



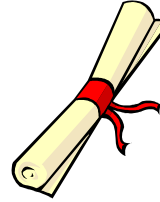
What's the story?

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Soilse News

Great FETAC night honours all



Well done to everyone who attended the FETAC Awards Night in the Seán O' Casey Community Centre on November 14th.

FETAC stands for Further Education and Training Awards Council. It is recognised nationally and internationally. The awards given, therefore, are of great personal significance and satisfaction.

A FETAC award recognises your educational

work and your competency in the subjects you undertook. It also helps you to progress on to further learning. It shows that Soilse service users can challenge and change the stereotypes associated with addiction.

In all, 41 former participants who attended Soilse in 2010 and spring 2011 collected certificates on the night.

Our thanks go to all our participants and their families, to all the staff for their hard work (particularly Joyce), to

the HSE and CDVEC for their support, and to all those who attended including community reps and politicians.

A special word of acknowledgement goes to all who spoke (Celine and Seánie), to those who acted (Fiona, Peter, Mark, Alan, Ian, Joe, John and Jed) and to Noel who did a great job as MC. Dr Brion Sweeney's kind words were appreciated.

See the poem Gary read on the night on the back page.

Gerry McAleenan

Full marks for current participants

AFETAC examiner visited Soilse on 25 November to assess the folders submitted by 36 current participants.

The examiner accepted the work in the 194 folders which means that all 36 participants will receive awards.

These awards will be presented at a special ceremony in 2012.

Stop smoking!



If you're ready to address your smoking habit, there's help available in Soilse.

We've started a 'stop smoking' group which runs every Tuesday from 9am to 10am in Green Street. It's open to people from every group and from both buildings.

The aim is to encourage you to give up smoking and to offer support while you do it.

Research shows that people who give up smoking are more likely to stay off other drugs and alcohol.



So, while you're in Soilse, this might be a good time to address your smoking.

To find out more, talk to Sandra in Green Street. Or just come along to the next

Tuesday meeting.

Remember, smoking is an addiction!

Education and addiction

On October 26, we launched a unique piece of research which looked at the impact education had on 20 Soilse participants.

The theme was 'educational capital' and the research showed how the process in Soilse helped service users to enhance their recovery and progress into education.

Thanks to Martin Keane of the Health Research Board who conducted the research and to the Soilse participants who gave their time and insight. You can download the report from <http://www.drugsandalcohol.ie/16140/>.

Arthur's Day revisited

Nothing is being done to combat underage drinking and excessive drinking in adults. Alcohol is a great money spinner for the government and it is a multi-billion euro industry. The advertising is aimed at every different social group, age group and sports - rugby, football, horse racing, golf and many others.

Guinness's marketing campaign is very slick indeed. If only the

marketing they use could be used to combat 'teen' or 'binge' or even 'excessive' drinking.

It would be great if the same principle was given to government ad campaigns, for example, drugs, diet, courses, sex and hygiene.

The main issue is the lack of education around drinking. Remember the 'Just Say No' or 'Rat On a Rat' campaigns in the 80s and 90s? They were way too de-

tached from reality.

Education, especially around the subject of drugs, needs to be more real and graphic and the facts need to be right. The other day I saw a bus with the word 'Thanks' from Guinness on the side of it. Imagine the headstone of an overdose victim with word 'Thanks' on it. See what I mean?



Vincent

Your poetry

Wanting so much to smile
But I'm stuck with this feeling so vile
Knowing the only way that I'll smile
Is if I reach out and take a drag from
that foil.

Can't help feeling punished for some
past notoriety
Feeling banished from this very soci-
ety
Trying so hard not to have a big re-
lapse
Though my mind in on a mental col-
lapse.

'Cos if I don't go chasing that dragon
My day will be hell, I can imagine
So sick and tired of all the 'why me's?'
I just want to go fly with the birds
and the bees.

So there 'yiz have it all, my beautiful
friends
The reason why I'm so close to the
end
So just say NO to drugs and give
each other some hugs
'Cos it's loving we all need, not drug-
ging.

Wayne

Evolution don't come from institution,
Being punished for crimes, that's no
solution
Love and education woulda been a good
foundation
Maybe holidays or a sunny vacation
Cause I've never been away,
The only tan I got was a striped prison
grey

And from a young age my life went
wonky,
I couldn't stop the drugs, I was stub-
born as a donkey
And as for the law, I always saw them
coming,
Looking to move me from the bridge
where I was bumming

Guess what, now I've changed, my life
is rearranged
Cause I am rehabilitated and reinte-
grated
I don't suffer from being slagged or
underestimated
And keep coming back is all they say
Education's number one, keep going all
the way
And if I don't hit As, I think I'll hit the
bloody roof
And anything's achievable, and that's
the truth.

Gary

Why does it hurt so much?

Sometimes I want to curl up into a
corner and just want to cry
And sometimes I feel like I just
want to die
But when I sit and think of this and
ask myself why
And if I was to kill myself I want to
be on some high

But deep deep down I know myself
and I don't want to hurt anybody
Because I will make them cry
I know I have family and friends and
they will ask why
I cannot answer that question and I
don't know why

But every time I think of it, it
brings tears to my eyes
So if I find out what my problem is
I will stay away from them corners
And then I will tell you why the
things that make me cry
Bye bye

Paul