

**A VERY HAPPY
CHRISTMAS TO
EVERYONE
FROM d-TALK!**



In this edition:

**BALLYFERMOT COMMUNITY SPIRIT
LIVING WITH ALCOHOLISM,
STAYING SAFE THIS CHRISTMAS..
& OUR d-TALK COMPETITION!**

d-TALK 13

www.ballyfermotldtf.ie



CHAIRPERSON'S ADDRESS

May I take this opportunity as Chairperson of the Ballyfermot Drug Task Force, to thank all those people who in a voluntary and professional capacity serve the community of Dublin 10.

As I write this Christmas message for d-TALK, I am reeling from all the news of the International Monetary Fund, the banks and the cuts that have been proposed in the so called four year plan for economic recovery. It is the economic recovery that is the challenge – Yes we need to build our society, and have people back to work. But maybe just maybe in the past ten years too much emphasis was put on the “economy” and not on the person?

In the past we have been valued by what we have, and not by who we are. Does it really matter what type of car, one drives if it gets you from A to B, does it matter what label is on ones “jeans or runners” once they cover us? No it does not, what does matter is how we treat ourselves and others.

This Christmas the greatest gift we can give to ourselves is RESPECT and the greatest gift we can give to another person is RESPECT.

I have been a member of the Ballyfermot Community for 15 years now, and during that time I have always admired the community spirit of the local people. They have survived “booms and busts” in the past, because of their sense of dignity and community spirit of helping one another.

We can survive this “bust” if we call on that great sense of self worth and dignity. We as a community can be proud of our young people, (I think of Michelle Coakley and Sarah D’Arcy a past and present pupil respectively of St. Dominic’s Secondary School, who appeared on the Late Late show to talk about their Entrepreneur skills). We can be proud of the young people who have travelled the world with the many youth exchanges, We can be proud of those who have gone on to further education and who have found places in the work place.



We can be proud of the many adults who struggle to make a living each day. We can be proud of our older generation who have given so much to making Ballyfermot what it is today. We think of Mary Byrne and the joy that she has given to us all over the past number of weeks on X factor.

So, as we wait to celebrate Christmas, we remember all of those people who have given so much to our community, those who have gone before us, those who struggle each day with addictions or illness, those who find it hard to get up each day because of the financial burdens they have, or the fact that they have no hope or no work, those who have been failed by our education system, and those who for whatever reason do not feel a sense of belonging.

May we all take this opportunity of Advent to STOP and THINK of another person, who may need a welcoming smile or salute on the street.

Together as a community we can and will make a difference, another Ireland is possible and we can through our attitude and commitment create that “New Ireland”

Remember: Ar Scáth A Chéile A Mhaireann na daoine. (We all depend on each other).

Wishing you all a Happy and Joyful Christmas.
Sr. Liz Smyth OP (Chairperson BDTF)

COMMUNITY REPRESENTATION:

The Ballyfermot Local Drugs Task Force is now looking for 3 new Community Representatives.

If you live in the Carna/Kylemore Ward or the Drumfinn Ward and would like to be considered for a Community Representative position please contact the Ballyfermot Advance Project for information on criteria and responsibilities.

Nominations containing your name, address and contact number must be received by the Community Support Worker in writing or by email by January 21st 2011.

An Election will then be held at the end of January 2011.

Anybody wishing to be nominated as a Community Representative should have an interest in the drugs issue, live in the areas seeking

representation, be able to attend Task Force meetings once a month, and be willing to contribute solutions to the challenges posed by drugs.

For more info contact the Community Support Worker on (01) 6238001 or community@ballyfermotadvance.ie



HEROIN DROUGHT

The drought in heroin in Dublin is having an impact on many people actively using drugs at the moment.

Due to the very poor quality of the available heroin people appear to be moving from smoking heroin to injecting. This carries a number of risks and people are advised to take all necessary precautions to ensure that they remain safe.

NEVER share injecting equipment. Clean stocks are available from Needle Exchanges.



Never inject substances such as crushed tablets or insoluble powders as they can cause severe damage to veins and possibly death.



The price of heroin has increased by over 100% and according to users there is no guarantee of any heroin in the deals, with bag contents ranging from crushed tablets to soup mix and other unidentified contents.

HSE Outreach Team (01) 620 6400

Quite a number of service users are advising that they are experiencing **severe withdrawal symptoms** and some are presenting to A&E and are reportedly being admitted to hospital due to the severity of their symptoms & related conditions.

If you are experiencing difficulties due to withdrawals please go to your GP or A&E. People are also encouraged to present for Assessment at the Aisling Clinic

If you have had a bad reaction after injecting such as swelling and infection around the injection site, inability & or difficulty with swallowing, & paralysis of jaw muscles or inability to open/close the mouth please get medical attention immediately.

Users are also asked to remember that tolerance to heroin decreases very quickly and that people are at severe risk of overdose if they go back to their pre-drought quantities immediately. Please speak to your local drug service for more advice.

Ballyfermot Advance Community Drug Team (01) 623 8001



STORM SUICIDE PREVENTION TRAINING

STORM Suicide Prevention training was brought into Ballyfermot at the start of 2010 by the Ballyfermot Advance Project. STORM training is the model of suicide prevention used by A&E and mental health staff in the UK and Ballyfermot is the only community in Ireland to have staff trained in STORM Suicide Prevention and STORM Self Injury management. So far over sixty teachers, drug workers, counsellors, family support workers, youth workers, psychotherapists, rehabilitation workers, and school completion officers have been trained to support somebody in suicidal crisis in Dublin 10. They do this by assessing a person's risk of suicide and working to keep them safe during a suicidal crisis, helping the person to identify new solutions to their problems, and putting a prevention plan in place so that the person does not reach suicidal crisis again.

The Ballyfermot Advance Project secured a license to deliver STORM training to a number of groups in Dublin 10 and, with the Base Youth Centre, delivers training on a six weekly basis. They also provide STORM training in Self Injury. To check if your group is eligible to receive training please contact Aoife at Ballyfermot Advance on 01 6238001 or community@ballyfermotadvance.ie.

ASIST WORKSHOP



The Ballyfermot Advance Project is very pleased to announce that as part of its mental health strategy it will be organising and delivering ASIST training on four occasions in 2011. The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. The training is open to individuals who are living or working in the Ballyfermot area. The dates have yet to be finalised but will happen in March, May, August and October 2011 and all of the programmes will be held in Ballyfermot. The programme is delivered in association with the HSE, who provide resources including funding to deliver the programme. Around the world over one million caregivers have already taken part in the 2 day programme.

For more information on the ASIST programme visit www.livingworks.net. If you would like to more information on the ASIST programme in Ballyfermot or if you are interested in doing the training, please contact the Advance Project on 01 623 8001.

THANK YOU!



Brid Horan, Electric Aid presents a cheque to Veronica Mahon of CDT.



A big Thank You to **ESB Electric Aid** for their €10,000 grant received in August 2010 for suicide prevention initiatives rolled out by the Ballyfermot Advance Project and Ballyfermot Community Drug Team. €5,000 will support the vital roll-out of STORM Suicide Prevention Training to staff in the Dublin 10 area. €5,000 is being used to offer psychotherapeutic support for clients of the Ballyfermot Community Drug Team who have been impacted by suicide.

IN THIS EDITION d-TALK SPOKE TO JD ABOUT HIS EXPERIENCE OF ALCOHOLISM AND FINDING HELP THROUGH ALCOHOLICS ANONYMOUS...

Recognising you are an alcoholic is very difficult. If someone called me a drunk that would have been fine, but if they called me an alcoholic there would have been murder. It's the sort of twisted mind that goes with alcoholism. It overpowers you in such a way that when you're out of the house in a pub, you're in a comfort zone and you're happy there. Everyone is laughing and you're all the same. But it just becomes a sort of insanity, a life separate from the one you should be living with your family. You miss work over it, you lose jobs over it, you promise this and you promise that. But in the bottom of your heart when you're standing in front of your wife and you're making excuses to her (you wouldn't say they were excuses then, they were 'explanations') you believe every word and that's the truth. You have a home, you love your home, you promise the sun, moon and the stars and you mean it at the time, but once you go out...how could you describe the urge you get?...it's a physical and mental experience you get. I'd be sitting here in the morning and I wouldn't have a thought of a drink and I'd work all day in the garden. I'd go up and have a shower and I'd come down dressed up and I'd sit there looking at the television and the next thing I'd say 'You know I was supposed to meet someone tonight, I forgot all about it, I'd better go up and see him'...and that is a sure sign, when a man has to make an excuse to his wife, or girlfriend, or himself even, to go and have a drink, then there's something wrong.

Once the alcohol goes in that's it. I don't know how to explain it. My last son was born Christmas morning and the lady who lives next door here came up to the pub to get me and I was disgusted. I was footless all that day and the day before. I left the pub to come down and reprimanded my wife... 'How dare you make a show of me by sending her up!'. I can remember saying it to her. I can't remember coming down the road, I can't remember what happened next, but those few split seconds have been in my head ever since and they always bothered me, because it was wrong, totally wrong. You do silly things like that, but they're not silly, they're insane. You say 'silly' to get an easy word over and you think 'I'm not that bad, it's only a silly, stupid thing I did' but it's not silly and to me now it's insanity.

Some of the children were hurt, most of them were hurt by alcoholism. They tolerated me I'd say, because when you're hungry and your Dad goes out drinking, if I was in their shoes that's all I'd be doing. One time my wife asked me for some money, I was on my way out and she said 'I need some money, I've no food in the house', and I actually took out over 100 quid I had in my pocket and I wrote down what I had to do with it that day and I said 'I can't do it'. I could have given her 50 out of it but I didn't do it. This is the serious part of alcoholism, when you think you're right and you're sure you're right, and at the same time knowing you're wrong. It's very difficult to explain. I walked out of the house on the wife and five children and I said 'I'll be back at two o'clock' and they didn't see me for two days after that. That's not something to be bragging about and I'm not bragging about it. It's only when I came out of the stupor that I'd know what I was doing. The scene would come back into your mind and you'd tell yourself 'No it didn't happen that way at all, I didn't mean it that way at all'. You do an awful lot of spoofing when you're drinking.

It's a lonely place for the family, it's a lonely place for the kids. The neighbours' kids don't want to know them and if they do they slag them. And the wife is very lonely, lonely and ashamed. I couldn't see that at the time. I was right all the time. I was the man. But then I'd go out and let her down again. She said to me one night, and I'll never forget it, she said 'Don't promise me anything, because every time you promise me you let me down...' she couldn't trust me. That takes a long, long time to come back into the home, the trust.

When you stop drinking it's the loneliest place ever you could get. You've no friends. You realise after six months, twelve months that the guys you were drinking with weren't friends, they were only acquaintances. If you hadn't got the money you wouldn't be in there and they wouldn't be in there. You got the pub language when you were in there, all that sort of talk and it was funny. I'm a long time sober now and I have never heard someone say 'You were an awful man for drinking you should have given it up years ago'. Instead they'd say 'Do you remember that night, do you remember that time...?'. When I stopped drinking every bus I'd get I'd look in the window to see who was in there. You live in the pub for a long, long time mentally. You've got to remember that you come in to your home and you're a stranger. The family doesn't talk to you, you can't talk to them. I knew all my children's names but I didn't know them. I don't take any pride in saying that.

AA is a frightening place when you go in first. Your pride is degraded when you say you are an alcoholic. It's one of the reasons we keep the anonymity. We know how you feel about the word alcoholic. We know what society thinks about us, that we're no use, but we know different ourselves. So if you're ashamed coming in and saying you're an alcoholic or enquiring about it, remember that when you respect other people's anonymity they respect your anonymity. You become part of the fellowship. I thought people were watching me going in to the meetings at first, but then I realised that no one was even noticing. But that's the way your head is twisted, you see all sorts of things. We respect everyone's anonymity and if you respect that you start to



'DON'T PROMISE ME ANYTHING, BECAUSE EVERY TIME YOU PROMISE ME YOU LET ME DOWN...'

respect yourself because it's a new step into your own life. Remember you are the person who walked in the door. You made a decision to come here and you must recognise that you are doing this for yourself. There is no point in doing this for the wife and kids. I did that. Doctors and bosses and everyone wanted me to stop drinking and whenever I did it for them I drank. But if you do it for yourself make the decision and come into the room. In the meetings you get to share your experiences. AA is not a confession box, we share what alcohol has done to us, and it's safer to leave out the family and the children because you must remember that you have to respect their anonymity also. It tries to teach you to look at yourself, that's what AA does. You're not looking at your wife, or your kids, or anyone else and you get the courage to do that from looking at other people sharing their experiences. When you're listening in the room you can hear alcoholism there right underneath all the stories, a shadow right through the stories. It always comes up somewhere. You can always see destruction, harm in the home, fear in the home, suicide in the home. It hurts. I suppose it's like a blackberry bush growing wild out in the fields and if you don't trim it and look after it it'll destroy everything around it. Alcohol is the same.

AA is a fellowship of men and women who share their experience, strength and hope with each other so that they can solve their common problems and help others to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. The group's primary purpose is to help alcoholics recover through the twelve steps of AA. That's all we have to offer anyone, the twelve steps of AA, that's the only recovery programme we have. We have no doctors or psychiatrists or anything like that. There's no interview for membership, there's no demanding who you are or what you are. You can come in and say you're Mick or Mary or whatever you like, it doesn't matter and that's accepted. You might come in and you wouldn't know you are an alcoholic but you want some information and you sit and listen. When you join we don't say 'you have to do this or you have to do that'. You don't have to do anything. You can walk out the door if you want to. What we say is you just sit and listen to the people sharing. After that when the time comes around to you and the Chairperson will say 'Would you like to share?' and you can say 'No not today' and that's it, that's ok. 'Are you OK today?' 'I'm OK' and that's it.

The Steps in AA are peculiar. People think they're a book of rules and they're not a book of rules. The people who wrote the big book discovered that when the steps they had taken to reach sobriety were written down that they were keeping other people sober. AA is not a religious programme it is a spiritual programme. It's your God and you talk to him. And if you don't believe in God you tell God you don't believe in him. We have agnostics coming in and we have plenty of room for them. You'll be surprised how your life changes just by being honest with yourself instead of going around spoofing. You get the courage to look at yourself. Everything said in the room is right from the heart. I hadn't the courage to do this for years and these things won't be done overnight. You've got to remember that this is only the beginning of your new life. **JD**

AA IS A FELLOWSHIP OF MEN AND WOMEN WHO SHARE THEIR EXPERIENCE, STRENGTH AND HOPE WITH EACH OTHER SO THAT THEY CAN SOLVE THEIR COMMON PROBLEMS AND HELP OTHERS TO RECOVER FROM ALCOHOLISM...



Alcoholics Anonymous (AA)

There are approximately 750 AA Groups in Ireland with an estimated 13,000 A.A. members and 76,000 meetings a year. The first meeting in Ballyfermot was held in 1968. Each AA group is autonomous and self supporting. The group's primary purpose is to help alcoholics recover through the twelve steps of AA. The only requirement for AA membership is a desire to stop drinking. There are no fees or dues for AA membership. Meetings are held in various locations throughout Ballyfermot during the week. For most up-to-date meeting times contact the venues for details:

Ballyfermot Resource Centre	(01) 626 9599
St Mathews Parish Centre	(01) 623 0193
Cherry Orchard Hospital	(01) 620 6000
Assumption Church Sacristy	(01) 626 4691

If you would like more information on AA see www.aa.org or www.alcoholicsanonymous.ie

Al-Anon

There are also a number of supports for family members impacted by alcohol in the home.



Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not.

Alateen is part of the Al-Anon fellowship and is for young people aged 12-17 years who are affected by a problem drinker.

Contact (01) 873 2699 or www.al-anon.org for more information and meeting times.

Adult Children of Alcoholics is an anonymous Twelve Step, Twelve Tradition program of women and men who grew up in an alcoholic or otherwise dysfunctional homes.

For more information and meeting times see www.adultchildren.org

Young People & SUBSTANCE USE



One of the largest studies ever undertaken on substance use among young people in Ireland was published by the National Advisory Committee on Drugs this October. The study 'Risk and Protection Factors for substance Use Among Young People' was carried out by interviewing nearly 1000 young people between the ages of 15-18 years who were either still attending secondary school or had left school early and were attending Youthreach or FAS Community Training Centres.

The main findings were that:

- Young People who felt that their parents were concerned about them and were involved in their lives were significantly **less likely** to use alcohol or drugs.
- Young People whose parent or brother or sister use alcohol or drugs are significantly **more likely** to use alcohol or drugs.
- Young People who have a positive experience of school or feel supported by their teachers are significantly **less likely** to use drugs or alcohol.
- Young people who stay in school are **less likely** to use drugs or alcohol.
- Young People are much **more likely** to use drugs or alcohol if their friends or peers are using them, and they are **more likely** to use the substance being used by their friend/peer.
- Having easy access to alcohol or particular drugs increases the likelihood of young people using these substances.
- Young people who are aware of the availability of drug services in their area are **less likely** to use substances.
- Early School Leavers living in a Local Drugs Task Force area such as Ballyfermot are **less likely** to use drugs



The findings of this study are very significant for Ballyfermot as they highlight that a lot of the work already being done with young people and families in the area do work. The Ballyfermot Local Drugs Task Force has supported the set up and continued roll-out of a range of initiatives that focus on the key areas identified in this report of: parenting, family support, supports to keep young people in school, supports for schools, diversionary activities for young people outside school and youth programmes, and access to drug awareness and drugs education. The challenge will be to maintain the current level of services in very difficult financial times. However, the cost to young people and families in Ballyfermot of a new generation affected by chronic alcohol and drug use is too high a price to pay for short term savings and it is essential to keep all services operating at current strength. For more information see www.nacd.ie

Cold Weather Initiative



Homeless services are working together this winter to ensure that nobody has to sleep rough during the cold weather. Additional temporary emergency accommodation is available during this time and the need for extra accommodation is monitored on a daily basis. Dublin Simon Community and Focus Ireland Outreach teams are actively on the streets ensuring that people are accommodated. People can also access emergency accommodation through the Homeless Persons Unit. In addition, extended day services providing access to information, advice and meals are open from 7.30am-9pm at Merchant's Quay Ireland and Focus Ireland. **Contact Numbers:**

The Homeless Persons Unit:	1800 724 724
Dublin Simon Community Rough Sleeper Team:	(01) 677 8114
Focus Ireland Street Outreach:	(01) 677 0691
Merchants Quay Ireland:	(01) 524 0927

NEEDLE EXCHANGE TIMES OVER THE CHRISTMAS PERIOD

Fortune House, Ballyfermot Road:

Mon & Tues 2-4pm
Final Needle Exchange before Christmas:
20th/21st December 2-4pm
The service reopens:
Tues 4th Jan 2-4pm

People are advised to double up on clean injecting equipment over the Christmas week as HSE Needle Exchanges will be closed over the Christmas period in Fortune House. Please remember to keep used injecting equipment in a safe place over the two week break and to bring back to the Needle Exchange for safe disposal.

CASP: Mon-Fri 10am-3pm.
Mon & Thurs 6.30pm-8.30pm.
For Christmas times phone:
(01) 616 6750

Merchant's Quay: Open Access
Service including Needle Exchange: (01) 524 0927



CLOVERHILL VISITOR'S CENTRE

The Cloverhill Visitor's Centre (*beside Cloverhill Prison & Courthouse*) provides a safe, pleasant and friendly environment for adults and children attending Wheatfield Prison, Cloverhill Prison and Cloverhill Courthouse. The Centre is jointly run by the Society of St. Vincent De Paul and The Society of Friends and offers the following services:

- Free tea/coffee/snack bar
- Fully equipped childcare/play area
- Parenting advice and support
- Support for families
- Information service
- Volunteer programme

Opening Hours

Mondays & Wednesday to Saturday
10.00am-12.30pm & 2.00pm-4.30pm
The centre will be closed Christmas Day but will have normal opening times for the rest of the Christmas break.



CLAIMING THEIR FUTURE

On the 30th of October over a thousand people met in the RDS to express their views about the Ireland of today. The event was held under the banner of 'Claiming our Future' which is a civil movement created by trade unions, community and voluntary groups and the environmental sector. The focus is on how to do things differently in the future and how to have a more equal and fair Ireland. Young people from Ballyfermot approached Claiming Our Future a few months before the event and asked how they could get involved. As a result a night of discussion was organised in the Base Youth Centre. The young people expressed clearly their discontent with the lack of resources and the constant cuts to education, health and their youth clubs. However, they also focused on potential solutions, some of which were pretty radical. For example total reform of the education system was seen as a priority by a group of 13 years old who didn't feel that it was an inclusive system at the moment; and Young mums expressed how changing the Points System to get into third level education with a 'Merit and Interview' type system would give more opportunities to young people trying to get into college.

On the 30th of October in the RDS, the young people gave their feedback to the wider group. 'The Miracle Makers' local rappers Carl French and Robbie Coleman, who have been engaged with the Base for the last few years, performed some of their latest tracks talking about how, for a lot of young people, it's all about survival rather than enjoying their youth. For more information on the movement and how you can get involved check out www.claimingourfuture.ie and as the Miracle Makers sang on the day: "This is not the end, we're only getting started!"

COCAINE SUPPORT PROGRAMME



Ballyfermot STAR (Realt Solas) will be running a twenty week programme for individuals who are looking for support around cocaine misuse problems in the New Year. This programme will run every Wednesday @ 6.30pm – 8.30pm from 12th of January until the 27th of April 2011. The programme will focus on the following areas: Cocaine and the effects on the individual; Relaxation techniques (Mindfulness Based Therapy); Stress Management support; Learning new skills to reduce or stop cocaine use.

For more information about this programme or if you are having problems around cocaine use, please contact Tommy or Karen at **01 623 8002** or **086 027 9396**.



The U15's Girls are showing great improvements this year, unbeaten since the first game this season. The team includes: Lauren Cray, Ciara Griffin, Ciara Lawlor, Ciara Jones, Jessica Popa, Nicole Dunne, Carly and Claire Kilmurray and Rebecca Fortune.

BALLYFERMOT BULLS

COMMUNITY BASKETBALL CLUB

Local Community Basketball Club, Ballyfermot Bulls are building for the future. Based in the new Ballyfermot Leisure Centre, they have three teams: Girls Under, 15 Girls Under 17 and Boys 14's. All teams are playing and doing well in their respective Dublin Leagues. The club also represents Dublin 10 in the Community Games each year and is looking forward to next year's competition with the experience of having come close in the previous two years.

I would like to congratulate all members / volunteers at the club in their success, which creates opportunities for young people in Dublin 10 to participate in positive leisure & physical activities. The Club welcomes new member as they aim to put Ballyfermot on the Basketball map.

Derek Ahern Sports Development Officer DCC

U 15's Girls Basketball Training

Learn to play Basketball

From: 4.30-5.30pm Tuesday

For more information call Coaches

Amanda Duffy 0851248584 or

Imelda Griffin 0857403626



U 17's Girls Basketball Training

From: Wednesday 8-9pm

For more information call Coach

Cindy Sweeny 0861932833



U 14's Boys Basketball Training

From: 4.30-6pm Friday

For more information call Coaches

Robert Kilmurray 0851143666



d-TALK COMPETITION

For the chance to win a family pass to **FUNTASIA** in Liffey Valley answer the following question:

Who is this?



Answers with your name, address and contact number to community@ballyfermotadvance.ie by December 21st



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 - Lynches 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
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Detox

Residential Options Fund - Ballyfermot Advance	623 8001
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Under 18s Treatment

Young People's Programme - Cherry Orchard Hospital	620 6400
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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
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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

Need clean needles and to dispose safely of used works?

Fortune House -	Mon & Tues 2-4pm
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
Familiscope - 201c Decies Rd	620 6842
Cherry Orchard Family Centre - Cherry Orchard Ave	623 1313

HSE Family Support Service - Social Work Dept, Cherry Orchard Hospital	620 6387
BSII - 83 Cherry Orchard Crescent	626 7041
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
Fusion-CPL - Cherry Orchard Health Centre, Cherry Orchard Grove	623 1499

Matt Talbot Community Trust - Rear Assumption Church, Kylemore Rd, Ballyfermot	626 4899
Ballyfermot LES Jobsplan - 4 Drumfinn Park	623 5612
Ballyfermot Theatre Workshop - Ballyfermot Community and Civic centre	445 1208