



WORKING TOGETHER

dTALK

2019



Introduction

Clr Vincent Jackson

As Chair of the Ballyfermot Local Drug and Alcohol Task Force (BLDATF) I am delighted to introduce this year's edition of dTalk our community magazine. The title of this year's edition is Working Together and the theme of this edition is young people and families. At BLDATF we are keen to ensure that the community is informed about what we are doing, but also that we are informed about what the community is doing and experiencing. At the core of the work of BLDATF is the community, and the community projects we work with. As in last year's edition, this edition highlights the range of both specialised substance misuse intervention services as well as some of the other community projects which BLDATF work closely with.

Inter-agency work and collaboration is at the core of the BLDATF; this is the same with the projects. There's some great examples in here about inter-agency work – Advance and Familibase working with younger people, Matt Talbot and Star working on family support and much more. The theme of young people and families was chosen this year to highlight the central role family plays in all our lives, but in particular in the lives of young people. BLDATF are aware of the challenges many families and young people can face in Ballyfermot, but we are also acutely aware of the strengths of local families and the value of young people in a community.

This edition focuses on some of the excellent community facilities available locally; we also highlight some of the services available to families, who may need additional support, and we emphasise the importance of communication and collaboration – this is as important for families and young people as it is for any of us.

It's been a busy and exciting year in Ballyfermot, but we have also experienced some challenges. This hasn't been easy for many people locally, the BLDATF is aware of that. BLDATF wanted to use this edition as an opportunity to reach out to the community and target some information for young people and families. Families are the life blood of any community. The projects within Ballyfermot recognise the important role played by families and we hope this edition demonstrates that.

BLDATF welcome your feedback and suggestions, contact details for the BLDATF are provided at the back of the magazine.



**Cover photo courtesy of
Ballyfermot Youth Service**

Contents

5	Foreword
6	Ballyfermot Advance Project
7	Fusion CPL - Reach Out Programme
9	Ballyfermot Social Intervention Initiative
10	Túsla Child & Family Support Network
13	Adolescent Addiction Service Report 2018
15	CODY – Cherry Orchard Developing Youth - Seán's Story
17	Support Treatment Aftercare Rehabilitation - Ballyfermot Star
19	Matt Talbot Community Trust
20	Ballyfermot De La Salle GAA
21	Family Matters Area Based Childhood (ABC) Programme
22	FamiliBase
26	Mental Health Issues and Substance Use
28	Heads Up
29	Community Grants
30	Candle Community Trust Services
32	Cherry Orchard Integrated Youth Service
34	Ballyfermot Youth Service (BYS)
35	International Womens Day 2018
36	Suicide Prevention
37	Useful Supports

Foreword

I am delighted to have the opportunity to write the foreword for dTalk Magazine. I feel my own experiences in life have given me an insight into surviving the pitfalls in addiction and recovery. My hope in speaking openly about it is to point out available services and to encourage others to speak up and not be afraid to ask for help.

Many people can slip under our radar and my message is to watch out for one another. Take heed of signs with friends and loved ones of hopelessness, reckless behaviour, increase in drug or alcohol use, withdrawal or talk of suicide and encourage them to seek help. Sometimes it is difficult to know what services are available but they do exist and many are outlined in this edition of dTalk.

I was recently invited to FamiliBase to give a talk to young people about substance misuse and I was really struck by the amount of young people attending and their level of honesty and sense of fun when I asked them questions about their lives. I was asked to put an emphasis on the subject of weed as statistics have shown a huge increase in consumption particularly with young people over the last few years. I don't believe in shock tactics or the "say no to drugs" approach as I know that it doesn't work but I fear that cannabis use is seen through rose tinted glasses by our youth



and has become the norm. We now know that smoking weed can lead to a multitude of negative effects in our mental health including serious mental health conditions such as schizophrenia.

Another issue I have noticed with our youth is that a perception of a lack in activities can lead to anti-social behaviour and substance misuse. On a positive note, over the last ten years a number of youth groups have developed programmes, cafes and clubs. Ballyfermot hosts a number of excellent facilities, services and activities for young people and families, many of which are outlined in this edition of dTalk. I really believe that as families and communities it is imperative that we know what services are available to us and to feel safe in accessing these services.

The good news is that the need for a broad umbrella of services has been recognised and there is now a range of supports available. It is important to say that if one does not work, try another one. There is no longer a need to be alone if you are suffering from addiction, mental health issues or have a loved one in addiction. Remember to reach out to and to keep this magazine as a reference point for services and supports in your community.

Rachael Keogh
Author of *Dying to Survive*

Ballyfermot Advance Project

DOS

In collaboration with BSII and Familibase is the Detached Outreach Service (DOS). The DOS team connects with hard to reach young people, particularly those not already working with services. The work offers informal information to young people and the work also informs knowledge staff have of what's happening on the ground – drug trends in the area.

Group Work

Also in collaboration with Familibase, Advance offers drug and alcohol intervention groups. Group content is based on best practice and interventions known to work and programmes can be tailored to a group.

SMART (Self-Management and Recovery Training) 18–25 year-old specific group. It is a peer-support programme that uses tools and techniques grounded in cognitive-behavioural principles. The programme is designed to empower participants to abstain and to develop a more positive lifestyle. The Advance project facilitates a group on Thursdays at 3:30pm, and is aiming to become peer-led.

Key Working

The Advance project offers key working after an initial assessment is completed and when the Project is deemed an appropriate support for the young person. Key working is the simple process of working with people to achieve their goals

and effective case management.

The Addiction Practitioner can carry out interagency outreach to services in the catchment area to provide information and simplify the referral process.

As a low threshold service the Advance Project aims to be as accessible and flexible with people as possible.

5 Step Support

The 5-Step Method is a brief intervention to support family members in their own right who have a close relative with an alcohol or drug problem. It has been shown to help reduce the strain experienced by family members concerned.

It is for adult family members affected by a relative's drug and/or alcohol problem, for example this may be a drug user's partner, sibling, parent, grandparent or adult son/daughter. It's rolled out over 5 weeks. An onward referral can be made depending on the individual's needs. Some family members may choose to go Star where longer term support is available.

You can avail of the service by self-referral or be referred by another service.

Out of Hours

Advance are offering out of hours street outreach 3 evenings a week on a pilot basis. The response so far has been really positive and more people are engaging in our service as well as other services in the region as a result.



Fusion CPL - Reach Out Programme

For the last 18 months FusionCPL have been working on an exciting new family communications programme for families with a father in prison. This programme is funded through the Ballyfermot Drug & Alcohol Task Force and FusionCPL commissioned Archways to research, design and implement the pilot programme on their behalf.

The Reach Out Project consists of 5 interlinked components -



FUSIONCPL
Working with Dublin 10

Child Interest Surveys

Our research showed that prisoners felt they lacked information about their child's daily activities and needs. This created distance and a vulnerability at the heart of their capacity to engage with their child. The purpose of these surveys is to garner information from both parent and child about their everyday activities, likes dislikes, hopes, dreams and expectations.

Child Development Module

This module will examine the three core developmental stages that children progress through from the ages of three to twelve years. The modules includes information on the behaviours that accompany these developmental stages and the thought processes and activities best suited for children throughout these stages.

Enhanced Communications Module

This module covers the following components: problem solving, creative thinking, social skills, management of emotions, negotiation skills, values enhancement, and critical reasoning. Each component focuses on practicing certain skills.

Mentoring

FusionCPL staff and designated staff within the prison will train in an evidence based mentoring programme with a dual purpose. The programme trains mentors in mediation and goal orientated planning strategies, crisis management, family problem solving

and perspective based communication practices. Newly trained mentors will be provided with monthly supervision by trained Map mentors.

Tip sheets - Will target problems in communications and relationships that prisoners routinely face. These tip sheets will be developed in interaction with the prisoners in the enhanced communication module and will enable prisoners to problem solve and practice the key skills required to deal with the emergence of unexpected family situation or issues of personal crisis in relation to family communication.

Reach Out is currently being piloted in the Progression Unit in Mountjoy with 7 mentees.



Ballyfermot Social Intervention Initiative

Who We Help:

- We work with families/individuals engaging in or experiencing anti-social activities /behaviour and where drug use may or may not be a problem
- We can work with the entire family or individual family members e.g. mothers, sibling, young person themselves
- All clients must be over 18.
- Clients can be referred through another service or can self-refer.

What We Do

- We support the family to look at the causes of anti-social behaviour and the effects on the family
- We provide practical support with problems such as eviction, relationship with Garda, housing advice, DCC etc.
- We provide ongoing support, training, education and social

- opportunities to mothers through our WISE women's group
- We provide support and mentoring to young people from 18years onwards
- We advocate on behalf of individuals / community when engaging with
- DCC, Gardaí, Intreo and other relevant agencies
- We provide key workers and develop care plans with clients

Contact Us

- By phone, email or call into the office
- Through dcc estate management
- Probation and welfare, schools etc.



Túsla Child & Family Support Network

The Child and Family Support Network (CFSN) in Ballyfermot and Meitheal, a Tusla led Early Intervention National Practice Model



What are Child and Family Support Networks (CFSNs)?

Supporting families and keeping children safe is everyone's business, and families should experience services as easily accessible as possible. Child and Family Support Networks are comprised of the local services that play a role in the lives of children, young people and families in a given area. They work with families to ensure that there is 'No Wrong Door' and that those who reach out will be connected with the services that can best meet their needs.

In Ballyfermot, the child and family support networks consists of Family Support Services, Youth Work Services, Homeless Services, Garda Youth Diversion Project, Family Resource Centres, Drug and Alcohol Services, Educational Welfare Officers, Primary and Secondary Schools

and in general Community and Voluntary Services. We meet every 2 months to Hear about each other's services and to see how we can address any gaps and needs that may exist in Ballyfermot. We work very closely with the CYPSC network within Tusla.

The aim of the CFSN is to co-ordinate information about services and to work in partnership so in practical terms, if a family contacts one service within the Network, and that service is not equipped to meet their needs, that Network member will re-direct the family to the Network Member(s) who are most appropriate to meet their needs.

What is Meitheal?

"Meitheal" is a Tusla led support plan that supports families and children to find the help they need. As the old saying goes,

"it takes a village to raise a child." Tusla understands that this is still true today.

Tusla is not only Social Work

Many people think of terms like, "Social Work," "Child Protection," and "Children being taken away" when they hear about Tusla, and that's understandable. However, since its establishment in 2014 there has been two sides to Tusla: the child protection side is a key aspect of the agency, but there is also a prevention, partnership and family support side. Meitheal is firmly embedded in prevention, partnership and family support. The name Meitheal comes from an old Irish word that describes how neighbours get together to give each other practical help and support.

Meitheal brings together the people and services who want to support a child or parent, so that they can make the changes to their lives that they may want or need. This can involve a number of different services and supports,

including schools, youth services, family resources centres, medical services and also sports clubs, such as a local football clubs. Everything is based on parental consent and the issues affecting that family at that time. Meitheal is the parents' meeting and they choose who they want to invite to a Meitheal meeting.

Examples of the challenges Meitheal could help are:

- A child having problems at school
- A child feeling down
- Not getting on with your child
- Family problems
- Illness or bereavement
- Difficult behaviour
- Relationship with your child

If you would like more information, request a Meitheal or train to become lead practitioner/ facilitator please contact the CFSN Co-ordinator Miriam Schweigard on 087-3431396 or miriam.schweigard@tusla.ie



"It has helped me massively"

*"Everyone sits at a table and we are all on the same page",
"Everybody is on the same wavelengths"*

(taken from video parents talk about Meitheal).



Case Study

A Meitheal was requested for 7 year old Bobby by Bobby's school. Bobby lives with his mum and younger sibling. Bobby gets angry a lot and sometimes he would hit his mum and his sibling. While he likes his SNA (special needs assistant) in school he doesn't want to go to school most days and the mornings can be difficult for mum. He has really good days and mum would say that when he is good he is the best but there are plenty of difficult days too and mum is on her own and also has to look after Bobby's sibling. Bobby is on a waiting list for the disability service and mum doesn't really understand what exactly he is on waiting lists for.

The Home School Liaison Officer in the school sat down with mum and looked at what was working well and where the family needed help. She was the supportive person throughout the process, which is known as the Lead Practitioner. Together with Bobby's mum, the lead practitioner arranged a Meitheal.

At the first meeting, mum, the lead practitioner, the SNA, and a speech and language therapist from the disability service sat down and looked at the desired outcomes for Bobby and his family. The meeting was facilitated by an independent chair person. The chair person is there to ensure that the family's voice is being heard and that everything is fair and written down correctly.

A number of things were discussed to make family life easier for Bobby and his family. The Meitheal explores

what the desired outcome is and how to achieve those goals. Ultimately, the goal was that Bobby would be less angry, would feel more content and happier in himself and enjoy going to school.

A number of actions were put in place including:

- Additional support for mum in the mornings A parenting programme for mum
- Actions were taken to look at the waiting list with the disability services and clarify when support could be offered to Bobby and exactly what support will be made available.

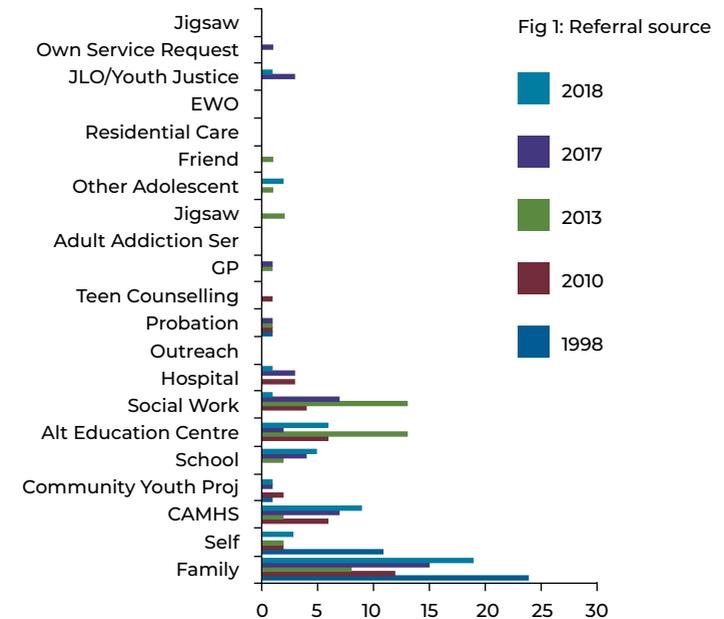
Progress towards outcomes after a few Meitheal meetings:

- Family support came on board after a few weeks and is now helping mum in the mornings so the mornings are easier and Bobby gets to school on time which in turn makes his day in school easier.
- There have been less reports of negative behaviour
- Mum completed the parenting programme and found it very useful
- Bobby is hitting less and he now gets on better with his mum and sibling
- Mum also said Bobby seems happier in himself
- While he is still on the waiting list of the disability service, the family has a clearer idea about what services he is waiting for and they now receive a regular update as to where they are on the list.

Adolescent Addiction Service Report 2018

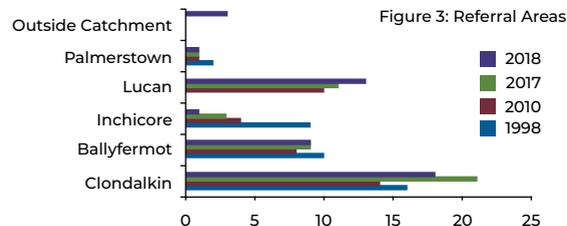
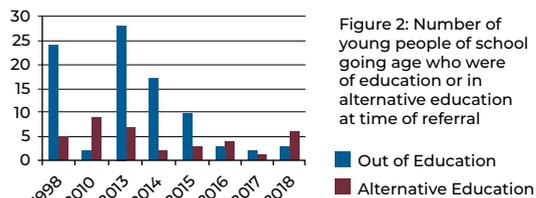
In 2018 the Adolescent Addiction Service worked with 43 young people and their families. The average of the young people was 15 years old (range 13 - 18 years). The majority (93%) were male and 11% were Non-Irish Nationals. In addition to direct work with young people and families the service engaged in consultations with other professionals and services about young people for whom there were concerns in relation to substance misuse. The numbers of young people attending the service of school going age, who were out of education/training at time of referral shows a slight increase upon

2017, see Fig.2 for comparison with other years. Poor school attendance at 16% is an issue that requires attention showing a rise of 7% on 2017. The number of young people who had previous/current contact with the Child & Adult Mental Health Service (CAMHS) was also slightly higher than 2017 at 48% but lower than at any other stage over the previous twenty-two years. This may be influenced by introduction of JIGSAW Service within catchment area and where some parents confirm receiving referral information. All attendees were known to a number of agencies and on average the service



*EWO – Educational Welfare Officer **CAMS – Child & Adult Mental Health Service

worked with three other agencies on behalf of young people (range=1-7) in addition to other concerned persons. The extent to which substance misuse featured within families was slightly lower at 52% compared to 57% in 2017 and incidence of parental separation was also lower at 56% compared to 63% in 2017. Cannabis/Weed continues to be the primary substance of use at 72% with an overall use rate of 97% while Alcohol featured among 70% of attendees. Other substances of use included Cocaine 36%, Amphetamines 30%, Benzodiazepines 12%, Ketamine 7% and LSD 5%. Other issues presented related to indebtedness and absconding. Additionally, three young people (7%) had Social Work involvement and fourteen (32%) had been assigned Junior Liaison Officer at some stage. The service submitted four Child Protection Notifications and worked towards convening Meitheal for one young



person who subsequently ceased attending service. The majority of young people 93% were seen by Family Therapist only, with 7% having Psychiatric Assessment and no young person was prescribed medication. As in previous years most young people had established patterns of substance use prior to referral and as a consequence some struggle to maintain drug free status but most achieve stability and several remain abstinent. As such the challenge within community is for parents and non-parental

adults to identify young people within risk groups at early stage and to elevate concern for them.

The Adolescent Addiction Service provides support and treatment in relation to Alcohol and Drug Use for young people under age 18yrs and families from Ballyfermot, Clondalkin, Palmerstown, Lucan and Inchicore.

- Advice
- Support
- Assessment
- Family Therapy
- Professional Consultation
- Medication (if required)

CODY – Cherry Orchard Developing Youth - Seán's Story

Seán Henaghan kindly spent some time to talk to me about a recent trip to Waterford with the Cherry Orchard Developing Youth group, better known as CODY.



CODY

Based in the Cherry Orchard Equine Centre, CODY is a GYDP, which is co-funded by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning. (PEIL) 2014-2020.

Trip to Waterford

Pat, the Group Leader, had planned with the lads in CODY to travel to Waterford and cycle the Greenway. The group had been building up to the trip during the summer by practising camping skills such as putting up tents and outdoor cooking. The group also had to build up their endurance as they undertook a 50km cycle. Part of the planning involved getting the proper gear together and Seán was well prepared with his rain gear that he uses when he's looking after his horse. The lads were given the option of

using their own bikes or waiting for new bikes which might be better for long distance cycling. While some opted to use their own, Seán's decision to wait for a new bike to be supplied to CODY paid off as his bike had double suspension and made the trek much more comfortable. CODY already has camping gear for the group as it is focussed on an outdoor education approach with young people.

Pitching Camp and the Cycle

The group, along with camping gear and bikes, packed into a minibus and drove to Waterford. Once dropped off they faced a 5 and a half hour cycle to their, as yet undetermined, camp site. It became very dark as they pitched their tent in rain and wind. They could hear but not see the waves crashing onto the beach nearby.



Darkness Into Light

This was no ordinary camping trip however. After a short shelter and rest from the inclement conditions, the lads got back on the bikes for a short cycle to the start of Waterford's Darkness

into Light Walk. The walk has special meaning for Seán and his best pal. Both young men had lost people close to them. By sad coincidence, both of their mother's best friends died by suicide and both within the last two years. It has been a meaningful commitment for Seán, his buddy and their mothers, to do the Darkness into Light to remember their loved ones and to connect with the support and solidarity of everyone who walks into the light every year. The lads were behind the main group and, after registering for the walk, jogged the candle lined walk to catch up. Seán told me the event was very solemn and respectful and, as always, had a deep impact on him. A local school had opened its doors to the walkers and local volunteers provided water, breakfast cereal, coffee and tea.

Semicolon

Seán showed me his tattoo of a semicolon. One part of it is a full stop on its own,



but with a comma attached is a sign of resilience. Seán sees it as people showing their solidarity with one another and carrying on in the face of

tragedy. The hardest part for Seán and his mother, Lisa, was not being able to say goodbye. Their loved one seemed to pass very suddenly and there was no time to prepare for it. Seán said that it is sad that someone could feel so badly. Seán went on to say that there was a time when you wouldn't hear about suicide or mental health but now there is more awareness and young people are more likely to talk about it. Seán spoke about Pieta House and calls for more services like Pieta to be established.

Seán's Message

While talking to Seán, what struck me was his resilience and positivity while talking about something that he found very hard to bear. I asked him if he had a message for other people experiencing the same sadness and he answered:

"People can feel on their own and think no-one cares about them. I felt like that once. But then I thought about my friends and family who care. If people can reach out, there is help out there".

I'd like to thank Seán for sharing his story with me. I'd like to thank Pat O'Connor of CODY for facilitating an interview with Seán and many thanks to the rest of the CODY group.

Gary Roche - Project Officer with Ballyfermot Local Drug & Alcohol Task Force

Support Treatment Aftercare Rehabilitation - Ballyfermot Star

Report of Interview with Sunniva Finlay (CEO Ballyfermot Star), Kathleen Cronin (Réalt na Clann Manager) and Gary Roche (Project Officer, BLDATF)



Sunniva and Kathleen kindly gave their time to talk to me about the services of **Ballyfermot Star**.

As the theme of this edition is Young People and Families I asked them to talk about some of the work being done in this area.

Kathleen gave me an example of local Family Support work. A local mother, we'll call her Doreen was having a hard time with her adolescent son, Billy (not his real name) who was often reluctant to attend school and was frequently aggressive towards her at home. Doreen approached Kathleen for support and advice. While having a chat Doreen said she believed Billy was smoking weed. Kathleen asked for an example of how things worked at home. Doreen was keen to have the house hoovered and cleaned in the mornings. She would often go into Billy's room to hoover which made him angry. Billy said that his privacy was being invaded. As a result of the chat, the Billy was invited to come into Ballyfermot Star to speak to a project worker who is specially trained to work with young people. Kathleen continued to support Doreen. Doreen also availed of some holistic therapies and a parent's support group. When Doreen and Billy felt comfortable enough to do so, they were invited in for another chat, this time together with Kathleen. They were given a chance to express their own points of view. It was clear that although

there was a lot of love for each other, little frustrations sometimes made it difficult to see it. They agreed that things could be done differently and together they drew up a plan that Doreen wouldn't go into Billy's room unannounced Billy agreed to hoover his own room. The result was that the hoover was left outside the Billy's room sometimes for a couple of days without it being used. However, it was used regularly and the household became more peaceful. Billy did great work with his project worker reducing his weed use and started to attend school on time.

Services for Women

Sunniva spoke about recent tragedies in Ballyfermot where young women had taken their own lives and how the impact was felt in the community. Ballyfermot Star facilitated an emergency community meeting on July 8th, when local mental health and addiction services were invited to come up with some actions to address the issue. The meeting was well attended and Star will work collaboratively with local services to offer support of various kinds to young women, many of whom in the community are mothers. Star has already made referrals to the Senior Clinical Psychologist in the Primary Care Centre in Cherry Orchard. Part of normal service delivery for Star involves a Women's Group where a lot of personal development support is provided. Also, women receive support and guidance when experiencing domestic violence.

If any of this article has raised issues for you and you need help, please contact your GP. There are also non-judgmental and supportive services such as the Samaritans – 24 hours - call free from any phone on 116123, or Pieta House Ballyfermot for an appointment phone 01-6235606

Services to Young People

Ballyfermot Star has Adolescent Community Reinforcement Approach (ACRA) trained workers to support young people with substance misuse issues. While Star will work with young people individually, the involvement of parents or other responsible adults is ideal. Star has worked with the Integrated Youth Service to provide specialist expertise to substance misuse issues. Some of the work involves challenging ideas about drug/alcohol use and challenging beliefs. If a young person feels that there is 'nothing to do' Star might introduce pro-social activities and link the young person in with a drama, sport or youth club. Sunniva made the point that young people will experiment and sometimes the best we can do is to keep them as safe as possible and keep the lines of communication open. Very often the work involves 'negotiating freedom' as young people cannot be kept locked in their rooms. Freedom in safety for young people means freedom for their families also as they are not keeping their children under constant scrutiny.

Breaking the Intergenerational Cycle

Both Sunniva and Kathleen are passionate about breaking the intergenerational cycle of substance misuse. Part of this is to help people overcome intergenerational trauma. Star set up a Trauma group with a specially trained facilitator. The outcomes for group members were life



changing and the benefits will impact on their families. Star has a weekend away planned for Family Support Group members. There will be a facilitated group on Forgiveness to help people come to terms with, and overcome, wrongs experienced in the past. There was a great uptake for this group and Star intend to organise similar events in the future.

'At Réalt Beag Child and Family Centre Star we provide high quality affordable childcare and family support which is so important for the parents and guardians wishing to participate in rehabilitation programmes. We conduct a child centred approach to early learning through the High Scope curriculum which encourages children to construct their own learning by doing and being involved in working with materials, people and ideas. This identifies and builds on children's strengths.'

'Our service operates 49 weeks a year. We have a full time service and we care for children aged 3 months to 5 years old. We encourage healthy eating and the children enjoy a range of home cooked meals every day which includes breakfast, dinner and afternoon snack.

We work alongside parents to ensure their children are provided with the care and attention they need including: speech therapy, play therapy and psychology. These are provided by health care professionals who come in to work with the children as needed.'

Other Services

Ballyfermot Star offers group and individual supports for men and women who wish to reduce their substance use or become entirely drug/alcohol free. Star will also work with people who wish to address gambling issues. One-to-one key-working is provided following an assessment and follows a comprehensive care-plan agreed with each individual.

Matt Talbot Community Trust

The Matt Talbot Community Trust provides support for individuals in recovery from addiction and returning from prison. At its core, our work aims to

- promote independence, integration and progression in the lives of our participants
- encourage the participant and all members of our community to re-imagine their role within their environment and to become positive contributors to family, community and social stability
- build awareness of the issues facing our target group and build the capacity of services to respond

The organisation works with our participant group to develop a tailored plan that encompasses developing a route into education and/or employment coupled with social supports such as counselling, key-working, family support and group work.

The Matt Talbot Community Trust runs a Community Employment Scheme day programme and accepts referrals from

individuals who would like to access the programme on a voluntary basis.

Matt Talbot Community Trust in Ballinascorney – Giving Back to the Community

On the 29th August, Matt Talbot participants hosted members of the local Family Support Group, Réalt na Clann, to a holistic therapy day in their Ballinascorney facility. Matt Talbot participants accompanied the women on a hike in the local hills and treated the group to a lovely home cooked meal before providing the space for holistic therapies provided by qualified Ballyfermot Star practitioners.



Jessie Buckley (right) at the Matt Talbot Merch and Info stall, Vicar St, Wednesday 25th, 2019.



Matt Talbot had a great fundraising concert on Wednesday 25th September to raise funds to rebuild their premises; much of which was burnt down in the last year. The concert sold out and was very enjoyable.

Ballyfermot De La Salle GAA

Ballyfermot De la Salle GAA Club is more than just a club, it is an extension of the Ballyfermot Community in which there is a place in the club for every single person regardless of ability, age, gender or ethnicity. Ballyfermot De La Salle GAA Club strategic plan outlines the club's strategy to be inclusive as possible and ensure that nobody is left isolated or excluded on any grounds. Over the last three years the club worked tirelessly to develop our facilities, upskill our coaches and implement a number of project to promote inclusivity and mental wellbeing.



Programs such as Pride awareness month. We are the first and only GAA team to have the rainbow flag on our Jersey.

As a club that is a reflection of the local community we too have had our share of members that are struggling with mental health and unfortunately a number of members who felt they couldn't reach out and took their own lives. As a club we came together and decided that if we wanted to be viewed as a Club rather than a collection of teams we needed to take



a holistic approach when supporting a members and contributing back to our community. Our Green Ribbon month has held to promote good mental health, not just for our players and coaches but the whole community. We ran numerous even such as having a talk from ex Dublin footballer Shane Carty about his struggles with mental health that was attended by over 140 people from the community and local schools.

We also delivered leaflets promoting mental health to all the schools in the community. The aim of this was not just for the students but for each home to have a leaflet in the hope that it may resonate with a least one person and be very worthwhile.

Ballyfermot De La Salle GAA always welcome new members. Please contact 086 2189173 if you are interested in playing hurling or football or if you are interested in supporting the club. Training is normally twice a week in the evenings with a match at the weekend.

Family Matters Area Based Childhood (ABC) Programme

Supporting an Area Based Approach to Prevention and Early Intervention in Ballyfermot / Cherry Orchard.

Family Matters ABC is part of the national ABC Programme which seeks to work at an area based level to improve outcomes for children and families. Family Matters ABC focuses in improving health and wellbeing, educational and social outcomes for children and young people in Ballyfermot and Cherry Orchard.

Our Work

We support families and children to be:

- Active and healthy
- Achieving their full potential in areas of learning and development
- Being safe and protected from harm
- Have economic security and opportunity
- Are Connected, respected and contributing to their world

Some of our Programmes:

Up to 2 Programme

Incredible Years Baby and Toddler are designed to support the parent-child relationship from birth through to 2 years of age.

Parent Child Plus

The ParentChild+ programme is a school readiness programme. This programme centres around a 'learning through play experience' for parents and their preschool children. The programme is designed to strengthen the natural bond between parent and child and to encourage a love of learning.

Direct Speech and Language Therapy

Two Senior Speech and Language Therapists (SLTs) work with families and children who have difficulties accessing services. Families may experience barriers to accessing services due to homelessness, substance misuse, mental health issues or intellectual difficulties. Speech and language is offered in a variety of settings and referral can be made through a number of avenues. Speech and language therapy helps a child to understand language, ability to express themselves, speech sounds and conversation

Botvin LifeSkills programme

The LifeSkills Programme is a school based programme which works on children's coping skills. The programme aims to help children and young people by building their resilience and self confidence in managing risky situations and to help them make healthy decisions in their lives.

- Youth engagement:
- Family Development Work
- Parents Plus Adolescents Programme
- Development of Trauma Informed schools / services
- Mental Health Training

We also offer a range of training on mental health, suicide prevention, and responding to self-harm.

FamiliBase

FamiliBase is a centre for children, young people and families based in Ballyfermot. We provide a range of services across three strands: 1) Early Years, 2) Youth & Community Supports, 3) Child & Parent Supports



Strand 1 - Early Years Care and Education

The purpose of FamiliBase early child care and education setting is to provide quality, affordable childhood care and education in the local community. We offer a full time care service for 50 weeks of the year. FamiliBase provides a play based curriculum that is guided by Aistear, the national Early Childhood Curriculum Framework. We know that that the first five years of a child's life are the foundation that shapes children's future health, happiness, growth and development - their sense of belonging in the family and in the community. The education and care we give each child is aimed at enhancing their opportunity to develop and thrive in their early years.

Strand 2 - Child & Parent Supports

The Child and Parent Support Strand provide a range of supports from group parenting programmes to intensive family support. We use an holistic whole family approach and work alongside the other elements within FamiliBase such as the Youth and Community Supports and

Early Years Supports.

The Child Welfare Programme

The Child Welfare Programme is an intensive family support programme offered to children, young people and families experiencing parental substance misuse and/or mental health issues. Referrals can be made through self-referral or by other services. The programme helps develop and strengthen the parent and child relationship whilst also ensuring specific and individual supports are available for parents and the child.

The Childcare Fund

Ballyfermot Local Drug & Alcohol Task Force fund childcare places for children of parents who are accessing treatment and rehabilitation services for problematic substance misuse. If you are a parent and feel this fund may be of help, local addiction support services will support your application. Please contact Clare on 086-8599564 or e-mail childcarefund@familibase.ie for further information.



Child Supports

- Key-working - providing a fun, safe space for emotional and practical support
- Coordinating practitioners and services around the child
- Being a single point of regular and consistent contact with the child / young person
- Support and advocacy in relation to education and positive school engagement, this also includes accessing third level education.
- Support to access necessary services i.e. CAMHS, therapeutic services, after-schools, youth groups etc.
- Group support

Parent Supports

- Regular home-visits to provide support around parenting, routines, budgeting, relationship building or whatever the parent identifies as needing support



- Crisis Intervention.
- Support accessing services to address addiction or mental health needs
- Co-ordination of, support to and advocacy at appointments i.e. meetings with other services, medical appointments for children, speech and language therapy, school meetings etc.
- Morning programme three times weekly to encourage school attendance and support parents to develop good morning and evening

routines.

Teen Parent Support Programme

The Teen Parent Support Programme offers support to young mothers and fathers up to 25 years old who are either expecting or have young children.

One-to-One Work

The Teen Parent Support Worker offers parents support with issues such as coping with being a new parent, homelessness, back to education, parenting and bonding and helps strengthen the involvement of fathers in the lives of their children. At times, the worker has also supported grandparents and guardians also.

Groupwork

The groups focus on developing the baby and parent's social skills and encourage peer support among the mothers. The groups also allow for discussion around the issues that can often be experienced by the young parents. Familibase are in the process of developing a young fathers group in the near future.

Therapeutic Support

FamiliBase have a panel of counsellors who work with some of our young people and parents The counselling service is offered to people already engaged on the programme.

Parenting Programmes

The programmes we offer are:

- The Incredible Years Programme - including 0-2, Toddler and Basic Parenting Programmes
- Parents Plus Programme's including 0-6 and Adolescents Programmes
- Circle of Security
- Parents Under Pressure
- Non-Violence Resistance training to parents experiencing child-to-parent violence.

Strand 3 - Youth & Community Supports

Arts Programmes

Art provides a unique opportunity for young people to improve their mental health and express themselves. Arts programmes are available at no cost to the participants. And we encourage young people to gain a strong ownership of the facilities and programmes within Familibase.

- Music Recording studio access via open spaces
- Arts Based Groups
- Teenage and Junior Music Groups
- Theatre and Film Making
- Transition Year Programmes
- After schools Arts Programmes
- Open Mic Nights
- Advocacy through Arts
- Offers support to Community Based Arts Initiatives

The recording studio and film-making equipment is available to any young people accessing our open Youth Café space and Youth Club Space. The Music group and some of our Arts spaces are open for referral. Drop in to Familibase or call Alan on 087 262 8899 for more information on Arts programmes.

Youth work Programmes

Across an average week we offer over



20 spaces for Youth work delivery in the following spaces:

- Youth Cafés
- Youth Clubs
- Issue based Groups responding to specific of young people
- Outdoor Education Programmes
- Volunteer Leadership training

We offer outreach as a strategy across all programmes, community development initiatives and volunteer development of 'at risk' young people from aged 10 up to 25. We also offer a number of open social recreational space late night Fridays and Saturdays until 10 pm.

Substance Misuse Programme

At Familibase we provide a young person's substance misuse programme. We help young people to recognise the impact of their drug use

- We provide intensive wrap around support for young people who misuse substances. We use care plans which are agreed in consultation with the young person and their family.
- We deliver group educational programmes that aim to prevent, raise awareness and reduce the harm of substances amongst young people
- Smart Recovery: is a group intervention supporting young people to build and maintain motivation, cope with urges, manage thoughts, feelings and behaviours and learn to live a balanced life.
- Yoga and Mindfulness groups



are available for young people to attend. We firmly believe that such programmes help young people to learn about their physical and emotional well-being, self-management and self-care.

Community Initiatives Programme

The Community Initiatives Programme supports the Ballyfermot community to develop and implement ideas and initiatives that begin at the community level. Examples of these initiatives would be:

Horsepower

Horsepower is a community response to the issue of horse ownership and welfare in the Cherry Orchard area. The Horsepower committee are from Cherry Orchard. The committee works closely with DCC, the Cherry Orchard Equine centre and local councillors. Their aim is to provide a response to illegally owned horses in the area and also to help young people to participate in training and employment. Ultimately Horsepower want to develop a site in the Cherry Orchard/ Park West area for an equine facility that will rent stables at an affordable rate to local horse owners with the ambition of a social enterprise element to the facility also. The committee is strongly committed to horse welfare and continues to build a positive working relationship with the DSPCA.

Cherry Orchard Running Club

In 2016 Familibase were reviewing their programme and looking for ways to reach local young people not engaging in services. Running was proposed as an outreach activity to attempt to engage these young people in a health and social initiative. Familibase engaged with the local residents involved in running marathons and races and asked them for their support in coaching the young people for running activities. In February 2017, the junior section of Cherry Orchard Running Club was established. The Club was officially registered with the AAI in April 2017, since then it has grown from strength to strength. We run a beginner Couch to 5k three times a year and our senior members are involved in various competitions from 5k up to Marathon and Iron Man competitions. Our juvenile section train twice a week, Tuesday and Thursdays at 6.30pm in the park in Cherry Orchard. We have plans to develop a junior park run in autumn of 2019. If you are interested in joining the Cherry Orchard Running Club drop into Familibase for a registration form.

H.O.M.E - (Helping Others More Every-day)

Most recently Familibase has supported the Home Committee Group to organise a festival of hope in Ballyfermot in September 2019 to mark world Suicide Awareness Day. Home is a local group set up by the community for the community. Their aim is to promote a healthy attitude to mental health. They aim to create events, educate, and raise awareness in the hope of removing the stigma that prevents people speaking out about mental health.

Phone 01 654 6800 Email info@familibase.ie

Mental Health Issues and Substance Use

– Recap from the last edition

Supporting an Area Based Approach to Prevention and Early Intervention in Ballyfermot / Cherry Orchard.

It is very important to check in with ourselves around alcohol and drug use. Using substances to cope, or simply as part of a daily routine, can be habit forming. Alcohol and drug misuse can lead to mental health issues, and they can be harmful to general health. Taking combinations of substances (alcohol is often one of them) can be particularly harmful to health and wellbeing. Using a lot of cocaine and 'downers' such as benzodiazepine, ketamine or sleeping tablets puts a huge strain on the brain and can result in psychosis and mental breakdown. Long term binging on alcohol and/or cocaine, even when limited to weekends, will have a negative overall effect on mental health. The good news is that significant reduction of use can very often reverse negative mental health symptoms.

Sometimes people use substances to help with mental health symptoms. Sometimes medical services require people to be free of non-prescription substances before commencing assessment or treatment for mental health conditions. For people who find themselves in this situation, there are a lot of community supports that will help people to access mental health treatment. Ballyfermot Advance and Ballyfermot Star will support people who

wish to reduce their use and support people to access assessment and treatment for mental health difficulties. Fusion CPL also run Reduce the Use programmes throughout the year.

The relationship between cannabis use and mental health problems

Even once off use of cannabis can cause a sense of panic and increased anxiety. What is known so far?

- Available evidence suggests that people who use cannabis in their teens have an increased risk of developing schizophrenia when compared with non-cannabis users.
- Some people with mental illness use cannabis to relieve their symptoms. It can actually make the condition worse and more difficult to manage in the long term.
- People who use cannabis are more likely than others to experience episodes of depression.
- A heavy session can cause a short-term psychotic episode that can last from several hours to 2-3 days.
- The brain of a person under 21 is still developing. Using hash or weed interferes with the fine tuning of the developing brain.



Having a family history of mental illness increases the likelihood of experiencing negative mental health effects when cannabis is used regularly. Is there a history of mental health problems somewhere in your family?

(Permission to reproduce this information was kindly provided by Tallaght Youth Drug & Alcohol Service (YoDA) from their publication 'Cannabis and You')

Green Ribbon Month 2019

In May 2019 the BLDATF ran a series of pop-ups around the community all throughout the month. The purpose of the pop-ups was to raise awareness of services and to work with other agencies and organisations across the community to help reduce the stigma associated with mental health issues. All the BLDATF agencies got involved and a representative from the Ballyfermot Primary care Mental Health team joined in too.



Gary Roche the Project Officer with BLDATF and Clara Geaney the Coordinator of the BLDATF at the Green Ribbon Launch in the Ballyfermot Civic Centre in May 2019

Heads Up

What is the Heads Up Programme?

Heads Up is a group based education and support programme. It aims to give you the tools required to help improve your mental health and improve your physical fitness, as well as set achievable goals for yourself.

Who is it for?

- Men over the age 18
- Interested in improving your mental health and wellbeing
- Living in the Dublin 8, 10 or 12 area
- Motivated to make a change

How is Heads Up delivered?

It is a very flexible programme that considers the individual needs and abilities of everyone who attends. It is delivered in a number of different ways.

1. Heads Up Workshops

These are 2 hour workshops that take place in different venues in the community. They give you a taster of what Heads Up is all about. You are welcome to attend any workshop without having to commit to anything else!

2. Heads Up Main Programme

The main programme lasts for 12 weeks and is run over two mornings per week. Lots of different topics are covered and it's a great opportunity to get to know other men in a supportive environment. The first morning focuses on building your wellbeing and resilience. The second morning focuses on life planning and goal setting, followed by an hour of physical activity. A tasty lunch is also provided on each day.

3. Mini Heads Up Programme

This is a 4-6 week programme which consists of just one session per week, delivered over 2.5 hours. It gives an introduction into the different topics that are covered on the main programme and is a good option for someone who is waiting for a place on the main programme, or who cannot commit to 12 weeks.

Where will it take place?

It will take place in locally accessible centres in Dublin 8, 10 and 12 over the coming months.

If you are interested or would like to find out more information about Heads Up, please contact Yvonne Davis on 087 3837386 or email ydavis@bcpartnership.ie

Community Grants

BLDATF recognise the important role played by community groups and initiatives in strengthening the capacity of the community to offset the harms of problematic substance misuse. Substance misuse is a broad issue, which affects individuals, the community and families in a variety of ways. Responding to the harms of substance misuse requires collaboration and a shared understanding right across the community. The BLDATF use the Grants Scheme to help small community groups to develop their programmes, strengthen their capacity and provide resources to local people. This year Ballyfermot Partnership Community Development team were on hand to offer support to projects with their applications. In December 2018 BLDATF and BCP hosted a funding workshop with the successful applicants. This was a great opportunity for projects to learn about each other's work and really showed to value of small community initiatives in their provision of sporting, social, entertainment and



recreational activities for young and old across Ballyfermot and Cherry Orchard. Ballyfermot LDATF would like to congratulate all the successful applicants on their hard work on their projects over the year.

The successful applicants are below.

Organisation	Purpose
Basement Productions	January Panto set, lighting and advertisement.
De La Salle GAA Club	Equipment and hall hire
D10 Youth Swim Club	Swimming lessons and exams
Gurteen youth Club	Drug awareness programme
Men's Shed	Equipment
St John's Ambulance	Training equipment
St Ultans Afterschool Co-Op	Yoga instructor training

Candle Community Trust Services



Candle Community Trust, is an NGO working with “at risk” young people in Ballyfermot, Dublin 10. The project aims to provide a context for emotional, intellectual, physical, social and spiritual growth and development. Working through 4 main programmes, namely the Training Programme, Connect Project, Youth Service and Therapeutic Space the Project provides a range of educational and developmental modules for approximately 80 daily participants. Candle is funded primarily by 4 main funding agencies, i.e. Probation Service, CDET, TUSLA and HSE. Most of the young people who attend Candle have experienced significant marginalization and disadvantage in a number of aspects of their lives. For many Candle is

a second-chance in both their education and personal development.

Candle’s educational services; the Training programme and Connect provide a wide and comprehensive range of modules at QQI level 3 and 4. The young people work towards achieving a Major Award with successfully completed modules in Communications, Maths, IT, Work Experience, Career Preparation, Painting, Graphics, Wood work and Health Related Fitness.

Candle also delivers a high-quality youth service to young people aged 10-25 years, offering a number of daytime and evening drop in clubs. The Youth Programme provides a range of recreational, developmental services to young people in the Ballyfermot and

surrounding areas. Candle Youth Service strive to target young people most at need of extra support in their lives. Some of the activities that take place during the club include art, cooking, sports and teamwork activities. Candle also provide developmental programme on leadership, teamwork, environmental awareness, drug and alcohol awareness and communication skills.

The Therapeutic Space, working in an integrated way with all our service provision, and underpinned by the key methodology of the Trauma Recovery Model, seeks to enable recovery from trauma and facilitate healthy growth and development of the young person. The Therapeutic Space provides therapies on site at Candle namely counselling, drama therapy, acupuncture, reflexology, yoga and mindfulness sessions as part of the overall programming which young people engage in. The service is unique in its approach, creating ‘care within a circle of care’ or a ‘wrap around’ service which delivers significantly positive outcomes for children and young people engaging with Candle.



Candle Community Trust Campus recently underwent a redevelopment. Our new building now has designated hub for the Therapeutic Space and renovated spaces for the education programme and youth service. We believe that the new redeveloped site is providing a unique space to deliver our existing and new services for young people, thereby greatly enhancing children’s and young people’s lives.

For more information, please look at our newly launched website. www.candletrust.ie



Cherry Orchard Integrated Youth Service

There are four full-time youth workers along with placement students delivering programmes to young people in Cherry Orchard year round.

Based in the Cherry Orchard Equine Centre, CODY is a GYDP, which is co-funded by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and learning. (PEIL)2014-2020. CODY stands for Cherry Orchard Developing Youth. We have two full-time Youth Justice Workers on this project. They deliver a range of programmes to youths in the Cherry Orchard area including:

Copping On

This programme is the National Crime Awareness Programme that covers a wide range of areas such as personal values, relationships, decision making skills, understanding actions & consequences and improved knowledge of the law. The programme provides the opportunity for discussion and reflection of personal behaviour and attitudes and seeks to improve the relationship between young people and An Garda Síochána.

Sexual Health

This programme aims to look at attitudes towards sexuality and provides information on contraception, STI's and the role alcohol and drugs play in taking risks. Young people are encouraged to ask questions that they might otherwise be afraid or embarrassed to ask. The overall aim of the programme is that young people are more informed to make responsible decisions in their personal lives.

Drug & Alcohol Awareness

We also run a series of sessions looking at young people's relationship with drugs and alcohol and the influence of peer pressure. Young people are given the facts of how drug and alcohol use impacts a person physically, mentally and socially. Using a harm reduction approach, it is hoped that young people attending these sessions are now better equipped to make healthier choices regarding drugs and alcohol.

Horse riding programme

This programme gives young people the opportunity to develop their equine skills as well as developing knowledge around animal welfare.

Outdoor pursuits programme

This programme allows the service to bring young people out of their own community. Activities includes kayaking, rock climbing, mountain biking, pier jumping, hill walking, swimming, Residential trips are hugely successful in taking a young person out of their comfort zone and challenging them to try new things and face their fears. They are an excellent way to strengthen the relationship between the youth worker and young person and also help young people to build friendships with other young people.

Gaisce

The President's Award is an award in Ireland, earned by young people between the ages of 15 and 25 for participating in

several activities for a certain period. There are three awards; bronze, silver and gold.

Gaisce

The President's Award is an award in Ireland, earned by young people between the ages of 15 and 25 for participating in several activities for a certain period. There are three awards; bronze, silver and gold.

Groups

Young Women's Groups

Issues based workshops encompassing all topics relevant to young women; this is developed and delivered in an age appropriate manner. These programmes also include art, outdoor activities, health, diet and well-being, yoga, drugs and alcohol awareness, sexuality, physical fitness, drama etc.

Young Men's Groups

Issues based workshops encompassing all topics relevant to young men, this is developed and delivered in an age appropriate manner. These programmes also include art, outdoor activities, health, diet and well-being, drugs and alcohol awareness, sexuality, physical fitness, drama etc.

Drama Group working on Drama and Multimedia projects.

Singing Group; After School Study; College Support Group; One to One work Family Support; Outreach;

Other Programmes:

A range of Programmes are also delivered by Cherry Orchard Integrated Youth Service in conjunction with the Equine Centre. These include:

Stay in School Programme; Outdoor pursuits programme; The Bike Programme; Teen Mothers Programme; Young Fathers Programme;



Seasonal Programmes

These programmes provide young people with a fun-filled and creative space when they are out of school. We run a number of events during the year, Easter programme, summer programme, Community days and a Halloween festival.

The Shine Programme

This programme looks at the strength, worth and purpose of young women aiming to address the many issues women face in their everyday lives especially regarding inequality.

Horse Riding Programme

This programme gives young people the opportunity to develop their equine skills as well as developing knowledge around animal welfare.

Drop Ins

Our Drop-in's are designed primarily as a preventative strategy to encourage a decrease in anti-social behaviour, through positive relationship building, fun activities within a safe, supportive, fun and activity filled environment. Young people can drop-in at their own leisure and engage with their peers. Food and drinks are given. We have two age groups 10-13 and 14 up, they take place on Mondays evenings from 5.00pm to 6.30pm and 7.00pm to 9.00pm.

(Information courtesy of Amanda McCoy, Integrated Youth Services Manager - www.CherryOrchard.ie)

Ballyfermot Youth Service (BYS)

Established in 1985, **BYS** currently employs a total of seven full-time and three part-time staff. The staff team consists of a Youth Service Manager, four full-time and one part-time Youth Worker, an Outwards Bound Senior Instructor, Activities Co-ordinator, two part-time Youth Information Officers.

Services

BYS provides a range of services to the young people of Ballyfermot from Outdoor Education programmes, Drop in Information centres, Music and Arts programmes, access to the Erasmus + programme and a comprehensive Drugs Peer Education programme.

BYS provides planned educational and recreational activities for young people in Ballyfermot between the ages of 10 and 24 years.

The groups meet on a weekly basis with youth workers to reflect the interests of the group, or sometimes as a direct response to issues arising with young people in Ballyfermot. These programmes allow young people to be critical and tackle issues that are affecting them, and to gain knowledge that enhances their personal, social, political, and cultural awareness. Programmes include:



Essential Skills Sports Programmes, Youth Exchanges, Stay in School Programmes Young Men & Women's Groups, Outdoor Education Programme, After School Programmes, Peer mentoring programme, Music Lessons and Youth Information Centres.

Facilities

BYS also provides a range of services and facilities to young people, including two youth club centres (Decies and Gurteen), two information offices with IT suites (Drumfinn and Decies), one mini bus, a residential house, an Outdoor Education centre (Wicklow) and an Amenity centre (Park West).



International Womens Day 2018

For one week in March Ballyfermot went all purple. For the 2nd year running, in March 2019 Ballyfermot LDATF and the community projects ran a series of events to mark International Women's Day. This was a great opportunity for all projects and the community not only to raise awareness of women's issues but also to work together to strengthen the voice of women locally. On March 8th a conference was held where a number of speakers gave presentations and attendees had

the chance to give some feedback about how services and the community could galvanise their response to women. The event finished with a performance of Beezie - a fascinating story of a woman born in the 1870s and orphaned in her teens. The play gives an insight into this fascinating woman's life and thoughts; her wisdom, robust humour and fierce independence gained her a reputation as a healer, wise woman and witch.



Catherine Lane, Aoife Heavey, Jacqueline Sheehy and Audrey Harris from the National Women's Council of Ireland who gave their input at conference on International Women's Day.

Suicide Prevention

There are often warning signs when someone thinking about suicide. Talking with and being available for friends or family you are concerned about can be really helpful. Please do not be afraid to talk about suicide with someone you are concerned about. You won't plant the idea in their head Even if you are wrong about their suicidal ideas, you will at least show that you care.

Traumatic events or stressful situations can sometimes trigger suicidal thoughts in vulnerable people. Talking to someone and showing some support can make all the difference.

Here are some warning signs that someone might be feeling suicidal. Please note, this are just some signs and there may be other indications not on this list:

- Struggling to concentrate
- Difficulty with sleep; too much or not

- enough
- Feeling hopeless or guilty
- Isolating from friends/family
- Mood swings
- Giving away possessions
- Feeling tired a lot of the time
- Gaining or losing a lot of weight
- Talking about suicide or death
- Losing interest in activities
- Abusing alcohol or drugs

It is really important to take suicidal talk very seriously. Pay attention to people who have a suicide plan. If they have access to things that can help them end their lives don't leave them alone and get help immediately.

Anyone that you are concerned about should be encouraged to talk to their GP.

Samaritans: available 24 hours a day, 7 days a week for anyone struggling to cope. Call the free helpline on 116 123.

Contact a local GP or GP Out of Hours Service: A GP can give you information about the supports available in your area.

In crisis Go to or contact the Emergency Department of your nearest general hospital if someone is in immediate danger. You can also contact the emergency services by calling 999 or 112.

Emma Freeman - Resource Officer for Suicide Prevention
CHO Area 7 (Dublin West, Dublin South City and Dublin South West)
Phone: 087 9010541 emma.freeman@hse.ie

Useful Supports for Young People & Families in Ballyfermot

Ballyfermot Youth Service
41 Decies Road, Ballyfermot
Phone 01 623 1431 Email: admin@ballyfermotys.ie

Pieta House
Counselling Service for Adults & Children,
Canon Troy House, Chapelizod Hill Road, Ballyfermot
Phone: 01-6235606
www.pieta.ie

Homelessness Advice
Ballyfermot Family Resource Centre every
Tuesday morning
Phone Michelle 086 3837189

GROW
Mental Health Support Group
Meeting on Thursday at 7.30pm, Ballyfermot Parish
Centre, beside Assumption Church
No Appointment Necessary
Phone 1890 474 474
or email info@grow.ie
www.facebook.com/GROWIreland

Adolescent Addiction Counselling Service
Bridge House, Cherry Orchard Hospital, Dublin 10
Phone: 01-7955693

Family Matters ABC
Phone 01 6238088 Coordinator Bernie Laverty - 087
7487375 blaverty@bcpartnership.ie

Candle Community Trust
(See article above for more details)
Lynch's Lane, Ballyfermot Rd.
Phone 01 626911 info@candletrust.ie

- Other Useful Contact Numbers**
- **National Family Support Network** - 01 8980148 email info@fsn.ie
 - **Teen-Line Ireland** - For Teenagers and Young People -1800 833 634
 - **Aware** - Support for people suffering with depression -1890 303302
 - **Suicide or Survive** -1890 577 577
 - **Samaritans** - Non Judgmental Listening -1850 609090
 - **1 Life 24 Hour Suicide Helpline** -1800 247 100 or Text HELP to 21444
 - **The National Suicide Bereavement Support**

- **Network** www.nsbns.com info@nsbns.com
- **Childline** free helpline -1800 666 666 or Text TALK to 50101
- **Free Crisis Counselling for LGBTI+ Young People** - 01 4624792 or email belongto@pieta.ie
- **HSE Drugs & Alcohol Freephone Confidential Helpline** - 1800 459 459 email helpline@hse.ie
- **Jigsaw** is a free, non-judgemental and confidential support service for young people aged 12 - 25 - Contact 01 658 3070 email dublincity@jigsaw.ie
- **Parenting 24 Seven** www.tusla.ie/parenting-24-seven/ An online resource offering evidence based key messages on what works best for children and families at different stages of childhood and in different situations
- **MyChild.ie** This is a new website for parents. It contains information and advice on pregnancy and the first 3 years of your child's life
- **www.askaboutalcohol.ie** Website with advice and information about the health impact of alcohol use and how to get support for yourself or a loved one

Ballyfermot Advance: Individual support and drop-in.	(01) 6238001
Ballyfermot Star: Individual and family support, childcare service, CE Scheme.	(01) 6238002
BSII: Individual and family support, information and drop-in.	(01) 6267041
Fusion CPL: Individual and group support, employment and education support.	(01) 6231499
Familibase: Child and family support, young persons substance misuse service and childcare support.	(01) 6546800
JobPlan: Individual and group support, employment guidance.	(01) 6235612
Matt Talbot: CE Scheme - Individual and group support, training and education.	(01) 6264899
Liberty: CE Scheme - Individual and group support, training and education.	(01) 4193999
HSE: Primary health care services, GP, Public Health Nurses.	07669 56000 Ballyfermot Primary Care Centre

Ballyfermot Local Drug and Alcohol Task Force contact details: Clara Geaney - Task Force Coordinator
Phone 07669 55688 | Mobile 087 3309024 | clara.geaney@hse.ie

Gary Roche - Project Officer
Phone 01 6235612 | Mobile 087 1486080 | groche@bcpartnership.ie

Please feel free to contact the Ballyfermot Local Drug & Alcohol Task Force if you'd like to contribute to future editions or indeed if you have any other feedback or suggestions: info@ballyfermotdatf.ie



WWW.CAIRELAND.INFO

**DRUGS
STOPPED
WORKING?
WE CAN HELP!**

**HELP LINE:
+353(0)87 317 4989**

Friday's @ 7.30

**Cherry Orchard
Community Centre.
Cherry Orchard Grove, Ballyfermot.**



JIGSAW Young people's
health in mind

ONE GOOD COACH

Promoting young people's mental health

One Good Coach: Promoting young people's mental health

This 1 hour presentation is aimed at One Good Adults who coach or train young people in a wide variety of sports.

Learning Outcomes

As a result of this workshop, participants will:

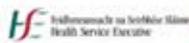
- Have a greater understanding of mental health
- Have a greater understanding of the importance of their role as One Good Adult.
- Have a greater awareness of how to promote and support young people's mental health in their role as Coach
- Learn about their local Jigsaw and how young people can access the service

We are Jigsaw...

leading the change in youth mental health.

Workshop Information.

Ballyfermot Library
Thursday, 17th October
6.30pm-8pm
Contact Debbie on 0871173540



The Social Inclusion and Community Activation Programme (SICAP) 2014-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Inclusion and Learning (PEIL) 2014-2022.