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!

> got my Harm Reduction Cert! For me it was about safety! relda & Paul

It lightens my load and make my life more manageable

Gerry

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

ITS ABOUT SOCIALISING AND WORKING. AND BUILDING **DRUG USERS**

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

NIALL KELLY MARTIN KELLY PAUL STEVENS ANDREW FLANNAGAN **AUSTIN LAWLOR**

GEORGINA POWER RAYMOND NEESON SONJA LUTRARIO DEREK BUTLER WILLIAM FARRELL

Needle Exchange Times, Dublin

MON TO FRI	Merchants Quay Ireland (01) 679 0044	10.00am - 12.45pm and 1.45pm - 4.30pm
TUESDAY	Summerhill Health Centre (01) 876 5200	2.15pm - 4.30pm
WEDNESDAY	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
THURSDAY	Clancy Night Shelter (Residents only) (01) 860 1346	7.00pm - 8.00pm
FRIDAY	Huntstown/Hartstown CDT (01) 821 1385	10am - 1.00pm and 2.00pm - 5.00pm
	Wellmount Health Centre (Fing (01) 834 6119	las) 2.00pm - 4.00pm
	North Strand Health Centre [01] 855 6466	2.15pm - 4.30pm

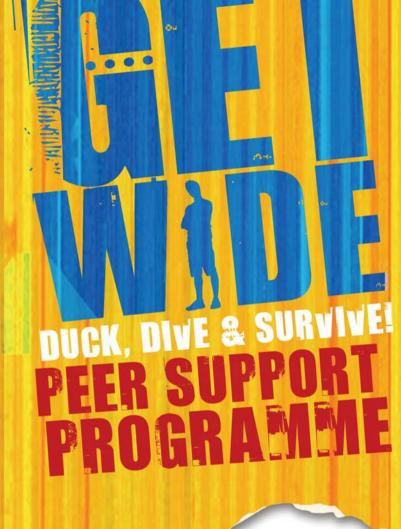
Other Helpful Numbers

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



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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

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

/ keep coming back to learn about safer injecting and safe sex

Anon

Paul

Spreading the Word

Other agencies come in and tell us things that we never knew before - on things like 571's, HIV & Hep C, safer injecting and so on. This gives us something new every time we meet in the peer.

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 I've had great 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.

days out to the cinema, bowling, plays, meals and museums

Drop-in!

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

You can drop-in to us at the project.

01 878 6828

