President Launches Dóchas
Hope After Suicide

President Mary McAleese paid tribute to Ballymun and the bereaved of suicide victims, when she launched Dóchas (Hope After Suicide) in the Ballymun Shopping Centre last month.

Arriving at the shopping centre, the President was greeted by Fr. Padraig Gleeson – Holy Spirit Parish Silloge, and over 200 people who had gathered for the special occasion.

As part of a celebration after the Dóchas launch, City Fair, Don Baker and guests, provided musical entertainment to the crowds in the car park shopping centre.

Dóchas is a new free service dedicated to the families of suicide victims and offers a voluntary drop in and listening service and the promise of ongoing support for those who use the service at the Ballymun Health Centre over a period of time.

Speaking from the platform specially erected in the shopping centre car park, the President opened with a brief introduction in Gaelic. “Ta’ luchair mhor orm go bhfuil me abalta bheith anseo libh inniu, agus ba mhaith liom mo bhuiochas a chur in lul daoibh as an chuireadh, agus as failte a bhui caoin, creasta, agus croiduil.

“I was delighted to receive and accept the invitation to be here today at the launch of the Ballymun Dóchas Service.”

She went on to speak of the devastating blow, which hits families and friends, when a loved one loses their lives through suicide.

The President also addressed and questioned why there is an increase in these deaths especially among young men and to find ways of finding a solution to this deadly killer which hurts and affects so many people.

“Death by suicide, brings a life to an end in the most tragic, shattering and bewildering way.

“I was delighted to receive and accept the invitation to be here today at the launch of the Ballymun Dóchas Service.”
The rise in the incidence of suicide is alarming and deeply troubling. Why is it that so many young men in particular, choose this lonely journey? Why are certain other groups such as elderly men living alone, particularly at risk? What can we do to halt the rise?

These questions perplex us and together we are stumbling our way to the answers we need to fight this terrible killer whose victims are not just those who die by their own hand but those they leave behind,” she said.

The President, believes, that bringing peace of mind to the bereaved of the victims is a major concern which has to be addressed by organisations such as Dóchas Ballymun.

“Thank God there are now people who are able to say, ‘we understand your suffering, we know how terrible your grief is but you don’t have to go this journey completely alone, there’s help available’.

“Thank you very much indeed to Dóchas because you break the silence and so often suicide of the past, was created just with that silence. Just maybe, with the help of Dóchas, people will be able to find joy in life that suicide robbed them off so cruelly. ‘I hope and pray, that ‘Dóchas Hope after Suicide’, will bring a lot of healing to people that are so bitterly shattered and terribly broken by suicide. We have Dóchas ‘Thanks be to God’, to help us to say, look, we are going to try and find hope together. We are going to find ways of putting your life back together giving it back to you’ concluded President McAleese.

“Unfortunately more and more communities all over Ireland, see the tragedy of loss brought about by suicide. Many support services now exist all over the country and communities attempts to respond to the pain of the people left behind.

“Tonight, Dóchas Hope after Suicide Ballymun, wishes to join with these groups and we will work together towards tackling this tragic loss in an open and courageous manner,” said both ladies.

They went on to thank the various groups and individuals who helped facilitate the lead up to the special event in the shopping centre: Among these included: Martin Griffin architect of Axis, Ciaran Murray, Mick Cowman, Inspector Gabriel McIntyre and Sgé Jacinta Harley, representatives from FAB (Forum for Arts Ballymun), local politicians amongst many others. Guests were treated to a free evening at the café bar and musical entertainment.
**Acoustic Rock at the Penthouse**

An exciting acoustic lead up to a Rock the Blocks special took place at the Penthouse Pub recently with a number of Ballymun bands and artists giving the pub a atmosphere of pure Ballymun band vibes.

**Shane’s Dano Geraghty and backing guitarist Gary Britson play at Penthouse acoustic night**

**Dóchas (Hope After Suicide)**

is a free voluntary listening service for people who have been bereaved through suicide. They are based in the Ballymun Health Centre between the hours of 6pm and 10pm on Mondays.

A drop in service is available as well as on-going support for those who want to use this service over a period of time. It is hoped this service goes some way to a meeting a need that is deserving of our attention as a community.

If you would like to make an appointment Phone: 086-856-9283

Monday to Friday 10am to 4pm or just drop in and talk to us at the above centre and times.

**The Penthouse Ballymun**

**For a better Night Out!**

**New Karaoke Competition**

**Upstairs Lounge closed on Mondays, Tuesdays and Wednesdays**

The Lounge is available for private functions or fundraising events. For further info contact Derek at 8421095

**Upstairs Lounge Opening Times**

Thursday Friday and Saturday 8pm to 12.30am

Sunday 8pm to 11pm

“We are here to give you a better and much improved service.” say’s new overall Penthouse Manager David Sutton and his team Managers Shay Barnes and Larry Reid. David Sutton took up the new position as Overall Manager of the Penthouse recently.

**Release second Single**

One of the most exciting and futuristic songs ever to come out of Ballymun is about to hit the streets very shortly called the Seven Flowers of Ballymun.

Produced on high quality digital C/D at Origin Studios Santry, the song is performed magically by Manzone from the Men’s Centre Shangan Road; local musicians, children from local schools, groups and it’s forty plus entourage who’s ages range from ten to 70 year olds.

The featured song is about the new Ballymun and as you hear the words and soul searching music it will send a quiver up your spine, especially if you are a Ballymunner. This song and performance on C/D, is indeed a great tribute not only to Ballymun but also to it’s future regeneration and all associated with Manzone. This terrific professional high quality overall digital electronic sound makes it a real anthem for Ballymun.

This is a true heartfelt song for and about Ballymun which the Ballymun Concrete News believes will not only become popular in Ballymun but wherever it is heard.

The Seven Flowers of Ballymun lyrics are written by; Sean O’Donoghue, and music composed by Anto McMullen to celebrate the regeneration of the new Ballymun in the hope that people will live in closer harmony with nature.

Christy Fleming co – ordinator of the Men’s Centre, said the music project is a result of endless hard work, sweat by local schoolchildren, teenagers, community groups and the Men’s Centre who are determined to make the C/D a complete success.

“Working together as a team, with the school children, teenagers and other groups realised our dreams. Against all odds, our mission now, is to turn this song of Ballymun into a complete success,” said Christy.

The Men’s Centre wishes to pay tribute to; Esquire, Dublin City University community office, Drop In Well creative learning centre, Rose Ormbsy, the Manzone music, Catherine McNerney in the BMC office, Virgin Mary National School teachers and principals and most importantly the children for their commitment, energy and drive to the project.

This is Manzones second C/D release, their first being “The Future Looks Bright” performed, and put together by the Men’s Centre in Ballymun, Manzone.
Once again we are appealing to the residents of Ballymun for your valuable co-operation to ensure safety at the construction sites is strictly observed.

We have erected barriers at all sites where there is a threat of danger to children. We have employed local security personnel to patrol the sites. We have received a number of reports from our workers, that their work is often interrupted by individuals throwing stones and other dangerous objects at the workers on construction sites. This kind of activity can lead to serious injury and also delay major work going on in the area.

We can assure residents and parents, we are doing all we possibly can to ensure all safety measures are put in place by ourselves. If parents can advise their children just how dangerous these sites can be this will greatly reduce the risks of accidents.

**The Perils of Playing Near Construction Sites**

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We can assure residents and parents, we are doing all we possibly can to ensure all safety measures are put in place by ourselves. If parents can advise their children just how dangerous these sites can be this will greatly reduce the risks of accidents.

Remember Think Act and Be Safe
Ballymun Money Advice and Budgeting Service

If you are experiencing problems with debt, rest assured there is help available.

Ballymun Advice & Budgeting Service can provide a lifeline to people in the area who are having difficulties making ends meet.

The Ballymun Money Advice & Budgeting Service provides a confidential, non-judgmental and free service.

Financial difficulties can arise through low income, illness, unemployment or a breakdown in a relationship. People come to Ballymun Money Advice when they have problems with rent arrears, facing disconnection of electricity or gas, credit card bills or difficulties with hire purchase agreements. These are some of the problems the staff of Ballymun Money Advice see every day. When a person arrives in Ballymun Money Advice, the money advisor works out a budget with them, contacts creditors on their behalf and puts forward affordable proposals. The money advisor works with the client to ensure that where possible, their income is maximised and they are receiving all their entitlements.

Ballymun Money Advice & Budgeting Service is also involved in the Ballymun Regeneration project providing talks and advice on the financial implications of moving from flats to houses.

Ballymun Money Advice & Budgeting Service,
Unit 22, North Mall Ballymun Shopping Centre.
Telephone: 8620059 Fax: 8622696
Labour Councillor Eamon O’Brien claims that Tesco’s in Ballymun are not providing a proper shopping trolley service to their customers and calls on management for an apology.

In a written letter to the Ballymun Concrete News, Cllr O’Brien, states that he witnessed a large crowd congregating in queues outside Ballymun’s Tesco Store on a hot Saturday afternoon on June 8th this year.

“Perhaps the Irish football team had come to sign autographs, No it simply was to do the weekly shopping at Tesco’s Supermarket,” said Eamon.

Cllr O’Brien stated after he questioned a number of shoppers why they were queuing on a hot Saturday afternoon at Tesco’s Supermarket, he claimed they informed him that there were no shopping trolleys available.

“I entered the Supermarket, and could not find a manager and was informed by a member of staff, that the reason there were no shopping trolleys available was that Omni Santry’s Tesco’s supermarket needed them instead,” alleged Eamon.

The Cllr said this is an appalling way to treat the people of Ballymun and surrounding districts who were loyal shoppers at the store. It is an affront to the shoppers in this area who have remained loyal customers to Tesco’s over the years.

“Not so long ago, the same store was charging five pounds to hire a shopping trolley but due to pressure from the Labour Party and other locals, the cost of hire was reduced to three pounds, which gives rise to the overall management of this particular store.

“Tesco management, should apologise to their customers by offering a specially reduced shoppers price weekend and ensure that enough shoppers trolleys are available for the occasion,” stated the Labour Cllr.

The three pound charge does not seem to be working! The Ballymun Concrete News, approached the Ballymun Tesco’s general manager Mr. Don Harrington, and he denied that the trolleys were moved to other stores. He claimed, that customers were paying three pound deposit for trolleys, not returning them and this resulted in a shortage which cost Tesco’s £20,000 per annum.

“This is costing us £20,000 per annum to keep trolleys for our customers. I want to increase the cost from three to five pounds. The three pound charge does not seem to be working because people are not bringing the trolleys back to the shop,” claimed Don Harrington.

“We did not seem to have as much of this problem when it was five pounds and it was running smooth. Since it was three pounds it’s going haywire, people are not bringing them back. I believe they will bring them back if we charge five pounds,” said the stores general manager.

Meanwhile at time of going to print, 9,500 members of Mandate and SIPTU at Tesco (including Ballymun) went on a one day strike nation-wide last Friday following the breakdown of Labour Court talks. A further day of strike action is planned for Thursday. John Douglas of Mandate said that all 76 stores in Ireland will be picketed by its members with the effect of all stores closing down.

Residents Angry over axis Cafe Bar

Angry residents are annoyed that a licensed Cafe/Bar is to be located in the adjoining Ballymun Community Arts Resource Centre (Axis) right next to their homes in Thomas McDonough Tower.

Axis was granted a cafe/bar licence recently and the residents are concerned that the noise emanating from the bar will upset families in the block. Two weeks ago, TG4 television news, interviewed some of the residents about their concerns over the bar.

Speaking to the Ballymun Concrete News, Sean O’Cionnaith chairperson of McDonough Tower Residents association, said they are not against the idea of a cafe/bar in Axis, what they do object to, is not being consulted about the bar and they way it will affect the residents living in the block.

“We are not against the pub but we have old and young, sick and weak and some are living here for over 30 years and the last thing they need is a public house making noise while we are living right beside it,” said Sean O’Cionnaith. Thomas McDonough Tower is expected to be demolished sometime next year.

Chief Executive Officer (CEO) of Axis Sean Cooke, said that the residents of Thomas McDonough Tower as the whole of Ballymun, were consulted since day one about the art centre. “Information packs and circulars were delivered to all the residents in McDonough Tower detailing all the information including the Cafe/Bar on a regular basis” he said.

Sean, also stated that agencies including Thomas McDonough Tower residents association did discuss the bar issue. Shangan Road were consulted day one about the art centre. “A liaison committee was established in September 1999 consisting of the residents of McDonough Tower and representatives of the forum and it has worked extremely well. We hope to continue meeting with this group, to ensure that any issues or concerns that are raised, can be dealt with very quickly,” he said.

“We consulted with the residents all along the line and even provided additional car parking spaces because the working area took up original spaces,” said Sean Cooke.

Nice Treaty

Speaking to Ballymun activists in Sinn Fein’s new Centre at 3B Shangan Rd recently, Cllr Dessie Ellis welcomed the NO vote in the Nice referendum.

He said the result corresponded with what he found at the doors while canvassing in Dublin NW; “indeed Sinn Fein was the only party that did a canvass in the area,” claimed the Cllr.

“The Nice Treaty was an attempt to transform the EU from a community of partner states, each with an equal voice regardless of their population size, towards a single supertstate, dominated by the largest EU countries. The NO vote allows for a renegotiation to protect Irish neutrality and to signal the opposition of Irish people to the creation of a militarised EU with its own army. The resounding result combined with the early indications from the north signifies a great day for democracy in Ireland,” said the Sinn Fein Cllr.
The Destructive Power of Negative Thinking?

Today you will think over 60,000 separate thoughts.

Most of them will be exactly the same as the ones you thought of yesterday. Each of them will produce a chemical reaction in your body, which will have an impact on your general state of health and well being. If your dominant thoughts are driven by fear and worry, you become more vulnerable to disease and accident. That is why many illnesses such as headaches, lower back pain, ulcers, hives, shingles, asthma, and certain allergies are attributed to emotional rather than physical causes. If your mental attitude and physical state are of a positive nature, rather than one of unhappiness or hopelessness, your general state of health and well being will be much better than one in which the opposite is true.

What you think about, you begin to feel, what you feel determines what you do and what you do creates your actual experiences in life.

If you alter the images you put into, or view most often inside your own mind, then you automatically change your actual experiences in life. You will not feel so inferior or powerless if you pay more attention to positive things. Perhaps you might focus on the positive stories and pictures in the Ballymun Concrete News, this is a Ballymun newspaper aimed at promoting Positive News in your area.

Inner Talk

If you have a voice inside your head that grumbles, moans or criticises and condemns you every time you go to do something, it is time for a change. Give yourself a chance. Show yourself some self-respect and start to talk to yourself, as you would do to your best friend.

Outer talk

When you are talking with your friends, notice how much time you spend either criticising yourself or someone else? Reduce the criticism and look for something genuinely positive to say. Try to compliment the other person for a change.

The past is over

Be willing to learn new things, meet new people and build new positive feelings. It is by changing the things that you are doing now that you will find better ways of creating the results you want in the future.

It may be an idea to keep a collection of Brians articles in the event you might want to refer to them at any time. Back copies of the Ballymun Concrete News, can be ordered for a nominal fee, simply call 087-6724107 and ask for the particular back issue number and month. Similarly, original photographs from newspaper can be ordered.

Time for Censorship

Each time you listen to the news, ask yourself do you need those thoughts inside your head? When you read the daily paper. Which do you focus on, the bad or the good news? When you sit yourself in front of the TV, and follow programme after programme, portraying emotional chaos, broken relationships, violence, depression, famine and poverty, be aware of how powerful that can be on your emotional state. You cannot expect results if you do not take responsibility for what you allow to occupy your mind.

If you alter the images you put into, or view most often inside your own mind, then you automatically change your actual experiences in life. You will not feel so inferior or powerless if you pay more attention to positive things. Perhaps you might focus on the positive stories and pictures in the Ballymun Concrete News, this is a Ballymun newspaper aimed at promoting Positive News in your area.

Keep up the good work, which I know you will.

Patrick F Brennan, 38 Balbutcher Lane, Ballymun, Dublin 11

A Chara,

The impression that the Irish people were being selfish and un-eulumic to EU applicant states in rejecting the Nice Treaty is totally erroneous and damaging to our country.

This false impression was not created by NO campaigners such as Sinn Fein and the Greens, who, individually and collectively, have a record of selflessness and opposition to the mfr Fein politics of increasing poverty gaps. They also made it clear that they didn’t oppose the enlargement, but the increased centralisation and militarism, of the EU. Rather, it was the establishment consensus that peddled the lie that the referendum was about the principle of enlargement, and thus created the false belief in Europe that the NO vote was a selfless rebuff to applicant countries.

Similarly, the nonsense about xenophobia being a factor in the NO campaign turns reality upside down. Sinn Fein, the Greens, the Socialist Party, SWM, et all have a proud record of defending the rights of immigrants, even as some establishment politicians are trying to pull up people’s feet over immigration, a la William Hague. On the neutrality question, the government could have cleared up any doubts about Ireland’s role by agreeing to the Sinn Fein Dail motion to have neutrally incorporated in the Constitution and withdrawing from the PIP and RRF.

Finally, the government’s long overdue forum should not try to negate the people’s decision but should facilitate a genuine debate on the way forward for Ireland and the EU, based on the principles of open democracy and subsidiarity (remember that?) rather than an EU of elected bureaucrats and arrogant political elites.

Is mise, Cllr Dessie Ellis
19 Dunsink Rd, Finglas, Dublin 11

Letters to the Editor

Dear Editor,

I wish to congratulate you on your splendid edition of the Ballymun Concrete News, for without it how would people know what is happening in this community. The coverage (June Issue 7) of the brilliant work of the Gardai Drug Unit, (GDU) and the amount of drugs that they took off the streets is very uplifting indeed. Your reporting is indeed a joy to read. It is fair and unbiased and we are indeed very fortunate to have our own reporter here in Ballymun.

Who by your own efforts and a lot of hard work, contribute co much to make our community aware of the happenings that are happening in our community.

Keep up the good work, which I know you will.

Patrick F Brennan, 38 Balbutcher Lane, Ballymun, Dublin 11

Contact Brian

The Brian Colbert Column
C/O Ballymun Concrete News
66 Joseph Plunkett Tower, Ballymun, Dublin 11
Email: kellyseamus@eircom.net

If you don’t wish your letters to be reproduced in the newspaper please write NOT FOR PUBLICATION otherwise the editor can publish your letters and replies.

Editorial

The Ballymun Concrete News wishes Bichák Ballymun every success in their efforts to provide support to the many people seriously affected by the tragedy of suicide. There are so many people who want so much to offer to their families, community and themselves. It’s a tragedy when some take their own lives when they have so much to give to this world. Every single person has value even if they don’t recognise this themselves. Bichács is offering a support to the bereaved and those affected by suicide and this is to be commended. Let’s hope in the near future, experts in this field, will find a solution and prevent further unnecessary deaths.

Well done to the Men’s Centre – Manzana and all involved in the creation of your great CD and song, best of luck with the CD The Seven Flowers of Ballymun.

Aris, our very own new state of the art Ballymun Arts & Community Resource Centre, is the flagship of the new Ballymun. We know our community knows that ‘we have our very own Aris, Art Centre on our doorstep’. Congratulations to all involved in Aris, the creation, design and –planning of Aris and its future here in Ballymun, it is a job well done.

The future looks bright and positive for Ballymun. The people of this town deserve nothing but the best and I believe there’s better to come in the regeneration of Ballymun, no matter what crisis or disaster. For over thirty years, Ballymun has carried an undeserved negative label, now it’s time to turn the tables. Ballymun is Positive, Solid as a Rock!

Letters printed here do not necessarily reflect the views of the Ballymun Concrete News.
Group of young children pictured at the presentation day which took place at Our Lady’s Nursery, Sillogue Rd., Ballymun, where 33 children were presented with school bags and certificates from RTE. Most of the 4 year olds attended the nursery for two years and are now ready for primary school.

Stsier Majella C.P. pictured with Adam Laffan and Nicole Kenny at presentation ceremony for young children.

Kayleigh Cummiskey with Clara Feehely (RTE)