

In this edition

**DEALING WITH DEBT,
COMMUNITY ADDICTION STUDIES,
& COMMUNITY GRANTS SCHEME...**

d-TALK 14

INTRODUCTION

Welcome to Summer dTALK 2011! In this edition we take a look at some of the financial issues that are facing many people at the moment and give some clear facts on your rights when dealing with them. In times of recession some people can turn to drugs or alcohol to cope, or family

problems may seem overwhelming. If you or a family member are experiencing difficulties please see the back page for a range of services. All Drug and Related Services are also available on the Ballyfermot Local Drugs Task Force Website at www.ballyfermotldtf.ie. If there is anything you would like to see included in future editions of dTALK please let us know by contacting the Editor on 01 6238001.

THE BALLYFERMOT ADVANCE PROJECT is very pleased to announce COMMUNITY ADDICTION STUDIES COURSE* 2011-2012



A course to enable people living or working in the community to become more effective when they encounter drug/alcohol abuse or addiction

AREAS COVERED INCLUDE:

- ✓ How addiction affects individuals, families, communities
- ✓ How individuals and communities can respond
- ✓ Process of addiction
- ✓ Pharmaceutical information on drugs and their effects
- ✓ Field visits to drugs services / Individual course work

VENUE: Locally in Ballyfermot.

TIME: Starting in September, one evening per week for 20 weeks plus one overnight.

COST: €200

Please note that this course is only available to individuals living or working in Ballyfermot. For further information and an application form please contact; Ballyfermot Advance Project, 3b Le Fanu Road Ballyfermot, Dublin 10. **Ph:** 01 623 8001 **Email:** info@ballyfermotadvance.ie

***Accreditation:** Urrús is registered with FETAC (Further Education and Training Awards Council). This course is approved as one Module at FETAC Level 5.

Ballyfermot LDTF Treatment & Rehabilitation Pilot Project

Drug use can cause a range of difficulties for individuals and families. This means that people may be using a variety of different services at the same time to get their needs met eg family support, drug rehabilitation, education support, medical support etc. If these services do not work in a coordinated way people may not get the full support they need to help them move on, they may 'fall between the cracks', they may experience delays in getting help, or they may end up in inappropriate services for long periods of time. The importance of getting services to work in a coordinated way has



been recognised for a number of years. A number of 'pilot' or 'test' projects have now been set up around the country to see how services can work together in an integrated way on the ground.

Ballyfermot has been chosen as one of these pilot projects for Drug Treatment and Rehabilitation. This means that eight agencies in Ballyfermot are working together to pilot a system that will support service users gain greater access to services. The agencies involved in the project are: Ballyfermot Advance, BSII, Ballyfermot Star, Familiscope, Fusion CPL, Jobplan,

Liberties Recycling & Training & the Matt Talbot Community Trust. Each service user on the Pilot will receive a Key Worker who will support them on their 'Integrated Care Pathway'. The needs of the service user will be central to all decisions.

The Treatment and Rehabilitation Pilot is an initiative of the Ballyfermot Local Drugs Task Force and the Ballyfermot/Chapelizod Partnership, led through the Treatment & Rehabilitation Subgroup made up of a number of stakeholders.

If you would like any other information on the project, please contact Deirdre Fitzpatrick, Treatment & Rehabilitation Co-ordinator on: 01 898 9164/087 661 5334. E:mail: dftzpatrick@ballyfermotpartnership.ie

STORM® LAUNCH 24TH JUNE 2011



The STORM® Suicide Prevention Training Initiative was officially launched by the Chairperson of the Ballyfermot Local Drugs Task Force on Friday 24th June. The launch featured a short display of STORM® training materials by the Dublin 10 STORM® Training Team and a background to the initiative in Ballyfermot. STORM® was developed in the UK and is the Suicide Prevention and Self Injury Management training used in frontline mental health, health and prison services in the UK. The Ballyfermot Advance Project secured a licence to deliver STORM® training in Dublin 10 and in the past twelve months, in conjunction with the Base Youth Centre, has trained over 90 frontline workers in Advanced Suicide Prevention and Self Injury Management Skills. Ballyfermot is quite unique in that it is the first area in the country to have frontline workers based in the community trained in STORM®. Teachers, drug workers, youth workers, school



completion staff, family support workers, child welfare workers, counsellors, psychiatrists and psychologists have all been trained. Statutory staff are trained alongside workers in the community. The aim of the training is to ensure that a broad range of frontline staff have the skills to work with someone at risk of suicide and ultimately to reduce the number of people taking their own lives in the Dublin 10 area. Funding for the STORM® initiative comes through the Ballyfermot Local Drugs Task Force and ESB Electric Aid. For more information on STORM® training in Dublin 10 visit www.ballyfermotldtf.ie or contact the STORM® Coordinator on 01 6238001.

ALCOHOL & CANCER LINK

A large scale study carried out in Europe and published in April shows that Alcohol consumption and Cancer are closely linked. The 'European Prospective Investigation into Cancer and Nutrition Study (EPIC)' looked at how past and current alcohol consumption can have an effect on the development of cancer in men and women. Drinking alcohol is known to be linked to a number of cancers including oral cavity, pharynx, larynx, oesophagus, and liver cancer. More recently female breast cancer and colorectal cancer have been identified as being causally related to alcohol intake. This study involving nearly 400,000 people in 8 European countries found that an important proportion of cancers were attributable to alcohol consumption, especially consumption higher than the recommended upper limits. **It is recommended that men drink no more than 21 standard drinks a week. The recommended upper limit for women is 14 standard drinks per week. A standard drink is half a pint, one measure of spirits or a small glass of wine. Alcohol intake should be spread out over the week and not all consumed in one sitting.** According to the World Health Organisation and the World Cancer Research Fund, Ireland has the second highest diagnoses of all forms of cancer out of 50 countries analysed.

For more see www.bmj.com

SAFETALK TRAINING



Two sessions of safeTALK Suicide Alertness training will be rolled out to people living and working in Ballyfermot in September. The free 3 hour course provides practical skills in identifying when someone is in distress and may be at risk of suicide. If you are interested in taking part on Thursday 15th September please contact the Community Support Worker in Advance on 01 6238001 or community@ballyfermotadvance.ie

ASIST TRAINING

ASIST Training is Suicide First Aid Training. It is delivered over two full days and is suitable for people living and/or working in the area who want to learn skills to support someone who may be at risk of taking their own life. ASIST training will be rolled out on the 20th & 21st September in the Ballyfermot area and is free of charge. For more information and bookings contact Dermot Gough in Ballyfermot Advance on 01 6238001 or dgough@ballyfermotadvance.ie

ALCOHOL RELATED DEATHS

Over 4000 people in Ireland died directly from alcohol consumption between 2004-2008 according to new research by the Health Research Board, with the numbers increasing every year. Nearly 700 people died as a result of alcohol poisoning. In half of these cases the prescription drug benzodiazepine or heroin/methadone were consumed as well as alcohol. More than 3,300 people died from medical causes related to their alcohol consumption. Liver disease, heart disease and respiratory infections were the main causes of death. The main non-medical causes of death were falls and suicide. For a list of alcohol support services by region see www.alcoholireland.ie/get-help/

To read the full report see www.hrb.ie



Money Lenders

Official Money Lenders are governed by the Consumer Credit Act which offers some protection to people borrowing money. Below are some of the key points:

- 1** A Moneylender cannot phone you at your place of work unless they have not been able to contact you at home on a consistent basis
- 2** They cannot contact your employer or a family member without your written permission unless they play some role in the credit agreement eg they went as guarantor on your loan
- 3** Money cannot be collected on Sundays or Public Holidays
- 4** The Moneylender cannot keep official documents belonging to the borrower during the loan agreement eg children's allowance book
- 5** A Money lender cannot offer a 'Top-up' loan to clear an existing loan as this can lead people into further debt.
- 6** The Moneylender cannot take a payment off the top of the loan ie the borrower should receive the loan in full and then start making repayments under the agreement.
- 7** A borrower must receive a Money Lending Agreement laying out the terms of the agreement including amount, number of repayments, rate of interest etc within 10 days of making the agreement. This Agreement must be signed by both parties and contain their names, addresses and information on a 'cooling off' period.

For more information see www.flac.ie
www.citizensinformation.ie

Utilities

If you are having difficulties paying utility bills eg electricity or gas bills contact your supplier straight away. Ignoring the problem or moving to another supplier while in arrears will not make the problem go away. The Energy Regulator is currently putting in place a 'debt flagging' measure so that suppliers will know if new customers have outstanding debts with alternative utility suppliers before taking them on. Suppliers such as ESB, Bord Gais and Airtricity actively encourage people to contact them if they are having difficulties paying bills. Utility suppliers will work with you to try and put in place a payment plan to cover the cost of new bills and to pay arrears. The ESB has negotiated specialised payment plans with 200,000 of its customers in the past 15 months as households struggle to pay their bills. Another option is to sign up to the ESB Household Budget Plan. Bord Gais and Airtricity also encourage customers in arrears to get the support of MABS and they will work with them, with your permission, to try and address outstanding payments.

For more information on making a payment plan contact your supplier directly:

ESB 1850 372 372 Bord Gáis 1850 78 77 88
Airtricity 1850 81 22 20

Money and Debt Information and Advice

Money Advice and Budgeting Service (MABS) is a national, free, confidential and independent service for people in debt or in danger of getting into debt. MABS provide advice on money management and dealing with financial debt.

MABS HELPLINE 1890 283 438 OPEN FROM 9AM-8PM MON-FRI

MABS Ballyfermot- Resource Centre
Lynchs Lane
Ballyfermot
Dublin 10.
Tel: (01) 6235443

MABS Cherry Orchard- The Orchard
Community Centre
Cherry Orchard Grove
Dublin 10
Tel: (01) 6233900

SELF-HELP: To take a step-by-step guide to dealing with debt see the 'Online Self Help Guide for dealing with Personal or Family Debt' on www.mabs.ie

5 If you cannot afford to pay anything off arrears you could ask for your arrears to be capitalised i.e. become part of the money borrowed and paid off over the remainder of the mortgage. There may be other options –ask your lender! Look, if necessary, for short term acceptance of your proposal (e.g. 6 – 12 months).

6 Ensure that any alternative repayment plan agreed with your lender is put in writing. Under the Code, your lender must do this. Keep copies of all your communications. Assure

your mortgage lender that should your circumstances change you will make contact with them with a view to reviewing/revising your situation with them immediately.

7 If your negotiation is not proving successful ask if you could contact someone more senior or phone the MABS Helpline, to call 1890 283 438.

8 If you are tempted to "hand back the key" remember that you will remain liable for the outstanding debt, including any accrued interest, charges,

legal, selling and other related costs. This course of action may have other impacts in relation to, for example, your entitlement to certain social welfare benefits. MABS advice is to get independent legal advice before considering this course of action. If you are experiencing difficulties with your mortgage don't panic. There are many things you can do for yourself like drawing up a budget, negotiating with your mortgage lender and looking at all your options. You might need help with some of this but remember help is at hand, free of charge, by contacting MABS.

Ballyfermot Advance Project GRANTS SCHEMES 2011

The Ballyfermot Advance Project is pleased to announce the roll-out of the 2011 Grants Scheme for the Ballyfermot area. There will be two categories of grants this year:

→ **COMMUNITY GRANTS SCHEME**

→ **SPORTS GRANTS SCHEME**

Last year a total of sixty-two groups and organisations were awarded grants of up to €2,000 each.

In the past these Grants have provided funding for a wide range of community activities to help to reduce the problems caused by problematic drug use in the Ballyfermot area. Community groups and organisations use the grants to run prevention programmes, diversionary activities and awareness raising initiatives amongst the target group and the general community of Ballyfermot. These activities are believed to create a greater awareness of drug misuse including the effects upon the individual, family members and the community in general. With greater awareness of the problems of drug use and a greater range of activities available for young people, research has shown that young people in particular are less likely to become involved in problematic drug use.

As part of the Grants Scheme, the Ballyfermot Advance Project runs a six week Drug Awareness Programme for successful applicants in the Grants scheme.

This programme gives leaders working with young people, the skills to recognise substance misuse issues within their clubs and also provides them with information with regard to local support services should they need to access them.

The Ballyfermot Advance Project Grants Schemes are made possible through the support of our funding bodies FAS and the Health Services Executive. This is in conjunction with the Ballyfermot Local Drugs Task Force.

For further information and details on the application process please contact the Community Development Worker Ballyfermot Advance Project on 01 623 8001 or email development@ballyfermotadvance.ie



Orchard Hip-Hop performing at the grants ceremony



On the 7th of June UNICEF Ireland launched the second report of the "Changing the future: Experiencing adolescence in contemporary Ireland" a series of reports on the well being of young people in Ireland. The launch was held in the Base Youth Centre in the presence of the Minister for Children Frances Fitzgerald.

The findings of the report indicate that one in every two young people surveyed said they have experienced depression, and about 85% of the young people reported suffering at one stage or another from depression, suicidal thoughts, self harm, anorexia or bulimia. The findings were shared with various

groups of young people in advance of the launch and they worked on ways to express their views on the outcomes.

The result was a creative and colourful display: the young women in Youthreach created a wall of issues relating to the different issues facing young people resulting in poor mental health. The LGBT group had a "post it" wall which highlighted the importance of talking, knowing who can help, and peer support.

Young women from St Dominick's secondary school worked on a short movie exploring suicide and the importance of talking about how one feels. Finally the Youth Forum created a "tree of thoughts" and the Minister was invited to add a leaf to it with her thoughts on the report.

The event was young people led and they expressed very clearly their opinions to the Minister for Children. They raised the issues linked to their mental health and the difficulties faced by them such as accessing third level

education, employment, emigration, and access to health services or professional help. In addition they highlighted that progress in the area of mental health and young people depends on strong will and commitment from the government in terms of policy and resources.

A feeling shared by Melanie Verwoerd UNICEF CEO: She said "No young people should be left to address these issues single-handedly, and there is an implicit responsibility upon systems of child protection and care to engage young people at the time that they are experiencing difficulty"

Minister Fitzgerald said that "I have always been an advocate of mental health reform and want to use my position in cabinet to make mental health services more accessible to everyone".

For more information on the UNICEF Report see: www.unicef.ie
Picture: Sharan Kelly (The Base), Minister Frances Fitzgerald and Melanie Verwoerd (Unicef CEO)

Many thanks to the clients of the Ballyfermot Advance Community Drug Team who contributed so generously to the Irish Cancer Society Coffee Morning in Ballyfermot Advance Project on the 25th March. Almost €300 was raised for the Irish Cancer Society and a great morning was had by all!

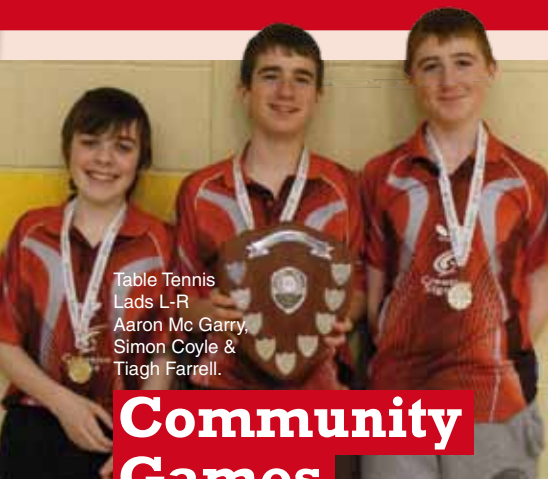


Table Tennis
Lads L-R
Aaron Mc Garry,
Simon Coyle &
Tiagh Farrell.

Community Games

Sports Development in Dublin 10 delivered a Community Games Information Day at the end of January to raise awareness about the different sports that were available. It was aimed at sports clubs, youth services and anybody working directly with young people in the Dublin 10 area. As a result of this day over 180 Cherry Orchard & Ballyfermot young people represented their area in many activities including Hip Hop, Futsal, Basketball, Athletics, Indoor Soccer & Table Tennis in the Community Games.

Dublin 10 had winners in U 13's Indoor Soccer & U16's / U13's Table Tennis competitions, with the Under 16's Cherry Orchard Team going all the way to the National Final in Athlone to be crowned Champions.

The Under 16's Table Tennis team of Aaron Mc Garry, Simon Coyle and Tiagh Farrell were outstanding. After winning in Dublin they then

travelled to Kildare, and then Carlow where they beat the best in Leinster. It was on to Athlone then where on Saturday the 28th May they swept Munster aside to reach the final where they would face the Ulster Favourites. It couldn't have been any closer, after drawing 3-3 in the singles it had to go to doubles to decide whether the title went North or South. The Dublin 10 lads went 2 up only needing 1 more game to wrap up the title. However, Ulster came back to 2-2, meaning the next game would bring the competition to an end. The teams were tied at 9 a piece in the final game with either team just needing 2 points. The lads from Cherry Orchard took the 2 points and on Sunday the 29th of May 2011 were crowned National Community Games Champions.

All the Lads are in St Johns College and are coached by Finn Essex and Conor Nolan.

Derek Ahern Sports Development Officer said "DCG in Dublin 10 are catching on and after this year's success with numbers participating, it will only become stronger. Table Tennis in this area is very popular and it was great to see the lads travel the country to win it. Special thanks to Sean Moloney, Dublin City Council's, Ballyfermot Area Manager, who has supported the Dublin 10 Community Games over the past number of years".

The Strengthening Families Team



Strengthening Families

The Strengthening Families Program (SFP) is an internationally recognized parenting and family skills training program. It is delivered over fourteen weeks and has been found to significantly reduce problem behaviours in families, including alcohol and drug misuse, and to improve social skills and school performance. Child Welfare issues have also been found to reduce as parents strengthen bonds with their children and learn more effective parenting skills.

The Strengthening Families Programme focuses on developing Parenting, Teen and Family Skills. Social skills, self discipline, family communications skills and the importance of having one caring adult in a young person's life are all emphasised over the course of the programme. A family can come in all shapes and sizes and an adult who plays a parenting role with a teen is considered to be a 'parent'. This can be a mother, father, grandparent or adult sibling.

Familiscope are currently rolling out the third Strengthening Families Programme in Ballyfermot and are co-ordinating the delivery of the programme to 12 families from Dublin 10. This is a major piece of interagency work as Ballyfermot Advance, The ABLE Youth Project, The Life Centre and The Base Youth Centre have all provided facilitators alongside Familiscope for the programme and have also referred families. The programme is going very well and the commitment from the families has been amazing.

For more information contact Familiscope on 01 620 6842



ARTWORK BY NOEL LONG

d-TALK DIRECTORY OF SERVICES

Do you know a **YOUNG PERSON** at risk of or already involved in drug use?

Support and Diversionary Services:

The BASE - Le Fanu park	
www.thebase.ie	654 6800
Ballyfermot Youth Services - 41 Decies Rd	6231431
Candle - Lynch's Lane	626 9111
Cherry Orchard Integrated Youth Service - Equine Centre	620 9160
Ballyfermot Youthreach - 49 Rossmore Ave	623 1055
BSII - 83 Cherry Orchard Crescent	626 7041

Detox & Treatment:

HSE Young Person's Programme - Cherry Orchard Hospital	620 6400
Ballyfermot Advance - Residential Options Fund	623 8001

Suicide Prevention Services:

Pieta House - www.pieta.ie	01 601 0000
Samaritans - www.samaritans.org	1850 60 90 90
Teenline	1800 833 634
1 Life Suicide Helpline	1800 247 100

Do you have problems with your **DRUG USE?**...

Methadone Maintenance & Treatment

Aisling Clinic - Cherry Orchard Hospital	620 6010
--	----------

Detox

Residential Options Fund - Ballyfermot Advance	623 8001
--	----------

Under 18s Treatment

Young People's Programme - Cherry Orchard Hospital	620 6400
--	----------

Info & Support

HSE Outreach Team	620 6400
Drugs/ HIV Helpline	1800 459 459

Community Based Drug Services

Services include drop-in, counselling, advice, support programmes, holistic treatments, outreach, childcare:

Ballyfermot Advance Community Drug Team - Ballyfermot Advance Project, 3b Le Fanu Rd	623 8001
Ballyfermot STAR - Realt Solas - 7 Drumfinn Ave	623 8002

Peer Support

NA: Narcotics Anonymous	
www.na.ireland.org	672 8000

Alcohol Support

All of the above drug services	
HSE Alcohol Services	451 6589
AA: Alcoholics Anonymous	
www.alcoholicsanonymous.ie	1890 412 412

Have you a drug related **HEALTH ISSUE** you need to be supported with?

Cara Cheshire Disability Support - Civic Centre	620 7187
---	----------

HIV/Hepatitis / STD Testing

Aisling Clinic - Cherry Orchard Hospital	620 6010
St James HIV/STD Clinic	416 2315
Merchants Quay Project	679 0044
Hepatitis C Liaison Nurse - Cherry Orchard Hospital	620 6418

Needle Exchanges/Harm Reduction Service

Need clean needles and to dispose safely of used works?

Aisling Clininc -	Mon & Tues 2-4pm
IV Drugs, Steroid Users, Foil, Condoms, Sexual Health	
Merchants Quay -	Mon, Wed, Thurs, Fri 10am-12.45 / 1.45-4.30pm, Tues 1.45-4.30pm

Is your **FAMILY** affected by drug use?

Services include family counselling, child counselling and development, support for parents, family intervention, childcare options...

Ballyfermot STAR - Realt na Clann, 11 Drumfinn Park	623 5644	HSE Family Support Service - Social Work Dept, Cherry Orchard Hospital	620 6387
Familiscope - 201c Decies Rd	620 6842	BSII - 83 Cherry Orchard Crescent	626 7041
Cherry Orchard Family Centre - Cherry Orchard Ave	623 1313	Ballyfermot Advance - Support for Childcare fund	623 8001
		Fusion - CPL (Community Prison Link)	623 1499

Have you had a history of drug use and want to get involved in **EDUCATION, TRAINING** or **EMPLOYMENT**?

Ballyfermot STAR - Realt Nua	612 0950	Matt Talbot Community Trust - Rear Assumption Church, Kylemore Rd, Ballyfermot	626 4899
Fusion-CPL - Cherry Orchard Health Centre, Cherry Orchard Grove	623 1499	Ballyfermot LES Jobsplan - 4 Drumfinn Park	623 5612
		Ballyfermot Theatre Workshop - Ballyfermot Community and Civic centre	445 1208

For a full list of services see www.ballyfermotldtf.ie