



What's the story?

Soilse News

Volume 1, Issue 2

June 2010

If a participant dies...

Just about the worst thing that can happen in Soilse is the death of a participant. It rarely happens but when it does, it has a huge effect on everyone - participants, staff and facilitators.

Deaths involving Soilse participants are almost always due to overdose. When you are drug free or detoxing, your tolerance is low so having a turn on is enormously risky. Overdoses usually happen after people have been drinking and their inhibitions drop.

This is why we place so

much emphasis on being and staying drug free.

A death has a traumatic effect on your group members, facilitators and staff. More importantly, it is devastating for your partner, children, parents, brothers and sisters. The sad thing is that death by overdose is avoidable. It is a huge waste of life leaving those most in need without a parent, partner, family member or friend.

Our thoughts are always with those who have died while on our programme.

Gerry McAleenan
Head of Services

Health, safety and you

At Soilse, your health and safety are important to us. We do all we can to keep the buildings safe for everyone who uses them. This means we rely on you to follow the rules.

- Keep the building clean.
- Keep all outside doors locked.
- Use equipment as instructed.
- Don't use drugs - you're putting yourself and the people around you in danger.

If you see any issues or incidents that we need to address, please tell staff immediately.

Jokes urgently needed!

News, views, gripes, cartoons, stories and poems too.

Just give them to any member of staff and say they're for the newsletter.

Remember,
Soilse News is for

you!

Football, football, football!

On June 11th, the second Anthony Kershaw Perpetual Cup Soccer Tournament took place in Broadstone. Anthony sadly passed away several years ago but he made a big contribution to the north inner city community, helping many people in need, especially ex-prisoners and those suffering addiction.



The tournament was blessed with beautiful weather, a clear blue sky and intense heat. Sixteen teams took part from 10.30am finishing at 4.30pm. Soilse put in two teams who performed admirably. The tournament was won by 'Friends of Soilse', expertly managed by Darren Flood who rejected press speculation that he will take over from Alex Ferguson when he retires next year!

(Continued on page 2)

The Baker's Dozen Quiz

1. How many nations played in the 1990 and 1994 World Cups?
2. Who wrote the *Little Red Book*?
3. What year did Luke Kelly from The Dubliners die?
4. In what round was Bernard Dunne knocked out in the World Boxing Championship?
5. How many singers were in The Beatles?
6. What is the largest herb in the world?
7. Who won this year's Flora Women's Mini-Marathon?
8. The U2 song *Angel of Harlem* is about which woman?
9. Who won the most Wimbledon women's titles?
10. Which is the only team to have played in every World Cup?
11. Including penalties, how many goals did Ireland score to reach the quarter finals of the 1990 World Cup?
12. Which parties formed the British Government after the recent UK general election?
13. Who is the president of Ireland?

Answers on the back

Thought for today

The mind is like a parachute. It doesn't work unless it's open.

Poetry corner

I dreamt I met my God and he listened while I talked.

He reminded me of the terrible path that I had walked,

We laughed and cried together as the memories tumbled by,

And as laughter turned to sadness, I asked the question, why?

Why couldn't you protect me when my life was so confused?

Why couldn't you have stopped me when I picked up drugs and used?

My child, I always loved you and I never left your side,

I was your heartbeat and your breath in times you nearly died

It was your path in life, he said, the way it had to be.

It made you strong and made you wise and it led you back to me. — Elaine

Thanks...

from the National Advisory Committee on Drugs

...to all who took part in the pilot study on cannabis dependence and cannabis-related harm. Soilse's support "was key to the success of the pilot study", says Dr. Des Corrigan, NCAD Chairperson. Well done, all!

(Continued from page 1)

The tournament was played in good spirits (generally) and the level of skill was extremely high - junior to senior professional level. The Cup now resides in Soilse with a growing collection of other soccer trophies from street leagues and local soccer competitions.

A big extra thanks to all who took part, especially the Henrietta Place team who did us all proud on the day.

And best of luck to Graham Flood who played on "Friends of Soilse" on his new contract with Bohemians. Don't forget us when you're famous, Graham!

Soilse visits Belfast

A large group from Soilse HP visited Belfast on 24th June. We started in with a talk in the Falls Road Community Council offices on the difficulties facing the local community since the ceasefire. In particular, we heard about the drugs problem in West Belfast. Cannabis and cocaine use is rife. Solvent use is widespread. Heroin is not widely used. However, the drug causing most problems is alcohol, especially among very young drinkers. This has led to a lot of anti-social activity including five deaths in the last couple of years, several from screwdriver attacks.

Our visit also included a historical tour of West Belfast, getting an insight into the background to "The Troubles" and visiting Milltown Cemetery and one of the local commemorative gardens which lists the names of all who died in that local community.

We saw the different murals on the now-famous "wall" which includes pictures from Palestinian, women's and anti apartheid struggles. The trip ended with dinner in the local Irish culture centre.

Your thoughts on the visit

"My visit to Belfast changed my whole view on my country's history, seeing it for the first time from the perspective of people who lived in the North." - Elaine

"I found the trip to Belfast very intriguing. Listening to [the guide] and looking at the murals was very interesting. I was a bit taken back by what I had seen. It's not a place I would like to live. But I met some lovely people up there and felt a great sense of community spirit in the people. All in all a great experience, something I will never forget" - Damien

"I found the tour we were given on the Falls Road really interesting. It was a real eye-opener to hear the type of life that people have to live in Belfast, especially from someone who grew up there and lived through the troubles. It was interesting to hear [the guide] tell his story." - Edward

"Belfast was a great leaning experience and I found the people were very pleasant and helpful. They have a great sense of unity and they are all there for each other. All the stories and the paintings on the walls on the Falls Road were very interesting." — Seány

What's the best way to start your day? Eat a healthy breakfast—it only takes 5 minutes.

Here are some things to keep you going until lunch

- ☉ Orange juice or fruit
- ☉ A bowl of cereal or porridge with fruit and nuts
- ☉ Brown bread
- ☉ A boiled egg (it only takes 3 minutes to boil an egg).

Stephen's group



Answers to quiz

1. 24
2. Chairman Mao
3. 1985
4. 4th
5. 4
6. Banana
7. Linda Byrne
8. Billie Holiday
9. Martina Navratilova
10. Brazil
11. 7
12. Liberals and Conservatives
13. Mary McAleese