

# Somewhere to flap your wings

Inside RADE 2006 - 2007



RESULT OF RADE PARTICIPANTS  
INTERNAL DEVELOPMENT SURVEY 2007

**81%** reported a marked reduction in their drug use

**56%** are currently progressing into further education

**50%** of participants reported having unstable or no accommodation  
before starting with RADE

**50%** are still receiving support with accommodation needs and 50%  
are now in stable housing

**50%** of participants believe their health has improved since starting RADE


**56%** would see their time at RADE as their longest single  
period of employment

**94%** attributed more stability in their life as a result of having joined RADE


**44%** reported they felt more involved in their community since starting RADE

## CONTENTS

Introduction	3
About Rade	5
Background	6
Our participants	7
What we do	7
Board of Directors	8
Artists who have worked with RADE	9
Our methods	10
Premises	10
<b>What we want to do</b>	<b>13</b>
<b>What we need</b>	<b>14</b>
Development of our Drama Programmes	15
Development of our film programme	16
Expanding the reach of our work	16
Conclusion	17
Staff	18
 Writing	 19
 Visual Art	 51
 Tai Chi	 59



"THE WORK IS POWERFUL AND IMMEDIATE. THERE ARE NO TRICKS OR SILLY ARTIFICE. IT IS HONED AND FASHIONED FROM THE LIVED EXPERIENCE OF THE PARTICIPANTS. THE RESULT IS THAT IT GETS RIGHT UNDER THE SKIN. WHEN IT IS FUNNY, AS IT OFTEN IS, IT IS THE HUMOUR OF THE STREET, LAUGHTER TINGED WITH PAIN. IT IS DRAMATIC, TOO, BECAUSE SURVIVAL OFTEN DEPENDS ON THE ABILITY TO WEAVE A STORY. TAKEN ALTOGETHER, IT PACKS A POWERFUL VISCERAL PUNCH. NOT ALONE DOES IT BRING STORY AND DRAMA DIRECTLY TO US BUT IT SHOWS, BY ITS VERY EXISTENCE, THE TRANSFORMING POWER OF THE ARTS IN THE LIVES OF THOSE INVOLVED. I HAVE NOT BEEN AS MOVED OR AS ENERGISED IN A VERY LONG TIME AND I WAS NOT ALONE. THE ENTIRE AUDIENCE STOOD AND APPLAUDED AT THE FINAL CURTAIN."



Peter Sheridan

## INTRODUCTION

**Many years ago when I was working as an actor, Tony Geoghegan asked me if I would do Theatre Workshops with clients of the Merchants Quay Ireland. I gave it a go and very quickly I was touched by the level of respect and involvement of this most marginalised of groups. Merchants Quay was one of the first client centred drugs projects that opened its doors to those who were not ready to participate in abstinence programmes. This meant that their client group were often affected by different levels of medication. The culmination of this period was the production of a play I wrote for the group called Laughters and Screamers. It ran for a week in St. Antony's Little Theatre and although there were difficulties, issues and struggles, the show went on, everybody turned up and the event was one of the most thrilling and artistically satisfying projects that I had ever been involved with.**

Over the past three years RADE's theatre and art productions have proved it's potential as a programme of engagement for those who feel marginalised from mainstream society. The project offers those who appear to have given up hope an opportunity to contribute to society by accessing their own innate creative instincts. This unique and pioneering approach, against all the odds and

perceptions, has seen the public exhibition of paintings and theatre performances in theatres and community venues in Dublin. RADE is not a platform for participants to merely step up on a stage and wave at their families, it is an opportunity for art to reach out and touch people. It's a chance to hear first hand from unheard voices that have unique and intriguing stories to tell. The life experience background is cut deep into the hearts and faces of the participants and skill and technique only needs training for the art to be expressed. RADE works because the participants experience the results. Needless to say the inherent educational and knock on benefits through engagement with the arts help to bring a holistic progression for those taking part.

RADE has expanded our connections with many well-established and relative organisations, both arts bodies and drugs centres. We have received great support from leading artists across all of the art forms, many of who have given of their time and expertise without charge to the project. This cross over and engagement has also helped to integrate and breakdown the perceived prejudices for those living with drug dependency.

**Michael Egan**

"I HAVE LEARNED MORE ABOUT THE PERSONAL JOURNEY THAT IS ADDICTION  
FROM THE CREATIVE WRITING AT RADE THAN ANY MEDICAL TEXT".

Dr Fergus McCabe





ABOUT / RADE /

## DEVELOPMENT STRATEGY FOR RADE

### BACKGROUND

RADE (RECOVERY THROUGH ART, DRAMA AND EDUCATION) WAS SET UP IN AUGUST 2004 WITH A DUAL FUNCTION: TO BE AN INNOVATIVE HIGH QUALITY ARTS PROJECT AND AN EFFECTIVE INTERVENTION PROGRAMME AIMED AT HELPING DRUG USERS. IN GENERAL THE PARTICIPANTS IN OUR PROGRAMMES ARE RECOVERING DRUG USERS.





## OUR PARTICIPANTS

Very often people affected by drug use are seen in a negative light. Those who might look ill as a result of their drug use or related illnesses, can suffer prejudice and tend to be perceived and treated as a nuisance. They are automatically stigmatised with most of the crime in an area and are excluded from involvement in social and cultural activities. These attitudes perpetuate a general tendency to identify those affected by drug use as the scapegoat for an enormous range of unconnected problems. This has the effect of excluding them from opportunities to engage in cultural activity, self development and behaviour that can be seen by others in society as positive. Our purpose in RADE is to change this.

## WHAT WE DO

There are currently 21 participants involved in our programmes and our activities are designed to engage directly with active and recovering drug users. Our purpose is to help these people find a path forward into personal development and education through participation in the arts.

We organise participative training programmes that involves some of Ireland's leading contemporary artists across all art forms. Artists work closely with participants guiding them through the processes of awareness, creativity and discovery that are at the core of the arts and expression.

Our programmes have a stabilising effect on participants. This comes from the courses' routine and the inherent social integration as a result of teamwork with colleagues – this in turn has a positive outcome and a beneficial effect on the community by reducing the level of drug related harm.

Our workshops help participants to improve and develop many important elements of the self that society takes for granted: posture, verbal skills, articulation and literacy development. Our group workshops address the above and help our participants to build the skills which improve their potential for greater inclusiveness in society.

We operate in a strictly safe, drug free environment and in turn generate an enthusiasm that competes and offers an alternative to drug stimulation by way of creative activities.

Evidence of the success of our training programmes can be seen in our Annual Showcase in Project Arts Centre, Temple Bar. To date our Showcases have presented visual arts, music, literature (short stories and poetry) theatre, film and tai chi. Previous events have seen the launch of Artwork, Music C.D, Books of short stories / Poetry, Tai Chi demonstration, Short films and Theatrical performances.

BOARD OF DIRECTORS

Chairperson	Colm Ó Cléirigh	Company Director, Ó Cléirigh Architects
Secretary	Fedelma Martin	Company Director, Martin & Co Chartered Accountants
Treasurer	Theo Dorgan	Poet, Writer, Broadcaster, Member of Aosdána, Member of The Arts Council
	Tony Geoghegan	Director, Merchants Quay Ireland
	Eoin Ryan	TD & MEP
	Jen Coppinger	Information Officer & Events Manager, Irish Theatre Institute
	Carmel Furlong	School Principal (retired)

ARTISTS WHO HAVE WORKED WITH RADE

Lenny Abrahamson	Film Maker
Andrei Barbeir	Film Maker and Director
Pat Boran	Poet, Writer, Broadcaster, Editor of the Dedalus Press
Pom Boyd	Writer, Stand up Comic
Tony Curtis	Poet, Member of Aosdána
Kate Ni Cheallaigh	Boal Facilitator
Eamon Coleman	Artist
Mr Deng	Tai Chi Master
Roddy Doyle	Author, Script Writer
Arthur Kavanagh	Artist
Ciara McGuinness	Actor
Paula Meehan	Poet, Dramatist, Member of Aosdána
Sean Millar	Musician and Song Writer
Antoinette Milne	Artist
Vinny Murphy	Film Maker and Director
Alessandro Molatore	Film Maker and Director
Mark O'Halloran	Actor, Writer
Judith Ryan	Actor, Script Writer and Director
Simon White	Tai Chi Tutor
Baoying Liang	Tai Chi Master

## OUR METHODS

We strongly believe on the value of direct interaction between artists and our participants, and we are committed to continuing this approach. We also value group work as an effective model for delivering our training and development programmes. Our aim is to create a climate of creativity that is conducive to learning. We find that this method works well and has immediate beneficial consequences in so far as the participant becomes part of a creative exploration that is facilitated by a professional artist. It is a pragmatic involvement that offers insights for both the artist and participant.

Becoming part of the professionally-assisted creative experience results in a positive outcome for participants. Their personal confidence increases as does their ability to create and perform; this in turn helps in developing improved self awareness and inner belief and these are vitally important to the success of our work with our participants.

## PREMISES

We are based in an old disused youth club situated in Cathedral View Court, off New Street, Dublin 8. Our location within Inner City Dublin ensures we are accessible to the needs and demands of the immediate community who benefit from RADE.

On the plus side, this premises gives us ample space to work with the participants as an ensemble so that all 21 participants engage together in all workshops. It is this space that has shaped the emerging style of the project and which has helped us to provide a creative platform for participants. This is how we have been able to create a successful template for involving recovering drug users in making art. Another plus is that Dublin City Council have provided the space at no direct cost to





us so we can direct the maximum amount of our very limited resources into running our programmes.

On the negative side, the premises we use is in a very dilapidated state. It has big iron doors and most of the windows are bricked up. It is very cold in the winter and in the summer it has little natural ventilation or light. While in many ways our workspace is similar to a dismal prison, we have to overcome this hurdle and the quality of the productions we've produced is testament to the potential of the programme and the capacity of the individuals. So much of this capacity and creativity remains untapped!

- 1/ RADE wants to develop this space into a state of the art premises and create a more positive environment for our training.
- 2/ We want to develop and expand our programmes in drama and film. We hope to continue our policy of working with established and active artists and further this pragmatic involvement that offers insights for both the artist and participant.
- 3/ We want to increase the reach of our programmes into the community and to involve influential community forces, such as parents, more directly in our work.

**WHAT WE WANT TO DO**

## THE FIRST THING WE NEED IS **SUITABLE SPACE** AND WE ARE ASKING DUBLIN CITY COUNCIL TO CONTINUE TO SUPPORT US AND TO EITHER DEVELOP OUR EXISTING PREMISES OR DEVELOP A NEW SPACE FOR RADE.

*In terms of space, we need the following:*

**A main work room.** This space would have adequate lighting (Natural light) and heating and would facilitate our Drama, Art, Music and Tai Chi..

**A counselling / holistic therapy room** that could double as a spare room for art classes and creative writing.

A room to be used as a **Film editing suite** and camera equipment store.

**2 offices** for our staff of 4 (as well as trainers in the different disciplines).

**A Kitchen area** that can be used by staff, participants and also catering classes.

**A storage and lock up room** for valuables etc.

## WHAT WE NEED TO DO IT

## 1. DEVELOPMENT OF OUR DRAMA PROGRAMMES

RADE envisages developing a drama project that will deliver an innovative drug and alcohol awareness education programme to local communities and schools. The programme will consist of a drama touring company of people who have progressed from the RADE programme, who have shown themselves to have the reliability and capacity to deliver the drama programme. The educational dramas will be devised by the group under the direction of professional script writers, based on the “Theatre In Education” methods. The performance of drama pieces will be directed by professional theatre directors.

Those employed to deliver the programme will have progressed from the RADE community employment scheme where they will have been trained in dramatic performance. They will also have had experience in public performance of drama during their time on the community employment scheme.

### **The proposed outcomes of the project are as follows:**

- To support the Social, Personal and Health Education programmes by providing complimentary drama performances to schools and local communities – the aim is to change young people’s perspective on drug use.
- To increase awareness of drug, nicotine and alcohol use among school children and vulnerable people within local communities.
- To increase awareness about the effects of gateway drugs such as nicotine, alcohol and cannabis
- To help the passage of people previously affected by drug dependence into employment
- To aid stabilising drug users in their effort to adapt to the world of direct employment
- To develop to a higher level the presentation skills and confidence of all of our programme participants
- To provide an innovative programme of educational dramas delivered directly to local communities and schools
- To further integrate into local communities and into society in general those who feel excluded.

## 2. DEVELOPMENT OF OUR FILM PROGRAMME

RADE has recently invested in camera and computer equipment with the support of the Local Drugs Task Force. To date we have produced 3 documentaries and 2 short films in collaboration with FilmBase in Temple Bar. With the onset of digital technology we see this venture as a very practical and economical learning development. Visual literacy offers a second chance opportunity for those who have felt outside, or unable to participate fully in, other learning programmes.

## 3. EXPANDING THE REACH OF OUR WORK

RADE wants to share our facilities and expertise by offering workshops to the immediate community in Art, Tai Chi, Drama, Music, Film and Creative Writing.

We plan to start with adult parents in the area. Our rationale for this is that this will further help to integrate our participants in the community through their involvement with training. Initially we aim to work with adults and later when we have parents involved,

We want to include children from the area who would respond better to authority figures from their own community.

However for this venture to be successful we would need to expand our own resources and access to professional expertise and facilities by engaging with other agencies in the area.

Our vision is to broaden the scope of training available to include sports activity and to develop more of the unused space in the downstairs area of the OLV building where we are situated.

Our aim is to develop positive community-led initiatives, driven by the arts and culture, and using the learning that we have built up through our experiences of the drugs programmes.



We intend to continue our work with recovering drug users as this is at the core of our purpose.

In developing our programmes and our reach into the community, we intend to take a greater step towards creating inclusiveness for people affected by drugs. We want to show that they not only belong but also can contribute to the community.

Rather than have a big organisation, that would be out of proportion in the community, we would instead hope to become a template that other areas and communities could copy and encourage the use of arts as a positive medium for change in people's lives. It is an engagement in activity as a first step in reintegration.

## CONCLUSION

**We are well placed to deliver creative positive solutions to individual and collective issues that are generally seen as either insolvable or someone else's problem.**

**We value the role of the arts as a central force in personal and societal development and in this, we are totally in tune with local policy as set out by Dublin City Council and with national policy as set out by the Arts Council.**

**We are setting out as clearly as we can why we do what we do, how we know that it works, what we want to do next, what we need to do it, and show people can be better off as a result of our work.**

**We look forward to taking this conversation further with our main stakeholders in Dublin City Council and FÁS, South Inner City Local Drugs Taskforce, Arts Office DCC, Ireland Fund, RAPID, SWICN (South West Inner City Network), City Wide, and Merchants Quay Ireland.**

## RADE STAFF

**Michael Egan**, who initiated the RADE programme, has been working in community and professional theatre as both a playwright and actor, since the '70s, when he started out working with Jim and Peter Sheridan. He has also worked on film acting/writing/ directing. He established the first FÁS scheme in the Merchants Quay Project and worked there from '92 to '96. During this period he wrote, directed and produced a number of short drama pieces which were performed by clients of the Merchants Quay Project. This culminated in the production of his play *Laughers and Screamers*, performed during the Dublin Theatre Festival '96. Michael produced Theatre in Education work in Down to Earth Theatre Company, where he also developed the pilot Theatre/Arts/Drugs group that became the RADE project.

**Sine Lynch** joined the RADE team in November 2006. She graduated from UL with a Bachelor of Business Studies degree. Passionate about drama, she is studying speech and drama teaching by night and is an active member of Parnassus amateur drama group. Sine cooperates with the trainers to assist participant's drama workshops.

**Eoghan Ó Néill** is a wood sculptor, whose work may be found in many countries, including, Britain, the USA, Australia and of course Ireland. His work has been commissioned by multinational companies, and local business as well as private citizens. Eoghan is the founder

and current chairperson of Cruthú, a network of artists in Co. Wicklow. Eoghan has been working with RADE for over two years. He strongly believes that tapping into ones own creativity can help a person to not only express themselves but can motivate them in pursuit of their goals. RADE, Eoghan believes, is the first step for people who not only have to overcome their own dependences, but must also overcome the prejudice and their marginalisation by society. The creative pursuit of RADE strengthens the confidence and spirit of the individual, and introduces them to capacities they did not know they have.

**Averyl Swords** joined the RADE team in December 2006. Averyl has achieved a Masters Of Social Science from UCD. She has also achieved qualifications in Drug Counselling and Intervention Skills along with a H.Dip in Health Services Management. Averyl has acquired a number of years experience with community based projects. She works with participants on a one to one basis which the aim of providing support, advocacy and to assist participants to address their drug use. Her role is largely based around encouraging candidates to partake in activities which will further develop their confidence and social interaction within the community and to act as a gateway into further training and employment



## RADE / WRITING /

"The project that is RADE allows the powerful processes of art to work their magic – painting, writing, acting, making in all its forms. RADE puts creativity at the service of personal transformation." Poet Paula Meehan, Creative Writing facilitator with RADE for 2006.

**Christine****MY FIRST CHILD**

The day my son was born was the one of the weirdest and happiest days of my life. I had been kept in hospital 5 days before he was born. It was a Thursday, because my waters had broken and I and my baby were open to infections. On the following Tuesday at about 7am I started to feel little pains. I got pretty nervous. My mum came up to the hospital to me at about 8am with smokes and a couple of magazines. When I told her about the pains she started crying asking if I was ok and if I wanted her to stay with me. I told her it was ok and she should go on to work and that I would ring her if the pains got any worse. We went down to the first floor where I was put on the tracing machine for about 15 minutes. I got the results of the trace to bring up to the nurse on the ward and it said on it 3 contractions. My mum then left and went around the corner to her friends for a cup of tea before work. About 10min after she left, the pain started to get worse. I told the nurse about it and she said that they would bring me down now to the labour ward. Before I packed my stuff to go the labour ward I rang my mum and told her it was time. She burst into tears on the phone and was around in minutes. I got my stuff together and the nurse brought me down to the labour ward. I was put on

another tracing machine for about half an hour because the pains became more frequent and soar. My mum arrived in the mean time and she was so upset. I was 7cm dilated in no time and the mid wife was getting ready. I was put on the gas and soon after I was being told to push. In no time I had a beautiful baby boy in my arms. I was so happy. He is now 7 years old and I can remember it like it was only yesterday.

**Thomas****ONE DAY OF MY LIFE**

One of the loneliest days of my life was the day I was left in a cell on my own for 12 hours without seeing one single person to tell me why I was there as I was only 8years old. I was never ever in trouble with police for any type of crime. I wanted to cry but no tears would come. All my friends were brought home by their parents and nobody came to bring me home. It was the day I landed down in Clonmel Industrial School knowing nobody or what would happen to me in a place that could have been the moon.

**Jason****THE LONELIEST DAY IN MY LIFE BY JASON**

The loneliest day in my life was when I was locked up for the first time. I did not know what to expect

sitting in the holding cell in Dun Laoghaire Garda station waiting to be brought to Mountjoy. I was thinking of what it was going to be like but then I remember my brother was in the joy as well so I knew with a bit of luck I would get doubled up with him, so I thought it wouldn't be lonely after all.

### Sharon

The first time I was ever in a police station, my nerves were literally in my knickers, I swear. The 2 girls that were with me were the same. I was only 14 years old. They took my photos and the copper then said to me that 2 of them were for his wallet. I think he kept telling me that I was beautiful the fuckin perving fat pig. My nerves were completely gone and as well as that the copper said that he was going to bring them to the jacks with him. I said you fuckin dirty animal you're meant to only take 2 photo's not 4 you pervert. He laughed that loud he thought it was hilarious, but it wasn't to me. I was very frightened but after all that the 3 of us got out and off with the shop lifting charge. When we were let go he kept on winking his eye at me and whispering I have your name and address. I'll drop up to you ha, ha. Little did he know I was after giving him the wrong name and address? That was my first time in a police station.

### Joanne

#### IT DOESN'T REALLY MATTER

It doesn't really matter that I suffer from manic depression

It doesn't really matter that I had a break down when I was 21

It doesn't really matter that my life has changed for the better for the last year

It doesn't really matter that I bite my nails

It doesn't really matter that I haven't many friends

It doesn't really matter that there are people homeless on the street

It doesn't really matter the way people get hooked on drugs

It doesn't really matter that some people commit suicide

It doesn't really matter that I came close once

It doesn't really matter that there is a war in Iraq

It doesn't really matter that some people don't give a damn

It doesn't really matter that there are people in the world starving

It doesn't really matter but it does



# NOBODY KNOWS WHAT IT'S LIKE

## Joanne

Nobody knows what it's like to live on Mars.  
To live in my head.  
To feel alone when you have company.  
Nobody knows what it's like to be me  
To be perfect  
To be dead inside  
Nobody knows what it's like to be happy  
When you're sad  
To be uncomfortable in your own skin  
To feel your life crumbling  
Nobody knows what it's like to be  
lonely on new years eve  
To be in a crowd and feel like you're the lonely one  
To be happy and faking it.

## Christopher

Nobody knows what it's like to be called a homeless  
scumbag. To live your life in a sleeping bag.  
To walk all day though the filthy rich street  
To walk till there's blisters on the soles of your feet  
To be hungry for days with not a bean to your  
pocket Nobody knows what it's like to not get a  
wink of sleep so that your eyes are red in your  
sockets and have only your dole once a week  
in your pockets.  
But I know what it's like.

## Sharon

To be sick every day  
To have to rely on phy  
To have no teeth left  
To have no money  
To have no friends  
To have to lie about where you're going  
To be in a clinic everyday  
To be called a junky in front of your children  
To be looked down on  
To wait to see your doctor  
To wait to get a take away in the doctors  
To not be able to work fulltime  
To always have an addiction  
To never have a holiday  
To lose your family and their respect

# DREAMS

**Robbie F**

Lie in bed. I awake or at least I think I'm awake. I can't seem to move no matter how hard I try. I look at the end of my bed to see three hooded dwarfs, dressed in black at the end of the bed. They move around me whispering and moving their hands. I'm aware of my mother and brothers asleep. I want to scream, but can't. One of them has it's hand on my throat. I start to struggle and panic. Then I awake sweating and shaking.

**Colin**

Well I had a bad night last night. Went to bed early. Just couldn't control my thoughts. I kept twisting and turning all night long. But I still managed to come to work this morning and after our Tai Chi lessons I felt a bit more at ease.

I had a dream last night but it's always the same I am always rolling from a cliff and I am rolling for ages but just before I am about to hit the bottom, I wake up.

I have been told that if I ever hit the bottom, that I really do die. I hope that isn't true, because one night I am going to hit the bottom.

**Greg**

The last dream I remember well. I was part of a travelling circus. The dream was very haunting and colourful. The trapeze guys started fighting with each other. They ended up stabbing and killing. Than came after me. The clowns were my friends, somehow. They hid me in their caravan. It was like I was looking through my eyes like my shirt was there but my body wasn't. I don't know why these guys wanted to kill me because I did no talking. It was funny , because they all were talking in the old English. In the closets around the place there were decapitated bodies falling out. I think I had this dream because of a certain medication I was on. The Doctor changed my medication when I told him these type of dreams were happening a lot at that time. Horrific and scary.

**Colin**

Lately I've been having recurring dreams about travelling journeys. I've had one dream I was in a place something like Romania or Russia, not in a city but way out in the middle of nowhere. It was a place full of strange people. Even some of the people from my childhood. There was a strange feeling about the dream. Even a bit scary. It was also like I was in the last century. The clothes were of that time. I've had a few dreams like it lately.

# DREAMS

## Greg

I was in a park that seemed like a quite park I used to visit. There I met Gerry O'Brien, a childhood friend. It was strange because it's not the first time he was in my dreams. We talked a while. He told me his wife had thrown him out and he wanted to go on the piss and then rob the pub. I was trying to calm him down but it seemed to no avail. I was telling him I don't drink anymore and that it's not a solution to his problem. I then said to him in my black humour, to go rob the pub. Alright, he laughed and off he went and told me I was a bollix and will always be a bollix.

## Johnny

With someone I don't know who it was. We run in to a big house. Inside was a shock, loads of crackheads everywhere. Big winding staircase with heads all the way up on each step. Must get and find Gavin. Thank god he wasn't in there, but is he on crack? We run out the back and suddenly we're in Jersey and climbing onto a yacht. He's there with his own wife. Next Kevin my nephew, my late mother and Maureen, are there. They were searching for him as well. Are my eyes pinned? Hope I don't look sussy. Wake up in a sweat and was able to remember every detail of the dream.

## Robert

I had a dream I woke up in a cold sweat. There were people in the dream that I knew, but I can't remember who they are. There was a lot of violence in the dream. People been cut with blades and then bad tools. Everybody was fighting or else it was a torture chamber I don't remember being hurt in the dream myself. I think I was lashing out the punishment, but I can't be sure. The images where of bald men, muscle men with chains and steel collars about their necks. I was a bit frightened when I awoke and I hoped it never returns. It's similar to a dream I had before; we were all locked up in this big compound. It looked like a barn on an old broken down building. The cold sweat is uncomfortable when I awake. I am glad it was only a dream.

## Sharon

I had a dream before my daughters christening that I arrived at the church a few minutes late and there was three other children getting christened. Because I was late the priest was not going to christen her. I apologised to him. He wasn't having any of it. He still had one more child to be christened and I asked him to christen my daughter after that child. He said no you were late. The next christening date was a month away. I begged him

and he said come back next month. I had everything organised for that day. I woke up with the fright and made sure I wasn't late on the day.

### **Debbie**

I have a regular dream about being bitten by a vicious dog. I keep remembering me and my brother Johnny looking out through the window at three dogs. One was a Rottweiler, a German Shepard and a bulldog. They're three of the worst kind of dogs. I got bitten by a half Rottweiler when I was about eight. A big lad from my mothers area set the dog on me and it bit my neck. It scared the life out'a me and it may be why I'm still dreaming of it. My brother Johnny has Downs Syndrome. He's my best buddy. He's terrified of dogs and always has been. He's older than me. He's 27 years old and I'll be 22 next month. I keep dreaming that me and Johnny are looking out the sitting room when the dogs snarl at us then jump through the window and attack me. Then I wake up out'a my sleep.

### **Joanne**

I began dreaming that I was on a beach with a group of friends. There was a wall nearby and we all got on to the wall and started to do Tai Chi. My dream then changed and I was playing a violin on the same wall on the beach. My dream then

changed again and I was back in the SFX theatre and I was doing work experience. I was working with a girl I had worked with before and who I had just seen crossing the road near RADE that day. She wasn't very happy with me because I wasn't doing any work

### **Lavina**

There were police involved and I got thrown out of my home. I took the rap, I'd no choice. It was my home.. Loads of smack stashed in my house. I was dying sick and Johnny wouldn't give me a turn on. Not with policemen all over the place.

My x fella was in the dream. I was in the height of it. In an awful state, roaring crying. Into the bargain I was dying sick. Johnny's girlfriend was there. Went shopping and when I got back there were people moved in. I was barred from getting into me house. There was an old woman there and a daughter.

### **Miriam**

I have the same dream over and over. I keep thinking Karl is only a baby and I have nowhere to go with him and look after him. I want my own home, but I always had my own home when he was young, but I chose to stay in my Ma's most of the time, which meant Karl grew up with my Ma

minding him every day while I worked. I got that I wouldn't leave him with anyone outside my family and through this my Ma began to control my life. I wasn't allowed to go out in the night because she minded Karl in the day and wouldn't let me get a baby sitter in the evenings. I had him, she said now you sit under him even though he was asleep.

### **Simon**

I was in Clover Hill, my dream was about my father. I was getting married to my x. My father came into the door, drunk and said you're not marrying her. I picked him up in my arms and I walked him out. The next night I had the same dream. Everything was the same, but this time he started to turn to dust, but before this happened he told me he was sorry. That's how I got over my fathers death, after ten years. It helped me come to terms with myself and the way he treated me. I woke up in a cold sweat..

### **Christopher**

I was walking down a road that I know but I was never there before so I started to get suspicious. I went into this building and could not find my way around and I started to get a little bit worried, but that passed and I went on up a flight of stairs. When I got to the top I was somewhere else. I was in this type of warehouse for no apparent reason. I

started climbing up these scaffolding poles to get to the next floor and when I got there there was people. I knew one of them that shouted and these guys started to shout at us and I was hit and just as I was dying I woke up.

### **Christopher**

I dreamt that I was after getting 10 year in Mountjoy and I go to my cell and there was other people in the cell and they were all using the same works. So I got a little bit intimidated and before I knew it we were let out of our cell for dinner and I seen an enemy, my x girl friends cousin and he wanted to cut me up. I was very frightened of him so I hid, but he did not recognise me and I went and got my dinner and went back to my cell. Before I knew it he was on top of me with a knife and as I was struggling I heard a noise and I woke up. It was my alarm clock.

### **Edward**

Other dream I had, is when I started smoking heroin and I dreamt that my father was at the end pointing his fist at me and telling me to stop. Suddenly I woke up and he was not there anymore. When I told my mother, she said that wasn't a dream that was a warning. I got a fright at first, but then I felt happy, because he came to me and told



me to get my act together. Other times I dreamt of my brother that passed away one year after my father. All the time I wish I could see them again, but I don't think that will happen

### **Edward**

When I was young my father would always say if you don't go asleep the man in the black coat will come and get you. But always would say to me after "Only joking, I won't let him get you and off I would go and try to sleep. But my two sisters would wait till my mother or father was gone from the room and off they would start; "he's coming to get you, he's coming to get you" and I would be screaming my head off and then I would wake up and it would be only a dream

### **John**

Can they not see me? Can they not hear me? I can't move. I'm lying on a trolley with a white sheet over me. It doesn't cover my head and I can see all around me. There are two men in the room with white coats on them. They have bald heads and are wearing dark sun glasses. I try to shout at them, but they just don't seem to hear. I can't move. Not an arm, not a leg. I seem to be paralysed. The two men walk over and lift me into a coffin. I scream. Scream at the top of my voice, but they don't hear

me. They start to lift the lid of the coffin. It slowly slides from the bottom end to the top. Then it goes very dark. Pitch black. I can't see. I can't hear I can't even scream.

### **John**

The sound of hoofs beating like a drum on the ground as the horse gallops on crazily. I'm struggling to hang on. Next he comes to a sudden stop and I'm sailing through the air, then I hit the ground like a sack of potatoes, still holding on to the reins. I look at the horse and he is sweating and has the look of horror in his eyes. Then I wake up in a sweat.

### **Michelle**

I had a dream not so long ago and in it was me and my family and friends we were at a party. I don't know who's party it was, but my nanny (who I and every one else who knows her calls her mother) was there having a great time. It was so real, I could see her and talk to her as clear as crystal. I didn't want the dream to end because I knew when I woke up and came to reality, I'd realise that she was dead.

# DREAMS

## ELEGIES

**Sara****ELEGY FOR IRENE**

In your life I could see the love you had for me  
and your children. The unconditional love that  
will never end

In your life I could see the pain you went through in  
the last part of your life. It was inhuman, no person  
should ever have to go through what I seen you go  
through. I wouldn't wish it on my worst enemy

In your life I seen all the friends you had. The people  
that enjoyed your company so much that when you  
were around them it put a smile on their face.

In your life I seen the way your kids adored you and  
vice versa. You had so much love nobody felt  
unloved around you

In your life I could also see the fear that certain  
person put in you

In your life I seen you look after your four kids and  
me, doin' the normal chores around your house  
puttin' that smile on your face to make sure your  
kids never got wind of the real pain you were goin'  
through.

In your life you were my idol, my hero. A person I  
will always love. A best friend that always believed  
in me. The best Godmother ever that bought me my  
first skirt for goin' to my first disco. That used to  
bring me on holidays all the time. That brought me  
to work and was never ashamed of what your  
colleagues thought.

In your life you touched so many other lives,  
it's hard to count.

In your life I seen how you left people behind in  
shock that god could take such a wonderful person  
and leave the scumbag rapist here to live

In your life I seen how forgiven' you were, no matter  
how hard it was or even if they didn't deserve it.

You would still think it was for the best.

In your life I seen how you enjoyed every  
minute of it.

In your life you loved to sing, dance and laugh your  
laugh brought a smile to everyone's face

In your life at the end, you still had a smile on your  
face even though you were in so much pain. You

wanted everyone close to have a smile on our faces

In your life I seen how you always convinced me of  
how much I was loved and never to forget it

In your life I will never get over it's gone.

**Christopher****ELEGY FOR TUCKER**

Through your eyes you saw the good in everyone  
 Through your eyes you saw a smoke filled room  
 Through your eyes you saw sadness and pain in me  
 Through your eyes you saw happiness and  
 laughter in me  
 Through your eyes you saw aeroplanes and  
 blue skies  
 Through your eyes you saw death and war  
 Through your eyes you saw 13 kids grow up so proud  
 Through your eyes you made me feel safe  
 and at ease  
 Through your eyes you saw your wife so still  
 and in pain.  
 Through your eyes you saw me standing in the  
 rain with a smile on my face and not in pain  
 Through your eyes you saw the world change  
 so quick and move on  
 Through your eyes you always were young at  
 heart and felt like you were 21.  
 Through your eyes you saw all the doctors and  
 nurses helping you and making you comfortable  
 Through your eyes you saw all who was close  
 and near and dear  
 Through your eyes you saw us one last time and  
 closed your eyes and then you smiled.

**Joanne****AN ELEGY FOR SNOWFLAKE**

With your eyes  
 With your eyes of a summers day  
 With your eyes of the park  
 With your eyes of me carrying you because you  
 would not walk  
 With your eyes of the field behind our house  
 With your eyes of hay and long grass  
 With your eyes of you roaming free  
 With your eyes of your first bath  
 With your eyes of lying in the sun all wet and  
 looking funny  
 With your eyes of our back garden  
 With your eyes of all the droppings you left  
 on the lawn  
 With your eyes of jumping out of your box  
 and running around the house  
 With your eyes of the hutch my brother built  
 for you and that we kept in the garage  
 With your eyes of happy times. I hope I pray  
 they were happy  
 The details are always your own.

**Mick**

### ELEGY FOR UNCLE CHRISTY

I remember the day my mother evicted me  
 and my father sent me to you  
 I remember moving into your four room flat  
 I remember your grumpiness,  
 which was always there waiting to emerge  
 I remember your stacks of books, westerns and  
 crime. Lying on a table by the sitting room window.  
 I remember your father and finding him dead on  
 your couch on my way to work.  
 I remember you bent over carrying bags of coal  
 on your shoulders for a living.  
 I remember your sixty Sweet Afton cigs every day.  
 I remember your love of pints of Guinness and  
 giving you money to buy them  
 I remember your anger at finding  
 my shoe box filled with new syringes  
 I remember your rage when I tore the backs from  
 your books to crush my tablets for injecting  
 I remember your grumbling when you saw me bring  
 a new TV into your flat.  
 I remember the mixture of bewilderment and  
 indignation when you opened the door  
 to the police searching for me.  
 I remember your speechlessness when you walked  
 into the courtyard of your flat complex only to see  
 that I had made up a sitting room right in the centre

facing your flat, when I'd taken hallucinogenic drugs  
 I remember you taking all my money from my pillow  
 case and going to the pub with your cronies because  
 you thought I wouldn't be coming back  
 from the cop shop.

I remember when you got my father and brother  
 to carry me out of the pub telling them  
 you couldn't take anymore.

I remember you letting me come back to stay  
 after a while.

I remember the name of the "friend" of mine given  
 the task to tell me you had died years after I'd left  
 you and married and the friend  
 not bothering to do it.

I remember being told of your death and funeral  
 and being broken hearted that I wasn't there  
 to say goodbye

I remember you chasing me with a hatchet  
 along the balcony you lived on

I remember your gruff kindness,  
 Christy and I loved you for it

I remember all these things in my minds eye  
 amid a jumble of memories  
 like they were yesterday.

**Greg**

**ELEGY FOR ME MA**

With your love

With your love you loved us

With your love you scolded us

With your Belfast voice you storied us

With your hands you provided

With your patience you took care of a drunk  
that we loved

With your life you were foolish

With your mouth you talked too much

With your family you shared them

With your swollen legs you still could move

With your mouth you never took a drink

With your understanding you never made  
us go to mass

With your husband there was fifty years and more

With your temper you could be surprising

With your life you could be private in a crowd

With your daughter you were always loving

With your sons I know you had pride

With your passing something is missing

With you, you had a stillness.

**Bob Khan**

As I look from my tower as far as my eye can see  
The rivers, mountains trees and stars are all for me  
to over see

I tell the army what to do.  
My people never complain. If I hear of slander, they  
will suffer excruciating pain

It's not easy being the king. Not many you can trust.  
You have to keep a head of the game or else I would  
be slain.

Is it worth it all I ask myself.  
That I have to say  
I make lots of money and have lots of fun and  
games  
The queen is very pretty the jewels and gold are  
great I basically do what ever I want. Oh how great  
it is to be king.

**MICHELLE KHAN**

My country is a nice place. Not all the time. It can be  
a bad place at times. My country has banned alcohol  
because I think that drink is worse than most drugs.  
I have seen a lot of good people die because of it  
and a lot quicker than most class A drugs. I have  
brought out a new law that drink is just classed as a

class A drug. Another thing that I find very wrong is  
babies coming into the world strung out from the  
mother using all kinds of drugs so I am calling on all  
mothers to get their act together before birth or the  
baby will be brought up by a guardian or even foster  
parents. I would have a contract for all C.E schemes  
to be a bit longer than 3 years so people can sort  
something out before their time is up I would bring  
smoking back in pubs and other places that's  
banned

**John Khan**

A stately pleasure is upon me now as I sit upon my  
throne  
I sit here and look down upon the women that  
they've brought  
Tonight I will pick one or maybe two that will  
pleasure me at my leisure.  
For tomorrow I go to war.

The French they think they can come over  
Here and rule. But how thick they are the bloody ool  
fools

My army of one million men are ready  
And are waiting for tomorrow  
We will spill a lot of French blood  
On our fertile grounds at Dover

So when this battle is over and victory  
Is ours, we'll celebrate without  
Women and sell a barrel of beer for a crown.

### **Eddie Khan**

The world is a big bad place for me. There's murder, rape, drugs et cetera et cetera, but who is to say that this is all wrong? I don't know. But this world is mixed up. There's different nationalities in this world and they all bring different things to do or things to say or things do take, black, white, yellow or green. I don't know who is right but if I was the Khan of the lot I would try make it a better life for everyone. But I know this is impossible, because everyone to themselves, as they say. I know I am not saying that everyone in my world is going to be the same no matter what anyone else thinks. So I will sign off now and tell you all to enjoy your life to the full. Because I can give and I can take it all away.  
The Khan

### **I Chris Khan**

I'm sitting in my throne, my subjects around me whispering softly, afraid I'll behead them and drugs are legal here, in my domain. The day is night and the night is day and everybody must wear black and I the Khan will wear white. The rivers are red and the trees are black with blue leaves. When I walk by

everybody must bow in my presence. Everybody must eat at noon and be in bed before midnight. Everybody gets a weakly wage of 200 Euro and you must be courteous to one another. If you steal you get a warning for your first offence. For your second offence your right hand will be chopped off and for your third you will be sentenced to death. But if you obey the rules everybody will live in harmony. Everybody must go to mass every Sunday, by law and say grace before every meal. The penalty for selling drugs with out my say so is death. Also you are allowed no more than three wives and there is no homelessness, but otherwise life will be great.

### **Sharon Khan**

Everyone would have enough food to eat. People that don't work would be given free training to help them get a job. The old folks would have a carer that would drop in on them once a week, depending on their needs. There would be more housing available for the homeless. Everyone's needs would be accessed

**LAVENA KHAN**

My country  
 Everyone has free housing  
 Every one has a car  
 No one goes hungry  
 Everyone has 200 euro a week  
 Children get 100 euro a week

Laws – I'd be very strict, but fair  
 First time breaking a law  
 Get a warning  
 Then jail  
 Murder – straight to jail  
 No incest  
 Open immigration  
 Everyone is entitled to 3 acres of land  
 To grow stuff, cows and chickens  
 Clothes: 18 years, before you can wear a mini skirt  
 Everyone must wear black on Sunday

No politicians, priests can marry  
 Nuns can marry  
 Religion mostly catholic  
 My world is an island, hot climate  
 Freedom of speech, everyone equal  
 Health: no waiting in casualty, very strict.

**JOANNE KHAN**

Fountains spring from grassy earth  
 Hills meander in the distance  
 Ice caps from the north  
 Bring cold winds  
 Like my rule there is a chill in the air  
 My laws are harsh, my dictatorship is fierce  
 Kill everybody who breaks the rules I have set out  
 No need for prisons just kill them all  
 The death penalty puts fear in everybody  
 So now no laws are broken.  
 All rules are obeyed  
 People look up to me, respect my laws  
 No crime, no murders, no dirty deals  
 People look out for each other and peace lives on

**SARA KHAN**

If I ruled the world I would let every one have their freedom. They'd all get a chance to get on telly and say how they feel. Paedophiles will be shot. They won't even get a chance for a last word. The peoples family have a choice to put them through slow torture before they die or just quickly shot in the forehead, but before they die their dick has to be cut off and fed to the dirtbirds.  
 Every weekend there has to be a full on party.  
 Nobody sad getting bet behind closed doors.  
 Getting treated like a fuck. There will be a rote for



which day 24 hour party goes. All men must say yes if a girl asks them out. Men can not break the woman's heart, it's against the law. If they do they will be put on an island with all men. Not a lady to be seen only in their head. For peoples birthday the person and their mates, as many as they want can go anywhere in the world for 2 weeks and are given money to run amok. There's no such thing as diseases. The worst pain any one would get is tired legs from dancing too much. Nobody goes through any pain of any sort. Broken hearts only lasts 5 days. There's no money problems. Everybody has the same money. No such thing as homelessness or battered wives or battered kids. You can die when you feel like it's up. If you feel like you can go on, you go on. Work at what we want. Mostly sunny. We can change it if we want.

#### **ROBERTO KHAN**

I Roberto Khan ruler of all nations under the heavens, have written a decree stating that all nations will not fight among each other. Any man or woman who injures another life, his own life will be taken away also. As long as I'm alive no harm will come to anyone. Man nor beast. Families live as a family, eat, drink, pray together and work together. Peace and harmony is my decree.

#### **MICK KHAN**

I have become the king. For my father has died and now at last I can forge my own vision for my country. The country shall be ruled equally as every one of my subjects will have what they need. My father ruled with an iron hand. No more of such cruelty shall be brought to bear on my subjects. This I declare from this day. I will have built a place of pleasure with rooms for dreaming. Beds of silk and cotton from China and India, for love to be made upon so's that in one score year I may add to my army to protect this, yours and mine, country. We shall work from dawn till dusk to attend to the myriad of heavy tasks, which await us. W shall have healers of men and women and children and no payment shall be needed for those who cannot pay. There will also be severe laws for criminal acts.

#### **JOHNNY KHAN**

My name is John Khan. I come from a land a bit like your Irish Tir na Nog. Our pastures are green and our soil is fertile. The thing is we are not sure if we're an island or not. Our beaches are long and never ending. The sands are so fine they shine in the sun, giving off the look of a golden yellow, which meets with the beautiful blue ocean. We have reefs of coral with unseen colours and fish in abundance of all shapes and sizes. My people are happy and life is

a pleasure. No violence or threat do we have to endure. Love is the answer to any problem. It's our never ending power which we exploit to the full. We also have forests of beauty and treasure.

### **GREG KHAN**

There were once the barren lands of here. And then the arrival of the Khan. And a need for prosperity the dry land to become fertile.

And so to work he put his people. Not long from then it did flourish with food and flowers and the plants that should grow.

He was hailed a hero from day to night and saviour from the savage plight. Soon children were in the learning schools and peoples hearts were at peace again. There was a sense of order where people bartered with each other. Now the land of here was sensing a new beginning. Not that it all was perfect, but it was better.

But the Khan had come from somewhere else and those who later followed, were not to happy with him gone.

### **KUBLA COLIN**

I am the Khan and I will rule with an iron fist  
I am lord and master of you all what I say  
shall be done

And no questions shall be put against my will  
I say there will be no poverty and the riches of all  
kingdoms

Shall be shared among all nations. But no family  
shall have more than four people to it

Mother and father and two children. There shall be  
no prisons except for rapists and child molesters.  
They will be killed by my hand alone. I believe in a  
eye for an eye and a life for a life. All children shall  
obey their parents and their parents shall answer to  
me should they hurt their children. I will conquer  
nations and spill their blood if my wish is not  
adhered to. Nations will fear me and my name  
and eventually I will rule the earth.

This is my command.

# THIS IS MY COMMAND

**Greg**

Baby is fine  
Baby is bliss  
Baby needs sleep  
As well as a kiss

Soothing is the night  
For the baby's breath  
It comes and goes  
Without any death

I wonder if the mother  
Knows her baby's dreams  
I hope they're as wonderful as the face gleams

Mother, mother  
Baby baby  
In the hand of the world  
Of all the love it seems.

Up in the morning  
For all the new moments  
Lucky is the child  
With it's sleep all behind.

**Johnny**

It's four in the morning  
And baby is moaning  
Rockabye baby isn't working  
I'm tired and still wired  
Please baby sleep cause I'm in a heap  
Pacing the floor cant take any more  
Heat up a bottle but that aint the answer  
Sleep baby sleep as I start to weep  
Please Miss Bo Peep, put my baby to sleep  
Thoughts in my head as I think of bed  
Shit! What a life and I hate my wife.

**Mick**

Rock my little baby against my bosom and my arms  
Listen to my heartbeats, to sleep they will charm  
The wicked world outside it touches you not  
While I move you from my bosom to the  
warmth of your cot  
I am rocking you some more then turn out the light  
I stand there and watch you as I do both day  
and night  
Afraid to leave you all alone.

**Sara**

Goodnight little baby  
The morning is just a night away  
Sleep little on, sleep  
Enjoy sweetheart as tomorrow will bring  
More excitement and joyful things to your life  
You should sleep little one  
Please do not weep  
Cause if you do I will do to  
Your laughter is the laughter of youth  
You're so special I hope  
They are tears of joy  
Goodnight sweetheart  
Well it's time to go  
Goodnight I cant wait to see you tomorrow  
For our roller coaster life.

**Sharon**

Hush little baby don't say a word  
Mammy's going to rock you to a bran new world  
If that world don't turn out right  
Mammy's going to rock you all through the night  
So hush little baby don't say a word  
Mammy's going to try and light up your world.

**Joanne**

Goodnight sweet baby  
Sleep soundly  
Dream sweat dreams  
Sleep softly  
Wake in the morning  
Happy and free  
Bubbly faced and smiling merrily  
May god look after you  
And keep you safe  
Protect you from worry  
And all harmful things  
May a light shine over you  
And keep you bright  
All through the day and  
Through the darkness of night.

**John**

Sleep little baby as I rock your cot  
I wish you would sleep but you will not  
I'm losing my mind and I go flying  
Knock into the cot now my baby is dying.

**Lavina**

Calm, hush little baby  
Go to sleep now  
Everything is going to be ok  
These are my three wishes for you

Be happy  
Be healthy  
Most of all be at peace with yourself

Don't be afraid of  
Bad dreams, monsters  
The devil, that baldy midget  
Who'd eat you alive  
Who'd have you in chains  
Who'd make you his slave

With his four lips  
With his one huge eye  
And his one small eye  
Calm, hush little baby  
Go to sleep now.

**Robert A.**

Don't worry  
Don't be afraid  
Things will work out

Just close your eyes  
And think of happiness  
That will wash away your tears

When you awake in the morning  
Things will look so bright  
No monsters, no demons  
To give you a fright

A nice sunny day  
That I can go out and play  
And forget about the worries  
Of the previous day

# WHAT PISSES ME OFF

## **Greg**

I'm sick of my worrying. Sometimes I can let myself believe in things that don't really exist or happen. I'm sick of all the hype around the world cup. I'm always sick of a certain neighbour, but I like him as well or do I? I'm tired of myself not doing as much as I can do in life. I mean I can be lazy. I'm sick of all the politics in the world.

## **Edward**

Going to get my methadone every day. I hope some day I won't have to do that. Some weeks not having enough money to go around, pisses me off. Sometimes people don't listen enough to me, when I am trying to express myself. People talking about other people piss me off. My family sometimes do that but not as much as so called friends do. Sticking to schedules piss me off. I don't know where to turn to sometimes.

## **Michelle**

I'll tell you what pisses me off. I have a weight problem. I'm nearly 17 stone and going to get heavier because I don't eat healthy. I have an under active theiroid gland. I get very lazy cause of it. In this kind of weather I go around sweating all day long.

## **Joanne.**

What pisses me off  
When I'm walking through town at night  
After the cinema and someone's drunk on the street, making a fool of themselves  
When I walk through town and all the bins are full  
So that there's nowhere to put rubbish and the streets are full of rubbish  
People smoking on the bus  
When I go to an ATM machine and it's out of order.

## **Christopher**

Homelessness  
Drug abuse  
My brother  
My clinic  
Being put down  
The mistakes I made  
Not seeing Dylan  
Not being close to my family  
Not seeing my mother  
Not being able to sleep  
Having to rely on medication  
I hate being in long queues  
I hate when people are ignorant

**John**

What really pisses me off is when I get on to a bus and there are no seats. Then an old lady is standing trying her dear best to hold on as the bus travels along. I can see she is nervous. Then I see a young man sitting on a seat doing his best not to notice her. The fucker just doesn't want to give up his seat. Then an old man sitting beside him gets up and gives it to her.

**Robby**

When I go to my doctor for my script so I can collect my phy. It gets under my skin because of the way I am treated - "here you go, good bye". Then bring the script to the chemist. They look at me like I have committed a crime. It's embarrassing, I have to take my Phy in front of everyone in the chemist. Everyone knows my business. The thing that pisses me off about this is I put myself in this situation.

**Joanne**

Jen was painting outside. She had everything she needed. A can of white paint for the walls. A hat to protect her head from the sun. A cup of water to keep her hydrated and of course a pack of smokes for her break. She spent several hours painting and then used a small sweeping brush to clear the area of cigarette ash. She was a clean freak and made sure every bit was swept up before she went inside for a rest and another cup of water. She brought everything with her. She left the tin of paint in the middle of the room, she was in a hurry and threw down the smokes and hat. She didn't want any stains to get on the hat so she placed it on a piece of paper. She left her cup of water beside everything while she went to the toilet.

**John**

I walk into the dusty old room in the middle of the floor there's a paint tin with white paint dripping down the sides. Beside it there's a summer hat with coloured stripes, an empty cigarette box and a red handled sweeping brush. Also beside them there's a paper cup. They look like someone was doing some work in the room. They most likely smoked and wore the hat when painting. There's no one here now and I begin to wonder when they were here last. Was it a man or a woman? Most likely a

woman, cause the hat most likely belongs to a woman.

**Robert**

The cigarette box is empty  
The tin of paint is after been used  
The brush looks old  
The cup is white  
The hat is nice with all it's colours

I paid a painter and decorator 500 Euro over the normal price to paint my home. I did this because I am in such a hurry for the job to be done and he came with a good reference. I came back from my holidays one week later to find my house painted really nice, but when I went to pay the painter, there was no sign of him. There was only his tin of paint, the brush, a cup of tea with his cigs and the hat he always wore, but he had vanished.

**Mick**

I am fucking sick going to bed in this kip of a country. I go to bed depressed. I wake up depressed. I crawl on my hands and knees through the day. Go back home, watch T.V., write, practice painting. Can't concentrate. money, money, money. Bills handed to me when I sit down. Daydreaming of a tropical beach, stoned all day, every day



**Debbie**

We are prisoners  
 Set us free  
 Give us our freedom  
 And our right to be  
 Tell us we're part  
 Of the public  
 Teach us right from wrong  
 Help us to see  
 What we are meant to be  
 And set us free

I am homeless  
 I am free here  
 My words come help me  
 Lying on the pavement  
 Shivering in the cold  
 Cause I'd never  
 Been held and loved and cared for  
 I'm as good as gold

**Miriam**

I didn't sleep very well last night. I kept twisting and turning. Finally at 6 I thought, ah fuck it, so I drank 30 mils of phy. Funny when you think of it, but that 30 mils of Phy knocked me back unconscious. I woke at 8.30, knackered, wanting to stay in bed, but I knew it was going to be a mad day. I had to go

to the doctors, which opens at 9.30 and I really had to go. No if's or but's

**Christopher**

There is a place that I feel really at home. When I was homeless I used to go to a little corner in St. Stephens Green where I used to go and read my book. It's my favourite patch of grass in the whole wide world. I used to walk in and listen to the birds on the trees and sit against a tree and just read what ever book I was reading at the time and feel so at ease in this tranquil little patch. You could sit there for hours just reading or looking into thin air. I could hear the sounds of the park coming to life or just sit there with my book. After a while I would have something to eat and just watch people going by whether they were going to work or coming to work. I could sit there and not be bothered by police or anybody else. The whole world would be just cut off from my little patch.

**John**

Bring bring bring your guns  
 Bring bring bring your'guns  
 Bring bring bring your guns  
 Oh John, I cant do that

Why not I ask him so

Why not I ask him so  
 Why not I ask him so  
 Because I haven't any caps

Well get to the shops and buy some  
 Well get to the shops and buy some  
 Well get to the shops and buy some  
 And they'll go and shoot them all

### **John**

Fuck you I don't have to do what you tell me  
 Who do you think you are? Come over here and say  
 that again and again and again  
 Say it as much as you like see if I care. You great big  
 lump of shite  
 What? What? Did you say? Say it again. I did hear  
 you Ah fuck you too you fuckin wanker.

### **Robert**

Sitting here with all these people. It feels like an  
 empty place. Looking at their faces, wondering what  
 goes on behind their eyes. Some stare at you. Some  
 of their eyes look a million miles away. Some eyes  
 say what time will I get out of here. Some eyes are  
 stoned, rolling around around staring into space, not  
 noticing the face. Eyes, eyes, eyes, eyes stare.

### **Joanne**

When I left my house I noticed the sun had come  
 out and it was a nice morning. I noticed a skip full of  
 a load of household things near the entrance to my  
 estate. I crossed the road and saw the train station.  
 When I went on to the platform there were loads of  
 tourists waiting for the train. I noticed a lady  
 reading a Metro paper opposite me on the train.  
 There was a young guy with ear phones on behind  
 me and you could hear the music all through the  
 train carriage. When I arrived in town the sun was  
 still shining. I walked up to O'Connell bridge and  
 while I was stopped at the traffic lights I saw three  
 98fm four wheel drives pass me by. On the side of  
 the four wheel drives were the words "Fugitive  
 ....."

### **Edward**

As I was going to work this morning I got the bus,  
 but I normally walk. I was looking around on the bus  
 and I could not believe all the different nationalities  
 on the bus talking on mobiles. I also noticed that  
 their phones were top of the range phones. Driving  
 along I also noticed the big difference in Dolphins  
 Barn, where I was born to all the new apartments..

**Joanne****NEGATIVE**

My manic depression  
 All the times I've got sick  
 All the horrible things I've done  
 How horrible I treat my family when I'm sick  
 Feeling down. Worrying  
 I worry practically all the time  
 Too many worries about nothing, most of the time  
 Loneliness  
 Having no friends in Dublin  
 Nobody to hang out with. Nobody to have fun with  
 Having to take medication all the time to keep me  
 sane  
 Going crazy when I'm sick  
 Dublin traffic  
 The bus not turning up  
 The train being delayed  
 Rushing everywhere  
 Not being comfortable  
 Finding it hard to relax  
 Not liking myself  
 Being over critical of myself  
 Over analysing everything

**POSITIVE**

My family.  
 My relationship with my mum and my sister  
 My families support when I'm sick  
 My house, my garden  
 Music, my stereo, my walkman  
 My optimism  
 RADE, my work  
 I'm good at doing art  
 I'm good at writing  
 My journal  
 My poems  
 My songs  
 My generosity  
 Nature  
 I love the sea and the sky.

**NEGATIVE/  
POSITIVE**

**Sara**

### NEGATIVE

Gettin' up early for phy every poxy day  
 Sleepin' on a couch  
 Not bein' believed 'bout bein' clean  
 Livin' with people that like fightin'  
 Not havin' your own feedom to do what the fuck  
 you like without anyone getting' offended  
 and worried  
 Money, that shit that has to be done  
 Two faced cunts that cant say it straight to your  
 face  
 Lies in general  
 Thoughts of a particular time, always comin' back to  
 haunt me  
 Certain shit that happened that I can't turn the  
 clock back on it  
 Me best friend / mother in a lot of ways  
 gone out of me life forever  
 Need me own space  
 Not havin' me fella out with me to face  
 this bad world  
 People, youngfella wantin' to pull  
 me for something I didn't do

### POSITIVE

Bein' healthy. Got results... negative  
 Place of me own is cumin' up  
 Havin' good mates, never thought I'd come across  
 Havin' this course to come to everyday to get me  
 away form depression and shit  
 Couldn't be in a better CE scheme even if I made it  
 up meself  
 Havin' a fella that I love that hopefully feels  
 something for me too  
 Havin' food and a roof over me head  
 The majority of the .....  
 The car, it's my freedom and was a goal  
 I set out to get.

# NEGATIVE/ POSITIVE

**Christopher****NEGATIVE**

Waiting to move into my flat  
Waiting for my fridge to be delivered  
Living in the hostel that I'm in.  
My mother being sick and strung out  
My Auntie being sick in hospital  
Not being able to see my son  
Waiting to get sentenced on my trial  
People offering me gear non stop  
Missing days off work to deal with a load of  
different crap  
Not having the time to do everything  
that I need to do

**POSITIVE**

Moving into my flat  
Moving out of my hostel  
Getting my one year contract with RADE  
Getting my takeaways off my clinic  
Getting my life in order for once  
Getting a weekly wage so's I can manage my flat  
and bills with  
Seeing my counsellor and getting a lot of  
shit off my chest

When I left my house I noticed the

### Johnny

This morning I saw a little baby in his pram, driving his mam nuts by pulling off his socks all the time

I remember last Christmas was the worst one I ever had. First one spent on my own without the kids. Very unhappy day. I had to get my dinner from my sisters and bring it home.

I remember my 21st. was not celebrated properly. I had lost my job and was still recovering from a major operation.

When I was age 14 I was just after starting work in Jack Tooleys. I Remember the Beatles had recently broken up and I was watching with interest.

My communion I remember because my mother had bought me a brownie beige cromby and I stuck out in the photo.

I'm told I was born with a call and in the home. I remember being poor and a Jew man calling to house.

What someone told me about meself was that Misses Jury who used to sell sweets and fruit in the flats is said to have delivered me.

### Joanne

This morning I remember Temple Bar's cobble stoned streets. People eating breakfast sitting outside a café. A man having coffee outside the same café. Making my way across the square in the middle of Temple Bar

Last Christmas was wonderful. We had spent the year building a new extension on the house and it was now ready. Mum, Dad, Louise, Amanda and myself celebrated Christmas together. I remember I bought Amanda a sudoku game from Marks and Spencers.

I spent my 21st. birthday in hospital in Australia. I remember making friends in the hospital which made it a little easier. I'm still in touch with one of the nurses in the hospital at that time. He helped me a lot back then.

**Puberty age 14** I went to Holy Faith Clontarf when I was in my teens. I worked hard at school but struggled to do well.

**My Communion – age 7** I remember the day. I went around to all my relations. I remember the dress I wore and lining up for a photograph with all my classmates



My first memory is of climbing out of my cot.

Inherited memory (what someone told me about myself)

Mum has a photograph of me sitting on a dog toy with wheels playing the tennis racket.

### Michelle

This morning I saw my sister going to work. She was driving her car

Last xmas wasn't the best I ever had, because my boyfriend was in prison for which would have been our first Christmas together

I was very badly strung out for my 21st. birthday. It wasn't the best. But my family had a bit of a party for me in our local pub.

14ish I was starting to do things like light drinking and taking drugs

When I made my communion it was the best day of my life back then. It was great all the attention was on me

I was 1st. born so I remember being spoiled rotten going out on the town with my uncle Johnny and his

girl friend Penny. They said I was very pretty

### Robby

This morning I walked past the park looking at the trees.


Last Christmas I remember being with my two sons and partner opening presents. Going home to a flat on my own. I was lonely

On my 21st. I worked on a building site that day. Me, me brothers and work-mates went out on the piss to say happy birthday. Now I am pissed it was so long ago


At 14 it was a bad time. My mum past away from cancer and I went mad. I did not understand it. I left school. I got into trouble with police and I was too shy to ask anybody about the changes in my body.

When I made my communion I had a great time. Been brought around to me Grannies by me Da to show off me new shoes.

My sister slags me off saying I remember changing your nappy. My mum told me "your Dad is very proud of you"



“I HAVE BEEN A KEEN SUPPORTER OF RADE FOR A NUMBER OF YEARS. I FIND THE PROJECT VERY INSPIRING AND MEETING THE CLIENTS ALWAYS GIVES ME GREAT HOPE FOR THE FUTURE. MAKING POSITIVE CHANGE IS WHAT RADE IS ABOUT AND THAT IS WHY I AM DELIGHTED TO SUPPORT TODAY'S EVENT.”



Cllr. Daithi Doolan, Sinn Féin.



# RADE / VISUAL ARTS /

"Art does not reproduce what we see,  
rather it makes us see"

Paul Klee.

RADE's art workshops provide a space for people to tap into their own creativity. Many of the people who attend RADE insist that they cannot draw or paint. RADE insists that art is not about drawing and painting but about expressing yourself creatively. RADE's art workshops are designed to help people to overcome their fear of technical ability and to enjoy the experience of expressing themselves, and in so doing to produce art. The work produced by RADE is a testimony to the creative ability of those attending the RADE workshops. Fundamentally RADE's art programme introduces people to talents they never knew they had.

Art provides a viable alternative to drug use, both in its execution and in its expression of ideas. RADE's visual art workshops, has helped people to realise a confidence they have within them.

A number of those attending RADE's art workshops, have followed through by attending art and photography courses. In short RADE's art programme, helps people to see. To see their own strengths, their own abilities, their own potential. It helps them form a vision of their contribution as people.



John



Greg



Robbie



*Self portraits from first art class 2006/2007.*





Studio



Christine

Joanne



*John**Mick*



*Lavina*



*Robbie F*



*Joanne*



*Jason*



*Mick*



*Greg*



*Sharon*



RADE / TAI CHI /



**Michael**

Tai Chi helps me to focus my mind on what I'm doing both in the classroom and in my life outside. It calms me a lot and has taught me a bit about breathing properly and has helped with my posture.

**Esther W**

I had always wondered what it would be like to try Tai Chi and I have to say very relaxing and also very good for posture.

**John**

When my wife saw me doing it at first she had a good laugh at me. But now she sees that I have come on at it and now she too is getting interested in it.

**Francis**

I started using muscles that was never used before, well, that's what it felt like. I did feel conscious as I was not doing it as good as others who had the moves sussed but I realised everybody has to start and no one gets things right the first or even second, third or whatever time it takes to suss it.

**Rory**

Sometimes I felt so paranoid, like I was on stage in the Point in my nude with a Full House. But people were very helpful assuring me it would get better . Then I wondered what would they say now if all my family seen me doing this. Maybe they would think there was hope for me yet..

**Sandra**

I thought I would be too embarrassed to do it in front of everybody, but I walked out on to the floor and Mick was showing me how to do Tai Chi.

I thought everybody was going to be looking at me but they were not, they were just doing their own thing. I thought that was great, so I didn't get embarrassed anymore.

**Greg**

I remember the first day I went through the whole routine, I was absolutely delighted. One of the benefits I notice, I had awful neck pains, they definitely seem to have improved.

### **Miriam**

I hope I can learn Tai Chi and look and feel as confident as the rest of the group. I feel good each day after the class. Mick says drink plenty of water after each lesson, as it detoxes the body. I want to learn Tai Chi properly. To me it could be another tool to help me cope with whatever is not right in my life.

### **Tara**

I live in Dublin 8. I have 2 sisters. My mother died when I was 14 years old and I had to rear myself from 14. I am 27 now and I have a son, he is 9 years

old. I had him when I was 18 years old. I went on drugs when my mother died. They weren't hard ones at that time. I only smoked hash and drank. When I was 19 I started the harder stuff like heroin, coke and tablets and the rest that I could get my hands on. That was the worst time of my life. But now I am off the hard stuff. I am on a doctor now, that I get my methadone from. I am on 5 d5's and 85 mls of methadone a day and I think that is good compared with what I was on.







2006 RADE Showcase in the Project







"THE HSE SEES WORKING WITH COMMUNITY BASED PROJECTS AS A PRIORITY. RADE HAS BEEN PROACTIVE IN THE AREA IN REACHING INTO THE WORLD OF THE ARTS TO BRING ABOUT RECOVERY AND REHABILITATION. THESE INITIATIVES ARE OF GREAT BENEFIT TO PATIENTS ENABLING THEM TO MAKE PROGRESS AND MOVE FORWARD."



Dr. Margaret Burke

THANKS

Rade would like to thank and acknowledge the support and assistance of



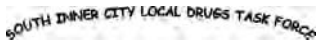
ST. PATRICK'S  
CATHEDRAL



Traders in the Area Supporting  
the Cultural Quarter Limited



Foras Áiseanna Saothair  
Training & Employment Authority



THE IRELAND FUNDS



Christchurch  
Cathedral

Special thanks to Dermot and Roisin from TBCT



OLV Building, Cathedral View Court,  
off New St Dublin 8.

**T** 01 4548733 **E** [info@rade.ie](mailto:info@rade.ie)

**[www.rade.ie](http://www.rade.ie)**