



# hyper

Issue 14

Spring 2008

Free

magazine

**Prostitution**

**Sex**

Glorifying drugs

*Kids*

*Getting real*

Recovery

and much much more

# Editorial

health, youth, promotion of  
education, rehabilitation



a voice for young people  
affected by drugs

## credits

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### Top Star for Soilse

Soilse was proud to recently win a STAR Award from Aontas, the National  
Association of Adult Education, for our work with young adults in early  
recovery from drug addiction. The award recognises our learner-centred  
approach to education and committed teamwork among staff.

At Soilse, we offer both a drug-free and a prescribed medication  
programme. If you feel you or someone you know might benefit from  
our programmes, please contact us at (01) 872 4535 or (01) 872 4922.

This is our last print issue of Hyper. After Easter, we're planning  
to move to web publication. Our appearance and format will  
change but we'll continue to bring you the personal stories,  
views, articles, letters and poems that you've enjoyed – and, we  
hope, been challenged by – over the years.

In the 10 years since we began publication, we've published  
many stories and voices of people affected by addiction. A large  
majority were attending Soilse's day programmes and trying to  
rebuild their lives. A few were family members affected by the  
addiction of a son, daughter, partner or sibling. Of those we've  
worked with, many have managed to control their addiction and  
are living healthy, stable, drug-free lives. Others have relapsed.  
Some have died through violence, overdose or suicide.

The nature and extent of drug use has also changed over the  
decade. When Soilse was established in Dublin's north inner city,  
the main drug of abuse (after alcohol, of course) was heroin and  
its use was confined to socially disadvantaged parts of the north  
and south inner city and pockets of extreme disadvantage in the  
suburbs. Today, heroin has been joined by cocaine and their use  
has spread to every community throughout Ireland and to all  
socio-economic groups.

Through the stories of the people who have contributed to  
Hyper, we've tried to show the devastation that drugs can cause.  
To all who have contributed to the magazine, our thanks and  
best wishes as you continue your journey. We'd also like to  
thank the community groups and those working in drug projects  
and services for their support of the magazine over the years.

Our new website, [www.soilse.ie](http://www.soilse.ie), will hopefully go live after  
Easter. Please check it out. We plan to update it regularly with  
stories from Hyper. And stay in touch. You can always reach us  
by phone at (01) 872 4535 or by email at [soilsehyper@hse.ie](mailto:soilsehyper@hse.ie).

### Rehabilitation / Integration Service

If you live in the North Dublin area, have gone through detox  
and are trying to put your life back together, the Rehabilitation  
and Integration Service can offer practical support.

Together, we can help you create a workable plan to move on,  
link you in with rehabilitation programmes, training, education,  
employment and housing, and put you in touch with support  
groups and counsellors. We'll also advocate on your behalf with  
the health services, and other state, voluntary and community  
services.

Want to know more? Call us on the numbers below.

Ballymun: 086 383 5069  
Dublin North East: 087 242 5653  
Blanchardstown: 087 239 4559  
North Inner City: 086 380 5407  
Finglas/Cabra: 086 383 5059  
RIS Manager: 087 662 3373



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# Get Up and GO

4 *Want to look and feel good? Try exercise, says Dave. It worked for him.*

When I was using drugs, I let my health go big time. I couldn't walk up the stairs without needing an ambulance. That's a bit of an exaggeration but it's not far off. I had no motivation to do anything. Everything was an effort. Then, when I was in treatment, someone suggested going over to the gym and I took them up on their offer.

At first, it was hard to get into as my motivation wasn't the best. I started slowly but soon noticed myself feeling a bit better. There was a difference in my attitude and behaviour. I had a lot more 'get up and go'. It was also a good way of letting go of stress which I had plenty of and forgetting about things for an hour or two.

I started setting myself goals and as I achieved these I began to feel proud and got a bit of self worth back. That's why I feel it is important to do something that suits you and not to feel pressured into doing what everyone else is doing. Exercise is about self improvement no matter how big or small the gains are and, if you pick something you like, it's easier to go back. Twice a week is enough at the start and then try to increase this as you get fitter.

Working out, whichever way you choose, releases chemicals in the body that make you feel good. My personal choice of exercise would be weightlifting and boxing. I find both of these very good as they push me to my limit. But exercise doesn't have to be like this. It's not all about running on a treadmill for days on end or pumping iron till your head explodes. There are much easier ways of getting fit and getting the benefits that come with it. Going for a walk in

the park, yoga, tai chi, swimming, football, dance classes – there is something out there for everybody.

## **Benefits**

Getting fit can give you great confidence. As you start to look good, you start to feel good. Even things like running for the bus or hurrying to get out of the rain without collapsing boost your self-worth. Then there are the internal benefits. Exercising can help you live longer. It makes your lungs and heart stronger. It strengthens your bones.

Exercise can also be a good social outlet. I know when I came out of treatment, I had very little in the way of things to do or even friends who weren't on drugs. I found that the majority of people who are into exercise are helpful and positive. They don't use drugs and wouldn't spend all their time in the pub or clubbing. Soon, I got into different sports and I haven't looked back since.

The benefits for me have been immeasurable. I have slowed down on the weights and am concentrating on the boxing. I am improving in this sport and it feels great. I go three nights a week and train very hard. Also, I have won few things in my life and now I have a chance to as I am entering the Leinster novice boxing tournament. Although some people would see boxing as an aggressive sport it is very skilful and the level of discipline is high.

So, think about giving exercise a try. It has made me a better person and the feeling I get after a workout is brilliant. It's a natural feeling as well so it leaves you feeling good with no consequences. I now walk around with a spring in my step. Some say I throw shapes but I can live with that.

# Dear Hyper

Dear Hyper,

I read your magazine voraciously and feel at home between its covers. As a young person who has been bombarded by a world full of drug and alcohol abuse, it was really great to find something aimed at youths for this purpose.

However, the stories I have read have always seemed to be about ex-crack users and heroin addicts in treatment centres. I feel you may be underestimating the drugs that are out there aside from these and the serious damage that can be caused in other ways than being psychically addictive and needing to go to a treatment centre.

I know this because I am an addict. I drink to oblivion at weekends and smoke weed/hash every day, but the drug of my choice though would have to be Ecstasy. I started off just playing with drugs, tasting and testing. When I began taking E's, I knew nothing about them; the only place to get information on drugs was from other users. The truth is, though, other users knew only as much as I did. Without knowing any danger, I fell in love with Ecstasy. It made me feel warm, energetic and loved; I was a part of something.

My mum passed away last winter and I needed to be loved, so I kept using. I took E's 2-4 times a week, mixing them with any other drug that came my way too. I became addicted to E's mentally - I had to have them to think straight, to feel. I couldn't talk to my best mates without it being a 'buzzing chat'; I didn't like being touched unless I was under the throes of a 'love buzz'. I became addicted physically - without E's, I was unable to do much else, other than sleep. I couldn't eat and often felt too dizzy to stand. I became addicted to the lifestyle and the people I shared my addiction with. I could not get out, I craved and depended on my peers, as they did me.

Every time I was going to use, my expectations were high, fantasising about what the next night would be like but in the end it was always the same, disappointing. I was trying to get higher and higher. I didn't get help because I hadn't been hitting on a pipe or shooting up; wherever I turned I was told that although taking E's was bad, nothing serious would come of it because it was a 'weekend drug' and most teenagers used at some point.

E's were starting to kill me. I didn't know how, but I knew. I looked for leaflets and anything to help me understand what I was going through. All the information given on ecstasy listed it as a terrible drug. They didn't provide information and most just condemned it in hopes to prevent people from using. It was too late for me, I was already using. Most of the teenagers I knew were using. Ecstasy is the third most used drug in Ireland and yet it's still being overlooked as a problem so users aren't told how to stay safe.

I finally found the information, just as I was trying to stop. Nothing had ever made more sense at that point. The book described the highs and lows perfectly; it told me the truth about what was really in the pills, it gave harm reduction messages for users, it explained how ecstasy used serotonin to create the feelings of euphoria and damaged the receptors in the brain with long-term use, and it described my loss of appetite, restlessness, paranoia and palpitations.

The book also prepared me for the worst to come - even weekend users are in trouble. The comedown from ecstasy is about five days; all the while it is still intoxicating your system, and using every weekend means you're constantly using, leading to an amphetamine addiction. I was more than a weekend user and I was barely hanging on.

I haven't taken ecstasy in 4 months now. I'm very slowly returning to the world I left behind. Some parts of me are broken beyond repair and I'm constantly struggling against that lifestyle. The craving for the spine tingling rush haunts me more often than not. I am afraid sometimes that even though I don't want to use, I will. I did not go to therapy or to a treatment centre; they weren't the options for a teenage 'pill-head'. I rode the storm out and began to depend even more on weed and hash. I'm disappointed that there isn't enough unbiased factual information on drugs and that often the problems are overlooked at the stage when the users have only a psychological problem or are in the pre-contemplative stage of quitting.

When are we going to stop using scare tactics in the hopes it will prevent people from trying drugs? How far gone does a user have to be before they can even talk about their use or addiction? The average waiting time to be assessed at my nearest clinic is 3+ months. How far is too far?

Yours sincerely,

Samantha  
Age 19  
Cork

# Sexual health

A night on the town can leave you with more than a hangover - it can impair your judgement and make you more likely to have an unplanned pregnancy - or, surprise, an infection.

## On the rise

Ireland has seen a big rise in sexually transmitted infections (STIs) in recent years with more than 10,000 infections reported in 2005. All STIs are serious but most can be successfully treated. However, if they're not treated, they can lead to long-term health problems. Best advice - if you're having sex, have regular check-ups for STIs.

## What's an STI?

An STI is an infection passed from one person to another through sexual activity. This can be through oral, vaginal or anal sex.

## Most common STIs in Ireland

Genital warts, chlamydia and NSU (non-specific urethritis) followed by genital herpes, gonorrhoea and syphilis.

## How do I know if I have an infection?

Signs and symptoms can vary a lot. You may have one or more of the following:

- an unusual discharge or smell from your genital area
- a burning sensation when you pass urine
- swelling, itching, sores or blisters around your vagina or penis
- pain during sex.

But remember! Many people have no symptoms at all, especially women.

## If most women (and many men) don't get symptoms, what's the big deal?

STIs can cause long-term health problems such as:

- infertility in women
- impotence in men
- urinary tract, bladder and kidney infections
- heart problems
- cervical cancer in women.

A lot of people choose to ignore the symptoms of STIs, hoping they will go away on their own. But, without treatment, STIs will not go away.

## If I've had unprotected sex and am worried about STIs, where can I go for help?

In Dublin, there are a number of public clinics where you can get tested and treated. These clinics are confidential, non-judgmental and free. You don't need a letter from your GP. Just phone for an appointment.

GUIDE Clinic, St. James Hospital, Dublin - tel: 01 416 2315

GUM Clinic, Mater Hospital, Dublin - tel: 01 803 2063

Outside Dublin, phone your local hospital and ask if they have an STI clinic.

You can also visit your GP or a private clinic but you may have to pay.

## What's involved in getting tested?

An examination of your genital area and a swab. It's simple and painless. Staff in the clinics are understanding and helpful so there's no need to feel embarrassed.

## And the treatment?

Depends which STI it is. Usually, antibiotics or other medication.

# Be safe, not sorry. If you're

# - staying safe

hangover the next day... Alcohol and drugs can have unprotected sex. In turn, that can lead to an

## Did you know?

The legal age for sex in Ireland is 17.

The legal age for marriage is 18.

## Myths

Can you get pregnant from oral sex?

No!

Can you get an infection from oral sex?

Yes!

Can you get pregnant if you have sex during your period?

Yes!

Can you use a condom more than once?

No!

Will going to the toilet or having a shower after sex keep you from catching an STI?

No!

You'll only get an infection if you have sex with lots of partners, right?

Wrong! You can get an infection the first time you have sex.

No symptoms mean no infection, right?

Wrong! Most infected people show no symptoms.

I had a smear test and it was negative. Does that mean I don't have an STI?

No! A smear test checks for pre-cancerous changes at the opening to the womb. It is not a test for STIs.

## Safer Sex Negotiating Skills

Asking for what you want in a sexual situation and saying 'no' to what you don't want can be daunting at any age but particularly for young people. That's why the Dublin AIDS Alliance put together its Safer Sex Negotiating Skills course, the only course of its kind in Ireland.

"Safer sex negotiating skills is about being comfortable around sexual decision making and asking for what you want, saying 'no' if that's what you want, saying 'this much is ok, but nothing more'," says Melanie Cunningham, course facilitator.

"It's about learning how to take control of the situation. It's also about coping skills. Say you intended to have safer sex but you didn't. How do you cope with that? For instance, many men don't want to use a condom but they will use one if that's the only way to get sex. But, often, a woman won't ask a man to use a condom because she's afraid he'll think she's been with other men or maybe that she looks like someone who has an STI."

The Safer Sex Negotiating Skills course is available to groups or staff of organisations who want to develop skills in this area. To find out more, contact Dublin AIDS Alliance on 01-873 3799 or visit [www.dublinaidalliance.com](http://www.dublinaidalliance.com).

sexually active, use a condom.

# Using condoms

“There seems to be a lot of peer pressure among teenagers that they are not normal if they don't have sex. Sex is the 'in' thing. I've heard that some people as young as 14 are sexually active. Young people are drinking much younger and drinking much more. However, you don't need to be under the influence of alcohol or drugs for sex to happen. Maybe young people are not educated enough to realise the consequences. Many girls think they could never get pregnant or get a sexually transmitted disease. A lot of this is 'it could never happen to me'. I think the government needs to do more to make the youth more aware of this. Sex education should be brought into schools at primary level as STIs are on the increase.”

Connie

HIV can also be passed on through sex or any exchange of body fluids with an infected partner. In addition, you can get HIV from sharing needles or other drug-using equipment. There may be no symptoms in the early stages but if left untreated, HIV may progress to AIDS.

“I'd ask a guy for a condom because nowadays it is too dangerous with all the STIs and HIV. If a man thought I was being forward, that's his problem. Women should think of their health first and, if necessary, explain this to the man. If he says 'no', so should you.”

Deirdre

“I would be ok with using a condom because it's the sensible thing to do. Obviously, it'd be safer ... because HIV is still rampant out there. I think using condoms should be highlighted more especially for teenagers and even more so where drink and drugs are involved.”

Stephen

“I have carried condoms since I was 15. I wasn't too concerned what my boyfriend/sexual partner would think because I need to look after myself first. At the end of the day, I have to live with my choices and look after myself. That is part of being a grown-up and treating yourself with respect.”

Sarah

“I wouldn't have sex without a condom. Initially, it was because of pregnancy, not STIs. A friend of mine got a girl pregnant at a young age and I hate kids. As I got older and learned about STIs, it was another reason to use a condom. If a girl asks a guy to wear a condom, I think that shows she's intelligent and looks after herself.”

Kenny

“If a girl asked me to wear a condom, I would think she was responsible and mature. Girls should not be shy to ask guys to wear a condom.”

John

# Did you know?

There are around **14,500** heroin users in Ireland.<sup>1</sup>

About **8,800** people are on methadone maintenance programmes.<sup>1</sup>

There are only **23** public detox beds in Ireland (10 in Beaumont Hospital, Dublin and 13 in Cuan Dara, Cherry Orchard Hospital, Dublin).<sup>1</sup>

Treatment works - **27%** of people are still off drugs (except alcohol) a year after treatment.<sup>4</sup>

A five-week, residential drug treatment programme in a not-for-profit treatment centre, including one year's aftercare, costs **€11,400**.<sup>1</sup>

In 2006, Gardaí seized drugs to the value of **€100 million**.<sup>1</sup>

Ireland has the highest rate of binge drinkers in the European Union.

**34%** of people say they have five or more drinks on average in a single sitting, more than three times the EU average.<sup>7</sup>

**112** people died as a direct result of drug use in 2004 (the latest available figures).<sup>8</sup>

The HSE spent **€92.71 million** on drug services in 2005. This included prevention, education, harm reduction, stabilisation, rehabilitation and aftercare.<sup>9</sup>

<sup>1</sup>"Prevalence of Opiate Use in Ireland, 2000-2001", National Advisory Committee on Drugs, 2003

<sup>2</sup>Health Service Executive National Service Plan 2007:38-39

<sup>3</sup>National Drug Strategy 2001-2008: Report of the Working Group on Drug Rehabilitation (Department of Community, Rural and Gaeltacht Affairs, May 2007:13).

<sup>4</sup>ROSIE Findings 1: Summary of 1-year outcomes. National Advisory Committee on Drugs, 2006. [www.nacd.ie](http://www.nacd.ie)

<sup>5</sup>The Rutland Centre website, [www.rutlandcentre.ie](http://www.rutlandcentre.ie)

<sup>6</sup>*The Irish Times*, 8 June 2007

<sup>7</sup>"Attitudes Towards Alcohol", *Eurobarometer*, 15 March 2007

<sup>8</sup>*Irish Examiner*, 14 August 2007 (based on unpublished data from Health Research Board).

<sup>9</sup>National Drug Strategy 2001-2008: Report of the Working Group on Drug Rehabilitation (Department of Community, Rural and Gaeltacht Affairs, May 2007: 11).

## Living in Dublin's north inner city? On methadone? Want to get clean?

The Soilse Rutland Partnership can help. We offer a methadone stabilisation day programme, followed by five weeks of residential treatment, five months of education/rehabilitation and two years of aftercare.

There are no guarantees. Whether you get and stay clean depends on you and the amount of work and effort you're prepared to put in. But we'll support you each step of the way. Interested? Call Sonya at (01) 872 4922 to find out more.

# Sounding off... ...on the glamourising of drugs by the media

I think the newspapers, especially the *Tabloids*, have a big part to play in the glamourisation of the drugs trade. They have built the whole gang warfare scenario to such an extent that the people involved are afraid of losing face. In some cases, they feel they have to retaliate and, therefore, keep the feuds going.

Every time you open the newspaper you are confronted with an image of drugs in some form or other. This, to a lot of teenagers, can seem quite appealing as they don't always read the stories that go with the images.

Teenagers growing up in a society where they see the local dealer driving a fast car, having nice clothes and seemingly living the life may be tempted to emulate the dealer. This may seem like an easy option to earn some quick cash but it doesn't highlight the shady side of dealing and addiction. Children and young adults from low income, single parent families may be more prone to be lured into this lifestyle. It is often something that has been passed on to them through relatives or peers. The underlying issues of violence, guns, prison, greed, etc are never brought to the fore until it invariably becomes too late. Only then are they highlighted in the media.

I believe that the lack of spirituality (nothing to believe in) in today's society has a lot to contribute to our addiction problems. Young people with no sense of future direction, no sense of family bonds or unity can quite easily become attracted to drug dealing as a way to escape the pain and emptiness. They find unity in other members of the gang. Initially, loyalty is the key factor which binds a gang together. As time passes and greed and drug-taking become more prevalent, any sense of loyalty quickly dissipates.

Drugs have become so readily available in our society these days that the problem has spread nationwide and is no longer confined to the streets of Dublin. This has in turn led to many young people becoming involved in crime, prostitution, gang feuds and drug dealing. There can be a very rapid progression for the teenager who begins by selling hash to his friends and ends up dealing heroin or cocaine on a much larger scale.

A lot of the time, criminals use money taken from robberies to bankroll their drug operation. Dealers are always looking to move one step up the ladder regardless of the price to be paid. I have seen this happen amongst close knit groups of friends. People who were once close will eventually rip each other off, all for the love of money.

The way in which certain newspapers build up the 'gangster persona' of certain individuals is totally ludicrous and I feel it contributes enormously to the growing egos of drug dealers. Names such as 'The Gaffer' (ok, I made that one up but you know what I mean) place a celebrity-like status on members of our society who should be sternly ridiculed rather than put on a pedestal. Photographs accompanied by images of guns and drugs are a common occurrence in our Sunday newspapers and do nothing to relieve the sense of fear that is gripping our society.

Furthermore, the level of editorial judgement has dipped to such a low that images of murder victims (many of whom are killed as a result of drug feuds) are becoming more and more commonplace in our newspapers.

In conclusion, yes, there is a need for the truth to be reported but I feel it should be done in such a way as not to glamorize drug-dealing and the notorious lifestyle that accompanies this seedy business. So, the next time you open a newspaper, I suggest you look deeper than the shocking images or catchy headlines and ask yourselves is this the real truth or is it just an easy way to sell newspapers.

Dave

# Working Women

Anne began working as a prostitute on Dublin's northside when she was 14. Now aged 22, she still works several nights a week to support her drug habit. She told her story to *Hyper*.

## **When did you start working as a prostitute?**

When I was 14, I was living with a bloke who was pimping me. I had a drug habit as well so I was working for the money. But he used to take the money off me. I was on the gear but I wasn't working by choice. I was sort of pushed out on it, forced onto the game. I worked for nearly a year. I didn't like doing it but I had no choice. He used to beat me so to save hassle I used to go out for him. I didn't know right from wrong at that time.

## **When did it stop?**

It stopped when I ran out in front of a taxi after he beat me very bad. I was brought to Fitzgibbon Street Garda station and he was arrested. The case went on for a year and he got 8 years, with 7 years suspended.

## **Were you living at home then?**

No. I was in foster care all my life, in and out of different homes and lockups and all that stuff. I was always running away. I didn't want to be in care. I sort of grew up really fast.

## **Did you get any help with your drug problem?**

Yes, I was on methadone maintenance and I was in and out of detoxes. But I was never doing it for myself. I was always doing it for other people so they never worked.

## **When did you start working again?**

A few months ago. Well, I've been on and off for the last few years because of the money. It's quick money but it's not easy money. It's degrading standing out on a road, selling yourself. I'm out nearly every night and I stay out until I make a couple of hundred euro.

## **What do you do to stay safe?**

Nothing, just hope for the best, take pot luck. I don't worry about it. I learned to look after

myself. I won't get into a car if I think there's something up.

I was raped once when I was working. So, now I work a lot on the phone and meet my regulars. But I still go out. I never have a problem getting picked up because I don't really look like I'm on drugs and I keep myself clean. I wash myself, put nice clothes on and I use condoms.

## **Do you have somewhere to live?**

I was in a hostel but in that hostel you had to be in by half ten at the latest and I was missing nights so I'm staying with friends now. I can stay with them for a while but I'll have to get somewhere on my own. I can't stay with them forever.

## **Do you have children?**

Yeah, I have one little girl. She's three. She lives with her Dad. He has her until I get somewhere to live. I see her every second Thursday. It's good. I love seeing her. I wish I could get to see her more.

## **Do your family know that you're working as a prostitute?**

No. They don't care anyway.

## **Would they help?**

No. I wouldn't want their help. I'm very independent. I wouldn't ask my family, no way. I don't need them. I just wouldn't be bothered asking them. They don't bother with me so why should I bother with them?

## **Are any of them involved with drugs?**

No. I'd be the black sheep.

## **What brought you to using drugs at 14?**

I started a lot younger than that. I was hanging around with older people and they

were all using so I used. I was doing ecstasy too. Smoking gear took me down.

**What was going on for you at the time that made it so attractive?**

I was being abused in a home, stuff like that. Nothing was done about it.

**Have you had counselling about it?**

Yeah. I have a counsellor here [at Chrysalis]. I've learned to live with it. I can't change what happened.

**How do you see your future?**

I don't know. I don't think of it. I'd hope to get clean and get my child back but I don't know what's going to happen. It always seems to fuck up when I get clean. I always just go back using. I'm hoping to get into High Park [a residential drug treatment programme run by Merchants Quay Ireland]. I'm waiting for an assessment. I'll detox before I go in.

I'm dying to get clean. I don't like being on drugs. I'm too long on them now. They don't do anything for me any more, only depress me. Dublin is just full of drugs. There are a lot of addicts.

**What do you think of prostitution?**

It really is a low. It's the lowest thing I've done for money. But I didn't choose to be a prostitute. I didn't want it. But if you're not in that predicament, people don't understand. They think you're a slut. Their minds are closed. There's nothing to be ashamed of, working. People do what they have to do for money.

**What would you say to others?**

Try and understand where people are coming from. It's not like we want to be prostitutes. Maybe ask people why they do it. In my case, it was because of drugs and because I was introduced to it and it's a quick way to make money. A lot of people who work are on drugs. Everyone I know is.



# Supporting Working Women

A few years ago, it was common to see women standing on street corners in Dublin's north city centre, waiting for a client. But, with the arrival of the Luas, increased complaints by residents and a greater Garda presence, there are fewer women working on the streets. Prostitution, however, hasn't gone away; it's just less visible.

"The majority of women we meet are drug users but, these days, it's harder for us to reach them," says Karen Murphy, Community Drug Worker with Chrysalis, a community drug project in Benburb Street which provides a range of services for drug-using women in prostitution. "The women are not out on the streets as much; they're using their phones more. Many are less accessible and this adds more risk for the women's overall wellbeing because the relevant services can't link in with them."

Two evenings a week Karen and a volunteer walk the area, trying to make contact with the women. Most are homeless, either living in hostels or sleeping on friends' couches, and this adds to the difficulty of trying to reach them. "We just want people to know where we are and what we offer," says Pam Whelan, Outreach Worker with the Health Service Executive who works in partnership with Chrysalis for the drop-in service.



## Chrysalis offers:

- Referrals (for example, to addiction or homeless services);
- Needle exchange, Wednesdays 7-9pm;
- Condoms;
- Limited laundry and shower facilities;
- Workshops on how to stay safe on the street;
- Access to a counsellor;
- Accompaniment to various appointments;
- Prison visits;
- Drop-in service on Wednesday evenings;
- General support and information.

If you know someone who is using drugs and working in prostitution, put her in touch with Karen in Chrysalis, 27 Benburb Street, Dublin 7, ph: 670 5544 or 086 219 8853. You can also email: [info@chrysalisdrugproject.org](mailto:info@chrysalisdrugproject.org).

## Are you a drug user working in prostitution?

If yes, would you be willing to talk about your experiences with a researcher? The National Advisory Committee on Drugs wants to find out more about the needs of drug users working in prostitution so that health and social care services can be improved. The research involves a one-hour confidential interview and you'll receive a €20 shop voucher for your time. If you'd like to share your views, text or phone Teresa on 086 351 1327.

# Moving On

Now that you're clean and no longer living in pubs or hanging around with people who use drugs, how do you spend your time? You may still have your counselling, aftercare supports and 12-step programme but where can you go to meet people? What do you do for fun? How can you find out about things to do and places to go?

Welcome to the real world where the opportunities are limited only by your imagination. Ok, so everyone is different and we all have different interests but here are a few things that have worked for us.

You want to meet people? Join a club or society. Pick something you're interested in and meet people who share your interests.

You're bored and looking for excitement? Take up a new activity. It could be a sport or hobby you were involved in when you were younger or you may want to try something completely different like mountaineering, canoeing, acting, drumming, salsa dancing...

14 You want to find new interests? Enrol in an evening class. There are leisure classes all over the country offering everything from art to zoology.

You want to give something back? There are countless ways. Volunteer a few hours a week with a charity. Get involved in your local community. It doesn't have to be addiction related.

This may all sound great but where do you find out about clubs, societies, evening classes, sports associations, drama groups, volunteering, whatever? For starters, you can't beat the internet for sourcing information. Try [www.google.ie](http://www.google.ie) to search for groups, clubs or organisations that interest you. Your local library or Citizens Information Centre should have a list of clubs, sports groups and other organisations in your area. Check out the Golden Pages too. For evening activity classes, look up the Guide to Evening Classes in your local bookshop or library or contact your local college.

Here are a few websites to get you started. Remember that many cities, towns and communities

also have their own websites listing local groups and activities.

**Volunteering:** [www.volunteer.ie](http://www.volunteer.ie)

**Sports:** [www.irishsportsCouncil.ie](http://www.irishsportsCouncil.ie)  
[www.womeninsport.ie](http://www.womeninsport.ie)  
[www.dlrcoco.ie/sports/clubs](http://www.dlrcoco.ie/sports/clubs)  
(for sports clubs in the Dun Laoghaire-Rathdown area)  
<http://sports.southdublin.ie/index>  
[www.gaa.ie](http://www.gaa.ie)  
[www.fai.ie](http://www.fai.ie)

**Classes:** [www.courses.ie](http://www.courses.ie)  
[www.nightcourses.com](http://www.nightcourses.com)  
[www.dalc.ie](http://www.dalc.ie) (literacy programmes)  
[www.nala.ie/schemes](http://www.nala.ie/schemes)

"In the first year or two recovery can be quite intense. Life revolves around recovery and aftercare. It took me a year and a half to join anything. By then, although recovery was still my priority, I wanted to explore other activities outside the recovery circle so I joined a badminton club. I had played badminton as a kid long before I started drinking and really enjoyed it. Another thing I did was an ECDL (computer) course."

**Barry**

*7 years in recovery*

"You need to replace the excitement of addiction with another form of excitement. I know someone who took up parachuting and someone else who took up boxing."

**Noel**

*Drug outreach worker*



# What about the children?

*Trying to win back your children after years of active addiction can be a struggle, as Mary discovered. As with recovery, it's one step at a time.*

"Towards the end of my using, I had lost everything." When I used to hear people in recovery say this I don't think I really understood what it meant. But, by the end of my using, I had lost my children, my family, my home and, finally, myself. I didn't know who I was anymore.

I am a mother. When I had my first child I remember feeling completely overwhelmed with love for her. I wanted to protect her and take care of her. She was beautiful and she was mine. My responsibility.

All the years that I spent in active addiction I still felt that I was taking care of her but the reality was that I was putting myself first. I held on to her for a long time and when I had moments of clarity I would tell her that no matter what, we would stick together. Everything would be okay. She believed me. I believed myself.

But at the tender age of sixteen, she left to live with her father. I didn't try to stop her. I truly wish I had. After she left I didn't have to try to hide my using. I didn't care. I was a fool to think she wasn't aware of my addiction. She had lived with it for most of her life.

We became distant and weeks would go by without me contacting her although I thought of her all the time. I was living with an addict and our lives revolved

around each other and our drug use.

Within a year, we lost her teenage brother, my eldest son, in a tragic accident. I was pregnant with twins and I was burying my son. It wasn't right; he hadn't done anything wrong. I blamed myself and watched my little family fall apart. I had to explain to my youngest

later, on impulse, I took the twins and ran back to my family home in Dublin. I needed help. I wanted to die. I wanted to live. I left my son and daughter behind and couldn't even say goodbye. I wrote to them but I got no replies.

Back in Dublin, I tried to stop using drugs but I couldn't do it by myself. I

each week when I heard them crying as I was leaving. Crying for their mother. I had to turn my back on them and walk away. I had to feel the pain and I knew I couldn't use anything to block it out. It hurt but each week became easier on all of us.

When I started taking them for weekends the sheer weight of the responsibility was frightening. Cooking for them and playing with them...I had to learn how to do that all over again. But the rewards are amazing. I see them with new eyes. They love being with me. I love hearing them call me Mummy.

15

I am now clean and sober for ten months. I contact my son, who is now nine, by phone and my heart lifts when I hear his voice. I can't be with him...for now. He lives with his father and is happy there. My daughter, now aged 20, is in contact regularly by e-mail but is unable to speak to me...yet.

I see my twins once a week and I adore them and they look at me with love. They sparkle. They are young. They don't know. They are my second chance to get it right.

As for my son and daughter, the two I left behind...I'm so sorry. I can't change what happened but I can try to make our future better...for all of us.

son who was only five that his big brother had gone to heaven.

Two months later I was rushed to hospital and had two very tiny, premature daughters. I could hold each one in the palm of my hand. I expected them to die. They survived the night and I spent three months at the hospital, feeding them on the hour and talking to them.

I thought I was coping but I was coping by using more and more drugs. Two years

needed help. I left my twins, now aged two and a half, with my family and went into treatment. Over the next six months I wrote regularly to my son and daughter in England and, after a few months, they both sent me a birthday card. I began to have hope.

When I left treatment I was advised to take things slowly. I began to see the twins once a week for a couple of hours and I really struggled. I didn't know them. I didn't know myself. I'd feel broken and full of guilt and shame



Mary

# Journey through recovery

Two years ago, Tina decided to stop taking the pills to which she had become addicted. In the last issue of *Hyper*, she talked about her dependency on tranquillisers, sleeping pills and other medication. Here, she describes how she is beginning to turn her life around.

## **Why did you start your journey through recovery?**

I didn't want to be living the way I was. I knew there was a better life out there. I didn't want my life to be drugs, psychiatrists, doctors. I had hit rock bottom where my life revolved around pills. I wanted to be human again, to notice things, to have fun with others and to be fun to be around, to be reliable and trusted.

## **How did you go about getting help?**

Someone suggested I go to NA [Narcotics Anonymous]. I didn't know what NA meant. I thought narcotics were street drugs. I said I was not a drug addict. Another addict reached out and helped me. He put me in contact with a day programme. If I hadn't come in, I would have slowly gone back to tablets because, after all, how could I be an addict?

## **When did you realise that you were an addict? What caused that?**

When they started doing lectures about denial. Also, at NA meetings, when they talked about life being unmanageable, about being powerless about drugs. I really listened to what people were saying and I thought, yes, that was me. My life was unmanageable; tablets had taken over my life.

## **What were those early days like?**

Very hard. I did a lot of work on

myself, facing fears, talking to a counsellor about why I took tablets to begin with. It was rough.

## **What have you gained as a result?**

I gained a life again, the trust of my kids, the personality I used to have (I used to be a fun person to be with). My sense of humour has come back; I never thought it would. I'm now facing situations and coping. I'm not afraid to ask for help when I need it. Just being able to get on a bus and go shopping (I hadn't been in town in years) is great. I have peace of mind now. I have a life. Through recovery I have gained friends and acquaintances.

## **Was it a problem being older than most people on the programme?**

When I first came into Soilse, I thought I was too old; most of them were a lot younger than me. I was embarrassed because some of the keyworkers were my age but never once did anyone say anything about age. Anyway, I wasn't going to let something like that stop my recovery. I was in Soilse for a better life.

## **Did anyone else in your family have a problem with drugs?**

Yes, my mother. She had a pill for every ill. She also went to

doctors and psychiatrists. She passed away over three years ago, not knowing anything about addiction.

## **Do you still see the doctor who prescribed the tablets?**

Yes, he's still my GP. I know he got a letter from the Rutland [treatment centre] but he hasn't spoken about it to me. He has other addicts on his books but so far I'm the only one to go through treatment. I've only realised from Soilse and the Rutland that pills are a big addiction. He never once mentioned the word 'addiction' to me.

## **What would you say to others who may be taking pills?**

I know there are people who need pills for certain reasons but also there are others like me who abuse them. Nothing would bring me back to a psychiatric hospital but there were times I never wanted to leave one. I was like a kid in Disneyland; I was surrounded by all the tablets I could want. I'd say to anyone reading this: if you're taking tablets to numb pain, find someone you can trust and talk to them before things get out of hand.

## **What are your plans now?**

I am ready to start college. I have a new grandson. I actually gained a new life through recovery, a thing I never thought possible.

# The Cavan Centre



I went to the Cavan Centre in August 2006 with a group of people from ACRG, who I was only getting to know as I had just started the group. I was coming to the end of a long journey; I had spent the last 10 years of my life in prison. This was my first night out in 10 years as I had got temporary release for the weekend.

The house is set in lovely countryside with forests and a river running through. There are play areas for children, bikes, a golf course, archery, a rock-climbing tower and playful dogs. The accommodation was nice, clean and spacious. I shared a room with three other lads. We had our own kitchen and sitting room with a blazing open turf fire.

We all went to a big, silver birch forest where we played games and spent time looking for frogs. I felt child-like and really got to know the people in my group and they really got to know me. On the last day we all put on wetsuits and went kayaking in this big lake. I jumped right in to see if I could still swim after being out of the water for ten years. I was a bit nervous on the water trampoline but it was great fun.

If someone had told me in 1996 that I would end up in Cavan in a lake, free as a fish, I would have thought they were mad. The Cavan centre is a powerful place to connect back with your self. The whole experience felt a bit surreal and I thought I would wake up any moment back in prison.

**Patsy**

When I heard we were going to the Cavan Centre, my first thought was the fun I had there with Soilse when I went there with them on a day trip and how much fun I had on the climbing wall.

The days were full with megalithic tomb visits, canoeing, archery, rock-climbing and a forest walk. On the forest walk we stopped and were told to pick a tree. We were to remain silent for three minutes and let the tree tell us its name, what it likes about where it is and what sounds are around us. For anyone to get a group of 10-12 recovering drug addicts to be quiet for 3 minutes is an achievement.

All the activities were great for us as a group and helped us gel. Although I was privy to people's personal stuff which we explore in our own group sessions, it was a different bond I found down there.

We had a kitchen and a lounge area with an open fire – 'aah, the smell of turf'. We wound down each evening with a group chat and I expressed my gratitude for a place like this to unwind from the hassle and the bustle of the city life. The Cavan Centre rocks!!!!

P.S. My tree's name is Woody. If ya ever see him, tell him Alan said hello.

**Alan**

The Cavan Centre was set up in 1977 by youth and community workers from Dublin's north inner city to provide educational, recreational and training experiences for people from marginalised areas of Dublin. Since then, more than 65,000 people have taken part in adventure education, training courses and respite breaks. If you would like to find out more about the Centre:

Email [cavancentre@eircom.net](mailto:cavancentre@eircom.net)

Tel: 049 854 4436

Write to: The Cavan Centre, Ballyjamesduff, Co Cavan.

**Happy 30<sup>th</sup> Birthday!**

**"Recovery is definitely an inside job."**

# P

# O

# E

# T

## Chipper

The old chips and the battered fish  
 Drinking tea on a corner wet street  
 People passing by, old and young  
 Throwing coins to the ground.  
 The day is grey, crying sad  
 Behind the clouds, the king defeated  
 The night is neon with electric lights  
 The queen and her dress can't shine.  
 The smoke of a cigarette  
 Fills my spirit, kills my feelings  
 My heart is crying for more –  
 Take me out of this surreal world!  
 So many buses, so many trains  
 Some leaving, some coming from far away  
 You're always waiting for people to come out.  
 How much money is enough?  
 How much money could buy happiness?  
 How much money do I need  
 To get away from me?  
 Then one day I see  
 I can't get away from me.  
 Money doesn't buy happiness  
 To want more is what finished me'  
 The smoke of a cigarette  
 Doesn't kill feelings  
 But destroys emotions.  
 And then I see  
 My eyes are blind, but my soul  
 Can see behind the electric light  
 The moon and the stars are shining back to me  
 The sun is never defeated  
 It's just having a lie down  
 In this beautiful grey day  
 Where I am drinking tea  
 In this 'fish and chips'  
 Looking through the window  
 To the wet street  
 Where people, old and young  
 Are passing by  
 Throwing coins to the ground.

Charles

## Not strung out

I'd never touch that shit  
 Maybe I'll try it, just a small hit  
 God, this is good and really cheap  
 Only twenty quid and I'm left in a heap.

I'll just do it the odd time  
 Sure that's hardly a crime  
 Look at that junkie, I'll never be like that  
 Going around like a freak  
 Hiding behind a peaked hat.

Alright, man, what's the crack  
 Yeah, I'm looking, looking for smack  
 Feeling a bit sick though, think I have a flu  
 Yeah, I'm sure it's a flu, I'm not strung out, man  
 I'm not like you.

That smoke was good, man  
 Nice one, my flu has gone  
 Maybe I am strung out now  
 What have I done?

Years and years have gone by  
 Every single day I ask myself why  
 Why did I do this to myself?  
 And again I cry  
 Someone please, please help me  
 I wish I could die

In treatment now  
 Got to get it right somehow  
 Sick of this life  
 But for the first time in years  
 I have begun to see some light  
 It's time to go for that light  
 No matter how tough a fight  
 A fight that will decide the rest of my life.

Colin

## Ignored

The lonely life of a young, lost soul  
 Who's story nobody has ever been told  
 A bright young man who fell off the track  
 Who lost it all because of smack.  
 His clothes so dirty he didn't care  
 No teeth, no food, just nits in hair  
 In so much pain no one did ask  
 Because he hid behind his mask.  
 Prideless, alone, he was so mistreated  
 Put down so much he was surely defeated  
 Now his name is on a polished rock  
 A young lost soul society forgot.

Patrick  
Wheatfield Prison

# R

# Y

## Eyes

They let me know how you feel inside  
 If you're full of joy or if you have cried  
 They paint a picture that's clear to me  
 You can tell me you're fine but I know what I see  
 I can see your soul and it looks troubled  
 I can see that all through your life you have struggled.

You found it hard around people  
 And the way you were feeling  
 You never found love in its true meaning  
 Inside you're barely holding it together  
 Trembling like a leaf but acting tough as leather.

But try as you might you just can't disguise  
 When there's pain or sorrow, it shows in your eyes.  
 For your eyes are like a window to your soul  
 One look can tell if it's empty or whole.

Mark

## Lost

She sits all alone and she stares into space  
 Her hair is a mess and she looks a disgrace  
 She still has some pride, a look of hope on her face  
 Does anybody see?  
 Nobody cares enough to understand  
 They pass her by with an outstretched hand  
 She's just a beggar but she'll never demand  
 Cause she still has some dignity.  
 Alone and hungry, wasted and worn  
 Her clothes not fitting, faded and torn  
 She curses each moment since the day she was born  
 But still she'll pray.  
 Nights on the street through the wind and the rain  
 Soaked to the bone and scarred by the pain  
 Down on the breadline, down memory lane  
 Cause there's no other way.  
 With not enough money for a warm, cozy bed  
 But just enough drink to get her out of her head  
 Yet not enough life to save her falling down dead.  
 Was she to blame?  
 Now somebody else sits there in her space  
 For the same sad reason it's that exact place  
 Not realising it's a fall from grace.  
 It's a crying shame!

Pip  
Cedar House

## She is my master

Why can't I stop our relationship  
 Even though you're killing me?  
 Why do I always find myself  
 Going back to you willingly?

I'm a fool in love with poison  
 I walk the razor's edge of death  
 I live to feel the taste of fear  
 I love to feel death's threat.

I've a self-destructive nature  
 Insanity rules my head  
 There's a craziness inside me  
 By rights I should be dead.

I'm completely in love with the beast  
 Her seductive little charms  
 She know that when she comes to me  
 I'll welcome her in my arms.

She knows that she's the master  
 She knows she's in control  
 She knows that I'm her slave  
 That will never break her hold.

She knows that I will try to fight  
 That's the way she wants it to be  
 As she watches the battle rage inside me  
 She smiles with silent glee.

She knows she's killed my warrior's flame  
 She crushed it to a spark  
 Even though I try to fight  
 She knows she rules my heart.

She knows I don't have the strength or will  
 To fight her addictive little ways  
 She knows that I will stand by her side  
 Until my end of days.

She'll just wait until my strength has gone  
 And I freely give myself to her  
 Another strong man to the beast  
 Another broken warrior.

Robert  
Co. Roscommon

## The journey

We each have a journey that we all call life  
 Blinded by addiction we must search for the light  
 Recovery is like a ship and she is showing us the way  
 But we must fight this battle every single day.  
 Learning the tools and they will take time  
 Everyone is different  
 You'll have yours and I'll have mine  
 This ship is a symbol of what we have to gain  
 She takes on board a heavy load  
 All the suffering and pain  
 It's not an easy journey  
 There are rules we must abide  
 We're heading for the sunset  
 And we sail at high tide.

Deirdre



# I used to believe

I used to believe  
I was destined to fail  
My eyes would burn  
If I saw the holy grail  
That everyone was better than me  
A drug addict, a loser, I would be  
And then I learned some more.

I used to believe  
The police were good  
That politicians would help if they could  
Teachers had my interests at heart  
The world would catch me if I fell apart  
And then I learned some more.

I used to believe  
Pigs could fly  
Dogs could cry  
Cats don't die  
And then I learned some more.

I used to believe  
The drugs were good  
Then wanted some more  
When all the drugs were gone  
It made me sad  
Then I learned some more.

I used to believe  
Crack meant having a laugh  
Then I found out it wasn't gas  
Piercing my veins made them disappear fast  
Now I'm brain dead  
Energy only for my bed  
Too late to learn some more.

I used to believe  
I'd be an addict forever  
And putting down the drugs would release me  
But now I believe there is a better way  
Than being in pain and going insane  
And so I learned some more.

I used to believe  
I use drugs and I'm cool  
The streets are made of cotton  
Nobody can teach me anything  
I'm free like a butterfly  
And then I learned some more.

I used to believe  
There was no bad in the world  
And then I learned some more.

I used to believe  
That using was cool  
And now I am clean  
I am breaking my rules  
And now I've learned some more.

I used to believe  
The good go to heaven  
The bad go to hell  
And now I'm not sure  
Any place exists at all  
And then I learned some more.

I used to believe  
Taking drugs was the key  
That there was no good in me  
Then I found Soilse you see.  
Thank God I learned some more.

# Tight Rope



21

This painting is about finding balance, not falling down into the needles. It covers a whole day, 24 hours. The sun is the day, the moon night. Sometimes, the night can be more important than the day because emotions – sadness, melancholy – are stronger in the night time. In the painting, one of the figures is walking from night to day but looking back at the night, back to the past. The other figure is moving forward to the sun. He is already in the day. During the day, you're clearer, more focused. With this painting, I wanted to show that you need to find balance in your life so you don't fall back into drug use.

Charles

# Notice

## NEEDLE EXCHANGES\*

No appointment necessary. Just call in.

### Mondays

**Aisling Clinic**, Cherry Orchard Hospital, Dublin 10  
2.00 – 4.00 pm  
Tel: 620 6010

**Howth Health Centre**, Main Street, Howth, Co. Dublin  
2.15 – 4.30 pm  
Tel: 832 2984

**Merchant's Quay Ireland**, 4 Merchant's Quay, Dublin 8  
10.00 – 12.45 pm and 1.45 – 4.30 pm  
Tel: 679 0044

**Mobile exchange**, Dundrum/ Nutgrove/ Rathfarnham  
10.00 – 5.00 pm  
Tel: 087 251 0449

**Mountview/Blakestown Community Drugs Team**,  
Coolmine Industrial Estate, Dublin 15  
10.00 am – 6.00 pm (closed 1-2pm)  
Tel: 821 9140

**Sallynoggin Health Centre**, Upr Glenageary Rd  
6.30pm-7.30pm  
Tel: 086 605 7147

### Tuesdays

**Ballyfermot Health Centre**, Dublin 10  
2.15pm – 4.30 pm  
Tel: 626 4000

**Ballymun Health Centre**, Tower Shopping Centre,  
Ballymun, Dublin 11  
6.00 – 8.30 pm  
Tel: 862 0011

**Merchant's Quay Ireland**, 4 Merchant's Quay, Dublin 8  
1.45pm – 4.30 pm  
Tel: 679 0044

**Mobile exchange**, Arklow/Wicklow  
11.00 – 5.00 pm  
Tel: 087 251 0449

**Mountview/Blakestown Community Drugs Team**,  
Coolmine Industrial Estate, Dublin 15  
10.00 am – 6.00 pm (closed 1-2pm)  
Tel: 821 9140

**Summerhill Health Centre**, Summerhill, Dublin 1  
2.15 – 4.30 pm  
Tel: 855 4244

### Wednesdays

**Chrysalis, Benburb Street**, Dublin 7  
7.00 – 9 pm  
Tel: 670 5544  
Only for women working in prostitution

**Hartstown/Huntstown Community Drugs Team**,  
Coolmine Industrial Estate, Dublin 15  
10.00 am – 8.00 pm (closed 1-2pm)  
Tel: 821 1385

**Merchant's Quay Ireland**, 4 Merchant's Quay, Dublin 8  
10.00 – 12.45 pm and 1.45 – 4.30 pm  
Tel: 679 0044

**Mobile exchange**, Dun Laoghaire  
10.00 – 5.00 pm  
Tel: 087 251 0449

### Thursdays

**Corduff Health Centre**, Corduff Green, Dublin 15  
5.00 – 7.15 pm  
Tel: 821 1131

**Hartstown/Huntstown Community Drugs Team**,  
Coolmine Industrial Estate, Dublin 15  
10.00 am – 5.00 pm (closed 1-2 pm)  
Tel: 821 1385

**Inchicore Health Centre**, Emmet Road, Dublin 8  
2.15 – 4.30 pm  
Tel: 453 1978

**Merchant's Quay Ireland**, 4 Merchant's Quay, Dublin 8  
10.00 – 12.45 pm and 1.45 – 4.30 pm  
Tel: 679 0044

**Mobile exchange**, Bray  
10 am – 5 pm  
Tel: 087 251 0449

**Community Drug Team**, St Andrews, South Circular  
Rd, Rialto, Dublin 8  
7.00 pm-8.30 pm  
Tel: 454 0021 / 4855

### Fridays

**Merchant's Quay Ireland**, 4 Merchant's Quay, Dublin 8  
10.00 – 12.45 pm and 1.45 – 4.30 pm  
Tel: 679 0044

**Mountview/Blakestown Community Drugs Team**,  
Coolmine Industrial Estate, Coolmine, Dublin 15  
10 am – 2 pm  
Tel: 821 9140

**North Strand Health Centre**, Dublin 3  
2.15 – 4.30 pm

**Wellmount Health Centre**, Finglas, Dublin 11  
2.15 – 4.30 pm

\*For other needle exchanges, please contact the  
Drugs/HIV hotline 1800 459 459

## HIV TESTING

**Baggot Street Clinic**: 19 Haddington Road, Dublin 4  
Drop-in Tuesdays 2.30 – 5.00 pm  
Thursdays 5.00 – 7.00 pm  
Tel: 669 9500

**Beaumont Hospital**: Beaumont Road, Dublin 9  
Drop-in Thursdays 9 am – 12.30 pm  
By appointment at other times  
Tel: 809 3006

**Mater Hospital**: Eccles Street, Dublin 7.  
By appointment  
Tel: 803 2063

**St James's Hospital GUIDE Clinic**: James's Street,  
Dublin 8  
Walk-in: Monday 8 am, Tuesdays and Thursdays  
1 pm  
\*Clinic very busy. Please arrive early.  
Tel: 416 2315

## HIV/AIDS Services – Dublin

**ACET (AIDS Care Education & Training) Ireland**, Third  
Floor, 14-15 Lower O'Connell Street, Dublin 1  
Tel: 878 7700

Practical support and emotional care for individuals  
and families affected by HIV/AIDS.

**Dublin AIDS Alliance**: 53 Parnell Square West, Dublin 1  
Tel: 873 3799  
Drop-in centre, information, home, hospital and prison  
visits.

**Gay Men's Health Project**: 19 Haddington Road, Dublin 4  
Drop-in Tuesdays 6.30 – 7.30 pm and  
Wednesdays 5:30 – 7 pm  
Tel: 669 9553  
STI and HIV testing, Hepatitis A, B & C testing,  
counselling, information & support

### Open Heart House

Tel: 830 5000  
Peer support network for people living with HIV/AIDS,  
offering meals, educational programmes, holistic  
therapies, social events

**Women's Health Project**: 19 Haddington Road, Dublin 4  
Tel: 669 9515  
Wednesday 2-4 pm and Thursdays 8.30 – 10.30 pm  
Drop-in, information and support for women working  
in prostitution.

## HOMELESSNESS

**Dublin Simon Community Outreach Team**  
Accommodation Advice and Support  
Tel: 01 677 8114

### Homeless Persons Unit

Daily: 10 am – 1 pm  
Freephone: 1 800 724 724

**Focus Ireland**, Coffee Shop, 15 Eustace Street, Dublin 2.  
Daily: 10.30 am – 4.30 pm.  
Drop-in centre

**The Loft**, 4-5 John's Lane West (off Thomas Street),  
Dublin 8.  
Drop-in centre for under 18s.  
Open daily 10.30 am – 7.30 pm.  
Tel: 675 0521

**Merchant's Quay Ireland**, Open Access Service Drop-in,  
Cook Street, Dublin 8  
Weekdays: 7.15 am – 12.45 pm (except Tuesday), 1.45  
pm – 4.30 pm  
Weekends: 7.15 am – 1.30 pm  
Informal support, meals, showers, washing facilities,  
crisis intervention, information and advice.  
Tel: 645 6524

**Peter McVerry Trust**, Drop-in centre,  
26 Upper Sherrard Street, Dublin 1.  
Tel: 658 4721

### Out of Hours Service.

Emergency accommodation for under 18s. Call to  
Garda Station which will liaise with social workers.

# board

## SELECTED DRUG SERVICES

**Addiction Response Crumlin (ARC)**, 101 Cashel Road, Crumlin, Dublin 12  
Tel: 456 3131

**Baggot Street Clinic Treatment Centre**, 19 Haddington Rd, Dublin 4  
Tel: 669 9500

**Ballyfermot Advance Project**, 3B Lefanu Road, Ballyfermot, Dublin 10.  
Tel: 623 8001

**Castle Street Clinic**, 37 Castle Street, Dublin 2  
Tel: 476 7010

**CASP, Ballyowen Meadows**, Fonthill Road, Clondalkin, Dublin 22  
Tel: 616 6750

**Chrysalis Community Drug Project**, 27 Benburb Street, Dublin 7  
Tel: 670 5544

**City Clinic**, 108 / 109 Amiens Street, Dublin 1  
Tel: 855 5310

**Coolmine House**, 19 Lord Edward Street, Dublin 2  
Tel: 679 4822

**Domville House**, Ballymun Road, Ballymun, Dublin 11  
Tel: 862 0111

**Donnycarney Youth Project Drug Team**  
Le Chéile, Collins Avenue East, Donnycarney, Dublin 5  
Tel: 831 4985

**Dun Laoghaire Rathdown Outreach Project (D.R.O.P.)**  
45 Upper Georges Street, Dun Laoghaire, Co. Dublin  
Tel: 280 3187

**Fortune House**, Cherry Orchard, Ballyfermot, Dublin 10  
Tel: 620 6030

**Hartstown/Huntstown Community Drug Team**  
Unit D, Coolmine Industrial Estate, Coolmine, Dublin 15  
Tel: 821 1385

**Inchicore Community Drug Team**, Kavanagh House, 135 Emmet Road, Inchicore, Dublin 8  
Tel: 473 6502

**Merchants Quay Ireland**, 4 Merchants Quay, Dublin 8  
Tel: 679 0044

**Mountview Health Centre**, Addiction Service, Shelerin Road, Blanchardstown, Dublin 15  
Tel: 821 0703

**Mulhuddart/ Corduff Community Drug Team**, Parslickstown House, Parslickstown, Mulhuddart, Co. Dublin  
Tel: 821 6601

**Patrick Street Clinic**, 99 Patrick St, Dun Laoghaire  
Tel: 280 8472

**Rialto Community Drug Team**, St. Andrew's Community Centre, Rialto, Dublin 8  
Tel: 454 0021 / 4855

**Soilse Pre-Treatment Programme**, 1-2 Henrietta Place, Dublin 1  
Tel: 872 4922

**Soilse Post-Treatment Programme**, 6-7 North Frederick Street, Dublin 1  
Tel: 872 4535

**Talbot Centre**, 29 Upr. Buckingham Street, Dublin 1  
Tel: 836 3434 / 6746

**Tallaght Addiction Services**, Glen Abbey Centre, Belgard Road, Tallaght, Dublin 24  
Tel: 451 3894 (Drug service); 451 6589 (Alcohol service); 466 5040 (Adolescent drug service)

**Tallaght Rehabilitation Project**, Kiltalown House, Jobstown, Tallaght, Dublin 24  
Tel: 459 7705

**Trinity Court**, 30 / 31 Pearse Street, Dublin 2  
Tel: 648 8600

## HELPLINES

**Alcoholics Anonymous**  
Tel: (01) 842 0700

**Aware** (for sufferers from depression)  
Tel: (01) 676 6166

**Bodywhys** (for people with eating disorders)  
Tel: 1890 200 444

**CARI** (Children at Risk in Ireland)  
Tel: 1890 924 567

**Childline**  
Freephone: 1800 666 666

**Drugs/HIV Helpline**  
Monday – Friday: 10.00 am – 5.00 pm  
Tel: 1 800 459 459

**Gamblers Anonymous**  
Tel: (01) 872 1133 (Dublin)  
Tel: 087-285 9552 (Cork)

**Gay Switchboard Dublin**  
Sunday – Friday 8 – 10 pm  
Saturday 3.30 – 6 pm  
Tel: (01) 872 1055

**Hepatitis Information Point**  
Information for people and families affected by Hepatitis C  
Thursday 2 – 4 pm  
Tel: (01) 473 6615  
www.hepinfo.ie

**Irish Family Planning Association**  
Pregnancy Helpline  
Tel: 1850 495 051

**Lesbian Line**  
Thursday 7 – 9 pm  
Tel: (01) 872 9911

**Narcotics Anonymous**  
Tel: 086 862 9308

**Rape Crisis Centre**  
Freephone: 1800 778 888 (24 hours)

**Women's Aid Helpline**  
Support, information, outreach, court-accompaniment and refuge-referral service for women in abusive relationships.  
Freephone: 1 800 341 900

## RESIDENTIAL TREATMENT CENTRES

**Aiseiri, Townpark**, Cahir, Co. Tipperary  
Tel: (052) 41166 www.aiseiri.ie

**Aiseiri, Roxborough**, Co. Wexford  
Tel: (053) 914 1818 www.aiseiri.ie

**Aislinn Adolescent Addiction Centre**, Ballyragget, Co. Kilkenny  
Tel: (056) 883 3777

**Asleigh House (Women)**, c/o Coolmine House, 19 Lord Edward Street, Dublin 2  
Tel: 679 4822

**Bushypark Residential Treatment Centre**, Bushypark, Ennis, Co. Clare  
Tel: (065) 684 0944 Email: bushyparkhouse@clarecare.ie

**Coolmine Lodge (Men)**, c/o Coolmine House, 19 Lord Edward Street, Dublin 2  
Tel: 679 4822

**Cuan Dara Detoxification Unit**, Cherry Orchard Hospital, Ballyfermot, Dublin 10  
Tel: 620 6050

**Cuan Mhuire, Bruree**, Co. Limerick  
Tel: (063) 90555

**Cuan Mhuire**, Milltown, Athy, Co. Kildare  
Tel: (059) 863 1090

**Keltoi**, St. Mary's Hospital, Phoenix Park, Dublin 20  
Tel: 620 0040

**The Lantern**, c/o Peter McVerry Trust, 29 Mountjoy Square, Dublin 1  
Tel: 823 0776

**Merchant's Quay Ireland**, High Park Convent, Gracepark Rd, Drumcondra, Dublin 3  
Tel: 837 7883

**St Francis Farm Therapeutic Community & Training Facility**, Co. Carlow  
Tel: (059) 915 1369

**Rutland Centre**, Knocklyon Road, Templeogue, Dublin 16  
Tel: 494 6358

**Tabor Lodge Treatment Centre**, Ballindeasig, Belgooly, Co. Cork  
Tel: (021) 488 7110 www.taborlodge.ie

**Talbot Grove**, Castleisland, Co. Kerry  
Tel: 066 714 1511  
www.talbotgrove.ie

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## DRUG EDUCATION

**Community Awareness of Drugs (CAD)**, 31-31a Central Hotel Chambers, Dame Court, Dublin 2  
Parental drug education, advice and referral  
Tel: (01) 679 2681

**Crosscare**: Red House, Clonliffe College, Drumcondra, Dublin 3  
Tel: 836 0911, www.dap.ie  
Drug education, training, counselling and information services.

**Education Service**  
Addiction Services, HSE Northern Area, 2<sup>nd</sup> Floor, Phibsboro Tower, Dublin 7  
Tel: 882 0300  
Drug education, training and awareness for groups, agencies and communities.

**HOPE Project**, 15 North Strand Road, Dublin 1  
Tel: 887 8403  
Support and education for families affected by drugs.

If you would like your agency/service listed, please send the details including phone numbers to the Editor, *Hyper*, 6-7 North Frederick Street, Dublin 1 or email soilsehyper@hse.ie



PETER  
JOHN  
DEAN  
DAVID  
JAMES  
LORRAINE  
STEPHEN  
THOMAS  
GWEN  
TOMMY  
PADDY  
DAVID  
RACHEAL