

## What do we Gain?

The reasons for coming to the Ana Liffey change...we come today to **meet new people** and to **learn**. Sometimes we come in and are in bad humour and leave feeling differently!

*I got my Harm Reduction Cert! For me it was about safety!*

*Imelda & Paul*

*It lightens my load and make my life more manageable*

*Gerry*

*I have learned things about drugs that I never knew before, and better ways of keeping myself safe*

*Georgina*

**ITS ABOUT SOCIALISING AND WORKING, AND BUILDING RELATIONSHIPS IN A COMMUNITY OF DRUG USERS**

### CONTRIBUTORS:

PAUL WATSON  
IMELDA O'BRIEN  
CHRISTINE FLOOD  
NOREEN FLOOD  
GERRY SHERIDAN

NIALL KELLY  
MARTIN KELLY  
PAUL STEVENS  
ANDREW FLANNAGAN  
AUSTIN LAWLOR

GEORGINA POWER  
RAYMOND NEESON  
SONJA LUTRARIO  
DEREK BUTLER  
WILLIAM FARRELL  
TERRY WHITE

## Needle Exchange Times, Dublin

<b>MON TO FRI</b>	Merchants Quay Ireland (01) 679 0044	10.00am - 12.45pm and 1.45pm - 4.30pm
<b>TUESDAY</b>	Summerhill Health Centre (01) 876 5200	2.15pm - 4.30pm
<b>WEDNESDAY</b>	Huntstown/Hartstown CDT (01) 821 1385	10.00am - 1.00pm and 2.00pm - 8.00pm
	Chrysalis Benburb Street (Women in prostitution only) (01) 670 5544	7.00pm - 9.30pm
<b>THURSDAY</b>	Clancy Night Shelter (Residents only) (01) 860 1346	7.00pm - 8.00pm
<b>FRIDAY</b>	Huntstown/Hartstown CDT (01) 821 1385	10am - 1.00pm and 2.00pm - 5.00pm
	Wellmount Health Centre (Finglas) (01) 834 6119	2.00pm - 4.00pm
	North Strand Health Centre (01) 855 6466	2.15pm - 4.30pm

## Other Helpful Numbers

UISCE Improved Services for Drug Users	(01) 873 3799
Dublin Aids Alliance	(01) 873 3799
Chrysalis (Women in prostitution only)	(01) 670 5544
SAOL Project	(01) 855 3395
Dublin City Council Outreach Team	(01) 703 6119
Merchants Quay Project	(01) 679 0044
Simon Outreach Team	(01) 677 8114
Free phone - Homeless Unit	1800 724 724



ana liffey drug project  
ACTION • PREVENTION • SUPPORT

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# GET WIDE

**DUCK, DIVE & SURVIVE!**  
**PEER SUPPORT PROGRAMME**



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# THIS LEAFLET IS ABOUT THE ANA LIFFEY DRUG PROJECTS PEER SUPPORT PROGRAMME AND, WRITTEN IN THEIR OWN WORDS, IT HAS BEEN DESIGNED IN CONSULTATION WITH THE PEOPLE WHO ATTEND THE PROGRAMME.

## What is the Peer? - Keeping Safe

Drug users are the best people to talk to each other about the ins and outs of drugs. It's about giving each other confidence to watch out for yourself by talking about how to use and what not to use. It's not about saying no, but learning how to look after your body, and how much the body can take.

### The Peer Support

**Programme** is only on for two hours a day, but it really happens for the rest of the day, by talking about it and by putting people wide.

*We have breakfast every morning, a chat, cup of tea - learning new things from other people*

Gerry

## What do we do? - Myth Busting!

- It is about **safety** and **learning new things about drugs** that you never knew before.
- It is about **better ways of keeping safe**.
- It is about knowing **the right information**.

*We learn about the risks of mixing drugs, like mixing different tablets and what they do to the body. Also how tablets and alcohol can damage your body*

Paul

*I keep coming back to learn about safer injecting and safe sex*

Amon

## Spreading the Word

Other agencies come in and tell us things that we never knew before - on things like **STI's, HIV & Hep C, safer injecting** and so on. This gives us something new every time we meet in the peer.

*There is no hassle - come in any day, just when you want*

Imelda

*It also helps you to link in with other agencies that can help you out with other things that are going on for you*

Andrew

## Days Out

We have days out as a group which makes you feel better about yourself. We have a lot of fun! We get brought out to do things that we would not usually get to see or go to, and we meet good friends.

*I've had great days out to the cinema, bowling, plays, meals and museums*

Georgina

## Drop-in!

You can drop-in to us at the project.

**ANA LIFFEY DRUG PROJECTS**  
**PEER SUPPORT PROGRAMME**

**MONDAY, WEDNESDAY & FRIDAY 10AM - 12.00PM**

**40 MIDDLE ABBEY STREET, DUBLIN 1**

**01 878 6828**

**WWW.ALDP.IE**

