

# COCAINE

YOU THINK YOU KNOW IT ALL



**IN THIS ISSUE...**

**COCAINE SPECIAL**

CRYSTAL METH

GOOD NEWS STORIES



## WELCOME TO dTALK!

This October a cocaine awareness campaign called:

**'COCAINE. YOU THINK YOU KNOW IT ALL'**  
is being run in the ballyfermot area.

Through this campaign people are being asked to take a fresh look at their own attitude to cocaine use. People of all ages are using cocaine in Ballyfermot and for many it has become a normal part of socialising. Lots of people think that cocaine is a safe, clean drug that does not create problems for themselves or anyone else.

But there are serious consequences to using cocaine. The messages in this campaign show the realities of cocaine use for lots of people in Ballyfermot. Cocaine use can damage relationships, create serious debt, cause violence and aggression, put people at risk of suicide, and cause real damage to user's physical health.

If you or someone you know are having difficulties with Cocaine maybe it's time to look for help. Services are listed in the cocaine pages of this publication.

This Cocaine Awareness Campaign has been put together by Drug and Youth Services in Ballyfermot with the help of people living in the area and using services here. Many thanks to everyone who gave their time and energy so willingly.

**'COCAINE. YOU THINK YOU KNOW IT ALL.'**  
will be run throughout Ballyfermot from  
**October 20th to 27th:**

- Listen in to Spin 103.8 Fm
- [www.Cocaineyouthinkyouknowitall.com](http://www.Cocaineyouthinkyouknowitall.com)
- Watch out for information in your local pubs and off- licences.

### METHAMPHETAMINE BETTER KNOWN AS METH, CRYSTAL METH, ICE, TINA...



...is a highly addictive stimulant drug that until now has rarely been seen in Ireland. In July a large seizure of methamphetamine was found in Port Laois adding to fears that the drug is now making an appearance here. Meth is an extremely destructive drug and has caused devastation in communities across the USA, Australia and Eastern Europe.

It can come in different forms depending on the way it has been manufactured. It is possible to make it in a home laboratory using household chemicals although this can be extremely dangerous as the chemicals are highly explosive. Crystal Meth is a white crystalline substance that is normally smoked. Methamphetamine can also come in powder form which can be injected. Both can be very similar in appearance to cocaine and crack cocaine. Meth can make users very agitated, violent, aggressive and energised. Paranoia increases with use and can make users highly distrustful of people close to them. Users can have hallucinations and psychotic episodes which often results in them hurting themselves or others. Meth damages the pleasure part of the brain, oftentimes irreversibly, so that people are left with long terms psychiatric and mental health problems. 'Meth mouth' is one very obvious sign of methamphetamine use where the users teeth rot. Physical appearance can deteriorate very quickly and significant damage can also be caused to all the major organs. Most users with a methamphetamine addiction do not live more than five years from onset of use.

If you have come in contact with Methamphetamine and need help please go to your local drug services. There is help available to you.

If you know of meth production in Ballyfermot please do not ignore it. This is a very destructive drug that once bedded down in communities can cause severe harm.

The Ballyfermot Local Drugs Task Force celebrates 10 Years in existence this year. Events to mark the 10 Year Anniversary will be held this Winter. More details to follow...



## Do you have problems with your drug use?...

### Methadone Maintenance & Treatment:

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

### Detox:

**Fortune House** - Cherry Orchard Hospital ..... 620 6030

**Residential Options fund** - Ballyfermot Advance Project 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**, 7 Drumfinn Ave ..... 623 8002

**Fusion-CPL**, Cherry Orchard Health Centre ..... 623 1499

### Peer Support

**NA: Narcotics Anonymous** general number ..... 01 672 8000

[www.na.ireland.org](http://www.na.ireland.org)

**Ballyfermot Resource Centre**

Tues, Thurs 8.30pm Sat 7pm

### Alcohol Support

All of the above drug services

**HSE Alcohol Services** ..... 451 6589

**AA: www.alcoholicsanonymous.ie** ..... 1890 412 412



# WALK THE LINE

“ That first meeting felt like the first line of coke... I was euphoric... I realised I had a problem with coke and I needed help ”

**In this edition dTalk speaks to Stephen who became addicted to cocaine. Here he describes how addiction affected him and how he left it behind.**

*dTalk: How did you get started using cocaine?*

S: Just from being around friends. I was doing ecstasy at the time and sometimes someone would have some coke. I wasn't buying it then, I'd just have some if it was there.

*dTalk: When did that change?*

S: It was 2-3 years before I started really using it. First it was every few months with friends, at the weekends, and then it built up till it was everyday. I just thought it was something I liked doing. If I had some coke I'd get up early about 7am. It motivated you to get up if you knew you had some. I'd do a line and go to work and then top up every few hours. If you didn't have some it was harder to get up.

*dTalk: Cocaine is often seen as a social drug. Something people do with friends. Was that the case for you?*

S: At first yeah. Lots of people were doing it. It made you feel confident but you weren't really saying anything, just talking shite. But after a while I got to the stage where I wanted to be on my own doing it. I couldn't talk or socialise when I was doing cocaine. I just wanted to be on my own.

*dTalk: How were you feeling at that stage using on your own?*

S: I felt shite. I'd hate myself for using it. I'd do a line and say to myself 'Why am I doing this?'. But I wasn't able to stop.

*dTalk: Was your cocaine use having any impact on the rest of your life?*

S: At first no. I was going to work and it didn't interfere with that. Then I started owing money all over the place. You could be getting coke from ten different dealers at the same time. They'd phone you and say they

had this lovely stash and they'd give you €400 worth even if you couldn't pay for it. You always got more than you could pay for, so you were always in debt. It's too easy to get. It's easier to get than any other drug except maybe heroin.

*dTalk: What made you look for help?*

S: Things were getting worse. I lost my job. I lost my relationship. I became violent even though I wouldn't normally even have a temper. I was acting totally out of character. I didn't want to be there. I felt shite all the time. I wanted to die but I knew I couldn't do that on my family. I was using all the time. I'd keep going for three days straight and then I'd collapse. As soon as I'd wake up I'd start doing coke again. I had gone for help before and it did work. I got acupuncture which made me feel good for a while and I talked about my cocaine use. I cut down on it and was just using at the weekends. But I stopped going to the counselling after a while because I thought that I was wasting their time. I thought using cocaine was just something I liked doing. This time I got help it was different. I started to go to CA (Cocaine Anonymous) and NA (Narcotics Anonymous). That first meeting felt like the first line of coke. I was euphoric. I realised I had a problem with coke and I needed help. At the meetings the support was there from people who were going through the same thing and understood. I went to a local drugs service on an ongoing basis as well and that helped. I know now I can't pick up cocaine and leave it down again. That's not something I'm able to do anymore.

*dTalk: What would you say to someone who is having problems with cocaine?*

S: Stop it and go for help. Learn to put your energies into something else. It's hard because cocaine is everywhere. Even now if I've a cold and I'm sniffing people say to me 'Are you on the Charlie Buzz today?' People don't trust you. But that's ok. I trust myself now.

Contact Cocaine Anonymous (CA) for meeting times  
**Helpline:** 087 3174989  
[www.cadublin.com](http://www.cadublin.com)

# COCAINE. YOU THINK YOU KNOW IT ALL...

## COKE AND DEBT:

Cocaine may be a cheap drug to buy, but the amount of it needed to feed a cocaine habit can leave people owing huge amounts of money. If you owe money because of your cocaine use then you may have a cocaine problem. Struggling to deal with Cocaine related debt is often the first reason people look for help. If you are in financial difficulties because of your cocaine use there is help available.

Contacting your drug services or your local Money Advice and Budgeting Service (MABS) can be a first step towards dealing with the problem.

MABS Cherry Orchard

Phone: (01) 623 3900

MABS Ballyfermot Library

Phone: (01) 623 5443



## COKE AND RELATIONSHIPS:

Cocaine use can affect relationships in different ways. When people take cocaine they generally feel very powerful and confident. This can often spill over into aggression and sometimes violence. Many people report acting totally out of character having used cocaine. Relationships with partners, family and children and people close to you can suffer greatly as a result.

Cocaine is a stimulant drug and can make people feel very aroused sexually. In the short term this can result in people taking sexual risks such as having unprotected sex. In the long term male sexual performance is damaged by cocaine use. Erectile dysfunction can be directly linked to cocaine use and can be very damaging to self esteem and within relationships. If you think this may be a problem for you speak to your GP. Continued cocaine use will only make the problem worse.

For further help:

[www.womensaid.ie](http://www.womensaid.ie)

[www.irishhealth.com](http://www.irishhealth.com)

## COKE AND PARANOIA:

A very distressing side effect of cocaine use is Paranoia. Paranoia is a mental state where someone believes that the people around them plan to hurt them in some way. Cocaine induced paranoia can leave someone in a very anxiety ridden state as they believe that they cannot let down their guard or relax. Cocaine induced paranoia generally lessens as the cocaine use stops. In a small number of cases cocaine users will continue to have mental health difficulties after cocaine use has stopped. If you or someone you know suffers from paranoia as a result of cocaine use it may be time to look for help.



## COKE AND ALCOHOL:

Cocaine acts as a stimulant in the body as well as the brain. When cocaine and alcohol are taken together they mix inside the body to become a third chemical called COCAETHYLENE. This chemical can be very damaging to the body. The heart is particularly vulnerable to cocaethylene. It causes the blood vessels to the heart to swell making it very difficult for blood to reach the heart. If you experience chest pains when taking cocaine please don't ignore them. Young apparently healthy people can have a heart attack arising out of cocaine use. Using cocaine and alcohol together on an ongoing basis can cause increasing damage to your heart. If there is a history of heart disease in your family you need to be very careful and talk to your doctor if you are experiencing any physical symptoms.



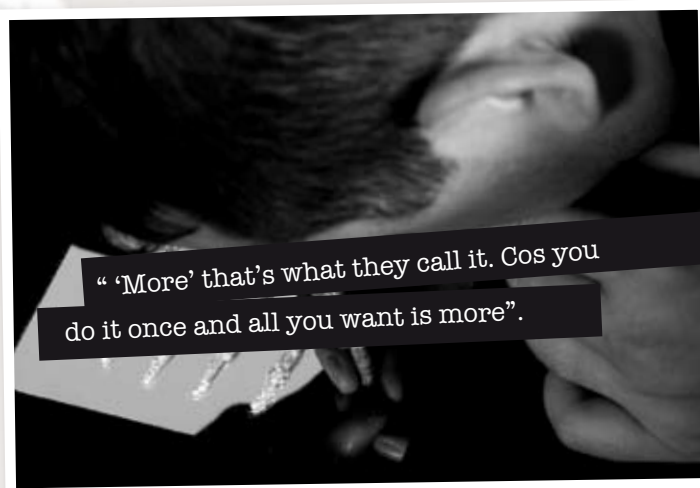
Have you had a history of drug use and want to get involved in **education, training or employment?**

- Ballyfermot STAR - Realt Nua** - 36b&c Lavery Avenue, Parkwest Industrial Estate, Cherry Orchard ..... 612 0950
- Fusion-CPL** - Cherry Orchard Health Centre, Cherry Orchard Grove ..... 623 1499
- HSE Integration Team** - Cherry Orchard Hospital ..... 620 6400
- Matt Talbot Community Trust** - Rear Assumption Church, Kylemore Rd, Ballyfermot ..... 626 4899
- Ballyfermot LES Jobsplan** - 4 Drumfinn Park, Ballyfermot ..... 623 5612
- Ballyfermot Theatre Workshop** - Ballyfermot Community and Civic centre ..... 445 1208



## COKE AND SUICIDE:

The crash following a weekend using cocaine is sometimes known as Suicide Tuesday. Feelings of agitation, depression, anxiety and panic are very common after ongoing use of cocaine. Feelings or thoughts of suicide can also occur in some people. If you find yourself in this state please ask for help from your GP, A&E and local drug service. The overwhelming feelings of distress generally ease as the cocaine leaves your body. Holistic treatments like acupuncture and shiatsu massage can ease the process. If you are experiencing these feelings it may be time to speak to someone about dealing with your cocaine use or underlying problems.



## COKE AND HEPATITIS C:

Hepatitis C is a blood borne virus that damages the liver. Hepatitis C can be spread by snorting cocaine with shared tooters, bank notes, or surfaces. Hepatitis C can live outside the body in dried blood. If you are snorting cocaine from a cistern or surface in a public area where someone with Hepatitis C has also been snorting, you are putting yourself at direct risk of contracting the virus. There does not need to be visible blood on the surface as Hepatitis C can survive in very small droplets invisible to the naked eye. The majority of people with Hepatitis C do not know they are infected until they begin to experience symptoms. If you think that there is a possibility that you have contracted Hepatitis C in this way you need to speak to your GP. Early diagnosis and treatment is important.



**FOR SUPPORT AND ADVICE ON ANY ASPECT OF YOUR COCAINE USE PLEASE CONTACT ANY OF THE FOLLOWING:**

**Ballyfermot Advance Project**  
Le Fanu House  
3b Le Fanu Road  
Ballyfermot  
Dublin 10  
Phone: 6238001

**The Base Substance Misuse Programme**  
The Base Youth Centre  
Blackditch Rd  
Ballyfermot  
Phone: 6546800

**Ballyfermot STAR Saoirse Cocaine Project**  
7 Drumfinn Ave  
Ballyfermot  
Dublin 10  
Phone: 6238002

**HSE Young Persons Programme**  
Bridge House  
Cherry Orchard Hospital  
Phone: 6206400

[www.cocaineyouthinkyouknowitall.com](http://www.cocaineyouthinkyouknowitall.com)



## COKE AND ADDICTION:

Cocaine CAN be a very addictive drug. Cocaine stimulates the brain and the body and can make people feel very confident, powerful, and sexy. Cocaine works by 'hotwiring' the brain's chemistry and releasing a surge of chemicals to the pleasure part of the brain. When the cocaine wears off those feelings of exhilaration disappear and the user is often left in freefall. This normally results in a very low and depressed mood and sometimes feelings of distress or even suicide. Taking more coke to avoid the 'crash' or to prolong the 'high' can lead to addiction. If cocaine is used on an ongoing basis it damages the 'pleasure' receptors in the brain so more and more coke is needed to give less and less of a high. The only way to treat cocaine addiction is to STOP using it. Holistic treatments such as acupuncture and shiatsu massage can make coming off cocaine much easier to handle. If you want to stop using cocaine please go to your local drug service for support.



## TALK TO YOUR CHILDREN

Ballyfermot Youth Service is asking parents and guardians to talk to their teenagers about the dangers of being used as drug couriers.

A small number of young men aged between 15 and 18 years of age are being targeted in Ballyfermot and Cherry Orchard as 'runners' or drug couriers. They are being promised the opportunity to make, what they think will be, easy money. Life as a drugs runner is not sustainable or safe. Some Young people are very vulnerable and can be open to thinking and believing that nothing is going to happen to them and that they won't get caught. The success of the Drugs Squad in Ballyfermot over the Summer proves that this isn't the case. When the market value of the drugs is €13,000 or more, the person convicted is liable for a minimum sentence of 10 years.

We need to talk to our young people and persuade them to make alternative decisions about their lives.

If your son or daughter is engaged in this activity and wants help please contact us at BYS, 41 Decies Road or phone 6231431



## BALLYFERMOT YOUTH SERVICE YOUTH EXCHANGE AUSTRIA 2008

A group of young people aged 16-20 years from all over Ballyfermot traveled to Austria this summer to take part in the 'Dialogue Unlimited Project', a music based youth programme. The aim of the project was to get young people from all over Europe to look at their own and other young people's identity and culture using music as a way of breaking down barriers. The group from Ballyfermot, who came together in May of this year, worked for 10 days with other young people from Austria, Italy and Greece. The days were dedicated to watching live performances, looking at different types of music, Hip Hop, Rock and Jazz, trying new instruments and gaining skills in radio production. The young people then formed themselves into international bands and everyone had the opportunity to perform in front of a live audience. Some of the young people said that it was the best experience of their lives!

## All Together Now...



On the 7th of June a Fundraiser was held in Ballyfermot Advance to help send a local family to Lourdes. Members of the Jobplan Project bravely took part in a head-shave and variety performance to raise much needed funds. All the volunteers would like to thank neighbours, friends, family and businesses in Ballyfermot for their support. Well done to everyone who took part. A great day was held by all!



## 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:

St James HIV/STD Clinic ..... 416 2315  
 Merchants Quay Project ..... 679 0044  
 Hepatitis C Liaison Nurse Cherry Orchard Hospital ..... 6206418

### Needle Exchanges:

Need clean needles and to dispose safely of used works?

Aisling Clinic - Mon 2.15-4.30  
 Ballyfermot Health Centre - Tues 2.15-4.30  
 Merchants Quay - Mon, Wed,  
 Thurs, Fri 10am-12.45/ 1.45-4.30pm Tues 1.45-4.30pm





The final touches are being put to the Base Youth Centre and Childcare Facility on Blackditch Road before its official opening this October. The Base is a specially designed youth centre offering a range of services to all young people living in the Ballyfermot area. These services include a Youth Work Programme, Teen Parent Support Programme, Substance Misuse Programme, Health Programme, Childcare Centre and dedicated Arts Music and New Media Facility. Facilities of the new centre include:

100 Seat "Black Box" Theatre, Industry Standard Recording Studio, Rehearsal Space, New Media Suite, Chill-out and Games Area, Youth Café, Youth Information Outlet, Chill-n-chat Room, Arts Workshop, Youth Health Suite, Staff Room, Management Offices, Childcare Facility, Garden and Playground to the front and Hard surface Playground to the side.

The Base is located within a larger complex which comprises of Dublin City Council Sports and Leisure Complex which includes a six lane 25m pool with movable floor, a fully equipped gym, large aerobics studio, 33m fully equipped sports hall for basketball, volleyball, badminton and indoor football, six flood lit 5-a-side pitches, steam room and sauna, children's party area and facilities for community meetings.

For more info on the Base see [www.thebase.ie](http://www.thebase.ie) or phone (01) 654 6800.

## BALLYFERMOT ADVANCE PROJECT COMMUNITY GRANTS



The annual Ballyfermot Advance Project Small Grants Awards were held this Summer. Over €92,000 in grants ranging from €750 to €2000 were awarded to local community, sports and school based projects to enable them to put drugs awareness and diversionary programmes in place.

The majority of groups who applied were successful in their applications, although due to the large number of applicants some groups may not have received as much as they would have requested. For more information contact the Community Development Worker at Ballyfermot Advance Project.

## d-Talk COMPETITION

This edition's prize is a €50 voucher for Zavvi Music and Game store in Liffey Valley.

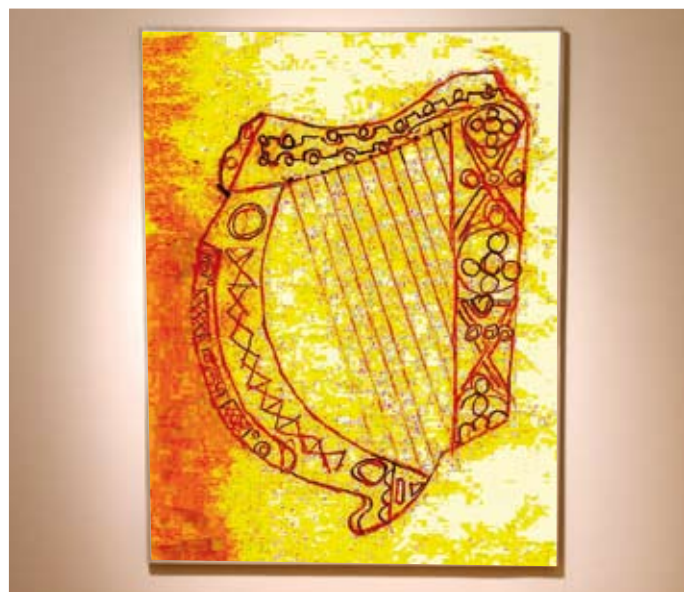
To be in with a chance to win answer the question below and send to c/o editor, Ballyfermot Advance Project, Le Fanu House, 3b Le Fanu Rd, Ballyfermot, Dublin 10 or email to [community@ballyfermotadvance.ie](mailto:community@ballyfermotadvance.ie) by 7th November 2008.

The question is:

What is mixed with cocaine in the body to make Cocaethelyne?

Hint on page 4

Well done to Leah Deering who won a €50 voucher for Superdome in Palmerstown in our last competition



dTALK GALLERY - Artwork by A.W.

## Do you know a **young person** at risk of or already involved in drug use?

### Detox & Treatment:

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

### Support and Diversionary Services:

Substance Misuse Youth Worker - The BASE ..... 087 2117 319  
The BASE - [www.thebase.ie](http://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 - Orchard Community Centre ..... 626 7041

### Suicide Prevention Services:

Pieta House - Lucan, Co Dublin, [www.pieta.ie](http://www.pieta.ie) ..... 01 601 0000  
Samaritans - [www.samaritans.org](http://www.samaritans.org) ..... 1850 60 90 90  
Teenline ..... 1800 833 634



## Winning Ways

Congratulations to the Matt Talbot Community Trust in Ballyfermot who won the St Catherine Street Leagues in May 2008. Paul Farrell and Ian Scully are two participants in the Matt Talbot and both played on the winning team. Both Paul and Ian have been playing football since they were kids and love the game. There is a high level of commitment involved as they train three nights a week and play matches at the Weekends. Ian had fallen out of football for a few years, but with the set up of Orchard Celtics he got back into playing. The team plays every week on the all weather pitches in Cherry Orchard and the standard of football is very high.

During the Street Leagues scouts from the Irish Homeless Team attended the matches and chose Ian and Paul to play on the Irish Team. The Irish Homeless Team picks the best players from all over Ireland. Out of 300 players they chose 30 which was then whittled down to 15 players. Being in the Irish squad brings the chance of representing Ireland in the Homeless World Cup in Melbourne Australia in December and being capped for their country. Paul made the squad for the European Championships in Poland in September where Ireland came in fifth position. Dan Carey, Team Manager said 'We were in the toughest group and narrowly kept out of the semis by Russia, who went on to win the Championship. It was a great learning experience for the lads who worked really hard to get into the squad'.



Ian Scully and Paul Farrell of the Matt Talbot Community Trust

## DRINKING ALCOHOL DURING PREGNANCY

Women are being warned that drinking alcohol during pregnancy can damage their unborn baby. FASD or "Foetal Alcohol Syndrome Disorders" is the name given to a range of disorders that children may be born with if their mother drinks while pregnant. Alcohol directly affects the foetus's brain and central nervous system. International research says that there is no safe level of alcohol consumption for pregnant women.

The Minister of State at the Dept of Health and Children, Mary Wallace, said at the launch of 'Foetal Alcohol Spectrum Disorders Awareness Day', that although many women understood that smoking during pregnancy was damaging to the unborn baby, there was not the same awareness around drinking alcohol during pregnancy. Research from the Coombe Hospital shows that most women drink at some stage while pregnant and many women drink on a regular basis. Binge drinking or drinking large amounts of alcohol in one sitting can be particularly damaging to the unborn baby, even if there has been low alcohol

consumption during the rest of the pregnancy. Children and adults who are affected by FASD may experience difficulties with the following:

- hyperactivity
- reasoning/thinking things through
- learning from experience
- understanding consequences of their actions
- remembering things
- adding, subtracting and handling money
- getting along with others

If you have concerns speak to your G.P.



## BALLYFERMOT SOCIAL INTERVENTION INITIATIVE FIRST STEPS PROGRAMME

- Are you aged 20+
- Loads of free time?
- Need to improve your employment/ Personal development skills?

The Ballyfermot Social Intervention Initiative "First Steps" programme will be starting up shortly and we are looking for young men aged 20+ to take part.

This course is free of charge.

Venue: The Orchard Community Centre  
Cherry Orchard Grove  
Cherry Orchard.

Contact: Tonyat(01)6267041 or 0851339900  
Alternatively you can call into the office at the Orchard Community Centre Monday to Friday 9.00 – 5.00

## 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 - Orchard Community Centre .....	626 7041
Ballyfermot Advance - Support for Childcare fund .....	623 8001
Fusion - CPL (Community Prison Link) .....	623 1499



3b Le Fanu House  
Le Fanu Road  
Ballyfermot  
Dublin 10  
Tel: (01) 623 8001

Enquiries to the community support worker.