

‘it’s about taking it from where you are’

BALLYMUN RECOVERY *Creating Connections*

EWODOR, Dublin, October 2023.



BALLYMUN

RECOVERY

BALLYMUN RECOVERY

History

Stigma

Trauma

Struggle

**Identity**

**Belonging**

**Hope**

**Energetic**

2019



Individual

*I felt proud, I think I inspired others to recovery*

Family

*Ma was crying with pride*

Community

*Ballymun shone, we all shone*



## LOOKING FOR PERFORMERS!!!



Ballymun Recovery are seeking expressions of interest for a number of events during Recovery Month.

We are inviting musicians, singers, creative writers, dancers, djs, comedians etc to get in touch if you are interested in performing at any of our activities during the month.

Contact Róisín roisin@ballymundf.ie or 087 7973436 with

- a description of your act
- experience performing
- a short demo (3-5 mins)
- number of people in the act
- set up i.e. instruments/props.
- your connection to Recovery and/or Ballymun

CLOSING DATE June 30th 2023

Acts will be selected by members of the Ballymun Recovery Steering group.

Some of the events are:

- Recovery Month 23 Launch
- The Gig (we cannot accommodate full band set ups for the gig)
- Pop up recovery café
- Local Recovery Walk entertainment
- & more



## Recovery Month 2023

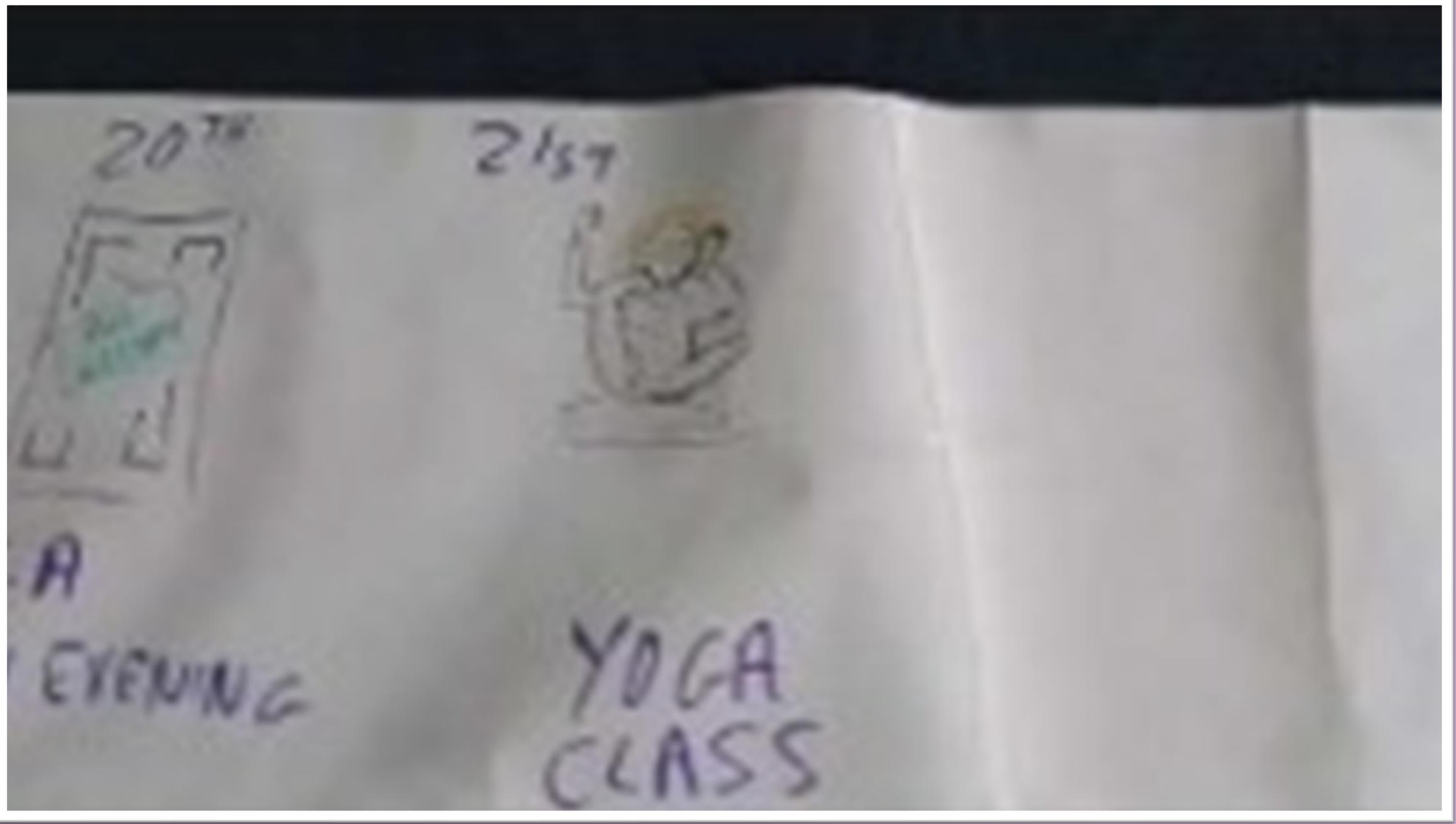
**Would you like to get involved?  
Hear more about what is planned?  
Share your ideas?**

The Ballymun Recovery committee invites all community groups, residents, businesses to an information meeting about Recovery Month 2023. This September we will be celebrating our 5th Recovery Month and we would love to have your input.

**Wednesday, August 16th  
2.30pm-3.30pm  
Axis Café**

Ballymun Recovery: celebrating recovery; challenging stigma; making recovery visible; increasing hope & optimism and promoting recovery options

# Community





*.....brings home a simple but a very bright clear message that hope and a pathway exists in the local community*

*.....it is as important for staff working in services as it is for the client group to be part of, its positive, rewarding and in at times a very challenging sad sector to work in during recovery month its smiles, pride, fun, joy, and hope.*

# 2023 - Connecting to Grow



‘.....recovery is a request come back to me; I am not ready yet’

‘.....recovery is a craving, creeping up on you in mass. You can almost taste it, then you brush it away’

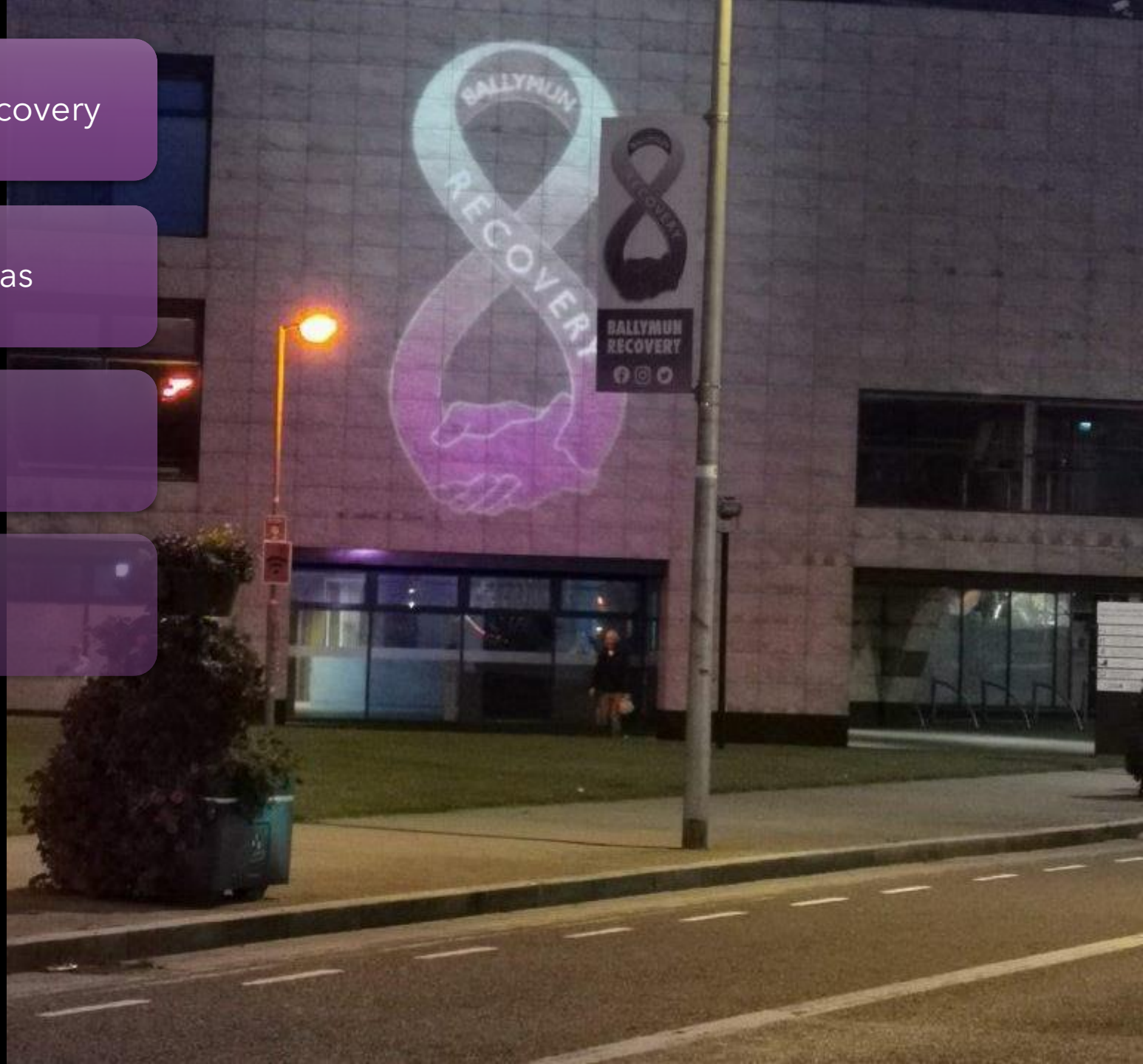
Networks/connections within Ballymun Recovery

With other local services, groups, work areas

Networks/connections with other recovery communities/groups/services/individuals

With other communities, non-recovery orientated/specific

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BELONGING

HOPE

FAMILY

HOPE

DRIVE

PERSEVERANCE

COURAGE

SUPPORT

ACCEPTANCE

SELF-HELP

HOPE



# Community Ties



**HSE Community Health @CHO2west** Follow

'Recovery Road Cycling Club' a group of 20 celebrate how recovery from addiction is not only possible but something to be proud of, currently cycling from Galway to Dublin. Set off from @CHO2west Drug & Alcohol Services, Merchants Rd. Info on the club [recoveryroad.ie](https://recoveryroad.ie)

HSE Ireland and 7 others

22:55 · 29 Jul 23 · 2,265 Views

**Recovery Road Cycling Club** is in Drogheda. September 23 at 9:43 PM ·

A super spin today for the 2023 Recovery 100, many thanks to the Drogheda Gardai who escorted us safely around Drogheda town to our friends in [The Red Door Project](#) - LCDAT THANKS DROGHEDA

19 Likes · 5 Comments



**Ballymun Youth Action Project** **Cycling Club Ballymun** **Tallaght Rehabilitation Project** **Clondalkin Tus Nua**

**Connecting Communities THROUGH Recovery**

**FAMILY FUN DAY**

13TH MAY, 11-2 PM  
TALLAGHT REHABILITATION PROJECT  
KILTALOWN HOUSE, CO. DUBLIN

#TRIP2TRP2023



**Cycling Club Ballymun** **Dystonia Fundraiser**

Dystonia is a neurological movement disorder which may affect anyone at any age. It is characterised by involuntary muscle contractions which force certain parts of the body into abnormal, sometimes painful, movements or postures.

[PRESS HERE TO DONATE](#)

**Ballymun Recovery** 3d ·

Great to have Ballymunners helping other Ballymunners. A great amount raised for families who may experience challenges this Christmas, best wishes to The Helping Hand Group Ballymun with your fundraising drive.

**Recovery Road Cycling Club** is at Trinity comprehensive School Ballymun. 3d · Dublin ·

On the day of our Recovery 100, we were delighted to present [The Helping hand](#) group with a cheque for €3,600, which we raised during our July Coast To Coast cyc... [See more](#)

**SONGS FOR PRIDE  
2023**  
THURS 22ND JUNE, 7PM DOORS

**Zeztra**

Bricknasty

Tara o Brien

Ciara Lennon

Scauldy

Cate Smith / Dara Diem

The Chicken People

Michael Peel

Lara Fitzsimons

Recovery dance group

Keith O Reilly

Phoenix Donnelly

Shanice Dunne

& many more...

All ages event. Under 16's must be accompanied by an adult.  
Tickets FREE. Advance booking recommended: [www.axisballymun.ie](http://www.axisballymun.ie) / (01) 883 2100



# Embedding Recovery

**BALLYMUN RECOVERY INTERNATIONAL WOMEN'S DAY 2023**

*"What separates an ordinary woman from an extraordinary one? The belief that she is ordinary." — Jody Williams*

**Ordinary Women  
Living Extraordinary Lives**

Horizons Building 10:30-12:30  
Wednesday March 8th

Join us to hear guest speakers & enjoy some refreshments. This is a free event.

## Invitation



**OTHERWORLD  
BALLYMUN HALLOWEEN FESTIVAL  
31st October**

By: Ballymun Festival Steering Committee  
Funded by Dublin City Council

**FREE Family Event**

Thousands of local residents, young people, parents, children, performers, artists, food sellers and entertainers from Ballymun and beyond will once again descend on the Ballymun Plaza for the annual Otherworld Halloween Festival.



## parkHIIT Poppintree supporting Ballymun Recovery

Join parkHIIT Poppintree on Saturday  
**September 16th - 8.45am - 9.15am**  
for a special parkHIIT celebrating Recovery Month.

All attendees **must register** online before attending  
[www.eventbrite.ie/d/ireland--dublin/parkhiit](http://www.eventbrite.ie/d/ireland--dublin/parkhiit)

parkHIIT is a free weekly activity in Poppintree Park - bring  
your own yoga mat.



Registration essential



### DUBLIN CITY COUNCIL COMMUNITY TEAM PRESENTS BALLYMUN COMMUNITY EXPO

- Information stands from Local Community Groups & Organisations
- Planting Workshop
- Tai Chi Taster Session
- Chair Exercise Taster Session
- Light Refreshments

Wednesday, 13th September 2023

2.00 pm - 4.00pm

The Atrium,  
Ballymun Civic Centre,  
Ballymun Main Street

All Welcome!!!

Email:  
[ballymuncommunity@dublincity.ie](mailto:ballymuncommunity@dublincity.ie)



Food for Recovery Stand  
HSE Dietetics/  
Ballymun Recovery



# Integrating Recovery



**.....any change buddy?**

**...yeah! Big changes  
And thanks for asking**

Extract; Spoken word piece as part of Recovery Road Song  
preformed live for the first time at The Ballymun Does Recovery gig  
2019.

(Pat Dennan and The Monday Crew)



<https://www.facebook.com/ballymunrecovery/>

[https://www.instagram.com/ballymun\\_recovery/](https://www.instagram.com/ballymun_recovery/)

<https://twitter.com/BallymunRecove1>

<https://www.youtube.com/channel/UCF8z1IJEDTmiVIFU32Q8cmQ>

<https://open.spotify.com/show/6OI9rhCSzSj8JiV8lq9z6R> (podcasts on spotify)

<https://linktr.ee/ballymunrecovery>