had a vision in your sights.
I think we should all just realise that everyone has rights.

Phyllis you looked after them all with pots of homemade stew.
Probably recognised if trouble was about to brew.

In a community like ours where drugs are always near,
we need to think what, do we do to allay the fear.
Things we thought couldn't get any worse
but we are still losing lives because of this curse.

Children taking their lives because of the money they owe and that they can't repay.
Violence is rampant and unfortunately the debt doesn't go away.

We need to let them see there is more to life before they meet their end with the blade of a knife.

Grandparents rearing their grandchildren because their parent has passed away.
This is not normal in any way.

We have always been strong in this war on drugs.
Let's welcome them all in with great big hugs.
I won't be here in thirty years, I hope my community is and it will have no fears.

These young men and women have so much to give.
Let's all come together and let them live.

Open the doors and welcome them inside.
Give them the tools to regain their pride.
Our community must show that they are not alone.
You can just walk in or talk on the phone.

Alan and staff are here to help you out.
Issues like housing or treatment just give them a shout.

Here's to their future and I will leave you with this thought.
Help is here if help is sought.

Violence is preventable - not inevitable.

Lynn Ruane, as well as being a Senator has focused on violence and its drivers for a number of years now. She has been researching violence intervention initiatives domestically and internationally and in developing a local response to violence. Your voice is important and crucial in responding to violence.

Much like we have learned to do with people who use drugs we must ask the question 'why': why is violence so prevalent and concentrated in many of the communities we work and live in? Lynn spent time with the community, the people who matter and listened to their voices on this topic. The group met to feed into a Long Term Strategy on Violence for the Canal Communities Local Drug and Alcohol Task Force.



Seasonal Affective Disorder (SAD)

Seasonal affective disorder is a form of depression also known as SAD, seasonal depression or Winter depression also known as the “Winter Blues” this disorder is identified as a type of depression – major depressive disorder with a seasonal pattern.

People with SAD experience mood changes and symptoms similar to depression. The symptoms usually occur during the Autumn and Winter months when there is less sunlight and usually improve with the arrival of Spring. The most difficult months for people with SAD tend to be January and February. While it is much less common, some people may experience SAD in the summer.

SAD is more than just “Winter blues.” The symptoms can be distressing and overwhelming and can interfere with daily functioning. However, it can be treated. The prevalence of SAD varies with geographical latitude, age and sex. The prevalence increases at higher latitudes with SAD being more common in people living far from the equator where there are fewer daylight hours in the Winter. Younger people and women are also at higher risk.

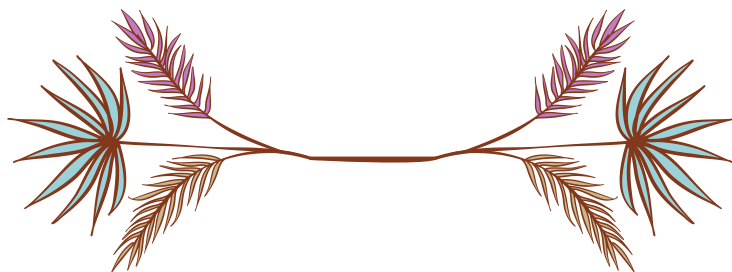
SAD has been linked to changes in the brain prompted by shorter daylight hours and less sunlight in Winter. As seasons change, people experience a shift in their biological internal clock or circadian rhythm that can cause them to be out of step with their daily schedule.

Symptoms and Treatment

Common symptoms of SAD include fatigue, even with too much sleep, and weight gain associated with overeating and carbohydrate cravings. SAD symptoms can vary from mild to severe and can include many symptoms similar to major depression, such as:

- Feeling sad or having a depressed mood.
- Loss of interest or pleasure in activities previously enjoyed.
- Changes in appetite; usually eating more and craving carbohydrates.
- Change in sleep; usually sleeping too much.
- Loss of energy or increased fatigue despite increased sleep hours.
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable to others).
- Feeling worthless or guilty.
- Difficulty thinking, concentrating, or making decisions.
- Thoughts of death or suicide.

SAD may begin at any age, but it typically starts when a person is between ages 18 and 30.



Treatment

SAD can be effectively treated in several ways, including light therapy, antidepressant medications, talk therapy or some combination of these. While symptoms will generally improve on their own with the change of season, symptoms can improve more quickly with treatment, especially if they have become severe.

Light therapy involves sitting in front of a light therapy box that emits a very bright light (and filters out harmful ultraviolet (UV) rays). It usually requires 20 minutes or more per day, typically first thing in the morning, during the Winter months. Most people see some improvements from light therapy within one or two weeks of beginning treatment. To maintain the benefits and prevent relapse, treatment is usually continued through the Winter. In the anticipated return of symptoms in late Autumn, some people may begin light therapy in early Autumn to prevent symptoms.

Talk therapy, particularly cognitive behaviour therapy (CBT), can effectively treat SAD. Selective serotonin reuptake inhibitors (SSRIs) are the antidepressants most commonly used to treat SAD.

For some people, increased exposure to sunlight can help improve symptoms of SAD. For example, spending time outside or arranging your home or office so that you are exposed to a window during the day. (However, exposure to UV light from the sun can increase your risk of skin cancer and you should talk with your GP about risks and benefits of direct sunlight exposure in the prevention and treatment of SAD.) Taking care of your general health and wellness can also help—regular exercise, healthy eating, getting enough sleep, and staying active and connected (such as volunteering, participating in group activities and getting together with friends and family) can help.

If you feel you have symptoms of SAD, seek the help of a trained medical professional. Just as with other forms of depression, it is important to make sure there is no other medical condition causing your symptoms. SAD can be misdiagnosed in the presence of hypothyroidism, hypoglycemia, infectious mononucleosis, and other viral infections, so proper evaluation is key. A mental health professional can diagnose the condition and discuss therapy options. With the right treatment, SAD can be a manageable condition.

If you feel your depression is severe or if you are experiencing suicidal thoughts, consult a GP immediately or seek help at the closest emergency room. The Samaritans provide 24/7, free and confidential support for people in distress as well as prevention and crisis resources for you or your loved ones. Call 116 23.



Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable.

Resources:

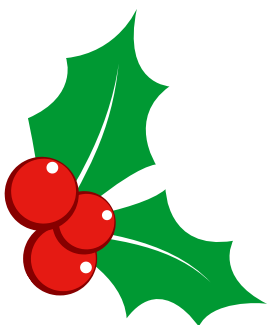
AWARE	1800 80 48 48
HSE Mental Health	1800 111 888
Piéta House	1800 247 247
SAMARITANS	116123

Poem

The Well
by Paddy McCarthy

I felt I was so gone and dead and then I used my wits and courage to hang in there.
My positive thinking helped me climb to the top of the well and take my life back
I took off running and being free again
You never know what you can do until you do it
keep thinking positive and keep thriving through life.
Make the absolute best out of everything you do

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.
Why did you spill the coffee?
"Because someone bumped into me!!!"
Wrong answer.
You spilled the coffee because there was coffee in your cup.
Had there been tea in the cup, you would have spilled tea.
Whatever is inside the cup is what will spill out.
Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.
So we have to ask ourselves... "what's in my cup?"
When life gets tough, what spills over?
Joy, gratitude, peace and humility?
Anger, bitterness, victim mentality and quitting tendencies?
Life provides the cup, YOU choose how to fill it.
Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, resilience, positivity; and kindness, gentleness and love for others.



Personal Stories

At the age of 38yrs old while very dependant on alcohol (functional alcoholic) that's what I called it I was introduced to cocaine, within a couple of weeks I was hooked. It controlled my life for near enough everyday for 5 years, I lied to all my family including my husband and children nearly losing the people I love most in my life. When I hit my rock bottom like not wanting to wake up in the mornings I realised I'd have to confess all to my husband. He got the number for a lady from the Canal Communities Task Force Team who came to see me. She brought me to my 1st meeting that night, I'm now 14 months clean and sober, I maintain my recovery by doing a recovery program 5 mornings a week. I also go to 3/4 meetings per week and I have a sponsor who I ring daily. I joined a women's group and also take part in the recovery choir the opportunities in recovery are unbelievable, I'm so grateful for the life I have today 😊😊 Louise

Artwork by Frontline

The prompts were a crystal ball of your future, a mindful moment, Home by Natasha D, Garden of the Mind group piece and the Cracked Pot group piece.



Artwork by Frontline



Artwork by Frontline

Cracked Pot Fable

The Cracked Pot Fable is a timeless story that teaches us about the value of imperfection and the importance of embracing our unique flaws.

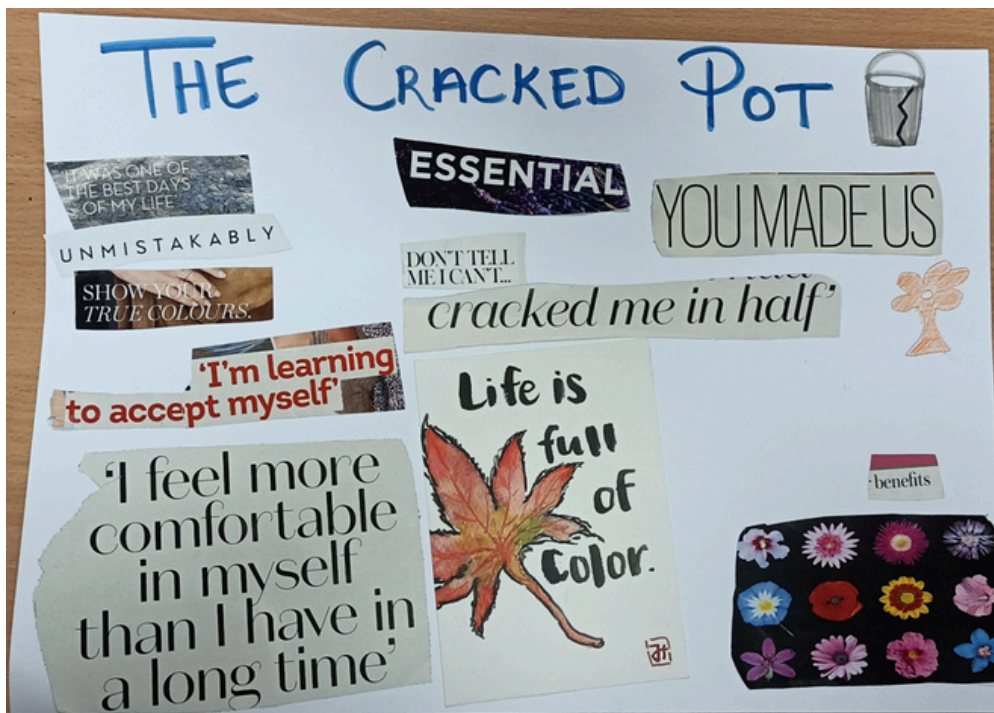
The story goes like this:

An elderly woman had two large pots, each hung on the ends of a pole she carried across her neck. One pot was perfect and always delivered a full portion of water, while the other had a deep crack in it, causing water to leak out. For two years, the woman walked daily from the stream to her house, with the perfect pot delivering a full pot of water, and the cracked pot arriving only half full.

The perfect pot was proud of its accomplishments, while the cracked pot was ashamed of its imperfection and miserable that it could only do half of what it had been made to do. One day, the cracked pot spoke to the woman, saying, "I am ashamed. This crack in my side causes water to leak out all the way back to your house."

The woman smiled and replied, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?" The cracked pot replied, "That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."

The woman continued, "For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house." The story highlights that each of us has our own unique flaws, but it's these imperfections that make our lives together so very interesting and rewarding. We must learn to appreciate and celebrate our differences, rather than trying to hide or ashamed of them.



Do YOU think you might have a problem with ALCOHOL?

Do you know someone who has a problem with alcohol?

Community Alcohol Education & Support Programme

A holistic community based treatment and intervention programme for anyone who wants to change an unhealthy relationship with alcohol

**EVERY MONDAY
FROM 5PM TO 6.30PM**

Venue: Rialto Community Drug Team
St Andrew's Community Centre,
468 South Circular Road, Rialto, D8

Interested in attending or would like further information? Contact



Dean or Brendan on 087 744 4213
468 South Circular Road, Rialto, Dublin 8

Norah on 086 806 0421

Oblate Hall, Tyrconnell Road, Inchicore, Dublin 8



FREE Life Coaching Course

TUESDAY 19TH NOVEMBER - FRIDAY 13TH DECEMBER
10.00AM - 12.30PM
(TWICE WEEKLY)
in
Crumlin Village, Dublin 12

Confidence Empowerment Self Belief

Are you a survivor of domestic violence?

Are you in need of some guidance to move forward in your life?

Assertiveness

Strength

Resilience

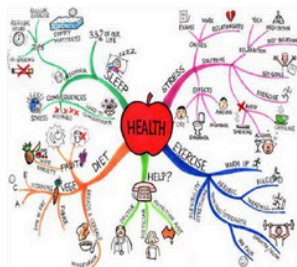
8 group sessions

2 one-to-ones with life coach

FOR MORE INFORMATION OR TO RESERVE A PLACE,
CONTACT VALERIE IN CONFIDENCE ON
valeriescott@dscp.ie
086-2233665 / 01 4732196



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



Canal Communities
Regional Addiction
Service

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'S HOLISTIC GROUP

Starts Tuesday, 17th September
7pm-8.30pm

VENUE

Number 74 Tyrconnell Rd.
Inchicore, Dublin 8.
D08 KCH5



PERSONAL DEVELOPMENT GROUP

- Peer Support.
- Addiction and Recovery support for service user and family members.
- It gives you the opportunity to take an honest look at the areas of your life that need improvement.

BENEFITS OF PERSONAL DEVELOPMENT

Greater resilience
Self-awareness
Developing your confidence
Gives you direction
Meet new people.



Contact Celine by text or
whatsapp
083-204 3322



Benzodiazepine Awareness & Support Group



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

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

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



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

FOOD BANK

Bluebell Community Council's Food Bank will be open on Christmas Day, also they will deliver dinners to people that day. If you can think of someone who might benefit from this, please get in touch with Tommy.

Call Antoinette
087 9731131



Needle exchange and crack pipes

Loretta Ratcliffe 0866041013

Clodagh Rooney 0866041029 provides Outreach in South Inner City and can be contacted if required for Rialto and surrounding area.

Peter Homan 0877980175 based in Clondalkin Lucan Clinic can be contacted re Inchicore.

PEOPLE IN RECOVERY

If you're in recovery, it's important to be mindful of non-alcoholic alternatives. The challenge isn't just about avoiding alcohol content - it's about the whole drinking experience; this is where the real issues lie.

The familiar rituals, social scenes and behaviours associated with drinking can awaken old patterns.

Even the simple act of holding a similar-looking drink or participating in toasts can trigger memories and desires that may challenge your recovery journey.

Remember, protecting your own or a loved one's recovery during the festive season means being aware of both physical and psychological triggers.

For more information on non-alcoholic drinks and how you can join in the festivities without risking your recovery, visit us online at <https://www.rutlandcentre.ie/>



For supports over the Christmas period we redirect clients to our helpline services as the community based services work at a minimal capacity over this period.

SDVS Helpline number is 24 hour freephone 1800 911 211

We will be operating our emergency courts services for those in immediate danger and need of emergency orders over the Christmas period.



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 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: Alcoholics Anonymous - 01 842 0700

NA: Narcotics Anonymous - 01 672 8000

CA: Cocaine Anonymous - 087 317 4989

SA: Sex Anonymous - 1800 911123

Al Anon: 01 878 3624

Let me introduce an old friend of mine...

Hi my name is addiction, and I am as bubbly as can be.
I'll take away your fears and pain, just place your trust in me.
I am a master of masquerade, a chameleon through and through
I can help you navigate life my friend. I'll support all you say and do.
Let me create you a place of safety, where pain will not get in
It will be you, and I, forever my friend, so hurry up and let's begin.
Hmm! now let me see how I can help you, what's your choice of how
to play.
Shopping, sugar, gambling ... how can we occupy your day.
Perhaps sex, negative thinking, alcohol, cannabis heroin or coke.
It really doesn't matter you see, I have the tools to fix anything you
think is broke.
I'll always stick right by you, where others have turned and gone.
I'll give you an intense relationship, I promise, I'll be full on.
I don't care what other people say, who gives a fuck about what they
think.
It's you and I together babe, there's no way we can sink.
I am so pleased you've listened intently and invited me deep inside.
But I'm afraid I lied in the beginning babe, I can't halt the rising tide.
So now that I have you all to myself and everyone else is gone
We can share this life together, until our farewell dawn.
I really am your best friend, it's just others cannot see.
The pain and scold within you, and how much I set you free.
So sit right back in comfort numb, breathe in while senses dim.
And regardless of my vehicle, I'll be your enemy within.
Don't bother to try and fight it, just let go and sink into me.
You'll love me more than life itself, it will be plain for all to see.
So please don't sit there, thinking you are all immune, it's easier than
you think - because addiction is a range of behaviours and not just
drugs and drink.

Vivian McKinnon

