

Soilse News

The way forward

There is a general mood of depression in the country. Unemployment is at record numbers. Demands on college places have never been so high. Poverty is growing. People are increasingly losing self-esteem and becoming demoralised. They will begin not to care.

Drugs will be the inrush that fills the vacuum. The high number of drug deaths in Ireland is another warning of the seriousness of the problem which is worse than the troubles were in the North.

Rehabilitation works on the basis that we progress people in recovery into work, training or education. However, at present the most important outcome for Soilse participants is to become - and remain - drug free.

To secure this, we encourage you to:

- ☺ use a counsellor
- ☺ attend aftercare
- ☺ take part in fellowships
- ☺ be active during the day by attending programmes or courses, and, importantly
- ☺ to stay off alcohol.

In the current economic environment, where there are few opportunities for work, training or education, we strongly encourage you to commit to your recovery. Following the suggestions above is the best way to achieve this.

The benefits of recovery are life-changing for you, your family, friends and community. This is the best goal you could set - and achieve - for yourself.



Gerry McAleenan
Head of Services

Rest in Peace



Debbie
Your voice, your smile, your laughter.
Such a wonderful woman.
You will always be in our hearts, never forgotten.

CH

Favourite Places

My favourite place in the world is my bed because it gives me a holiday from my head and thoughts and feelings. When I fall asleep I can dream and be whatever I want to be. I can fly like the Matrix and Kick Ass.

Sadly, in the morning I wake up and all my world is crushed on me. I hate this feeling because reality kicks in and that is when hard work begins. During the day I feel like a zombie.

M

Changing

I'm going through changes. I really feel things are going so well at the moment ever since I came to Soilse. It has been life changing. The people are so nice. God, it's amazing the things I am learning that I never would have known before. I feel that I am more relaxed these days. My eyes are open now. As they say, I just did not realize what life was all about.

I would love to be able to enjoy life every day and be free of

these problems I am putting myself in. But I know there is a lot more to learn and, to be honest, I can't wait because there is so much to learn that people don't realize. I think this is an awakening for me, so I am going to take it on board and do my best.

Personally, I would recommend Soilse to anybody who has abused drugs because it is really life changing. I know that everybody has a different opinion but this is mine.

PE

My daughter's First Holy Communion

On Saturday, 28th May, my little girl made her First Holy Communion. She was so excited.

It started at ten o'clock in Ballyfermot church. My Mam, Dad, brother, great nan, aunties, uncles and friends were all there.

My friend Sue's mam brought her home a beautiful candle with her name on it from Lourdes. She also brought her a beautiful set of rosary beads in a little silver box with her name engraved on the box.

We had tea and sandwiches and white lemonade for the Communion girls. It was an extra special day as it was my daughter's dad's birthday. CH

Thought for today...

There's a light at the end of every tunnel ...just pray it's not a train!

My Martial Arts Dream

My story is like a lot of other people's about getting in with the wrong crowd and getting into drugs but it has not stopped me trying to achieve my goal of being a martial artist.

I come from a very large family. I have 7 sisters and 3 brothers and our family home was very crowded and noisy. During my early years work in Ireland was scarce and my father, like a lot of men, had to travel abroad in search of work. My early years were very happy, but when my father came home the house would be as quiet as a mouse as my father was very strict.

I used to be big into films like Superman and martial arts films. I would copy the moves and stunts that I would see in the films. One Saturday myself and my friend were walking past our school and we heard people inside shouting. We peeped in and what we saw got me excited as it was a karate class that was on in the school hall. All the things that I had been copying from the films were being taught to people of all ages in the school hall. Most of them had the white suits and they all had different colour belts.

I was amazed at some of the moves the class were doing and told my friend that I was going to ask my mother if I could join the club. He said he would too. My mother said yes I jumped around the house getting

over-excited.

During the first class I felt nervous and also a bit stupid because I could not do the moves properly. But the teacher told me not to worry as it was my first day and I would get better as time went by. I stayed for a few years

grading on to different colour belts and winning trophies and medals in various tournaments and competitions. I

loved it and I made a promise to myself that this was something that I would do for the rest of my life.

When I reached my 16th birthday my mother's health got very bad. This affected the whole family and I took it so bad that I started to rebel. I started getting into trouble at school and hanging around with a different group of friends. They all drank and smoked cigarettes and some of them had started to smoke hash and experiment with other drugs. Within a few weeks I was doing the same thing. I quit the karate club and things started to get worse with my behaviour.

My mother passed away a week after I turned 17 and my whole life turned upside down when the family went their separate ways. The next



few years are more or less a blur to me. I became addicted to drugs and ended up homeless on the streets and I got into trouble as I was always begging, borrowing, robbing or whatever I could do to get money to fund my addiction.

After many years I decided to get help and I started attending City Clinic on Amiens Street where I was put on prescribed methadone and started seeing a counsellor.

After about 2 months when I was stable enough I decided to start karate again. From then on things started to get a lot better for me. I am back training full time and am doing a course with Soilse. My health is much better and I feel a lot fitter thanks to my karate training and the yoga and gym I do at Soilse. As for my martial arts I am a purple belt now and only about a year away from grading on to black belt.

On May 28th I entered an open division tournament at UCD in Belfield and fought in three fights, two of which I won. I was awarded a plaque and a medal. I am so proud of myself and I know that if I stick with my karate it will play a big part in beating my addiction.

My big dream and ambition is to become a karate champion and maybe if I stick with the way things are going for me, my dream will come true.

John D

Anto and the Pope

The Pope comes to Tallaght to do a mass. He asks people with 'special needs' to come forward and they'll be prayed for.

Anto is the first up. "Can you help me with me hearing?"

So the Pope covers Anto's ears with his hands and prays, and Anto prays, and the crowd prays, and prays. Finally, the Pope removes his hands and asks,

"Has that helped, my son?"

"Dunno," replies Anto. "Me hearing's not till next week."

Doctor, doctor

J
O
K
E
S

Doctor, Doctor, I feel like a spoon.

Sit down and don't stir.

Doctor, Doctor, I feel like a pair of curtains.

Sit down and pull yourself together.

Doctor, Doctor, I feel like a snooker table.

Well, would you mind going to the end of the cue.

Doctor, Doctor, I have only 59 seconds to live.

I will be with you in a minute.